

Bedrock - Building confidence in God block by block

DAY 1

Read 1 Kings 18:21 NlrV

“Elijah went there and stood in front of the people. He said, ‘How long will it take you to make up your minds? If the LORD is the one and only God, worship him. But if Baal is the one and only God, worship him.’ The people didn’t say anything.”

The people of Israel had fallen away from following the one true God. They started following fake gods like Baal. But Elijah trusted God and stood strong, even though he was outnumbered. He told King Ahab to bring 450 prophets of Baal to Mount Carmel for a challenge!

Even when others around you don’t follow God, you can still choose to trust Him. You can be confident, knowing you don’t stand alone; God is with you!

Circle the icons below of what you need in a big situation. The last one is empty if you want to draw another icon for yourself and describe what it is you would need!



Prayer



God’s Word



Courage



Trust



DAY 2

Read 1 Kings 18:33–34 NlrV

“He arranged the wood for the fire. He cut the bull into pieces. He placed the pieces on the wood. Then he said to some of the people, ‘Fill four large jars with water. Pour it on the offering and the wood.’ So they did. ‘Do it again,’ he said. So they did it again. ‘Do it a third time,’ he ordered. And they did it the third time.”

Elijah gave the prophets of Baal a big head start. They prayed to their fake god all morning for fire to come down on their altar. But nothing happened. Then Elijah built an altar with wood and did something wild. He dumped jars and jars of water all over it. Why? To show that God can do anything! Elijah trusted God fully and what to show everyone clearly what God can do.

Sometimes, we try to fix things ourselves. But trusting God means giving Him our hardest moments, even the ones that feel too big.

Share with a grown-up something that feels impossible for you right now. And then even ask them what feels impossible. Share stories, then pray together and ask God to do the impossible, because He still can!



DAY 3

Read 1 Kings 18:38–39 NlrV

The fire of the Lord came down. It burned up the sacrifice. It burned up the wood and the stones and the soil. It even dried up the water in the ditch.

All the people saw it. Then they fell down flat with their faces toward the ground. They cried out, “The Lord is the one and only God! The Lord is the one and only God!”

Elijah prayed. He didn’t jump or shout or dance. He simply asked God to show the people that He was the real God.

And BOOM! God answered. Fire came down and burned up everything, even the stones and water! That’s impossible for anyone but God.

God may not send fire today, but He still shows up for us every day. He helps us do big things, like forgiving someone, telling the truth, or being kind when it’s hard.

When we trust God and pray, God gives us strength, peace, and help, even when things feel way too big for us. That’s what confidence in God looks like. You can always call on God. God listens, cares, and never leaves you alone, no matter what you’re going through.

DAY 4

Read Luke 18:27 NlrV

“Jesus replied, ‘Things that are impossible with people are possible with God.’”

Elijah saw fire fall from heaven. Then came rain after years of no rain. That might feel like a superhero story, but it was real!

Here’s the truth: God hasn’t changed. Sometimes the things that happen to us or people we care about make us feel like God isn’t very powerful or strong. It may even seem like He doesn’t care. But God is bigger than anything, and He’s always at work. Not just with stopping a storm or bringing down fire from heaven, but even in our everyday lives. God can give you peace during a scary moment or strength when you want to give up. He can even help you when you’re nervous about a test or sad about something at home.

God might not always fix everything the way we expect, but He always listens and stays close. He gives us exactly what we need, even if it’s just a little more courage to keep going.

“Dear God, You are big and powerful! Thank You for helping me with things that feel too hard. Remind me that You are always with me, and nothing is too big for You. Help me trust You no matter what. In Jesus’ name, Amen.”



God can do
the impossible.

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DAY 1

Read Jonah 1:3 NlrV

"But Jonah ran away from the LORD. He headed for Tarshish. He went down to the port of Joppa. There he found a ship that was going to Tarshish. He paid the fare and went on board. Then he sailed for Tarshish. He was running away from the LORD."

Jonah didn't want to go to Nineveh. Instead of following God's plan, he ran the other way, heading to a place called Tarshish. He got on a ship and tried to hide from God.

Sometimes we feel scared or frustrated when God asks us to do something hard. Maybe you need to say sorry to a friend or be kind to someone who's mean to you. It's okay to feel unsure, but don't run. God knows what's best.

Even when you mess up or go the wrong way, God doesn't give up on you.

Ask yourself: Am I running away from something I know God wants me to do? Take a deep breath. Trust Him. God is with you and will help you do the right thing.



**Which way should
Jonah go?
Color the right path!**

*Even when we go the wrong way,
God helps us turn around.*

DAY 2

Read Jonah 2:1 NlrV

"From inside the fish, Jonah prayed to the Lord his God."

