



Courage for Children: Facing Bullies with Faith



A 7-day journey empowering children to confront bullies with courage rooted in God's Word and unwavering faith.



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Introduction

Facing bullies can be one of the most challenging experiences for children, stirring feelings of fear, loneliness, and confusion. This Bible study plan is crafted to equip young hearts with courage and confidence—not just based on their own strength, but on the powerful promises found in God’s Word. *Children* often face peer pressure and bullying, but through Scripture, they can learn how to respond with bravery, kindness, and wisdom.

This study will gently walk children and their guides through stories, verses, and truths that reveal how God views them—as beloved, brave, and strong. Each day offers a primary passage, supporting scriptures, and thought-provoking devotional content to encourage reflection and growth. The prayers and journaling prompts provide a safe space to express feelings and seek God’s guidance.

With God’s help, bullies do not have to control your feelings or your actions. Instead, you can stand firm, speak truth in love, and trust that God is your protector. This plan aims to transform fear into faith, and helplessness into hope. Whether a child reads this alone or together with a parent, teacher, or mentor, it will cultivate resilience and courage grounded in divine strength.

Let’s take these next seven days to explore God’s Word about facing challenges, standing strong, and embracing the incredible courage God places in each of us. Get ready to be empowered, encouraged, and equipped to face bullies with a brave heart.





Day 1: God's Protection Is Near



Day 1:  God's Protection Is Near

Your Verse

Psalm 46:1 – God is our refuge and strength, an ever-present help in trouble.

Supporting Scriptures

- *Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God.*
- *2 Timothy 1:7 – For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*



Day 1:  God's Protection Is Near

Devotional: God's Strength Helps Us Overcome Fear

When bullies make us feel afraid, it's natural to want to hide or run away. But God promises that He is our ever-present help — meaning He is always close, ready to protect and give us strength. Whether the challenge feels big or small, you are never alone. The Bible reminds us that God's Spirit is not one of fear, but of power and love. That means with God's strength, you can stand firm without being scared. Courage doesn't mean you aren't afraid; it means you trust God even when you are.

Today, remember that God is your mighty shield, and He will help you face whatever hard days come your way. When you feel alone or worried, call on Him, and He will be your refuge and strength.



Day 1:  God's Protection Is Near

Reflect and Apply

1. How does knowing God is your refuge change how you feel about being bullied?

2. What does courage mean to you when it comes from God's Spirit?

3. Can you think of a time you felt God help you be brave?



Day 1:  God's Protection Is Near

Journaling Prompts

1. Write about a moment when you felt scared and how you might ask God to help you next time.

2. List three ways God shows He is your protector.

3. Draw or describe a shield representing God's protection over your life.



Day 1: 🛡️ God's Protection Is Near

Prayer for Today

Dear God, thank You for always being close to me and ready to help. Please remind me that I am never alone, even when bullies scare me. Help me to be brave and strong because Your Spirit gives me power and love, not fear. Teach me to trust You more every day and to remember You are my refuge and strength. Keep me safe and help me face each challenge with courage. In Jesus' name, Amen. 🙏🛡️💪❤️





Day 2: Speak Up with Kindness



Your Verse

Proverbs 15:1 – A gentle answer turns away wrath, but a harsh word stirs up anger.

Supporting Scriptures

- *Ephesians 4:29 – Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.*
- *Colossians 4:6 – Let your conversation be always full of grace, seasoned with salt.*



Devotional: Courage Shines Through Gentle Words

When we face bullies, our first reaction might be to lash back or stay silent out of fear. But God encourages us to respond with gentle and kind words. Proverbs reminds us that kindness can calm anger and change the way others treat us. Using our words to build others up even when they hurt us is a powerful way to show courage.

Choosing to speak with grace helps us stand out with God's love in the midst of difficult situations. It doesn't mean accepting bad behavior, but rather, setting a tone that can stop bullying in its tracks. When you feel scared, pray for God to help you speak the right words — words that can bring peace and show your strength.



Reflect and Apply

1. Why do you think kind words can calm anger?

2. How can you use your words to reflect God's love when bullied?

3. What might be some gentle things you could say if someone is unkind to you?



Journaling Prompts

1. Write down three kind and gentle phrases to say when someone is mean.

2. Describe how using kind words might change how you feel about a bullying situation.

3. Recall a time you spoke gently and it helped calm a hard moment.



Day 2: 🗨️ Speak Up with Kindness

Prayer for Today

Heavenly Father, please help me to use my words wisely and kindly, even when I feel hurt or scared. Teach me to speak with grace and to build others up with love. Give me courage to stand strong by showing kindness, and help me remember that my words can make a difference. Thank You for Your patience and strength. In Jesus' name, Amen. 🙏❤️🙏🌟





Day 3: Be Wise and Strong



Day 3: 🧠 Be Wise and Strong

Your Verse

Proverbs 3:5-6 – Trust in the Lord with all your heart and lean not on your own understanding.

