



# Healing from Bullying with God's Truth



A 21-day journey for teens to find healing and hope  
from bullying through God's Word and promises.

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## Introduction

Bullying can deeply wound our hearts and minds, especially during the formative years of our teen lives. It challenges our identity, shakes our confidence, and sometimes makes us feel isolated or unloved. But **God's truth offers a powerful healing balm** to overcome the pain and fear bullies try to inflict. This 21-day study invites you to explore Scripture, uncover God's promises, and embrace your true identity in Him.

As you walk through each day, you will find encouragement in verses that remind you how God sees you, how much He loves you, and how He empowers you to respond with grace and courage. You will also be prompted to reflect deeply, journal your thoughts, and pray for healing and strength.

Remember, you are chosen, valuable, and deeply loved. This plan isn't just about surviving bullying—it's about thriving in God's truth, building resilience, and letting His light shine through you despite any darkness you may face. Let's begin this journey of healing and hope together, knowing that God walks every step with you. 💖





## Day 1: ✨ You Are Loved by God



Day 1: ✨ You Are Loved by God

## Your Verse

*Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness."*

## Supporting Scriptures

- *Romans 5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."*
- *1 John 4:16 "And so we know and rely on the love God has for us."*



Day 1: ✨ You Are Loved by God

## Devotional: Root Your Worth in God's Everlasting Love

**Feeling unloved?** Bullying can often make you feel invisible or unworthy. But God's Word assures us that *you are deeply and eternally loved by Him*. Jeremiah 31:3 powerfully tells us that God's love is everlasting and His kindness towards you never fails. This is not based on what others say or do, but it is the foundation of who you are.

When the hurtful words or actions of bullies come your way, remember that God's love holds greater authority. Romans 5:8 reminds us that God showed His love for us while we were imperfect, so you can trust that you are treasured, no matter what.

Reflect on how God's steadfast love can be your anchor as you journey through healing. When you recall His great love, you start to build confidence rooted in His truth, not the fleeting opinions of others.



Day 1: ✨ You Are Loved by God

## Reflect and Apply

1. How does knowing God's everlasting love affect the way you see yourself?

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2. In what ways can God's kindness help you respond to bullying?

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3. What truths about God's love do you need to remember when faced with hurtful words?

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Day 1: ✨ You Are Loved by God

## Journaling Prompts

1. Write about a time when you felt unloved or rejected. How can God's truth change your perspective?

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2. List three ways you have experienced God's kindness recently.

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3. Describe what God's everlasting love means to you personally.

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Day 1: ✨ You Are Loved by God

## Prayer for Today

**Dear Lord**, thank You for loving me with a never-ending love that does not depend on what others say or think. Help me to remember Your kindness when I feel hurt or alone. Teach me to believe in Your truth over any lies I hear. Fill me with Your peace and courage today. *In Jesus' name, Amen.* ❤️ 🙏 ✨





## Day 2: God Protects You



## Your Verse

*Psalm 18:2 "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."*

## Supporting Scriptures

- *Psalm 91:4 "He will cover you with his feathers, and under his wings you will find refuge."*
- *2 Thessalonians 3:3 "The Lord is faithful, and he will strengthen you and protect you from the evil one."*



## Devotional: Finding Refuge in God's Protection

**Feeling unsafe or afraid?** Bullying often comes with fear or anxiety, making you wonder where to turn. Psalm 18:2 offers a strong picture of God as your rock and fortress—places of safety and strength.

Imagine God as a mighty protector who shields you from harm and stands close beside you. Psalm 91:4 describes God covering you with His feathers, a beautiful image of tender care and protection.

You are not alone in this battle. God is faithful and promises to strengthen and protect you from evil, as 2 Thessalonians 3:3 affirms. Trusting God's protection can help you find peace amid bullying's storm.



## Reflect and Apply

1. What does it mean to you that God is your fortress and deliverer?

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2. How can you rely on God's protection in moments of fear?

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3. In what ways can understanding God's faithfulness strengthen you today?

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## Journaling Prompts

1. Write about a time when you felt God's protection in your life.

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2. Describe what a 'rock' or 'fortress' looks like to you and how God fills those roles.

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3. List fears you want to give to God for protection.

