

Loving Difficult Family Members While Maintaining Your Peace

A 5-Day Valentine's Bible Study



DAY ONE: LOVING DIFFICULT MOMS

"Honor your father and your mother..." – Exodus 20:12

Bring your wounds to God. Even if your mother hurt you deeply, choose actions rooted in love rather than bitterness. Forgiveness does not erase the past, but it releases your heart from resentment. (Ephesians 4:32).

Reflect: Where do you need to exchange resentment for trust in God?



Prayer: Lord Jesus, help me forgive and love as You command.
Heal my heart and free me from resentment. Amen.

DAY TWO: LOVING DIFFICULT DADS



“Children, obey your parents in the Lord...” – Ephesians 6:1-3

If your dad was absent, distant, or hurtful, lean into the perfect love of your Heavenly Father. God has never abandoned you (Romans 5:8). Allow Him to restore what was broken.

Reflect: What part of your story with your mom still needs healing?



Prayer: Father, teach me to love from a healed heart. Thank You for being the perfect Father I always needed. Amen.

DAY THREE: LOVING DIFFICULT SIBLINGS



“Be devoted to one another in love.” — Romans 12:10

Sibling wounds can run deep. Release the desire to repay hurt with hurt. As far as it depends on you, live at peace (Romans 12:17-18).

Reflect: What would loving your sibling look like this week?



Prayer: Jesus, free my heart from bitterness. Help me choose peace over revenge. Amen.

DAY FOUR: LOVING DIFFICULT GRANDPARENTS



“Let us love one another, for love comes from God.” – 1 John 4:7

Time is a gift. Even when criticism or misunderstanding exists, choose forgiveness and connection. Love reflects the heart of God.

Reflect: How can you intentionally show love this week?



Prayer: Lord, help me cherish the time I have and extend grace freely. Amen.

DAY FIVE: LOVING AS JESUS COMMANDS



“Love one another. As I have loved you...” – John 13:34-35

Not everyone will change — but you can. Loving like Jesus transforms your heart first. Choose love because Christ chose you (Colossians 3:17; Romans 8:28).

Reflect: What do you need to surrender in order to love freely?



Prayer: Jesus, shape my heart to reflect Yours. Help me love without keeping record of wrongs. Amen.