Supporting Scriptures

- *James 1:5 – If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault.*
- *Psalms 27:1 – The Lord is my light and my salvation—whom shall I fear?*



Devotional: Seek God's Wisdom When Facing Challenges

Wise courage means asking God for guidance when you're unsure how to respond. Proverbs teaches us not to rely only on what we think but to trust fully in God's understanding. When bullies come around, it's easy to feel confused about what to do. God's wisdom can light the path and help us make choices that keep us safe and strong.

James encourages us to ask God for wisdom—He gladly gives it to those who seek. Having wisdom doesn't mean you have to face bullying alone or fight back in anger; it means you find the best way to handle the situation with God's help, whether that's telling a trusted adult or praying for courage. Remember, with God as your light and salvation, there is no fear too big to face.



Day 3: 🧠 Be Wise and Strong

Reflect and Apply

1. Why is it important to trust God instead of just your own ideas?

2. Who can you ask for help when you need wisdom in dealing with bullies?

3. How does trusting God reduce your fear?



Day 3: 🧠 Be Wise and Strong

Journaling Prompts

1. Write about a time you asked God for help and received wisdom.

2. List adults or friends you can talk to when facing bullying.

3. Describe how trusting God changes how you feel before a difficult situation.



Day 3: 🧠 Be Wise and Strong

Prayer for Today

Dear Lord, help me to trust You fully and not only rely on what I think is best. Please give me Your wisdom when I don't know what to do, especially when I feel bullied or scared. Teach me to listen to Your voice and have courage knowing that You are my light and salvation. Thank You for always guiding me. In Jesus' name, Amen. ✨ 🙏 🧠 💡





Day 4: 🤝 Lean on God and Others



Day 4: 🧡 Lean on God and Others

Your Verse

Ecclesiastes 4:9-10 – Two are better than one, because they have a good return for their labor; if either falls, the other can help them up.

Supporting Scriptures

- *Galatians 6:2 – Carry each other's burdens, and in this way you will fulfill the law of Christ.*
- *James 5:16 – Therefore confess your sins to each other and pray for each other so that you may be healed.*



Day 4: 🧡 Lean on God and Others

Devotional: Strength in Friendship and Support

No one is meant to face struggles alone, especially bullying. The Bible tells us that having friends and trusted adults beside us provides support and strength to stand through hard times. When you feel bullied, don't keep your pain a secret—talk to someone who cares. Together, you can find solutions, comfort, and renewed courage.

God designed us for community and encourages us to carry each other's burdens. Leaning on God and those who love you brings healing and hope. This doesn't make you weak; it shows bravery to ask for help and trust others with your feelings. Remember, when you fall, God often uses friends to help lift you up.



Reflect and Apply

1. Who are the safe people you can talk to about bullying?

2. How does asking for help show courage?

3. What difference does sharing your struggles make?



Day 4: 🧡 Lean on God and Others

Journaling Prompts

1. Write about a person who has helped you in a tough time.

2. List ways you can support a friend who is being bullied.

3. Describe how you feel after talking to someone you trust.



Day 4: 🧡 Lean on God and Others

Prayer for Today

God, thank You for the gift of friends and family who support me. Help me to be brave enough to ask for help when I need it and to lean on others as You provide help through them. Teach me to also be a good friend and support to others going through hard times. Fill my heart with courage and peace. In Jesus' name, Amen. 🧡💖🙏🌈





Day 5: 🔥 Stand Firm Without Fighting



Day 5: 🔥 Stand Firm Without Fighting

Your Verse

Romans 12:17-18 - Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone.

Supporting Scriptures

- *1 Peter 3:9 - Do not repay evil with evil or insult with insult, but with blessing.*
- *Matthew 5:44 - Love your enemies and pray for those who persecute you.*



Day 5: 🔥 Stand Firm Without Fighting

Devotional: Peaceful Courage Transforms Conflict

It can be very hard to face bullies without wanting to fight back or be mean in return. But Scripture teaches us a different way—one of standing firm in what is right while responding with love and blessing, not anger. This kind of courage is powerful and reflects God’s heart.