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Day 2: 🛡️ God Protects You

## Prayer for Today

**Lord**, You are my fortress and protector. When I feel scared or threatened, remind me that You are my safe place. Strengthen me to stand firm against fear and bullying. Help me to seek refuge in You and trust Your faithful care. *In Jesus' name, Amen.* 🛡️ 🙏 💪







## Day 3: 💡 Your True Identity in Christ



## Your Verse

*2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*

## Supporting Scriptures

- *Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."*
- *Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."*



## Devotional: Embrace Your New Identity in Christ

**Feeling defined by bullying?** It can be easy to let hurtful labels stick. But God's Word says your identity is found in Christ, not in the opinions of others.

In 2 Corinthians 5:17, Paul shares the amazing truth that in Christ, you become a new creation. The past—pain, rejection, bullying—does not define your worth. You are made new, loved, and valuable.

Galatians 2:20 emphasizes that Christ now lives in you, giving you strength and purpose. Ephesians 2:10 reminds you that you are God's handiwork, intentionally created for good.

Embracing your identity in Christ invites hope, healing, and confidence that nothing can take away.



## Reflect and Apply

1. How does knowing you are a new creation change how you view yourself?

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2. What old labels or feelings do you need to let go of today?

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3. How can living in Christ empower you to respond to bullying differently?

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# Journaling Prompts

1. Write about what it means to be 'God's handiwork' to you.

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2. List ways Christ's life in you offers hope and strength.

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3. Reflect on how your life can look different now as a new creation.

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Day 3: 💡 Your True Identity in Christ

## Prayer for Today

Dear Jesus, Thank You for making me new and giving me a fresh start through You. Help me to see myself through Your eyes—as Your beloved creation. Give me courage to leave old labels behind and walk confidently as Your child. *Amen.* ✨❤️🙏





## Day 4: 🕊️ God's Peace in Troubled Times



## Your Verse

*John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*

## Supporting Scriptures

- *Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*
- *Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*





## Devotional: Receive God's Unshakable Peace

**Feeling anxious or overwhelmed?** Bullying often stirs deep worry and emotional distress. Jesus offers a peace unlike anything this world can give.

John 14:27 shows us that Jesus gives His peace to calm our hearts, even when life feels chaotic or painful.

Philippians 4:7 promises God's peace will guard your heart and mind, protecting you from fear or confusion. Isaiah 26:3 assures us that staying focused on God brings perfect peace.

Turn your thoughts toward God today and invite His calming presence into your emotions.



## Reflect and Apply

1. What worries or fears do you need to invite God's peace over?

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2. How can focusing on God's promises bring you calm in bullying situations?

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3. In what ways has God's peace protected you before?

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## Journaling Prompts

1. Write about how anxiety or fear feels in your body and mind.

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2. Describe a moment you felt God's peace amidst trouble.

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3. List practical ways you can focus your mind on God today.

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Day 4: 🕊️ God's Peace in Troubled Times

## Prayer for Today

**Lord Jesus,** Thank You for Your gift of peace that calms my heart. Help me to trust You when I'm worried or afraid. Guard my thoughts and feelings with Your perfect peace as I face difficult situations. *Amen.* 🕊️ ❤️ 🙏





## Day 5: 💪 Strength for the Journey



Day 5: 🐣 Strength for the Journey

## Your Verse

*Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."*

## Supporting Scriptures

- *Philippians 4:13 "I can do all this through him who gives me strength."*
- *Nehemiah 8:10 "Do not grieve, for the joy of the Lord is your strength."*



Day 5: 📖 Strength for the Journey

## Devotional: Draw Strength from God's Joy and Power

**Feeling drained or powerless?** Bullying can make you feel weak inside. But God offers fresh strength just when you need it most.

Isaiah 40:29 encourages you that God gives strength to the weary and increases the power of the weak—He never runs out of strength.

Paul reminds us in Philippians 4:13 that through Christ, you can face challenges with boldness. Nehemiah 8:10 reveals that the joy God gives is a source of strength.

Lean on God today to renew your energy and empower your heart to keep going with hope.



Day 5:  Strength for the Journey

## Reflect and Apply

1. When have you felt weak or weary? How did God support you?

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2. How can God's strength be different from your own efforts?

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3. What joy can you hold onto that fuels your resilience?

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Day 5:  Strength for the Journey

## Journaling Prompts

1. Reflect on a challenging moment and how God helped you endure.

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2. List ways you can rely on God's power this week.

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3. Write about what the 'joy of the Lord' means in your life.

