Facing School Challenges with God's Heart



7-day study on handling meanness at school with biblical wisdom, love, and courage to grow in faith and friendships.





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Introduction

Welcome to this 7-day Bible study on "Children: When Someone at School Is Mean." School can be a joyful place full of friends and learning, but sometimes it's also a place where kids experience meanness, bullying, or hurt feelings. This study is designed to help you discover what God's Word says about these tough moments and how you can respond in a way that honors Him and brings peace to your heart. \mathfrak{D}

Jesus taught us to love others, even when it's hard, and to be strong when we face challenges. Through these lessons, you'll learn how to handle mean behavior with kindness, protect your own heart, and trust God always. Each day includes a special Scripture to focus on, encouraging devotional thoughts, and questions to help you think deeply about how to apply God's wisdom to your school life.

Whether you feel scared, hurt, or confused about someone being mean to you or your friends, remember you are not alone. God knows every tear and cares deeply about your happiness and safety. This journey will help you pray for yourself and others, and find hope and courage in the Bible.

Let's take these days to grow closer to God's heart and discover the strength He gives to stand firm in His love, even in tricky school days. You will come away with new ways to handle meanness and with the confidence that God is always with you. 💪 🔲







Day 1: V Trusting God When You Feel Hurt









Day 1: ① Trusting God When You Feel Hurt

Your Verse

Psalm 56:3 - 'When I am afraid, I put my trust in you.'

Supporting Scriptures

- Isaiah 41:10 'So do not fear, for I am with you; do not be dismayed, for I am your God.'
- 1 Peter 5:7 'Cast all your anxiety on him because he cares for you.'







Day 1: ① Trusting God When You Feel Hurt

Devotional: Find Strength by Trusting God When Hurt

Feeling hurt by someone at school is tough, and it's okay to be upset. But just like the psalmist David, we can choose to trust God when we feel scared or hurt. God promises to be with you, no matter what. When someone is mean, that feeling of fear or sadness can feel overwhelming, but God's love is a shield that keeps your heart safe.

Remember the good words in Psalm 56:3 — whenever you feel afraid or hurt at school, you can talk to God and trust Him to help you. He understands your feelings and wants to comfort you. Trusting God doesn't mean the meanness will stop right away, but it means you don't have to face it alone. God can give you courage and peace even when situations are hard.







Day 1: **(**) Trusting God When You Feel Hurt

Reflect and Apply

1.	How do you usually react when someone is mean to you at school?
2.	What does trusting God look like when you feel scared or sad?
	How might remembering God's promises change your feelings about meanness?







Day 1: ① Trusting God When You Feel Hurt

Journaling Prompts

Write about a time when you felt hurt at school and how you responded.
List ways you can remind yourself to trust God during hard moments.
Describe how knowing God cares for you makes you feel.







Day 1: ① Trusting God When You Feel Hurt

Prayer for Today

Dear God, thank You for being with me when I feel scared or hurt at school. Please help me remember to trust You even when others are mean. Fill my heart with Your peace and courage. Help me know You care about me very much. Amen. \bigwedge















Your Verse

Ephesians 4:29 - 'Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up.'

Supporting Scriptures

- Proverbs 15:1 'A gentle answer turns away wrath, but a harsh word stirs up anger.'
- Colossians 4:6 'Let your conversation be always full of grace.'







Devotional: Choose Gentle Words to Build Up Others

When someone is mean to you, it might be tempting to respond with meanness back, but God wants us to speak with kindness instead. Ephesians 4:29 reminds us to use words that help and build others up. This isn't always easy, especially when feelings get hurt.

Speaking kindly doesn't mean ignoring your feelings or pretending everything is fine. It means choosing words that try to bring peace rather than more problems. Gentle and gracious words can calm angry situations — even bullying — and show others the love of Jesus. When we speak in kindness, we show that our hearts are guided by God's love, not by anger or fear.







Reflect and Apply

1.	How do you usually respond when someone says something mean?
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2.	Why do you think kind words can help even when someone is unkind?
- -	
-	
3.	How can your words show God's love at school?
-	







Journaling Prompts

1.	Write some kind phrases you can say the next time someone is mean.
	Describe a time you used kind words in a tough situation and what happened.
3.	Think about how you feel when someone speaks kindly to you, and write about it.