A lot was happening to Jonah. He ran away, ended up on a boat in a storm, jumped in the water, and got swallowed by a big fish... that's a lot. But even there, in the belly of a fish, God heard Jonah's prayer. God didn't leave him alone. Jonah prayed, and God answered.

Sometimes we mess up. We make the wrong choice. We disobey God and sin. Maybe you were mean to a friend or didn't do what your teacher asked. But God doesn't give up on us. When you talk to God, He listens and forgives.

You don't have to be perfect to pray. You just have to be honest. God already knows your heart and wants to help you do what's right. Even in hard or messy moments, God is close. He's always ready to listen, forgive, and give you a second chance.

Grab a paper and cut it into the shape of a fish, decorate it, and write a prayer inside asking God for help or forgiveness. Hang it up to remember that God hears your prayers and forgives.



DAY 3

Read Jonah 3:1–2 NlrV

“Then a message from the Lord came to Jonah a second time. The Lord said, ‘Go to the great city of Nineveh. Tell its people that I give you this message.’”

Even after Jonah ran away, God gave him a second chance. This time, Jonah listened. He went to Nineveh and shared God’s message. And guess what? The people actually listened and changed their ways!

God gives us second chances, too. We don’t have to be perfect. But we have to learn to continue to come to God when we mess up, running away just will make it worse later on. God doesn’t turn away when we come to Him. He forgives and helps us. That’s what real love looks like.

Sometimes, we’re afraid that messing up means we’re done. But God isn’t like that. God keeps loving us. God helps us move forward, one step at a time.

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Write or draw below about a time someone gave you a second chance. What did you learn?

### DAY 4

#### Read Jonah 3:10 NlrV

*“God saw what they did. He saw that they stopped doing what was evil. So he took pity on them. He didn’t destroy them as he had said he would..”*

The people of Nineveh had done a lot of wrong things. Jonah didn’t think they deserved God’s love. But God showed mercy anyway. Why? Because God’s love isn’t just for “good” people. It’s for everyone, even people we don’t like or understand.

Sometimes we want to decide who deserves kindness. But God sees every heart. God knows the whole story. And God knows what’s best.

When we follow God, we learn to love like He does. That means being kind, even when it’s hard. Forgiving, even when we’re hurt. Giving second chances, just like He gave to Jonah and Nineveh.

God’s love is bigger than we can imagine. He wants everyone to be part of His family, including you. So share God’s love wherever you go, with your friends, your neighbors, and even people you don’t like. That’s real love in action!

“Dear God, thank You for loving everyone, even when we mess up. Help me follow You and share Your love with others, even when it’s hard. In Jesus’ name, Amen.”



God knows what’s best.

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## DAY 1

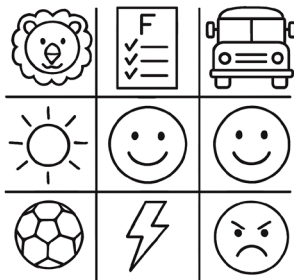
### Read Daniel 6:22 NIV

*"Daniel answered, 'My God sent his angel. And his angel shut the mouths of the lions. They haven't hurt me at all. That's because I haven't done anything wrong in God's sight. I haven't done anything wrong to you either, Your Majesty.'"*

Daniel didn't hide his love for God. He talked to God three times a day, even when a new law said he shouldn't. He chose to trust God no matter what, even when Daniel was thrown into a den full of hungry lions! That would be scary, but Daniel knew something important. He knew God was with him.

God is with you, too! You might not face lions, but you might feel nervous during a test, worried when you're sick, or shy when trying something new. When life feels scary, remember Daniel's story. You can have confidence because God never leaves you. God gives you courage to face hard things.

Circle the pictures that show when you might need God's courage!



## DAY 2

### Read Daniel 6:10 NIV

*"Daniel found out that the king had signed the order. In spite of that, he did just as he had always done before. He went home to his upstairs room. Its windows opened toward Jerusalem. He went to his room three times a day to pray. He got down on his knees and gave thanks to his God."*

Daniel's faith wasn't something he only showed to people outside his home. He talked to God at home, too, every day, no matter what. Even when he knew he could get in trouble for it, Daniel didn't stop. That's how much Daniel trusted God!

God wants to be with you every day, everywhere. When you talk to God and read about Him in the Bible, you build confidence, just like Daniel did. The more you do it, the easier it is to remember that God is always close...at home, at school, everywhere.

Make a "I can talk to God" Window Sign. Take a piece of paper and draw a big heart in the center. Inside the heart, write the words "I can talk to God!" Around the heart, draw or write different places where you can talk to God, like "at bedtime," "on the bus," "in my classroom," or "at Grandma's house." Color your sign and tape it on your bedroom window or mirror to remind you that you can always talk to God.