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Day 5: 💪 Strength for the Journey

## Prayer for Today

**God,** When I feel weak or exhausted, fill me with Your strength and power. Help me to remember that I can face anything through You. Encourage my heart with Your joy that lifts me up. *In Jesus' name, Amen.* 💪 🙏 ✨





## Day 6: Speak Truth Over Yourself



## Your Verse

*Proverbs 18:21 "The tongue has the power of life and death."*

## 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."*
- *James 3:10 "Out of the same mouth come praise and cursing."*



Day 6:  Speak Truth Over Yourself

## Devotional: Harness the Power of Words for Healing

**Struggling with negative self-talk?** Sometimes bullying causes us to echo harmful words against ourselves. Proverbs 18:21 warns us how powerful the words we speak really are—they can bring life or death.

Ephesians 4:29 encourages us to use words that build up, especially when talking to ourselves. James 3:10 highlights the importance of consistency in our speech—our words should reflect God's love.

Today, challenge yourself to replace negative thoughts with God's truth. Speak life, hope, and encouragement over yourself as God does.



## Reflect and Apply

1. What negative words about yourself do you hear most?

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2. How can God's truth replace these harmful thoughts?

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3. What are some positive statements you can say aloud to yourself?

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Day 6:  Speak Truth Over Yourself

## Journaling Prompts

1. Write down the negative self-talk you want to overcome.

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2. List Bible verses that counter those negative thoughts.

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3. Create a personal affirmation rooted in God's promises.

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Day 6: 🗣️ Speak Truth Over Yourself

## Prayer for Today

**Jesus,** Help me to control my tongue and speak words that bring healing and hope. Teach me to replace lies with Your truth. May my words reflect Your love and build me up every day. *Amen.* 🗣️ ❤️ 🙏







## Day 7: 💛 God's Love Through Friendship



## Your Verse

*Proverbs 17:17 "A friend loves at all times, and a brother is born for a time of adversity."*

## Supporting Scriptures

- *John 15:13 "Greater love has no one than this: to lay down one's life for one's friends."*
- *Ecclesiastes 4:9-10 "Two are better than one... if either of them falls down, one can help the other up."*



## Devotional: Embrace Friendship as God's Gift

**Feeling lonely because of bullying?** God provides friendship to remind you that you are never alone. Proverbs 17:17 shows that a true friend loves you in every season, especially hard times.

Jesus described the greatest love as laying down one's life for friends (John 15:13), demonstrating His deep care for you.

Ecclesiastes 4:9-10 encourages leaning on others who can help you when life feels heavy. God's love often shows through the support of friends. Reach out, accept help, and reflect God's love to others.



## Reflect and Apply

1. Who are your trusted friends who encourage you?

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2. How can you be a friend to someone being bullied?

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3. What does it mean to you that Jesus loves you as a friend?

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# Journaling Prompts

1. Write about a friend who has helped you.

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2. List ways you can build meaningful friendships.

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3. Reflect on how friendship reflects God's love.

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Day 7: 🧡 God's Love Through Friendship

## Prayer for Today

**Father,** Thank You for the gift of friendship. Help me to both receive and offer love and support. Surround me with encouraging friends who help me stand strong. Teach me to show Your love through my relationships. *Amen.* 🧡❤️





## Day 8: Healing Begins with Forgiveness



## Your Verse

*Ephesians 4:32 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

## Supporting Scriptures

- *Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*
- *Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."*





Day 8: 🌿 Healing Begins with Forgiveness

## Devotional: Choose Forgiveness to Heal Your Heart

**Carrying hurt from bullying?** Forgiveness can be difficult but is an essential step toward healing. Ephesians 4:32 calls us to show kindness and forgiveness, following the example Christ gave.

Jesus reminds us that forgiving others opens the door for God's forgiveness in Matthew 6:14. Colossians 3:13 encourages us to patiently bear with one another and choose forgiveness over bitterness.

Forgiveness doesn't mean forgetting or approving wrong behavior but releasing the hold that pain has on your heart. Letting go invites God's healing and peace.



## Reflect and Apply

1. What feelings or pain do you need to release through forgiveness?

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2. Why might forgiveness be hard, and how can God help you?

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3. How does remembering God's forgiveness change your willingness to forgive?

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# Journaling Prompts

1. Write about someone you need to forgive.

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2. Express your feelings about forgiving and being forgiven.

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3. Describe what freedom forgiveness could bring you.

