



# Wisdom for Healthy Relationships



Explore Proverbs 14:7 and discover practical wisdom to nurture relationships that honor God and bring peace.



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## Introduction

Welcome to this 3-day journey focused on gaining wisdom for our relationships, inspired by Proverbs 14:7: "Stay away from a fool, for you will not find knowledge on their lips." Relationships shape who we are, influencing our joy, growth, and peace. The Bible offers timeless wisdom to guide us in choosing companions wisely and nurturing bonds that reflect God's love.

*In these sessions, we'll explore how to discern wisely whom to associate with, how to cultivate understanding, and how to embrace humility that strengthens connections.* Each day offers Scripture, reflections, and prayers aimed at transforming the way you relate with others. Let's embrace God's truth and invite His wisdom to lead us in building authentic and uplifting relationships.

As you engage, consider your current relationships: Are they nurturing your spiritual growth? How does God's wisdom challenge your patterns? Remember, wisdom is not just knowledge but practiced understanding that leads to peace and righteousness. Let's open our hearts to learn and apply this divine guidance.





# Day 1: 🧠 Choosing Relationships Wisely



## Your Verse

*Proverbs 14:7 - "Stay away from a fool, for you will not find knowledge on their lips."*

## Supporting Scriptures

- *1 Corinthians 15:33 - "Do not be misled: 'Bad company corrupts good character.'"*
- *Psalms 1:1 - "Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take..."*



Day 1: 🧠 Choosing Relationships Wisely

## Devotional: Discern Who Influences Your Life

**Wisdom begins with discernment.** Proverbs 14:7 warns about distancing ourselves from unwise influences. The people we choose to spend time with deeply affect our thoughts, behaviors, and spiritual health. When we intentionally seek relationships with those who pursue truth and godliness, we protect ourselves from destructive patterns.

*Reflect on your current circles.* Are they encouraging your growth and wisdom, or are they pulling you away from God's best? Sometimes, loving wisdom means creating boundaries even with familiar or comfortable relationships.

Remember, God's wisdom helps us not just avoid foolishness but also seek out meaningful, grace-filled connections. Let this day be an invitation to prayerfully evaluate your friendships and consider who you will allow to influence your life.



## Reflect and Apply

1. What qualities do I value most in the people I spend time with?

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2. Have I noticed patterns where certain relationships have led me away from wisdom?

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3. What steps can I take today to nurture healthier friendships?

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# Journaling Prompts

1. Write about a relationship that has positively impacted your spiritual growth.

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2. List any relationships that may need boundaries or reevaluation for your well-being.

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3. Journal your prayer asking God for wisdom in choosing companions.

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Day 1: 🧠 Choosing Relationships Wisely

## Prayer for Today

**Heavenly Father**, thank You for Your Word that guides me in choosing wise relationships. Help me to recognize voices that lead to wisdom and those that distract. Grant me the courage to set healthy boundaries and the grace to nurture friendships that honor You. Fill my heart with discernment and love, so my relationships reflect Your truth and kindness. In Jesus' name, Amen.





## Day 2: Cultivating Understanding and Grace



## Your Verse

*James 1:19 – "Everyone should be quick to listen, slow to speak and slow to become angry."*

## Supporting Scriptures

- *Ephesians 4:2 – "Be completely humble and gentle; be patient, bearing with one another in love."*
- *Proverbs 18:13 – "To answer before listening—that is folly and shame."*



## Devotional: Listening and Responding with Grace

**Healthy relationships thrive on understanding and patience.** James 1:19 challenges us to listen carefully and control our responses. Often, conflict arises when we react quickly without fully understanding the other's perspective.

*Practicing grace means choosing humility and gentleness.* Ephesians encourages bearing with one another in love, which involves giving space for growth and mistakes. By slowing down our impulses and offering empathy, we mirror Christ's love in our connections.

Today, ask yourself how well you listen in your relationships. Are you quick to hear and slow to anger? This kind of wisdom builds bridges, promotes peace, and fosters deeper bonds. Let's receive God's grace as we seek to extend that same grace to others.



## Reflect and Apply

1. Am I more often quick to speak or quick to listen in my relationships?

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2. How can patience improve conflicts or misunderstandings I face?

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3. In what ways does humility change my interaction dynamics?

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# Journaling Prompts

1. Recall a situation where you listened well and the outcome was positive.

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2. Write about a recent conflict and how grace could have altered its course.

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3. Journal a prayer asking God to help you grow in patience and understanding.

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Day 2: 🌱 Cultivating Understanding and Grace

## Prayer for Today

**Lord Jesus**, teach me to be quick to listen and slow to speak. Help me to embody patience and uphold grace in every relationship. When frustrations arise, remind me to respond with gentleness and love. May Your Spirit guide my words and actions, building peace and understanding. Thank You for modeling perfect grace for me. In Your name, Amen. 🙏🕊️❤️📖





## Day 3: Embracing Humility in Relationships





## Your Verse

*Philippians 2:3-4 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."*

## Supporting Scriptures

- *Romans 12:10 - "Be devoted to one another in love. Honor one another above yourselves."*
- *Colossians 3:12 - "Clothe yourselves with compassion, kindness, humility, gentleness and patience."*



# Devotional: Humility: The Heart of Relationship Wisdom

**True wisdom in relationships requires humility.** Philippians calls us to esteem others and prioritize their needs before our own. This challenges the natural inclination toward selfishness or pride that can harm connections.

*When we embrace humility,* compassion and kindness flow naturally. It softens hearts and opens doors for authentic love and service. Relationships flourish when each person considers the other's interests and seeks unity over personal gain.

Humility does not mean weakness but strength under control, reflecting Christ's sacrificial love. Today, reflect on how this attitude could transform your relationships. Ask God to help you embody humility that enriches every interaction, bringing harmony and joy.



## Reflect and Apply

1. How can I better prioritize others' needs in my relationships?

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2. What barriers exist that prevent me from acting humbly?

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3. How does Christ's example inspire my daily interactions?

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# Journaling Prompts

1. Write about a time humility positively impacted a relationship.

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2. List areas where pride might be hindering your connections.

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3. Prayerfully journal your desire to grow in Christlike humility.

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## Day 3: 💡 Embracing Humility in Relationships

## Prayer for Today

**Gracious God**, teach me the beauty of humility in my relationships. Help me to value others above myself and seek their good sincerely. Remove pride and selfishness from my heart and fill me with compassion and kindness. May my relationships reflect Your love and bring glory to Your name. Empower me to live humbly and serve joyfully. In Jesus' precious name, Amen. 🙏❤️👐🌿





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