



30-Day No-Yelling Challenge



Reflection for Days 19-24



Repair

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” — Ephesians 4:32

This week, you will focus on something many people were never taught: **how to repair after things go wrong**

You are going to have moments where you react poorly, raise your voice, or wish you had handled something differently.

That does not mean you have failed.

Healthy relationships are not built by never making mistakes. They are built by learning how to:

- take responsibility
- reconnect
- and repair the relationship afterward

This week is about learning how to come back after hard moments with honesty, humility, and grace.



Day 19 – You Will Mess Up

“For all have sinned and fall short of the glory of God.” — Romans 3:23

Struggle is part of being human—what matters is what you do next.

- What happened in a moment that didn't go well?
- What did I think afterward?
- How did I respond to myself?

How did I handle the moment after?

This is part of the process.

Day 20 – What do You Need to Repair?

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you... first go and be reconciled.” — Matthew 5:23–24

Restoring relationship matters—and it starts with taking initiative.

- Did I have a moment that needs repair?
- What would it look like to take responsibility?
- What might change if I did?

Did I move toward repair?



Repair restores connection.

Day 21 – Ownership Without Shame

“There is now no condemnation for those who are in Christ Jesus.” — Romans 8:1

You can take responsibility without carrying shame.

- How did I respond to myself after a mistake?
- Did I minimize, shame, or own it?
- What would ownership without shame look like?

How did I respond to myself after I made a mistake?

Responsibility does not require shame.

Day 22 – Reconnection

“Bear with each other and forgive one another... Forgive as the Lord forgave you.” — Colossians 3:13

Repair leads to forgiveness—and forgiveness restores connection.

- Did I repair?
- Did I reconnect?
- What changed afterward?

Did I move back toward connection?

Reconnection rebuilds trust.

Day 23 – Modeling

“Follow my example, as I follow the example of Christ.” — 1 Corinthians 11:1

Your actions teach others how to live and respond.

- What did I model in this moment?
- What might someone learn from that?

What did my response teach?

People (especially children) learn more from what you model.

Day 24 – Repair is a Skill

“Train yourself to be godly.” — 1 Timothy 4:7

Growth takes practice—this is something you are learning over time.

- What felt awkward about repair?
- What felt easier than before?

Where am I growing?



This gets easier with practice.

This week, you practiced something incredibly important: coming back after hard moments

You learned to:

- take responsibility without shame
- repair instead of avoiding
- reconnect instead of withdrawing
- and model humility and emotional maturity in your relationships

Repair may still feel awkward or uncomfortable at times, but every attempt matters.

Over time, repair builds trust, restores connection, and creates safer, healthier relationships.

And every time you come back after a difficult moment, you are building a new pattern.

“Above all, love each other deeply.” — 1 Peter 4:8

Lord,

Thank You for reminding me that mistakes do not have to destroy connection.

Teach me to respond with humility when I need to repair. Help me take responsibility for my actions without shame, defensiveness, or avoidance.

Give me courage to reconnect after difficult moments and wisdom to build trust through honesty, gentleness, and consistency.

Help me reflect Your grace in the way I handle conflict, mistakes, and relationships.

Amen.