Prayer for Today

Dear God, please help me speak with kindness and grace, even when others are mean. Teach me to use my words to bring peace and show Your love at school. Give me a gentle heart and a calm spirit. Amen. \bigcirc \bigcirc \bigcirc

















Day 3: 💛 Choosing Forgiveness Over Hurt

Your Verse

Matthew 6:14 - 'For if you forgive other people when they sin against you, your heavenly Father will also forgive you.'

Supporting Scriptures

- Ephesians 4:32 'Be kind and compassionate to one another, forgiving each other.'
- Luke 6:37 'Forgive, and you will be forgiven.'







Day 3: Choosing Forgiveness Over Hurt

Devotional: Forgiveness Brings Peace to Your Heart

When someone hurts your feelings at school, holding onto anger and hurt can make your heart feel heavy and sad. But the Bible asks us to forgive others, just as God forgives us. Forgiveness is a way to free your heart from bitterness and anger.

Forgiving doesn't mean you have to forget what happened or accept continuing meanness. It means you choose not to stay angry inside. Forgiveness is powerful because it opens the door for healing and peace in your heart and sometimes even mends broken friendships.

Matthew 6:14 reminds us how important forgiveness is in our relationship with God. When we forgive others, we experience God's forgiveness ourselves — a beautiful gift of grace that gives us new strength.







Day 3: 💝 Choosing Forgiveness Over Hurt

Reflect and Apply

	Why do you think forgiveness can be hard when someone is mean to you?
2.	How can forgiving someone help you feel better inside?
3.	What does God's forgiveness mean to you personally?







Day 3: 💝 Choosing Forgiveness Over Hurt

Journaling Prompts

1.	Write about a time you forgave someone and how it affected you.
2.	Describe what forgiveness feels like and why it might be helpful.
3.	List ways you can ask God to help you forgive someone at school.







Day 3: 🌣 Choosing Forgiveness Over Hurt

Prayer for Today

Lord, please help me forgive those who hurt me. I want to let go of anger and bitterness and experience Your peace. Teach me to forgive as You do, with a loving heart. Thank You for forgiving me too. Amen. \heartsuit • •

















Your Verse

Proverbs 4:23 - 'Above all else, guard your heart.'

Supporting Scriptures

- Matthew 5:37 'Let your yes be yes, and your no, no.'
- Psalm 34:14 'Turn from evil and do good; seek peace and pursue it.'







Devotional: Courageously Protect Your Heart and Boundaries

It's important to protect your heart and know when to say "no" to meanness or bullying at school. Proverbs 4:23 tells us to guard our hearts, which means being careful about what we let in and who we allow to treat us poorly.

Setting boundaries doesn't mean being mean back; it means respectfully standing up for yourself and asking others to treat you with kindness and respect. Sometimes saying no or walking away is the bravest thing you can do.

God wants you to be safe and happy. You have the right to protect your feelings and your space. By guarding your heart, you show that you value how God made you — with love and dignity.







Reflect and Apply

1.	What are some ways you can protect your heart at school?
2.	How can you respectfully say no to meanness or bullying?
3.	Why is guarding your heart important for your happiness and safety?





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Day 4: O Setting Boundaries with Courage

Journaling Prompts

1.	Write about times you've needed to set boundaries and how it went.
2.	List respectful ways to say no or walk away from meanness.
	Describe how guarding your heart connects to loving yourself as God does.







Prayer for Today

God, please give me courage to protect my heart and set healthy boundaries at school. Help me to stand up for myself with respect and grace. Remind me that I am valuable and loved. Amen. • • • •







Day 5: 🎇 Reflecting Jesus In Your Actions









Day 5: 🗱 Reflecting Jesus In Your Actions

Your Verse

Matthew 5:16 - 'Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'

Supporting Scriptures

- Galatians 5:22-23 'The fruit of the Spirit is love, joy, peace...'
- John 13:34 'Love one another. As I have loved you, so you must love one another.'