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Day 8: 🌿 Healing Begins with Forgiveness

## Prayer for Today

**Lord,** Teach me to forgive as You have forgiven me. Help me to release bitterness and pain so healing can grow. Give me strength to show kindness and compassion even when it's difficult. *In Jesus' name, Amen.* 🌿 ❤️ 🙏





## Day 9: ✨ You Are Fearfully and Wonderfully Made



Day 9: ✨ You Are Fearfully and Wonderfully Made

## Your Verse

*Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful."*

## Supporting Scriptures

- *Genesis 1:27 "So God created mankind in his own image, in the image of God he created them; male and female he created them."*
- *Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."*



Day 9: ✨ You Are Fearfully and Wonderfully Made

## Devotional: Celebrate Your Unique Creation

**Feeling imperfect or inferior?** Bullying may attack your appearance or abilities, but God's Word speaks a different truth.

Psalms 139:14 declares that you are fearfully and wonderfully made, crafted uniquely by God's loving hands. Genesis 1:27 reminds us that every person is created in God's image—an incredible honor and gift.

Ephesians 2:10 tells you that you are God's handiwork, designed for good and purposeful works. Your worth doesn't come from what others say but from how God created you.

Celebrate your unique beauty and value today, knowing you reflect God's glory.



Day 9: ✨ You Are Fearfully and Wonderfully Made

## Reflect and Apply

1. What does being 'wonderfully made' mean personally for you?

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2. How can remembering God's image in you combat negative feelings?

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3. What unique qualities has God given you to use for good?

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Day 9: ✨ You Are Fearfully and Wonderfully Made

## Journaling Prompts

1. List traits or talents you are grateful for.

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2. Write about a time you felt proud of how God made you.

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3. Reflect on how you can glorify God through your uniqueness.

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Day 9: ✨ You Are Fearfully and Wonderfully Made

## Prayer for Today

**Creator God,** Thank You for making me wonderfully unique. Help me to see myself through Your eyes and value who You've made me to be. Teach me to love myself as You love me. *Amen.* ✨ ❤️ 🙏





## Day 10: Guard Your Heart with God's Word



Day 10:  Guard Your Heart with God's Word

## Your Verse

*Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."*

## Supporting Scriptures

- *Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."*
- *Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 10:  Guard Your Heart with God's Word

## Devotional: Protect Your Heart Through Scripture


**Feeling overwhelmed by negative messages?** Proverbs 4:23 reminds us to guard our hearts because our actions and thoughts flow out of them.

One powerful way to guard your heart is to fill it with God's Word. Psalm 119:11 encourages hiding God's Word in your heart to help resist lies and sin.

Remember that even if your spirit feels crushed, Psalm 34:18 assures God's closeness and salvation. Filling your heart with His truth protects you from the damage that bullying tries to cause.

Commit today to shelter your heart with Scripture's strength and wisdom.



Day 10:  Guard Your Heart with God's Word

## Reflect and Apply

1. What negative thoughts do you need to guard your heart against?

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2. How can memorizing Scripture help protect your emotions?

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3. When have you felt God close during hard times?

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Day 10:  Guard Your Heart with God's Word

## Journaling Prompts

1. Write down favorite verses that encourage you.

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2. List practical ways you can protect your heart daily.

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3. Describe how God's Word has helped you before.

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Day 10: 🔒 Guard Your Heart with God's Word

## Prayer for Today

**Lord,** Guard my heart with Your truth and love. Help me to fill my mind with Your Word and reject negative lies. Draw near to me when I feel broken and strengthen my spirit. *Amen.* 🔒 📖 🙏







## Day 11: 🌈 Hope Beyond Today



Day 11:  Hope Beyond Today

## 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," declares the Lord, "plans to prosper you and not to harm you."*
- *Psalms 33:18 "But the eyes of the Lord are on those who fear him, on those whose hope is in his unfailing love."*



Day 11:  Hope Beyond Today

## Devotional: Anchor Your Hope in God's Promises

**Struggling to see a better future?** Bullying can cloud your vision with despair. But Romans 15:13 encourages you to trust God as the source of hope, joy, and peace.

God declares in Jeremiah 29:11 that He has good plans for your life, designed to prosper you. This means your present struggles do not define your future.

God watches over those who place their hope in His unfailing love (Psalm 33:18). Your hope in Him is an anchor that holds firm through any storm.

Hold onto this hope and let it fuel your courage to face today.



