



Guiding Kids Through Bullying with Scripture



A 7-day plan to empower parents with biblical wisdom and prayerful guidance to support children facing bullying.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🛡️ Finding Strength in God's Protection</u>	4
<u>Day 2: 💬 Speaking Up with Wisdom and Love</u>	10
<u>Day 3: ❤️ Embracing Your Child's Value in God's Eyes</u>	16
<u>Day 4: 🕊️ Cultivating Peace in the Midst of Conflict</u>	22
<u>Day 5: 🏠 Building Resilience Through God's Promises</u>	28
<u>Day 6: 🤝 Advocating with Compassion and Justice</u>	34
<u>Day 7: ✨ Holding onto Hope and God's Promises</u>	40



Introduction

Parenthood presents some of the greatest joys, challenges, and responsibilities we will ever experience. One especially painful challenge that many parents face today is helping their children navigate the hurt and confusion caused by bullying.

Whether the bullying is verbal, physical, or relational, it can deeply wound a child's sense of safety and self-worth. Yet the Bible offers profound wisdom and encouragement to parents seeking to protect, comfort, and guide their kids through these difficult moments. This study will explore what Scripture says about love, strength, justice, and God's presence in hardship, equipping parents to respond with grace and courage.

Throughout the week, you will discover comforting promises and practical advice that can be shared with your children, as well as ways to pray for their healing and resilience. *Our goal is to strengthen you as a parent*, empowering you to be a steadfast advocate while modeling Christlike compassion and confidence.

As you dive into these devotions, may you gain renewed hope and clarity. Remember, you are not alone — God's Word lights the path and, through prayer, He surrounds your family with His peace and protection. Embrace these next days as a sacred journey to uplift your children and nurture their hearts, ensuring they know they are valued, beloved, and strong in the Lord.





Day 1: 🛡️ Finding Strength in God's Protection



Day 1:  Finding Strength in God's Protection

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.*



Devotional: God's Refuge for Your Child and You

Bullying can make children feel small, scared, and alone. As parents, it's normal to want to shield them completely from pain. But sometimes, the best gift we can offer is to point them to a source of unshakeable strength: *God Himself*.

Psalms 46:1 reminds us that God is our refuge and strength, always present when we face trouble. This promise is not only for you but for your children too. Teaching them to turn to God in moments of fear builds their confidence and resilience. Reassure your kids that they are not alone — the Creator of the universe is watching over them, ready to protect and help.

Practice praying this promise together. Encourage your children to call on God quietly or aloud whenever they feel hurt or unsafe. Empower them with the truth that God's power fills them with courage, love, and self-discipline, enabling them to face challenges without shrinking back.

Prayerfully embracing God's protection strengthens your entire family during times of bullying. It also gives you, as a parent, peace, knowing you can lean into His everlasting arms too.



Day 1:  Finding Strength in God's Protection

Reflect and Apply

1. How does knowing God is your refuge help you in moments of worry about your child?

2. In what ways can you teach your child to turn to God when they feel bullied or scared?

3. What practical steps can you take today to help your child experience God's protection?



Day 1:  Finding Strength in God's Protection

Journaling Prompts

1. Write about a time you felt God's protection during a difficult parenting moment.

2. List the fears your child might have about bullying and how scripture can address them.

3. Describe how you can create a safe space for your child to share their struggles openly.



Day 1: 🛡️ Finding Strength in God's Protection

Prayer for Today

Heavenly Father, thank You for being our ever-present help and refuge. *Please surround my child with Your protective arms* when they face bullying, and fill their heart with courage and peace. Help me to guide them toward Your strength and remind us both of Your constant presence. Teach us to trust You deeply, even when trials come. Give me wisdom and calm to support my child with love and grace. In Jesus' name, Amen. 🙏 🛡️ ❤️





Day 2: Speaking Up with Wisdom and Love



Day 2:  Speaking Up with Wisdom and Love

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, seasoned with salt.*



Devotional: Words That Build Up Instead of Tear Down

Bullying often involves cruel words that can wound deeply. Teaching children to respond wisely to hurtful speech is a vital part of their emotional armor. Ephesians 4:29 guides us to speak in ways that build others up and offer grace.