### DAY 3

## Read 1 Thessalonians 5:17 NIV

*"Never stop praying."*

What's something you do every day? Maybe brush your teeth, make your bed, or feed a pet? Those are habits. Daniel had a habit of talking with God three times a day. He didn't stop. Even when people told Daniel to stop praying to God, he kept going.

That habit helped him stay strong. Even when he didn't know what would happen, he trusted that God was near. That's why daily habits with God are so powerful; they remind us we're not alone and God is always close.

What if you made it a habit to talk to God every morning or read one Bible verse after school? Over time, you can build big confidence and remind yourself that God is with you in every part of life, especially when things feel hard or confusing.

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What is one new habit you could start that helps you feel close to God? Start doing it! It doesn't have to be a big thing. It could just be praying in the morning for 5 minutes, reading a Bible verse at lunch, or singing a worship song. You can begin today!

### DAY 4

## Read Isaiah 41:10 NIV

*"So do not be afraid. I am with you. Don't be terrified. I am your God. I will make you strong and help you. I will hold you safe in my hands."*

When Daniel was thrown into the lion's den, it looked really bad. But Daniel wasn't alone. God sent an angel to shut the lions' mouths and protect Daniel all night long. God is with you, too! Even when you feel scared, lonely, or unsure, God is right there beside you. He's not just with you on your best days. He's with you on your hardest days, too.

Maybe it's the first day at a new school or your first day on a new team or playing a new sport. Or maybe someone you care about is sick. Or maybe you're just having a tough day and need a hug. You can remember this: God's got you. He sees what you're going through and promises never to leave you.

God is strong and kind. He listens when you talk to Him. You can tell Him anything. Just like Daniel, you can pray and trust God, no matter what.

"Dear God, thank You for always being with me. Help me remember You are near, even when things feel scary or hard. I want to trust you more and more. In Jesus' name, Amen."



**God is always with you.**



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## DAY 1

### Read Esther 4:14 NIV

*“What if you don’t say anything at this time? Then help for the Jews will come from another place. But you and your family will die. Who knows? It’s possible that you became queen for a time just like this.”*

Esther was in the perfect spot to help God’s people, but here’s the thing: going to the king without being invited could be dangerous. But Mordecai reminded her that maybe God had put her in the palace for this moment.

Sometimes helping someone else feels scary. Maybe it’s standing up for a classmate who’s left out, or telling the truth when someone gets blamed. In those moments, you can stop, pray, and ask God for help. God hears you and gives you strength. God gave Esther the confidence to do something BIG. He can do the same for you. You don’t have to feel brave to be brave. With God’s help, you can stand up for others, even when it’s hard.

Draw yourself below and know you can be brave for God!



## DAY 2

### Read Esther 4:16 NIV

*“Go. Gather together all the Jews who are in Susa. And fast for my benefit. Don’t eat or drink anything for three days. Don’t do it night or day. I and my attendants will fast just as you do. Then I’ll go to the king. I’ll do it even though it’s against the law. And if I have to die, I’ll die.”*

Esther made a plan. Before going to the king, she asked everyone to fast and pray. She knew she couldn’t do it alone. She needed God’s help, and the prayers of God’s people! Sometimes we think being brave means doing everything by ourselves. But real confidence comes from trusting God and asking for help when we need it.

Talk to a trusted adult who can support you and pray with you. Don’t try to go it alone. God also gave us family, friends, grownups, and leaders to help us be brave and do what’s right.

Make a “Confidence Reminder” crown using paper and markers. Take a piece of paper and, with a grown-up, cut it into the shape of a crown. Then, tape or staple it together. Write “God is with me” on the front and decorate it how you want! Wear it as a reminder that God helps you stand up for others.

### DAY 3

#### Read Proverbs 31:8 NlrV

*“Speak up for those who can’t speak for themselves. Speak up for the rights of all those who are poor.”*

Sometimes being brave means doing something small, like saying “Hi” to a new kid or asking a grown-up for help when you’re not sure what to do. These small steps help you grow your confidence.

Doing what’s right doesn’t always feel easy, but when you practice, it gets easier. You can show kindness, share, or help a friend. Each time, you’re learning how to stand up for others.

And guess what? You’re never alone! God helps you be strong and brave when you need Him.

Can you think of a time someone helped you? What did they do that made you feel better? Isn’t that such a nice feeling! You can do that for someone else!

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Get a paper and draw or write about one way you can stand up for someone this week. Hang it up where you can see and start doing that thing this week! Ask God to help you do it with kindness and courage.

### DAY 4

#### Read Psalm 27:1 NlrV

*“The LORD is my light, and he saves me. Why should I fear anyone? The LORD is my place of safety. Why should I be afraid?”*

Even though Esther was queen, she still needed help. Esther needed God. She knew it wouldn’t be easy to stand up for God’s people, but she trusted that God would be with her.

