Healthy Relationships Wednesday Discipleship Calendar

September 30, 2026 to September 29, 2027 | 53 Wednesday sessions

How to use this calendar

7:00–7:10 Welcome, prayer, and a check-in on the previous challenge. | 7:10–7:30 Read the foundational Scripture in context; observe, interpret, and discuss. | 7:30–7:50 Practice the topic in pairs or small groups; name one honest next step. | 7:50–8:00 Pray, assign the challenge, and set a check-in for the following Wednesday.

Leader note: Invite testimony, guard confidentiality, and allow partners to pass on personal sharing. If harm or abuse is dis closed, prioritize safety and appropriate support.

Month	Wednesday	Weekly topic	Foundational Scriptures	Challenge until next Wednesday	Check-in / notes
September 2026	Sep 30, 2026	Covenant kickoff	John 13:34–35; Colossians 3:12–14	Pray for one partner and invite them to walk through this year with you.	
October 2026	Oct 7, 2026	Made for relationship	Genesis 1:26–27; 2:18	List three relationships to nurture; ask God for one concrete first step.	
October 2026	Oct 14, 2026	Abiding before connecting	John 15:1–5; Psalm 63:1–8	Practice ten minutes of Scripture and prayer on five days; note what changes.	
October 2026	Oct 21, 2026	Identity and belonging in Christ	Ephesians 1:3–7; Romans 8:14–17	Write two truths about your identity in Christ; share one with a partner.	
October 2026	Oct 28, 2026	Love as a daily choice	1 Corinthians 13:4–7; John 13:34–35	Choose one difficult act of patient love and report what happened.	
November 2026	Nov 4, 2026	Listening that honors people	James 1:19–20; Proverbs 18:13	Give one person ten uninterrupted minutes; summarize before replying.	
November 2026	Nov 11, 2026	Speaking truth with grace	Ephesians 4:15, 29; Colossians 4:6	Replace one harsh or careless response with a truthful, gracious one.	
November 2026	Nov 18, 2026	Empathy and compassion	Romans 12:15; Luke 10:30–37	Ask someone what support would help, then meet one specific need.	
November 2026	Nov 25, 2026	Gratitude that strengthens bonds	1 Thessalonians 5:18; Philippians 1:3–5	Thank three people with a specific example of their impact.	
December 2026	Dec 2, 2026	Forgiveness begins with truth	Ephesians 4:31–32; Matthew 18:21–22	Name a hurt before God; pray for willingness to forgive.	
December 2026	Dec 9, 2026	Confession and repentance	1 John 1:8–9; James 5:16	Own one wrong without excuses; make a specific apology where appropriate.	
December 2026	Dec 16, 2026	Repairing trust over time	Luke 19:8–10; Proverbs 28:13	Identify one restitution or changed behavior and begin it.	
December 2026	Dec 23, 2026	Peace without pretending	Romans 12:17–18; Matthew 5:9	Plan one honest, safe peacemaking conversation.	
December 2026	Dec 30, 2026	Christ with us in lonely seasons	Matthew 1:23; Psalm 34:18	Reach out to an isolated person and arrange a meaningful visit or call.	

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January 2027	Jan 6, 2027	Renewing the mind for new patterns	Romans 12:1–2; Philippians 4:8	Identify one recurring thought; answer it with a biblical truth.	
January 2027	Jan 13, 2027	Emotional honesty before God	Psalm 42:5–11; Psalm 62:8	Pray a candid psalm and name one emotion to a trusted person.	
January 2027	Jan 20, 2027	Self-control and the Spirit	Galatians 5:22–25; Proverbs 25:28	Choose one trigger and rehearse a prayerful response.	
January 2027	Jan 27, 2027	Rest, limits, and trust	Mark 6:31; Matthew 11:28–30	Protect one rest period; share the boundary with someone affected.	
February 2027	Feb 3, 2027	Friendship that sharpens	Proverbs 27:17; 17:17	Ask a trusted friend one growth question and receive the answer openly.	
February 2027	Feb 10, 2027	Encouragement as ministry	1 Thessalonians 5:11; Hebrews 10:24–25	Encourage two people with specific words and a follow-up.	
February 2027	Feb 17, 2027	Accountability with gentleness	Galatians 6:1–2; James 5:16	Arrange a weekly check-in around one spiritual practice.	
February 2027	Feb 24, 2027	Wise counsel and discernment	Proverbs 11:14; James 1:5	Seek counsel before one decision; write how Scripture informs it.	
March 2027	Mar 3, 2027	Marriage: mutual care and honor	Ephesians 5:21, 25, 33; 1 Peter 3:7	If married, ask your spouse how to serve them this week; others apply mutual honor in a close bond.	
March 2027	Mar 10, 2027	Singles: whole in Christ	1 Corinthians 7:7, 32–35; Colossians 2:10	Reject one message equating worth with relationship status; affirm your calling.	
March 2027	Mar 17, 2027	Family of origin and new habits	Ezekiel 18:19–20; Ephesians 4:22–24	Notice one inherited pattern and practice a healthier response.	
March 2027	Mar 24, 2027	Parents and children in respect	Ephesians 6:1–4; Deuteronomy 6:6–7	Have a listening conversation across generations; avoid a lecture.	
March 2027	Mar 31, 2027	Honoring elders and younger voices	1 Timothy 5:1–2; Titus 2:2–8	Share a meal or call across generations and ask what you can learn.	
April 2027	Apr 7, 2027	Boundaries rooted in love	Galatians 6:2, 5; Matthew 5:37	State one clear, kind yes or no; observe the response.	
April 2027	Apr 14, 2027	Conflict: go directly and gently	Matthew 18:15; Galatians 6:1	Prepare one direct conversation using facts, impact, and a request.	
April 2027	Apr 21, 2027	Anger without sin	Ephesians 4:26–27; Proverbs 15:1	Use a pause and a gentle answer in one heated moment.	
April 2027	Apr 28, 2027	When reconciliation needs help	Matthew 18:16; Romans 12:18	Identify a wise mediator or leader for a stuck conflict.	
May 2027	May 5, 2027	Church as one body	1 Corinthians 12:12–27; Romans 12:4–5	Learn the story and gift of a partner you rarely speak with.	
May 2027	May 12, 2027	Bearing burdens without rescuing	Galatians 6:2, 5; Romans 12:15	Offer one specific form of help while honoring the person's agency.	

