Trusting God When Family Feels Hard



A 7-day study encouraging trust in God through difficult family relationships, focusing on children and faith in hard moments.





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Introduction

Family can be one of the greatest blessings and also one of the most challenging parts of our lives. When it comes to our children and family relationships, it's easy to feel overwhelmed, hurt, or even lonely. Yet, within the struggles, God invites us to lean into Him and trust His unfailing love and wisdom.

In this 7-day Bible study, we'll explore how Scripture encourages those facing hard moments with children and family to cling to God's promises, grow in faith, and find peace even amidst difficulty. Each day will guide you with God's Word, reflective questions, and prayer—helping you navigate tough family dynamics with grace.

Whether you're dealing with misunderstanding, rebellion, disappointment, or emotional distance, God's heart is close to you. He sees your pain, hears your prayers, and provides strength beyond measure.

Let these readings encourage you to release your anxieties into His hands and discover the hope that transforms families from the inside out.









Day 1: 7 God's Care for Children









Day 1: F God's Care for Children

Your Verse

Matthew 19:14 "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Supporting Scriptures

- Psalm 127:3 "Children are a heritage from the Lord, offspring a reward from him."
- Mark 10:16 "And he took the children in his arms, placed his hands on them and blessed them."







Day 1: 7 God's Care for Children

Devotional: God's Heart for Every Child

Children hold a precious place in God's heart. Jesus Himself welcomed them and invited us to do the same. When family relationships feel strained or challenging, remembering this simple truth can be a source of comfort: God treasures children deeply.

Often, when children act out or relationships hurt, we may feel inadequate or frustrated. But Scripture reminds us that children are gifts from God, and He desires to guide and protect them as much as He does us. We can trust Him as we parent or interact with our children through seasons of difficulty.

Our role is not to control or fix everything but to invite God's love and grace into every moment. When family feels hard, let's lean on God's compassionate heart for children and trust that He is at work, even when we cannot see it yet.







Day 1: 🍞 God's Care for Children

Reflect and Apply

1.	How do you currently view your children or your role in family challenges?
	In what ways can you remind yourself of God's love for children when feeling overwhelmed?
3.	How might inviting God's grace change your approach to difficult family moments?







Day 1: 🍞 God's Care for Children

Journaling Prompts

	Write about a moment when you felt God's presence in your relationship with your child.
2.	Describe the traits you hope your children will learn from God's word.
3.	Reflect on a time when you struggled to trust God with family issues and how you responded.







Day 1: F God's Care for Children

Prayer for Today

Dear God, thank You for the precious gift of children and Your deep love for every family. Help me trust You when family feels hard. Teach me to lean on Your grace and patience in every challenge. Guide my heart with Your wisdom and peace, and strengthen my faith as I walk through difficult moments with my children. May Your love flow through me so they may see You clearly. In Jesus' name, *Amen.* \bigwedge \bigcirc \bigcirc







Day 2: V Trusting God in Family Struggles









Day 2: 1 Trusting God in Family Struggles

Your Verse

Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 2: V Trusting God in Family Struggles

Devotional: Relying Fully on God's Guidance

Family relationships are rarely perfect, and sometimes they break our hearts.

Trusting God in these moments is rarely easy, especially when we do not understand the pain or confusion that arises between us and our children.

Proverbs 3:5-6 calls us to a deep, unwavering trust in God — a trust that means surrendering our own limited understanding. When we release control, God promises to guide our paths and bring clarity, peace, and healing.

Remember, feeling confused or hurt does not mean you lack faith. God meets us in our brokenness and strengthens us to persevere. Through prayer and reliance on Him, family difficulties become opportunities for grace and growth.







Day 2: ① Trusting God in Family Struggles

Reflect and Apply

	What parts of your family situation are you finding hardest to understand or accept?
	How have you experienced God guiding your decisions when you trust Him fully?
3.	What hinders you from trusting God more deeply in your family struggles?