When your child faces bullying, encourage them to choose words that defuse conflict instead of escalating it. This doesn't mean accepting mistreatment but responding with dignity and kindness. Proverbs 15:1 reminds us that gentle answers can turn away anger, often surprising bullies and stopping harmful cycles.

Practice with your child how to express their feelings calmly and assertively, without resorting to insult or silence. Role-playing conversations can boost their confidence. Remind them that their words have power, and God's Spirit helps them speak truth lovingly.

As a parent, model this behavior by using grace-filled language even when addressing tough situations. Your calm and thoughtful speech teaches by example and sets a safe emotional tone at home.



Reflect and Apply

1. How do your words at home model handling conflict with grace?

2. What are some phrases your child can use to respond confidently and lovingly to a bully?

3. Why is it important to speak in ways that build others up, even when hurt?



Journaling Prompts

1. Write out some kind and firm responses your child could say to a bully.

2. Reflect on situations where gentle answers changed a tense moment for you.

3. Explore feelings you have about confronting bullying and how you express them.



Day 2: 💬 Speaking Up with Wisdom and Love

Prayer for Today

Lord Jesus, thank You for Your example of loving speech. *Help my child and me to use words that heal, encourage, and bring peace.* Give us wisdom to respond with grace and courage when hurtful words come our way. May our conversations reflect Your love and truth, turning away anger and building up relationships. Empower us by Your Spirit to be peacemakers in every situation. Amen. 💬 🙏 ❤️





Day 3: 💖 Embracing Your Child's Value in God's Eyes



Day 3: ❤️ Embracing Your Child's Value in God's Eyes

Your Verse

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

Supporting Scriptures

- *Matthew 10:31 – So don't be afraid; you are worth more than many sparrows.*
- *Jeremiah 31:3 – I have loved you with an everlasting love.*



Day 3: ❤️ Embracing Your Child's Value in God's Eyes

Devotional: God's Unconditional Love Defines Worth

When children are bullied, it can chip away at their sense of self-worth, making them question their value. As parents, it's vital to remind them that **their true worth is found in God's unchanging love.**

Psalm 139:14 beautifully speaks to how God created your child intentionally and wonderfully. This truth can be a balm to any hurting heart, grounding their identity in the Creator who loves them fiercely and eternally.

Reinforce this by regularly affirming your child's unique gifts and God's sentiments toward them. Matthew 10:31 reminds us that every child is precious, far beyond what the world might say. Jeremiah 31:3 testifies of an everlasting love that never stops.

Help your child memorize and meditate on these verses. Encourage them to name what makes them special — not by human standards, but by God's eyes. When they feel discouraged, these truths can empower resilience and hope.



Reflect and Apply

1. How does knowing God loves your child unconditionally change how you see them?

2. What practical ways can you help your child remember their God-given worth?

3. How can you talk about God's love as a source of security amid bullying?



Day 3: ❤️ Embracing Your Child's Value in God's Eyes

Journaling Prompts

1. List your child's gifts and qualities that reflect God's craftsmanship.

2. Write a personal letter to your child affirming their value in God's eyes.

3. Journal about your own identity in God and how it influences your parenting.



Day 3: ❤️ Embracing Your Child's Value in God's Eyes

Prayer for Today

Gracious Father, thank You for creating my child with such care and love. *Help us both to embrace our true worth in Your eyes alone, especially when cruelty tries to convince us otherwise.* Surround my child with reminders of Your everlasting love and remind me to affirm their value daily. May they grow strong and confident in their identity as Your beloved. Amen. ❤️ 🙏 ✨





Day 4: 🕊️ Cultivating Peace in the Midst of Conflict



Day 4: 🕊️ Cultivating Peace in the Midst of Conflict

Your Verse

Romans 12:18 – If it is possible, as far as it depends on you, live at peace with everyone.