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May 2027	May 19, 2027	Gifts for service	1 Peter 4:10–11; Romans 12:6–8	Serve once in an area matching your gifts; ask for feedback.	
May 2027	May 26, 2027	Unity across differences	Ephesians 2:14–18; 4:1–6	Share a meal or conversation with someone whose experience differs from yours.	
June 2027	Jun 2, 2027	Work and integrity	Colossians 3:23–24; Proverbs 11:3	Complete one responsibility with care when no one is watching.	
June 2027	Jun 9, 2027	Money and relational trust	Luke 16:10–13; Proverbs 22:7	Discuss a financial expectation honestly with an affected person.	
June 2027	Jun 16, 2027	Serving neighbors with dignity	Micah 6:8; Luke 10:36–37	Ask a neighbor about a need; serve alongside rather than assume.	
June 2027	Jun 23, 2027	Hospitality and belonging	Romans 12:13; Hebrews 13:2	Invite someone overlooked into a meal, gathering, or conversation.	
June 2027	Jun 30, 2027	Justice, mercy, and presence	Isaiah 1:17; Matthew 25:35–40	Join one local act of mercy and reflect on what you learned.	
July 2027	Jul 7, 2027	Witness through love	John 13:35; 1 Peter 3:15	Share a brief account of Christ's work in you when invited.	
July 2027	Jul 14, 2027	Hard conversations with gentleness	2 Timothy 2:24–25; Proverbs 15:1	Practice a calm response to disagreement with a partner.	
July 2027	Jul 21, 2027	Digital words and witness	James 3:5–10; Ephesians 4:29	Review your posts and messages; remove one harmful habit.	
July 2027	Jul 28, 2027	Prayer for those far from God	1 Timothy 2:1–4; Colossians 4:2–6	Pray daily for two people and seek an appropriate conversation.	
August 2027	Aug 4, 2027	Persevering together	Ecclesiastes 4:9–12; Hebrews 12:1–2	Ask for support on one challenge instead of carrying it alone.	
August 2027	Aug 11, 2027	Care during grief	Romans 12:15; 2 Corinthians 1:3–4	Contact a grieving person, listen, and follow up next week.	
August 2027	Aug 18, 2027	Hope under pressure	Romans 5:3–5; 2 Corinthians 4:16–18	Write one hope statement grounded in Scripture and share it.	
August 2027	Aug 25, 2027	Protecting the vulnerable	Psalm 82:3–4; Mark 10:13–16	Review one ministry practice that safeguards dignity and speak up about a gap.	
September 2027	Sep 1, 2027	Mentoring the next disciple	2 Timothy 2:2; Matthew 28:19–20	Invite one person into a four-week Scripture and prayer rhythm.	
September 2027	Sep 8, 2027	Faithful multiplication	Acts 2:42–47; 1 Thessalonians 2:8	Share both Scripture and life with a partner this week.	
September 2027	Sep 15, 2027	A personal rule of life	John 15:4–5; 1 Timothy 4:7–8	Draft a simple weekly rhythm for prayer, rest, service, and fellowship.	

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September 2027	Sep 22, 2027	Testimony and next steps	Psalm 107:2; Philippians 1:6	Prepare a two-minute testimony and name your next faithful step.	
September 2027	Sep 29, 2027	Commissioned to love and serve	Matthew 28:18–20; John 13:34–35	Pray over one another; commit to one ongoing discipling relationship.	