

a place called
HOME





**WEEK
THREE**

**WOUNDS
WITHIN
THE
HOME**



DAY 1: There Are Wounds That Can't Be Seen

October 19, 2026

Psalm 147:3 NLT

He heals the brokenhearted and bandages their wounds.

There are wounds that no one can see. They require no bandage, leave no visible scars, and yet, they can remain with us for many years.

Perhaps they stem from the words of someone we loved—a promise that was never kept, an absence that still causes us pain, or that one time when we needed understanding but encountered only indifference.

And the hardest part is that some of these wounds occurred in the very place where we expected to feel safest: **our home.**

As time passes, we learn to carry on with our lives. We work, we smile, we share meals, and we fulfill our responsibilities. But that does not necessarily mean that everything has healed.

WE CAN LEARN TO LIVE WITH A WOUND, WITHOUT THAT MEANING IT HAS STOPPED HURTING.

That is why the words of the psalmist move me so deeply: *"He heals the brokenhearted and binds up their wounds."* **What a beautiful image the psalmist gives us of our God!**

And he reminds us that God knows those wounds we have never been able to explain. He knows the words we still remember and the tears we may have shed when no one was watching.

He is not a God who is indifferent to those with a broken heart; rather, He is a God who draws near to heal and bind up their wounds.

Perhaps for a long time you have tried to hide what hurts you, thinking that talking about it would be a sign of weakness. But **before God, you do not need to pretend that everything is fine.** You can approach Him with sincerity and confidence, and say: *"Lord, this hurt me... I thought I had moved past it, but it still hurts... I need You to heal my heart."*

Healing does not always happen immediately. Some wounds require time, navigating difficult conversations, and having support along the way. But we can begin by bringing our pain before the One who knows our heart.



**YOU DON'T HAVE TO WAIT UNTIL THE PAIN STOPS
TO DRAW NEAR TO GOD. YOU CAN DRAW NEAR TO HIM
PRECISELY BECAUSE YOU ARE STILL IN PAIN.**

REMEMBER

WHY SHOULD WE HIDE A WOUND THAT GOD ALREADY KNOWS ABOUT AND WANTS TO HEAL?

THINK

Is there any painful experience within my family that still influences how I feel or how I relate to others?

APPLY

Spend a few minutes alone with God today. Identify a wound that still causes you pain and speak to Him about it with sincerity. Do not try to justify or minimize it; simply begin by acknowledging it before the Lord.

PRAY

Lord, You know my heart and You know how much certain experiences have hurt me. Today, I want to stop hiding my wounds from You. Help me to recognize what needs healing, and walk with me through that process. Do not let my pain continue to govern my life or my relationships. In the name of Jesus. Amen.

[illegible]



DAY 2: Don't Let Yourself Take Root

October 20, 2026

Hebrews 12:15 NLT

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

There is something about roots that has always struck me: we almost never get to see them.

We might walk beside a tree, enjoy its shade, and admire its branches, without giving much thought to what is growing beneath the ground. Yet, **what happens below the surface inevitably and directly influences what we see on the outside.**

Something similar can happen within our own hearts.

An offense we never addressed, a disappointment we keep dwelling on, or a conversation that left us hurt can, over time, turn into resentments that begin to take root.

And even though no one else can see them, they eventually manifest in our words, thoughts, attitudes, and relationships.

Perhaps you once enjoyed talking with a family member, but now, any comment they make bothers you. Or maybe a situation from years ago keeps resurfacing every time you have a disagreement.

This doesn't always happen intentionally. Sometimes, we have simply allowed resentment to linger inside us for too long.

The Bible warns us about a **poisonous root of bitterness** that can affect many. The context of the book of Hebrews calls us to look after our own spiritual lives and those of our community. This warning also helps us reflect on what can happen within our families.

Because: **bitterness rarely affects only the person who harbors it.**

A conflict between spouses can end up affecting the children. A disagreement between siblings can divide family gatherings. And people who were never involved in the original offense can end up suffering its consequences.