Choosing not to repay evil with evil doesn’t mean you accept wrong or allow bullying to continue. It means you hold your ground peacefully and trust God to bring justice. Loving your enemies and praying for them transforms your heart and can soften even the hardest situations. This takes real courage—but remember, God is with you every step of the way.



Day 5: 🔥 Stand Firm Without Fighting

Reflect and Apply

1. Why is it hard to not fight back when bullied?

2. What does it mean to respond with blessing instead of anger?

3. How can praying for those who hurt you change your heart?



Day 5: 🔥 Stand Firm Without Fighting

Journaling Prompts

1. Write about a time you didn't fight back and what happened.

2. List ways to show love to someone who is unkind.

3. Describe how praying for a bully might help you feel peace.



Day 5: 🔥 Stand Firm Without Fighting

Prayer for Today

Lord, please help me to stand firm without fighting back or being mean. Teach me to respond with love and kindness, even when it's difficult. Help me to bless those who hurt me and to trust You to take care of things. Fill me with Your peace and courage today. In Jesus' name, Amen. 🕊️ 🙏 🤞 ❤️





Day 6: ✨ Remember Your True Value



Day 6: ✨ Remember Your True Value

Your Verse

Psalm 139:14 – I praise you because I am fearfully and wonderfully made.

Supporting Scriptures

- *Jeremiah 1:5 – Before I formed you in the womb I knew you.*
- *Ephesians 2:10 – For we are God’s handiwork, created in Christ Jesus to do good works.*



Day 6: ✨ Remember Your True Value

Devotional: You Are Wonderfully Made and Loved

When bullies say hurtful things, it can be easy to forget how special and loved you really are. God's Word reminds us that we are wonderfully made and deeply known by God. You are precious in His sight—fearfully and wonderfully created with purpose and value.

Remembering who you are in God's eyes boosts your courage and helps you stand tall. You don't need others' approval because God has already declared your worth. Knowing this truth empowers you to face whatever comes with confidence and joy. Today, claim your identity as God's beloved child, made to shine!



Day 6: ✨ Remember Your True Value

Reflect and Apply

1. How does knowing God made you wonderfully affect how you feel about yourself?

2. What would you say to a bully who tries to make you feel less valuable?

3. How can this truth give you courage tomorrow?



Day 6: ✨ Remember Your True Value

Journaling Prompts

1. Write a list of things you love about yourself as God's creation.

2. Describe a time when you felt loved and special.

3. Draw or write a message to remind yourself of your God-given worth.



Day 6: ✨ Remember Your True Value

Prayer for Today

Dear God, thank You for making me wonderfully and fearfully. Help me remember every day that I am loved, valuable, and created on purpose. When bullies try to make me feel otherwise, remind me that Your opinion is what truly matters. Fill me with courage to stand strong in who I am because of You. In Jesus' name, Amen. 🌈 ❤️ 🙏 ✨





Day 7: 🙏 Trust God's Plan for You



Day 7: 🙏 Trust God's Plan for You

Your Verse

Jeremiah 29:11 – For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you.

Supporting Scriptures

- *Romans 8:28 – And we know that in all things God works for the good of those who love Him.*
- *Philippians 4:13 – I can do all this through Him who gives me strength.*



Day 7: 🙏 Trust God's Plan for You

Devotional: God's Good Plan Gives Lasting Courage

Facing bullies is tough, but God's plans for your life are good and full of hope. Even when things feel hard or unfair, God is working all things out for your good. You can have courage to keep going because God is by your side and gives you strength to face every challenge.

Remember that God's plans include a future filled with peace, joy, and success. When you trust Him, you don't have to fear because He is greater than any bully or problem. Keep your eyes on Him and walk boldly into the amazing future He has for you.



Day 7: 🙏 Trust God's Plan for You

Reflect and Apply

1. How does knowing God has good plans for you change your feelings about bullying?

2. What does trusting God's strength look like in your daily life?

3. How can hope for the future help you stand strong today?



Day 7: 🙏 Trust God's Plan for You

Journaling Prompts

1. Write about what you hope God's plan for your life might include.

2. Describe how you feel when you remember God is always with you.

3. List ways you can remember God's promises when facing fear.



Day 7: 🙏 Trust God's Plan for You

Prayer for Today

Father God, thank You for having good plans for my life, even when things are hard. Help me to trust You and remember that You give me strength to face every challenge. Fill my heart with hope and courage to stand strong because of Your love. Guide me as I follow Your path and hold me close always. In Jesus' name, Amen. 🙏 ✨ ❤️ 💪





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