



Trusting God to Rebuild What Was Lost



Explore God's guidance on restoring shattered relationships and finding hope in His faithful love over seven transformative days.



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Introduction

Welcome to this 7-day journey on *Trusting God to Rebuild What Was Lost*. Relationships are foundational to our lives, yet they can be fragile and sometimes broken. Whether through misunderstandings, mistakes, or circumstances beyond our control, we may find parts of our connections with loved ones, friends, or even ourselves fractured or lost.

During these next seven days, we will explore *God's heart for restoration* and learn how to trust Him to renew and rebuild what has been broken. The Bible is rich with stories of reconciliation and hope — from the prodigal son who was welcomed back with open arms, to the apostle Peter, who overcame failure to lead with renewed purpose. These examples remind us that no matter how deep the hurt, God's power is greater than any loss.

As you meditate on Scripture and reflections each day, consider how God might want to work in your relationships and even within your own heart. Healing may take time, but with the Lord's guidance, restoration is not only possible—it's promised. Open your heart to His love and wisdom, and allow Him to strengthen your trust and courage to rebuild what once seemed irreparable. 🙏 ✨





Day 1: Foundations of Restoration



Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- *Isaiah 61:1 - "He has sent me to bind up the brokenhearted..."*
- *Jeremiah 29:11 - "For I know the plans I have for you... to give you hope and a future."*



Devotional: God's Nearness to the Brokenhearted

Beginning with brokenness is often the first step toward restoration. The Lord draws near when we feel shattered or crushed in spirit. This intimacy is not distant or indifferent but deeply personal and tender. When relationships falter, we may be tempted to hide pain or retreat in despair. Yet Scripture reminds us that God's presence is closest at these moments.

Acknowledge your broken places today and invite the Lord's comforting presence. See His nearness as a foundation—a secure starting point to trust Him for rebuilding. His plans are designed to bring hope, even when things feel uncertain or lost.

As we trust God's nearness, we prepare our hearts to receive His strength and vision for what can be restored.



Reflect and Apply

1. How does knowing God is close in your brokenness affect your feelings about healing?

2. In what areas of your relationships do you feel crushed or heartbroken right now?

3. What hope can you grasp from God's promises amid your brokenness?



Journaling Prompts

1. Describe a relationship you feel broken or distant from.

2. Write about a time God comforted you during pain.

3. List ways you can invite God's presence into your relationship challenges.



Day 1: 🌱 Foundations of Restoration

Prayer for Today

Father, thank You for being close to me in my brokenness. Please draw near to my hurting heart today and remind me that I am not alone. Help me to trust You fully with what feels lost or shattered in my relationships. Give me hope and courage to believe in Your power to restore, rebuild, and renew. Teach me to lean on You in every moment of uncertainty. Thank You for Your faithful presence and love. In Jesus' name, Amen. 🙏❤️✨





Day 2: Forgiveness as a Pathway



Day 2: 🕊️ Forgiveness as a Pathway

Your Verse

Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- *Colossians 3:13 - "Forgive as the Lord forgave you."*
- *Matthew 6:14 - "If you forgive others, your heavenly Father will also forgive you."*



Devotional: The Power of Forgiving as God Forgives

Forgiveness unlocks the door for rebuilding relationships. It is often the hardest step, especially when wounds run deep. Yet God's forgiveness toward us through Christ is the perfect example and motivating power for our own forgiveness toward others.

When we forgive, we release the hold that bitterness or resentment has on our hearts. This doesn't mean forgetting or excusing wrongs but choosing to entrust justice to God and embrace compassion instead. Jesus calls us to mirror His grace, offering kindness not as a favor but as a reflection of the mercy we've received.

Ask God to soften your heart today where it may be hardened by pain or pride. Pray for the strength to forgive and the humility to receive forgiveness yourself. This opens pathways not just for others' healing but for your soul's peace and freedom.