Supporting Scriptures

- *Matthew 5:9 – Blessed are the peacemakers, for they will be called children of God.*
- *James 1:19 – Be quick to listen, slow to speak and slow to become angry.*



Devotional: Nurturing a Spirit of Peace in Your Child

Bullying disrupts peace, creating fear and division. As parents, teaching children to pursue peace is vital for their emotional well-being and spiritual growth.

Romans 12:18 encourages us to live at peace with others as much as possible. Sometimes this means walking away, other times standing firm with kindness. Your role is to guide your child in discerning when to seek peace and when to seek help.

Matthew 5:9 calls peacemakers blessed — those who actively work to reconcile and calm tense situations. Teach your child the value of listening carefully and controlling reactions, echoing James 1:19's wisdom. This doesn't mean tolerating harm, but responding thoughtfully rather than reacting in anger or fear.

Practice breathing exercises or calming prayers when anxiety over bullying arises. Help your child develop tools for inner peace, strengthening their capacity to withstand external chaos.



Reflect and Apply

1. What does being a peacemaker look like in your child's daily life?

2. How can you help your child stay calm and grounded when facing conflict?

3. When is it right to seek peace, and when should someone seek help or intervention?



Journaling Prompts

1. Reflect on a time you helped create peace in a difficult situation.

2. Write strategies to help your child stay calm when bullied.

3. Journal your feelings about conflict and how you model peace for your child.



Day 4: 🕊️ Cultivating Peace in the Midst of Conflict

Prayer for Today

Dear God, please fill my child's heart with Your peace. *Help us both to live peacefully and respond with grace during conflicts.* Teach us to be gentle listeners and peacemakers, reflecting Your love in all our interactions. When fear or anger come, remind us to turn to You for calm and clarity. Guide us to know when to seek help and how to extend kindness even in hard moments. Amen. 🕊️ 🙏 ❤️





Day 5: 🏠 Building Resilience Through God's Promises



Day 5: 📖 Building Resilience Through God's Promises

Your Verse

Isaiah 40:31 – But those who hope in the Lord will renew their strength.

Supporting Scriptures

- *Philippians 4:13 – I can do all this through him who gives me strength.*
- *Joshua 1:9 – Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*



Day 5: 📖 Building Resilience Through God's Promises

Devotional: Hope and Strength for Overcoming Challenges

Resilience is key for children facing bullying — the ability to keep going despite pain. Parents can foster this by anchoring their children in God's promises of strength and courage.

Isaiah 40:31 offers us hope that waiting on the Lord renews our strength. This waiting is active trust — believing God is at work even when circumstances are tough. Your child can learn to rely on this truth, gaining renewed energy to persevere each day.

Philippians 4:13 and Joshua 1:9 echo these reassurances, reminding us that God empowers and accompanies us always. Encourage your child to memorize these verses and speak them aloud when discouraged.

Resilience also develops through support and encouragement — your love is a vital part of this. Celebrate small victories and talk openly about feelings, helping your child bounce back stronger and confident in God's presence.



Reflect and Apply

1. How can you help your child 'hope in the Lord' through challenging moments?

2. What verses or truths offer you strength as a parent guiding through bullying?

3. How do encouragement and faith combine to build resilience?



Journaling Prompts

1. Recall a time you felt God renewed your strength during a trial.

2. Write down encouraging scriptures your child can use when discouraged.

3. Journal ways you can celebrate your child's resilience together.



Day 5: 📖 Building Resilience Through God's Promises

Prayer for Today

God of Strength, remind us that our hope in You is never misplaced. *Renew my child's spirit and grant them courage to face bullying without fear.* Empower us both with Your strength to persevere and to uplift each other daily. Help us to trust You fully, knowing You are always near. Thank You for being our constant source of hope. Amen. 📖 🙏 💪





Day 6: 🧡 Advocating with Compassion and Justice



Day 6: 🧡 Advocating with Compassion and Justice

Your Verse

Proverbs 31:8 - Speak up for those who cannot speak for themselves.