You can have the same confidence. When you’re scared, nervous, or unsure, God sees the whole picture—He knows what’s going to happen even when we don’t. You may not be facing a king, but you might be facing something that feels just as scary to you.

God helps us be brave. He gives us peace, strength, and courage through His Holy Spirit. So, take a deep breath. Trust that God will help you speak up and stand strong. He’s always with you, cheering you on every step of the way.

Today, ask God to help you stand up for others!

“Dear God, thank You for always being with me. Help me stand up for others when they need help. Give me the courage to do what’s right, even when it’s hard. In Jesus’ name, Amen.”



God can help you stand up for others.



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## DAY 1

### Read Nehemiah 2:20, Nlrv

*"I answered, 'The God of heaven will give us success. We serve him. So we'll start rebuilding the walls.'"*

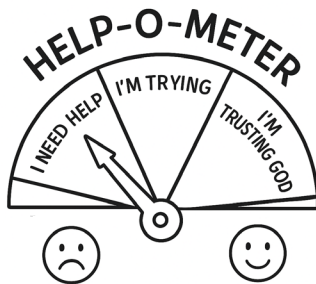
Nehemiah had never built a wall before. He wasn't a builder; he worked for the king! But when Nehemiah heard the wall in Jerusalem was broken, he believed God could help him do something big. And guess what? God did.

Sometimes we face things that feel way too hard: a big test, helping a younger sibling, or standing up for a friend. It can feel scary, especially when we've never done it before.

But you're not alone. God helped Nehemiah, and God can help you, too.

Don't wait until you feel like everything is perfect. Take the first step. You can trust Him to help you do big things one step at a time!

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Color in the area where you are today and talk about it with a grown-up.



DAY 2

Read Nehemiah 4:14, Nlrv

"Don't be afraid of your enemies. Remember the Lord. He is great and powerful. So fight for your families. Fight for your sons and daughters."

Nehemiah didn't rebuild Jerusalem's wall alone. He worked with goldsmiths, merchants, and even people who made perfume! They weren't builders, but they trusted God to help them do a big job. And there were also people who tried to stop the work. Still, he didn't give up. He kept trusting God!

What's something you could help with? Maybe it's collecting canned food for people who are hungry. Maybe it's picking up trash in your neighborhood. Maybe it's standing up for someone being treated badly. You don't have to wait until everything is perfect. Be brave, and trust that God will help you do the big thing.

Your confidence doesn't come from being the best or strongest. It comes from knowing God is with you and will help you. Nehemiah wasn't some superhuman. He was a man who chose to get up and go...and help!

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Create a "Helper's Toolbox" by folding a paper in half like a briefcase. Decorate the outside. Inside, draw or write five "tools" God gives you. Here are some ideas: courage, kindness, listening, prayer, or strength.

### DAY 3

#### Read Nehemiah 1:4 NIV

*“When I heard about these things, I sat down and wept. For several days I was very sad. I didn’t eat any food. I prayed to the God of heaven.”*

Before Nehemiah lifted a single rock, he talked to God. He didn’t rush ahead with his own plan. He paused and prayed.

Have you ever felt nervous about doing something really big? Maybe there’s a hard conversation coming, or you want to help but aren’t sure how. Nehemiah teaches us something important: start with prayer.

God loves to listen and wants to help you. Sometimes the answer comes quickly. Other times, we wait, but we can always trust God is with us.

What do you need help with today? Talk to God about it.

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Write down or draw in the areas below one thing in your life right now that’s been hard to handle. Then write a prayer asking God to help you!

DAY 4

Read Nehemiah 6:15–16 NIV

“So the city wall was completed on the 25th day of the month of Elul. It was finished in 52 days. All our enemies heard about it. All the nations around us became afraid. They weren’t sure of themselves anymore. They realized that our God had helped us finish the work.”

Nehemiah and his team worked hard. Even when enemies mocked them, they didn’t give up. In just 52 days, the wall was DONE!

Maybe you started something hard: reading a long book, cleaning your room, practicing a song, or helping a friend. It’s easy to start strong. But what really matters? Finishing strong, even when it’s tough.

With God’s help, you can keep going. When you’re feeling stuck or ready to quit, stop and pray. Ask God to give you courage, strength, focus, and the energy to finish what you started. Just like Nehemiah, you can trust God to help you every step of the way.

Pray today, thanking God that He is with you! You can pray something like this:

“Dear God, thank You for always being with me. Help me keep going when things get hard. Give me the strength and courage to finish what You’ve asked me to do. In Jesus’ name, Amen.”

God can help you do big things.