Reflect and Apply

1. Is there anyone you find difficult to forgive? What holds you back?

2. How does God's forgiveness toward you inspire you to forgive others?

3. What changes might forgiveness bring in your relationships?



Journaling Prompts

1. Write about a time you experienced God's forgiveness deeply.

2. List any grudges or resentments you need to surrender today.

3. Journal a prayer asking God to help you forgive as He forgives.



Day 2: 🕊️ Forgiveness as a Pathway

Prayer for Today

Lord, help me embrace forgiveness. Give me the grace to forgive those who have hurt me and to seek forgiveness where I've caused pain. May Your mercy fill my heart to release bitterness and foster healing. Teach me to love as You love, showing kindness and compassion even when it's difficult. Thank You for the forgiveness You've freely given me. In Jesus' name, Amen. 🙏❤️🕊️





Day 3: Rebuilding with Patience



Day 3:  Rebuilding with Patience

Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- *Galatians 6:9 - "Let us not become weary in doing good,"*
- *Ecclesiastes 3:1 - "There is a time for everything... a time to heal."*



Day 3:  Rebuilding with Patience

Devotional: Trusting God's Timing in Healing

Restoration does not happen overnight. Whether rebuilding trust, communication, or closeness, healing requires patience—both with others and ourselves. God is the Master Healer who gently binds wounds and makes broken hearts whole.

Allow yourself to rest in God's timing. Avoid rushing the process or setting unrealistic expectations. Often the small, consistent steps of kindness, honesty, and effort reignite what was lost bit by bit.

Remember also that patience extends to forgiving yourself and embracing grace for imperfections along the way. Trust that God is working steadily, even when progress seems slow, and He will bring restoration in the perfect season.



Reflect and Apply

1. Where do you feel impatient about restoration in your relationships?

2. How can you extend grace to yourself during this healing process?

3. What small steps might you take today toward rebuilding trust?



Journaling Prompts

1. Write about how God has shown patience toward you.

2. List areas where you can practice patience in your current relationships.

3. Describe what rebuilding with patience might look like for you.



Day 3: 🧩 Rebuilding with Patience

Prayer for Today

Dear Lord, thank You for Your perfect timing and patient love. Help me to be patient with myself and others as we walk through restoration. Teach me to trust Your process and not grow weary or discouraged. Bind up my heart's wounds and renew my hope for renewed relationships. May I lean on Your strength each day. In Jesus' name, Amen. 🌿 🙏 ⌚





Day 4: Wisdom in Communication



Your Verse

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

Supporting Scriptures

- *James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Ephesians 4:29 – "Do not let any unwholesome talk come out... but only what is helpful for building others up."*



Day 4: 💡 Wisdom in Communication

Devotional: Speaking with Wisdom and Grace

Words have incredible power to heal or harm. As we rebuild relationships, cultivating wisdom in how we communicate is essential. Proverbs reminds us that gentle responses can diffuse anger and open doors for understanding.

Practice active listening today—seek first to understand rather than respond. Choose words that uplift and encourage rather than tear down or provoke. This not only creates a safer space for reconciliation but also honors God by reflecting His grace in our interactions.

Remember that communication is a two-way street. Give yourself permission to pause and pray before speaking, asking God for discernment and peace in all conversations.



Reflect and Apply

1. How do your words typically impact your relationships?

2. Can you identify moments when a gentle response changed the course of a conversation?

3. What barriers keep you from communicating wisely and patiently?



Journaling Prompts

1. Recall a recent conversation you wish had gone differently.

2. Write down ways you can improve your listening skills.

3. List affirmations or positive phrases you can use to build up others.



Day 4: 💡 Wisdom in Communication

Prayer for Today

God, grant me wisdom in every word I speak. Help me to listen more deeply and respond with gentleness and love. Let my speech be a balm that heals and encourages rather than divides. Teach me to reflect Your grace through my communication. Guide my heart and tongue in relationships today. In Jesus' name, Amen. 🙏 🙏 💬





Day 5: Reconciliation and Renewal



Your Verse

2 Corinthians 5:18 – "God... has given us the ministry of reconciliation."

Supporting Scriptures

- *Matthew 5:24 – "First go and be reconciled to them; then come and offer your gift."*
- *Romans 12:18 – "If it is possible, as far as it depends on you, live at peace with everyone."*



Day 5: 🧡 Reconciliation and Renewal

Devotional: Embracing the Ministry of Reconciliation

Reconciliation is a beautiful yet challenging ministry given to believers. It requires humility, courage, and a willingness to take steps toward peace. God entrusts us to actively pursue renewal in relationships that have been fractured.

Identify any relationships where you feel called to seek reconciliation.

Consider what you can do to initiate healing, remembering that sometimes the first step may be simply listening or asking for forgiveness.

