

Day 1: The Weight of What We Carry

Reading: Genesis 32:1-21

Devotional: Jacob spent years running from a broken relationship, but the weight of unresolved conflict followed him every step of the way.

Unreconciled relationships do not simply fade with time. They calcify into fear, avoidance, and eventually contempt. Jacob knew Esau was coming, and still he moved toward him rather than away. That movement cost him something. Maturity always does. What relationship have you been running from? What fracture have you allowed to harden into habit? The first step toward reconciliation is not a conversation. It is an honest acknowledgment before God that something remains unfinished and that you are willing to move.

Reflection Question: What broken relationship have you been avoiding, and what would it look like to take one step toward it today?

Day 2: Anger Is Not the Enemy — Contempt Is

Reading: Matthew 5:21-24

Devotional: Jesus draws a direct line between the act of murder and the posture of contempt. This is not an exaggeration for effect. It is a theological statement about human worth. When we allow anger to settle into contempt, we strip another person of the value God assigned to them before they drew their first breath. Jesus is not asking you to pretend the wound was not real. He is asking you to refuse the conclusion that the person who caused it is now beneath your pursuit. Anger experienced honestly before God can lead to healing. Contempt, left unchecked, leads only to deeper isolation.

Reflection Question: Is there someone in your life whom you have quietly written off? How does God's view of that person challenge your own?

Day 3: Worship Interrupted

Reading: Matthew 5:23-24 and Romans 12:17-21

Devotional: Jesus does something almost unsettling in Matthew 5. He tells a worshiper to stop, leave the altar, and go reconcile before returning. This means that reconciliation is not a footnote to worship. It is worship. God is not moved by the gifts we place before him while we ignore the relationships we have fractured. Romans 12 describes a life that refuses to repay evil with evil and actively pursues peace as far as it depends on you. The phrase "as far as it depends on you" is important. You cannot control another person's response. You are only responsible for your own obedience. Go. Then return.

Reflection Question: Is there an act of reconciliation you have been postponing while continuing to pursue other expressions of devotion to God?

Day 4: Pride Rehearses, Maturity Examines

Reading: Proverbs 16:18-19 and Philippians 2:1-8

Devotional: Pride has a particular habit. It rehearses. It replays every offense, every slight, every moment of injustice until those memories become a fortress we live inside of. Maturity does something different. It examines. It asks honest questions: Did my words wound someone unintentionally? Did I dismiss a concern too quickly? Am I protecting my innocence more than I am pursuing unity? Philippians 2 presents Jesus as the model of humility, describing how he set aside the privileges of his position to move toward humanity at great personal cost. That same posture is the invitation extended to every believer who desires to grow.

Reflection Question: Where have you been rehearsing your case instead of examining your own responsibility in a broken relationship?

Day 5: Go First

Reading: Luke 15:11-24 and Colossians 3:12-14

Devotional: The father in Luke 15 does not wait for his son to reach the front door. He sees him at a distance and runs. That image is not accidental. It is a portrait of what mature love looks like when it is no longer governed by pride or self-protection. Colossians 3 calls believers to clothe themselves in compassion, kindness, humility, patience, and above all, love. These are not passive qualities. They are active choices made in the direction of another person. Mature believers go first. Not because they were necessarily wrong, but because restoring a relationship matters more than winning a standoff. Go first. Leave the outcome to God.

Reflection Question: What would it look like for you to go first in a specific relationship this week, trusting God with the response?