Day 2: ① Trusting God in Family Struggles

Journaling Prompts

1.	List the areas where you find it difficult to trust God with your family.
	Write about a time when God made your path clear after a period of confusion.
3.	Reflect on ways you can practice surrendering control to God daily.







Day 2: **(**) Trusting God in Family Struggles

Prayer for Today

Lord, help me to trust You completely, especially when family feels hard and confusing. Teach me to lean not on my own understanding, but on Your perfect wisdom and love. Guide my heart and mind toward Your peace, and strengthen me to walk Your way. Help me see Your hand at work even in difficult moments. In Jesus' name, *Amen.* \bigwedge •

















Day 3: **God's Strength in Weakness**

Your Verse

2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Supporting Scriptures

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 3: **B** God's Strength in Weakness

Devotional: Embracing God's Strength in Weak Moments

When family challenges leave us feeling weak, exhausted, or inadequate, God's grace is enough. In fact, Paul tells us that God's power shines brightest in our weakness.

This transforms how we view our struggles—not as failings but as opportunities to experience God's sustaining strength. Parenting or relating to children in hard seasons is tiring and often emotionally draining, but God promises to be our refuge and source of renewed energy.

Instead of striving alone, we are invited to embrace our limitations and rely fully on God's power. He delights in lifting us up when we surrender our weaknesses to Him.







Day 3: 💋 God's Strength in Weakness

Reflect and Apply

	What weaknesses or struggles do you feel most acutely in your family relationships?
	How can acknowledging your weaknesses open the door to experience God's power?
3.	Where have you seen God's strength support you during tough times?







Day 3: 💋 God's Strength in Weakness

Journaling Prompts

1.	Write about a recent moment when you felt overwhelmed in family life.
	Reflect on how God's grace met you in that moment or how you long for Him to.
3.	List ways you can invite God's strength into your daily struggles.







Day 3: **B** God's Strength in Weakness

Prayer for Today

















Day 4: V Grace and Forgiveness at Home

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 "Bear with each other and forgive one another if any of you has a grievance against someone."
- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."







Day 4: Grace and Forgiveness at Home

Devotional: Extending Grace Despite Hurt

Family relationships are often fraught with misunderstandings, mistakes, and hurts. Holding onto resentment only deepens wounds and increases distance.

God's forgiveness toward us is the ultimate example of grace, and He invites us to extend that same grace to our children, spouses, and relatives—even when it's hard.

Choosing kindness, compassion, and forgiveness can heal broken ties and foster peace in the home. This doesn't mean ignoring pain, but it calls us to release bitterness and invite God's healing work.







Day 4: 💙 Grace and Forgiveness at Home

Reflect and Apply

1.	Who in your family do you find hardest to forgive right now, and why?
	How does remembering God's forgiveness toward you affect your willingness to forgive?
3.	What steps can you take to cultivate kindness and compassion in difficult situations?







Day 4: 💙 Grace and Forgiveness at Home

Journaling Prompts

Write down any bitterness you may be holding onto and how it affects you.
Reflect on what forgiveness looks like for you in your current family struggles.
Describe how you can show kindness to someone who has hurt you or your child.







Day 4: V Grace and Forgiveness at Home

Prayer for Today

Lord Jesus, Your grace has forgiven me of so much, and I ask for Your help to extend that grace to my family. Teach me to forgive and be compassionate, even in painful circumstances. Soften my heart and break any chains of bitterness or anger. Help me cultivate peace and love in my home as a reflection of Your love. In Your name, *Amen.* \bigwedge















Your Verse

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Devotional: Receiving God's Peace in Hard Times

Family life—especially with children—can feel chaotic and unpredictable. From tantrums to conflicts, the noise and stress can rob us of our peace.

Jesus promises a peace unlike anything the world offers, a deep calm that remains regardless of circumstances.