Even if reconciliation does not look perfect or instant, committing to peace honors God and aligns us with His heart. Trust that as you obey, God works powerfully behind the scenes ready to restore what is broken.



Reflect and Apply

1. Are there relationships where you need to initiate reconciliation?

2. What fears or obstacles might be holding you back from making the first move?

3. How can you release control and trust God in the renewal process?



Journaling Prompts

1. Write a letter (even if you don't send it) to someone you want to reconcile with.

2. List practical steps you can take toward peace in a strained relationship.

3. Reflect on how God has reconciled you to Himself and what that means.



Day 5: 🧡 Reconciliation and Renewal

Prayer for Today

Lord, empower me to be an agent of reconciliation. Give me courage to reach out with humility and love to those I am estranged from. Help me to prioritize peace and trust You to guide the journey. Heal wounds and transform hearts according to Your perfect will. Thank You for restoring me and inviting me to share that blessing with others. In Jesus' name, Amen. 🧡❤️🙏





Day 6: Restoring Hope and Joy



Day 6: 🌸 Restoring Hope and Joy

Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust Him."*
- *Psalms 51:12 - "Restore to me the joy of Your salvation."*



Day 6: 🌸 Restoring Hope and Joy

Devotional: Finding Strength in God's Joy

As restoration takes root, God often renews our hope and joy. Healing relationships bring refreshment and strength through His Spirit. This joy is not dependent on circumstances but is a deep, abiding confidence in God's goodness and faithfulness.

Celebrate the progress made so far and rejoice in small victories of forgiveness, patience, and connection. Allow God's joy to be your strength when challenges resurface.

Remember that hope fuels perseverance and opens the heart to receive even greater blessings of peace and unity. Anchor yourself daily in God's promises and His unchanging love.



Day 6: 🌸 Restoring Hope and Joy

Reflect and Apply

1. Where have you experienced moments of joy in your restoration journey?

2. How does hope influence your willingness to keep restoring relationships?

3. What scriptures or truths encourage you when discouragement arises?



Journaling Prompts

1. Describe how God has brought joy amid relationship struggles.

2. List ways you can nurture hope during difficult moments.

3. Write a prayer thanking God for His faithfulness and joy.



Day 6: 🌸 Restoring Hope and Joy

Prayer for Today

Heavenly Father, fill me with Your hope and joy today. Remind me that my strength comes from You and that You are always working for my good. Help me to celebrate every step of restoration and trust You fully for what is to come. May Your peace guard my heart and mind. Thank You for never giving up on me. In Jesus' name, Amen. 🌸 🙏 ✨





Day 7: ✨ Moving Forward in Faith



Your Verse

Hebrews 11:1 – "Faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- *Proverbs 3:5-6 – "Trust in the Lord with all your heart... He will make your paths straight."*
- *Philippians 1:6 – "He who began a good work in you will carry it on to completion."*



Day 7: ✨ Moving Forward in Faith

Devotional: Stepping Forward with Confidence in God

Today marks the beginning of moving forward in faith, trusting God beyond what we can see. Restoration is a continuous journey that requires confidence in God's promises and His faithful guidance.

Commit to leaning fully on the Lord as you continue to rebuild your relationships and grow personally. Even when the outcome is unclear, faith empowers us to step forward courageously.

Remember that God began this good work of restoration in your life and promises to carry it to completion. Trust Him to direct your path, provide wisdom, and deepen love daily.

As you close this study, hold tightly to hope, patience, forgiveness, and the joy found in His presence.



Reflect and Apply

1. What areas of your relationship restoration require stronger faith today?

2. How can trusting God change your perspective on future challenges?

3. What does it mean to you that God will complete the good work He started?



Journaling Prompts

1. Write down your personal faith commitments for ongoing restoration.

2. List verses or reminders that encourage your trust in God.

3. Describe how you can support others in their relationship healing journeys.



Day 7: ✨ Moving Forward in Faith

Prayer for Today

Lord, strengthen my faith as I move forward. Help me to trust You wholeheartedly with what lies ahead in my relationships and life. Remind me daily that You are faithful to complete the work You have started in me. Guide my steps, fill me with peace, and help me be a reflection of Your love to others. Thank You for Your never-ending faithfulness. In Jesus' name, Amen. ✨ 🙏





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