Supporting Scriptures

- *Micah 6:8 - Act justly and love mercy and walk humbly with your God.*
- *Luke 18:16 - Let the little children come to me, and do not hinder them.*



Day 6: 🧡 Advocating with Compassion and Justice

Devotional: Standing Firm in Love and Justice

Parents are called to advocate fiercely for their children. Proverbs 31:8 commands speaking up for those who cannot speak for themselves — a calling especially true when children experience bullying.

Your advocacy isn't just about confronting bullies or school authorities, but also about modeling justice and mercy through love. Micah 6:8 beautifully sums up this balance: act justly, love mercy, and walk humbly with God.

Remind your child that God sees their pain and cares deeply. Luke 18:16 shows Jesus welcoming children, symbolizing their value and need for protection.

Advocate not only by addressing problems but by teaching your child to respond to injustice with a heart of mercy. This dual approach builds character, creates safer environments, and reflects God's kingdom values.



Reflect and Apply

1. How can your child safely and confidently ask for help when bullied?

2. What does it look like to balance justice and mercy in advocating for your child?

3. How do you model humility and compassion in difficult conversations?



Journaling Prompts

1. Write about how you have advocated or can advocate for your child.

2. List ways to teach your child to respond to unfairness with love.

3. Reflect on how walking humbly shapes your parenting.



Day 6: 🧡 Advocating with Compassion and Justice

Prayer for Today

Lord of Justice and Mercy, please guide me in advocating wisely and lovingly for my child. *Grant me courage to speak up, and a compassionate heart to seek mercy.* Help my child know their voice matters, and that You stand beside them always. Teach us both to walk humbly with You, reflecting Your love in all we do. Amen. 🧡 🙏 ⚖️





Day 7: ✨ Holding onto Hope and God's Promises



Day 7: ✨ Holding onto Hope and God's Promises

Your Verse

Romans 15:13 – May the God of hope fill you with all joy and peace as you trust in him.

Supporting Scriptures

- *Jeremiah 29:11 – For I know the plans I have for you, plans to prosper you and not to harm you.*
- *John 16:33 – In this world you will have trouble. But take heart! I have overcome the world.*



Day 7: ✨ Holding onto Hope and God's Promises

Devotional: Anchored in God's Promise of Hope

After a week of learning and praying, the final step is to hold firmly to the hope God gives. Romans 15:13 is a beautiful blessing, inviting us to receive joy and peace by trusting God fully.

Bullying does not define your child's story — God's plans for them are good and filled with purpose. Jeremiah 29:11 reminds us God's plans include hope and a future, not harm.

Jesus acknowledged trouble in this world but declared victory over it (John 16:33). This victory is the foundation we stand upon, confident that bullying will not have the final word.

Encourage your child to daily remember these promises — through prayer, worship, or scripture memory. Teach them to look beyond their current struggles to the amazing future God holds. Your steadfast hope will fuel theirs.



Reflect and Apply

1. How can hope in God's promises reshape your child's experience of bullying?

2. What future hopes do you envision for your child beyond current struggles?

3. How will you maintain faith and joy as you continue to support your child?



Journaling Prompts

1. Write down God's promises that bring you hope in parenting challenges.

2. Describe your vision of the hopeful future God has for your child.

3. Journal ways to encourage your child to trust God daily.



Day 7: ✨ Holding onto Hope and God's Promises

Prayer for Today

God of Hope, fill our hearts with Your joy and peace as we trust in You. *Help my child and me to hold tightly to Your promises in the face of bullying.* Remind us that You have plans to prosper and protect, and that through Jesus, we have victory over all troubles. Strengthen our hope and faith each day. Amen. ✨ 🙏 ✨





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