






# Strengthening Marriage: Overcoming Passive- Aggressive Behavior



A 3-day Bible study to help couples overcome passive-aggressive behavior and build honest, loving communication in marriage.

---

# Table of contents

<u>Introduction</u>	3
<u>Day 1:  Recognizing Hidden Hurts</u>	4
<u>Day 2:  Embracing Honest Communication</u>	11
<u>Day 3:  Forgiveness and New Beginnings</u>	18



## Introduction

**Marriage** is a divine covenant designed by God to be a source of intimacy, mutual support, and love. Yet, many couples struggle with communication barriers that prevent true connection. Among these, *passive-aggressive behavior* often festers quietly, creating distance, hurt, and misunderstanding. This silent struggle can undermine the deep bond God intends for marriage.

This study invites you on a transformative journey toward healing and restoration. Through Scripture, prayer, and reflection, we will uncover how God's Word guides us to confront passive aggression with honesty, grace, and courage. We will learn how to express emotions openly, listen with empathy, and rebuild trust in practical, Spirit-led ways.

Each day explores a foundational aspect of overcoming passive-aggressive patterns—recognizing the behaviors, embracing honest communication, and fostering forgiveness. You will be encouraged to reflect deeply, journal honestly, and seek God's strength to change.

Remember, *no marriage is beyond God's redeeming power*. With His help, passive-aggressive hurt can give way to authentic love, peace, and unity. Let's take these steps together with faith and hope.





## Day 1: Recognizing Hidden Hurts



Day 1:  Recognizing Hidden Hurts

## Your Verse

*Ephesians 4:25 – "Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body."*

## Supporting Scriptures

- *Proverbs 12:22 – "The Lord detests lying lips, but he delights in people who are trustworthy."*
- *James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry,"*



Day 1:  Recognizing Hidden Hurts

## Devotional: Facing Hidden Hurts with Honest Truth

**Passive-aggressive behavior often begins with unspoken hurts and silent resentment.** When we avoid confronting issues directly, we allow bitterness to grow beneath the surface. Ephesians 4:25 calls us to put away falsehood—this includes the masks of indirectness and manipulation that passive aggression often wears.

In marriage, honesty is not just about telling the truth but also about *being real with your spouse* concerning your feelings and frustrations. Proverbs 12:22 reminds us that God delights in trustworthiness, which is foundational for healthy communication.

James 1:19 encourages us to listen well and manage our anger before it transforms into passive resistance. Today, take a step to identify any hidden hurts you may be harboring. Acknowledge them honestly, and ask God to give you courage to address these openly with your spouse.



Day 1:  Recognizing Hidden Hurts

## Reflect and Apply

1. What passive-aggressive behaviors might I be exhibiting in my marriage?

---

---

---

2. Why do I find it hard to express my true emotions openly?

---

---

---

3. How can honesty bring healing to my relationship?

---

---

---

4. What fears might I have about confronting conflicts directly?

---





Day 1:  Recognizing Hidden Hurts

## Journaling Prompts

1. Write about a recent situation where you avoided honest communication with your spouse.

---

---

---

2. List the feelings you tend to suppress or hide and why.

---

---

---

3. Describe how you hope honesty can change your marriage.

---

---

---



## Day 1: 🛑 Recognizing Hidden Hurts

## Prayer for Today

**Lord**, thank You for calling me to truth and honesty in my marriage. Please help me to recognize any hidden hurts and give me the courage to express them in love and grace. Guard my heart from bitterness and teach me to listen well and speak truly. Heal areas of silence and create a space where my spouse and I can be open and trusting with each other. Fill us with Your peace and unity. In Jesus' name, *Amen* 🙏❤️🕊️





## Day 2: Embracing Honest Communication



## Your Verse

*Proverbs 15:1 – "A gentle answer turns away wrath, but a harsh word stirs up anger."*

## Supporting Scriptures

- *Colossians 4:6 – "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."*
- *Matthew 5:37 – "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."*



## Devotional: Choosing Gentle and Gracious Words

**Effective and honest communication is more than speaking the truth—it's how we speak it.** Proverbs 15:1 shows us that a gentle answer can de-escalate conflict, while harsh words only inflame situations. Overcoming passive-aggressive tendencies means expressing frustrations in a way that builds up rather than breaks down.