When worries about family weigh heavy, we are invited to bring them to God in prayer, releasing anxiety and embracing His steadfast peace. Through this, our hearts find rest, and we grow in confidence that God is in control.







Reflect and Apply

	What are the biggest sources of anxiety or unrest in your family life right now?
	How have you experienced God's peace during stressful situations before?
	In what practical ways can you cultivate a habit of turning worries into prayers?







Journaling Prompts

1.	Write down the worries you want to give over to God today.
2.	Describe how you can remind yourself of God's peace daily.
3.	Reflect on a past moment when God's peace surprised you.







Prayer for Today

Dear Jesus, thank You for Your gift of peace that calms my troubled heart. Help me to let go of anxiety about my family and trust You fully. Teach me to bring my worries to You in prayer and receive Your rest. Fill my home and heart with Your peace today, shining through every difficult moment. In Your loving name, *Amen.* \bigwedge \heartsuit









Day 6: XX Hope for Tomorrow









Day 6: 🗱 Hope for Tomorrow

Your Verse

Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 8:28 "And we know that in all things God works for the good of those who love him."
- Psalm 33:18 "But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love."







Day 6: 🎇 Hope for Tomorrow

Devotional: Clinging to God's Hope for Families

When family feels hard today, it can be difficult to imagine a hopeful future. Yet, God's promises remind us that He is weaving all things—even pain and struggle—into a beautiful plan for good.

We can hold onto hope knowing that God's plans are for our prosperity, peace, and restoration.

Whether dealing with rebellious children, broken relationships, or emotional wounds, God desires to bring healing and joy in His perfect timing. This hope fuels endurance, joy, and permanent trust.







Day 6: 🞇 Hope for Tomorrow

Reflect and Apply

1.	How does the hope God offers change your perspective on current family struggles?
2.	What future hopes do you want to entrust to God today?
3.	Where might you need to rest in God's timing rather than your own?







Day 6: 🞇 Hope for Tomorrow

Journaling Prompts

1.	Write about what hope looks like for your family's future.
2.	Reflect on ways God has redeemed difficulties in your life before.
3.	List encouragements from Scripture that help you hold onto hope.







Day 6: 🎇 Hope for Tomorrow

Prayer for Today

Faithful God, thank You for the hope and future You promise, even when family life is hard. Help me trust that You are working all things for our good and that Your plans prevail. Fill me with patience and joy as I wait on You. Strengthen my faith to hold fast to Your promises for my family's healing and restoration. In Jesus' strong name, *Amen.* \bigwedge

















Your Verse

Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- Psalm 100:5 "For the Lord is good and his love endures forever; his faithfulness continues through all generations."
- Hebrews 13:8 "Jesus Christ is the same yesterday and today and forever."







Devotional: Resting in God's Unfailing Faithfulness

After walking through a week reflecting on struggles with family and children, it's vital to celebrate God's unwavering faithfulness. No matter how difficult the path, God's mercies are new every morning, bringing fresh hope and strength.

His steadfast love sustains us through every season — the good and the challenging alike.

By remembering and celebrating God's faithfulness, we can face family hardships with renewed courage and joy. His promise to never leave us anchors us in hope, today and forever.







Reflect and Apply

	How have you seen God's faithfulness during this past week amidst family challenges?
2.	What new mercies has God shown you recently in your family journey?
	How can celebrating God's faithfulness strengthen your trust going forward?







Journaling Prompts

1.	Write down specific examples of God's faithfulness in your family life.
2.	Reflect on how recalling God's love affects your feelings about family struggles.
3.	Describe ways you can remind yourself daily of God's new mercies.







Prayer for Today

Gracious God, thank You that Your love never fails and Your mercies are new each morning. Even when family feels hard, Your faithfulness remains, giving me hope and strength. Help me to rest in Your steadfast love and face every challenge with courage. May I celebrate Your goodness and trust You daily. In Jesus' name, *Amen*.







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