A wound may have begun between two individuals, but the resulting bitterness can end up affecting an entire family.

This is why the counsel found in Hebrews 12:15 is so important. ... *"Look after ... Watch out that no poisonous root of bitterness grows ..."* We need to pay attention and take care of our heart.



We cannot prevent every offense or control what others do, but with the Lord's help, we can recognize when we are harboring resentments that need to be addressed.

Perhaps you cannot resolve everything that has happened today. But you can begin by ceasing to feed the things that cause bitterness to grow.

God does not call us to deny our pain. He invites us to bring it before Him, so that it does not become the thing that governs the way we live.

REMEMBER

**WHAT WE ALLOW TO TAKE ROOT IN OUR HEARTS
WILL END UP INFLUENCING OUR RELATIONSHIPS.**

THINK

Is there some past offense that I keep remembering and dwelling on, to the point that it affects my relationship with someone in my family?

APPLY

Identify a thought or an attitude that is fueling your resentment. When it arises again, pause, bring it before God, and decide not to use that offense to hurt someone else again.

PRAY

Lord, examine my heart. Show me if I have allowed any wound to turn into bitterness. Help me to let go of the resentments that are affecting my peace and my relationships. May Your grace transform what is growing within me. In the name of Jesus. Amen.

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DAY 3: May History Not Repeat Itself

October 21, 2026

Genesis 50:20 NLT

You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

There are things we learn at home without anyone ever sitting us down to teach them to us.

We learn how affection is expressed, how disagreements are handled, how to respond to anger, and even how to ask for forgiveness.

We observe our parents, listen to their words, and—without even realizing it—some of those experiences begin to shape the way we relate to others.

Many of these patterns are beautiful and deserve to be kept within our family. Others, however, may be things we need to leave behind.

Perhaps you grew up in an environment where problems were resolved by shouting. Maybe you heard words that made you feel as though you were never good enough. Or perhaps you learned that admitting a mistake was a sign of weakness.

And then, one day, you discover that you are repeating—with your own children or your spouse—some of the very things that once caused you such deep pain.

The story of Joseph teaches us something extraordinary.

His brothers rejected him, sold him into slavery, and inflicted profound suffering upon him. Years later, when Joseph held authority in Egypt and his brothers found themselves dependent on his help, he had the opportunity to respond differently.

Joseph did not deny the harm he had endured; in fact, he acknowledged that his brothers had intended to do him evil. Yet, **he chose not to perpetuate that malice.** Instead of destroying them, he supported them and cared for their families.

Joseph could not change what his brothers had done to him, but he did not have to become someone who acted the way they did.

The way Joseph responded to his brothers offers a lesson that is so important for our homes today!

We may not be able to change how we were treated when we were children, but we can be mindful of how we treat our own children today.

Perhaps we never heard our parents say, “Forgive me,” but we can begin to use those words within



our own families.

And even if our personal history has been marked by difficult times, with the help of Christ, we can learn a different way to show love to our families.

**OUR PAST MAY EXPLAIN SOME OF OUR REACTIONS,
BUT IT DOES NOT HAVE TO JUSTIFY THEM.**

We do not have to pass on to the next generation all the wounds we received from the previous one. We can **hold on to what is good, learn from what was painful, and allow God to transform the way we treat those we love.**

REMEMBER

**THE WOUNDS OF THE PAST DO NOT HAVE TO BECOME
THE WOUNDS OF THE PRESENT IN OUR HOME.**

THINK

Am I making someone in my family feel the same way I was once made to feel?

APPLY

Think of a reaction or behavior you learned in the past that you need to change. Today, when you encounter a similar situation, try to respond in a different way. If you have hurt someone, acknowledge your mistake and ask for forgiveness without making excuses.

PRAY

Lord, thank You for the good things I received from my family. But I also acknowledge that there are painful experiences that have influenced the way I relate to others. Help me not to repeat what hurt my heart. Teach me to build a different story for those I love. In the name of Jesus. Amen.