Colossians 4:6 encourages conversations full of grace, seasoned with wisdom, so our words bring healing even amid disagreement. When we stop hiding behind silence or sarcasm and begin to speak plainly, we reflect the integrity God desires in our marriage.

Jesus reminds us in Matthew 5:37 to keep our communication simple and truthful—clearly saying "yes" or "no" rather than sending mixed messages. Today, commit to communicating honestly but gently, inviting openness and understanding rather than suspicion or hurt.



## Reflect and Apply

1. How does my tone affect the way my spouse receives my words?

---

---

---

2. In what ways can I speak truth with kindness in difficult moments?

---

---

---

3. What are some 'mixed messages' I might be giving through passive aggression?

---

---

---

4. How can I practice clear, direct communication in my daily interactions?

---





## Journaling Prompts

1. Recall a time when gentle words changed a tense moment in your marriage.

---

---

---

2. Write down phrases or tones you want to avoid and why.

---

---

---

3. Plan how you can speak honestly and gently about a current issue.

---

---

---



Day 2: 💬 Embracing Honest Communication

## Prayer for Today

**Father**, teach me to communicate with grace and gentleness in my marriage. Help me choose words that heal rather than hurt, and give me wisdom to answer with truth and love. Remove any tendency toward sarcasm or silent retaliation. May my speech build up my spouse and glorify You. Lead us to authentic, peaceful conversations. In Jesus' name, *Amen* 💬 ❤️ 🙏





## Day 3: 🕊️ Forgiveness and New Beginnings



## Day 3: 🕊️ Forgiveness and New Beginnings

## Your Verse

*Ephesians 4:31-32 – "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

## Supporting Scriptures

- *Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."*
- *Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."*



## Devotional: Letting Go Through Forgiveness and Grace

**Overcoming passive-aggressive behavior is not just about honesty—it also requires forgiveness and grace.** Ephesians 4:31–32 calls us to cast off bitterness and anger and to forgive one another as God forgave us through Christ. Holding onto resentment only fuels silent hostility, whereas forgiveness opens a door for peace and renewal.

Colossians 3:13 reminds us to be patient and forgiving when grievances arise, cultivating a spirit of compassion even amidst hurt. This can be difficult, but it reflects Christ's heart and sustains healthy marriages.

Romans 12:18 urges us to do our best to live peaceably, demonstrating God's love through our attitudes and actions. Today, seek God's help to forgive past offenses related to passive aggression and to extend kindness despite imperfections. Embrace this new beginning as a vital step toward intimacy and unity within your marriage.



## Reflect and Apply

1. What bitterness or anger am I holding onto that fuels passive aggression?

---

---

---

2. How can forgiving my spouse bring freedom to both of us?

---

---

---

3. In what ways can I be more compassionate and patient during conflict?

---

---

---

4. What does living at peace look like practically in my marriage?

---

---





Day 3: 🕊️ Forgiveness and New Beginnings

# Journaling Prompts

1. Write about someone you need to forgive or ask forgiveness from.

---

---

---

2. Describe how forgiveness can change your heart toward your spouse.

---

---

---

3. List practical ways you can promote peace instead of conflict.

---

---

---



## Day 3: 🕊️ Forgiveness and New Beginnings

## Prayer for Today

**Lord Jesus**, thank You for Your forgiveness that covers all my sins and shortcomings. Help me to release any bitterness or hidden anger in my heart. Teach me to forgive my spouse as You have forgiven me, extending kindness and compassion even when it is hard. May peace reign in our home and love be our foundation. Guide us to new beginnings marked by grace and unity. In Your precious name, *Amen* 🕊️ ❤️ 🙏





## Where God's Word Meets Your Daily Life

### **A Personal Invitation from HolyJot**


We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.





What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):




 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy


 A place to grow your faith alongside believers worldwide

### **Bonus for You:**


Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

### **Visit Now:**

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.  
Email us at [info@holyjot.com](mailto:info@holyjot.com).

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.  
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.