Day 5: 💸 Reflecting Jesus In Your Actions

Devotional: Let Your Kindness Shine Like Jesus

Even when someone at school is mean, you have the opportunity to be a light by showing love and kindness, just like Jesus. Matthew 5:16 reminds us that our good actions can shine brightly for others to see, helping them know God's love.

The fruit of the Spirit — such as love, joy, kindness, and patience — helps us respond well to hard situations. It might be hard, but showing love to someone mean to you can be powerful and may change their heart.

Jesus calls us to love others the way He loves us. Being kind and gentle, even in tough moments, reflects God's heart and brings Him glory.







Day 5: 🎇 Reflecting Jesus In Your Actions

Reflect and Apply

1.	How can you show Jesus' love to someone who is mean at school?
2.	What fruits of the Spirit do you want to grow in your life?
3.	Why is it important that your actions reflect God's love?







Day 5: 🎇 Reflecting Jesus In Your Actions

Journaling Prompts

Write about a time you showed kindness to someone who was unkind.
List ways you can show the fruit of the Spirit at school.
Describe what it means to let your light shine for God.







Day 5: 🗱 Reflecting Jesus In Your Actions

Prayer for Today

Lord Jesus, help me to be a light at school by showing Your love through my actions. Grow kindness and patience in my heart. Help me to respond with grace and bring glory to Your name. Amen. *

















Your Verse

Romans 8:28 - 'And we know that in all things God works for the good of those who love him.'

Supporting Scriptures

- James 1:2-3 'Consider it pure joy when you face trials because the testing of your faith produces perseverance.'
- 2 Corinthians 12:9 'My grace is sufficient for you, for my power is made perfect in weakness.'







Devotional: Trust God to Bring Good from Hurt

Sometimes the meanness or hurt you experience can feel overwhelming and unfair. But Romans 8:28 reminds us that God can turn even these hard things into something good. When you face difficult times at school, God can use them to grow you stronger in faith and character.

James encourages us to find joy in challenges because they help us become patient and resilient. And God's grace is always there to help when you feel weak or sad. This hope allows you to keep trusting God even when school days are tough.

Remember, God can bring light into your hardest moments and use them to help you shine brighter.







Reflect and Apply

1.	How have you seen good come from hard experiences before?
2.	What does it mean to you that God works all things for your good?
3.	How can trusting God in tough times bring you hope?







Journaling Prompts

1.	Describe a hard time that you believe God helped you through.
2.	Write about how faith can help you handle mean moments better.
3.	List ways you can remind yourself of God's hope during challenges.







Prayer for Today

Dear God, thank You for promising to work good from hard times. Help me trust You when school is difficult and someone is mean. Please fill me with hope and strength to keep going. Amen. \bigcirc

















Day 7: A Praying for Others and Yourself

Your Verse

1 Timothy 2:1 - 'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.'

Supporting Scriptures

- Philippians 4:6 'Do not be anxious about anything, but in every situation, by prayer present your requests to God.'
- James 5:16 'The prayer of a righteous person is powerful and effective.'







Day 7: A Praying for Others and Yourself

Devotional: Pray Boldly for Yourself and Others

Prayer is a powerful tool both for you and for those who are mean at school. 1 Timothy 2:1 reminds us to pray for everyone, including those who hurt us. Praying can change hearts and brings God's peace to situations.

When you pray, you carry your worries to God and ask for His help. You can also ask God to help those who are mean to understand how to treat others better. Prayer helps you stay calm, hopeful, and close to God in every challenge.

Remember, your prayers matter and are a way to share God's love with the world, starting right at your school.







Day 7: 🙏 Praying for Others and Yourself

Reflect and Apply

1.	Who can you pray for at school who needs kindness or healing?
2.	How does praying help you when you feel hurt or worried?
3.	Why does God want us to pray for others, even those who are mean?







Day 7: 🙏 Praying for Others and Yourself

Journaling Prompts

1.	Write a prayer for someone at school who has been mean.
2.	List things you want to ask God to help you with in school.
3.	Describe how you feel after praying about a hard situation.







Day 7: A Praying for Others and Yourself

Prayer for Today

Lord, thank You for always listening when I pray. Help me to pray for others, even those who are mean to me. Fill my heart with peace and remind me that You are in control. Teach me to trust and love like You do. Amen. 🙏 💝 😂







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