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DAY 4: Kindness Begins At Home

October 22, 2026

Ephesians 4:32 NLT

Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

There is a question we perhaps rarely ask ourselves: ***How do the people who live with me feel when they are in my presence?***

I am not referring to how they feel when we are in a good mood, when everything is going well, or when we are enjoying a special moment. I am also referring to the difficult days—when we are tired, when something is worrying us, when someone makes a mistake, or when things do not go as we had expected.

Because it is precisely in those moments that the way we treat others can make a significant difference.

Sometimes, we are very careful with people we barely know. We speak to them kindly, listen to their opinions, and take care not to offend them. Yet, when we arrive home—where the people we love most are—we may neglect those very same considerations.

Perhaps this is because we assume they know us, that they will understand our fatigue, or that they know we love them, even if we do not always show it.

However, **love also needs to be expressed through the way we speak and respond.** The Apostle Paul invites us to be kind and tender-hearted.

Kindness becomes visible in our words and actions. Compassion allows us to recognize that the people we love also have feelings, concerns, and needs.

A husband can show kindness by **listening to his wife without interrupting her.**

A mother can show compassion by **trying to understand what is troubling her child before correcting them.**

A child can show consideration by **responding respectfully, even when they disagree with their parents.**

And we can all learn to **handle conflicts without using words that humiliate or hurt.**

That is why we say... *"Kindness begins at home."*



Kindness **does not mean that problems do not exist; it means that we do not have to hurt one another in order to face them.**

We may not be able to immediately change all the difficulties in our home, but we can certainly begin to change the way we treat each other while we face them.

Let us not underestimate the value of a kind response, a word of encouragement, a well-timed hug, or a few minutes of sincere attention.

SOMETIMES IT IS THOSE SMALL GESTURES THAT BEGIN TO TRANSFORM THE ATMOSPHERE OF OUR HOME.

Because the grace of God not only helps us face what hurt us; it also teaches us to build different kinds of relationships.

REMEMBER

THE GRACE WE HAVE RECEIVED FROM CHRIST MUST BECOME VISIBLE IN THE WAY WE TREAT OUR FAMILY.

THINK

Do the people who live with me find kindness, respect, and understanding in my words and attitudes?

APPLY

Today, intentionally practice kindness toward someone in your household. Listen without interrupting, express a word of appreciation, or respond with patience in a situation that would normally cause you to react with anger.

PRAY

Lord, teach me to treat my family with the kindness and compassion You have shown me. Help me to be careful with my words, to listen attentively, and to respond with love—especially during difficult times. May my home be a place where Your grace can be felt in the way we relate to one another. In the name of Jesus. Amen.



DAY 5: Forgiveness Also Builds Homes

October 23, 2026

Proverbs 17:9 NLT

Love prospers when a fault is forgiven, but dwelling on it separates close friends.

I remember that one of the most beautiful aspects of sharing life as a family is that we accumulate stories. Some make us laugh every time we recall them. Others fill us with gratitude. And some—even though many years may have passed—can still stir feelings of sadness.

Because **wherever there are people who love one another, there will also be moments when they hurt each other.**

There will be words we shouldn't have spoken, decisions that caused disappointment, misunderstandings, and moments when we failed to respond as we should have.

Therefore, if we want to build healthy homes, we must grasp one essential truth: **forgiveness cannot be a practice reserved only for major family crises.**

We also need to learn to **forgive one another in our day-to-day lives.**

Proverbs 17:9 reminds us that love flourishes when an offense is forgiven, whereas constantly dwelling on it can end up driving people apart.

Imagine how difficult it would be to live in a home where every mistake is stored away, only to be brought up during the next argument—where an apology is never enough, and past errors keep resurfacing. In such an environment, over time, a home can become a place where everyone walks around in constant fear of making a mistake.

But **forgiveness helps us build a different kind of environment**—a place where we can acknowledge our mistakes without making excuses, sincerely ask for forgiveness, and work to repair the harm we have caused.

This does not mean ignoring problems or pretending that nothing happened. Some wounds require difficult conversations, genuine change, and time to rebuild trust. But it does mean that **we choose not to let resentment become a habit within our family.**

Perhaps today you need to reach out to someone and say, *"I acknowledge that I hurt you... Please forgive me... I want to do better."* Or perhaps you need to begin, before God, the process of forgiving an offense that still causes you pain.

It will not always be easy, but the grace of Christ can help us take those steps.



Forgiveness **does not change** what happened, but it can change what we are building within the home.

REMEMBER

FORGIVENESS DOES NOT ERASE THE PAST, BUT IT CAN PREVENT WOUNDS FROM CONTINUING TO WRITE OUR FUTURE.

THINK

Is there any relationship within my family that needs a sincere apology, a conversation that has yet to take place, or a first step toward forgiveness?

APPLY

If you have hurt someone, take the initiative to acknowledge your mistake and ask for forgiveness, without offering justifications. If you are the one who has been hurt, take time to pray about the situation and consider what a safe and healthy step toward healing might be.

PRAY

Lord, thank You for the forgiveness I have received through Jesus Christ. Help me to acknowledge my mistakes with humility and not allow resentment to govern my relationships. Grant me wisdom to address hurts with truth, grace, and love. Teach us to practice forgiveness in our home. In the name of Jesus. Amen.

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DAY 6: It Is Still Possible To Start Over

October 24, 2026

Colossians 3:13 NLT

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

There are times when, looking at our family, we reflect on all the things we wish we had handled differently.

Perhaps we recall conversations that ended poorly, words we should never have spoken, or significant moments when we were not present.

We might think about our relationship with our children, our marriage, or a family member with whom we stopped speaking long ago.

And a question may begin to stir in our hearts: ***Is it too late to change things?***

I want to tell you something: **we cannot go back to the past and erase what happened, but with God's help, we can begin to build something different, starting today.**

That is part of the hope we find in the grace of Jesus Christ.

In Colossians 3:13, Paul reminds us that we should be understanding and forgive one another, taking as our model the forgiveness that we ourselves have received from the Lord.

It is not simply a matter of trying to become better people through our own efforts. It is about **allowing the grace of God to transform our hearts and the way we relate to one another.**

Perhaps for years you have thought: *"In my family, we have always been this way."*

You may have come to believe that certain relationships can never improve, that some conversations will never take place, or that the wounds of the past will forever define the atmosphere of your home. But **our story does not have to end where our wounds began.**

God can help us recognize our mistakes, abandon harmful attitudes, learn to forgive, and build relationships marked by kindness and compassion.

That does not mean that all relationships will be restored immediately. Some **require time, accountability, healthy boundaries, and changes that demonstrate sincerity.**

But even when we cannot control the decisions of others, we can respond to what God is doing in our own hearts.



Perhaps the first step is an apology.
 Maybe it is a conversation we have been avoiding.
 Or perhaps it is acknowledging that we need help to address a wound we have not yet been able to heal.

The important thing is not to resign ourselves to the thought that nothing can change.
The wounds within our home are not beyond the reach of God's grace.

And as we continue to build our home, let us remember that we do not need to be a perfect family to experience the presence of God.

We need to be **a family willing to listen to His Word, acknowledge our mistakes, and allow His grace to transform the way we live.**

REMEMBER

**NEW BEGINNINGS WITHIN A FAMILY DO NOT HAPPEN
 BY CHANCE; THEY BEGIN WITH HUMILITY, FORGIVENESS,
 AND DIFFERENT CHOICES.**

THINK

If I could take just one step to make my home a healthier, more loving, and grace-filled place, what would it be?

APPLY

Find a quiet moment to talk with your family. Ask each other: **"What can we start doing differently to take better care of ourselves?"**

Listen to the responses without interrupting or blaming one another. Then, choose one simple action that you can practice over the coming week.

PRAY

Lord, thank You that Your grace is greater than our wounds and our mistakes. Today, we place before You our family, our relationships, and everything that still needs healing. Grant us humility to acknowledge our faults, love to treat one another better, and wisdom to take steps toward restoration. May our home be a place where Your presence transforms the way we live. In the name of Jesus. Amen.



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