Day 11:  Hope Beyond Today

## Reflect and Apply

1. What hopes do you have for your future despite bullying?

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2. How does trusting God's plans affect your perspective on pain?

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3. In what ways can you remind yourself of God's unfailing love?

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Day 11:  Hope Beyond Today

## Journaling Prompts

1. Write about your dreams and hopes for the future.

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2. List ways God has shown His faithfulness to you.

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3. Describe how hope changes your attitude toward challenges.

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Day 11: 🌈 Hope Beyond Today

## Prayer for Today

**God of Hope**, Fill me with joy and peace as I trust in You. Help me to believe that You have good plans for my life. Remind me to place my hope in Your unfailing love. *Amen.* 🌈 💖 🙏





## Day 12: 🎯 Focus on What Matters Most



Day 12:  Focus on What Matters Most

## Your Verse

*Colossians 3:2 "Set your minds on things above, not on earthly things."*

## Supporting Scriptures

- *Matthew 6:33 "But seek first his kingdom and his righteousness."*
- *Philippians 3:14 "I press on toward the goal to win the prize for which God has called me heavenward."*





Day 12:  Focus on What Matters Most

## Devotional: Keep Your Eyes on Eternal Goals

**Feeling distracted by pain and bullying?** Colossians 3:2 urges you to direct your focus on what truly matters—God and His kingdom.

Jesus reminds us in Matthew 6:33 to seek God's kingdom and righteousness first, which reorders our priorities and brings lasting peace.

Paul encourages pressing on toward God's heavenly goal with determination (Philippians 3:14).

When bullying tries to consume your thoughts, choose to focus on God's eternal purposes and keep your eyes on the prize He has for you.



## Reflect and Apply

1. What distractions keep you from focusing on God?

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2. How can prioritizing God's kingdom change your daily life?

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3. What is a spiritual goal you want to press toward?

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# Journaling Prompts

1. Write down areas where your focus needs realignment.

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2. List ways to practice seeking God first this week.

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3. Reflect on what 'pressing on' looks like for you personally.

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Day 12: 🎯 Focus on What Matters Most

## Prayer for Today

**Lord,** Help me to set my mind on things above and not be consumed by earthly hurts. Teach me to seek Your kingdom first and press on toward Your call for my life. *Amen.* 🎯 🙏 ❤️





## Day 13: 🌸 Embracing God's Grace



Day 13: 🌸 Embracing God's Grace

## Your Verse

*2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."*

## Supporting Scriptures

- *Ephesians 2:8 "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."*
- *Titus 2:11 "For the grace of God has appeared that offers salvation to all people."*



Day 13: 🌸 Embracing God's Grace

## Devotional: Receive God's Strength Through Grace

**Feeling inadequate or shameful?** God's grace meets you in your weakness and offers forgiveness and strength.

2 Corinthians 12:9 promises that God's grace is enough and His power is perfected when we are weak.

Ephesians 2:8 reminds you that salvation is a gift — never earned but freely given through faith.

Grace also offers hope and restoration for anyone hurting, as Titus 2:11 states.

Let God's graceful love wash over your wounds and fill you with peace.



Day 13: 🌸 Embracing God's Grace

## Reflect and Apply

1. How do you respond to feeling weak or flawed?

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2. What difference does it make to know grace is freely given?

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3. How can embracing grace help you forgive yourself?

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Day 13: 🌸 Embracing God's Grace

## Journaling Prompts

1. Write about a time you experienced God's grace.

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2. List areas in your life where you need to accept grace.

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3. Reflect on how grace can empower you to heal.

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Day 13: 🌸 Embracing God's Grace

## Prayer for Today

**Gracious God,** Thank You for Your sufficient grace in my weakness. Help me to rest in Your power and forgiveness. Teach me to extend grace to myself and others as You do. *Amen.* 🌸💖🙏





## Day 14: 🌟 Choosing Joy Amid Trials



Day 14: 🌻 Choosing Joy Amid Trials

## Your Verse

*James 1:2-3 "Consider it pure joy, my brothers and sisters, whenever you face trials... because you know that the testing of your faith produces perseverance."*

## Supporting Scriptures

- *Nehemiah 8:10 "The joy of the Lord is your strength."*
- *Psalms 16:11 "In your presence there is fullness of joy."*



Day 14: ☀ Choosing Joy Amid Trials

## Devotional: Find Strength by Choosing God's Joy

**Feeling overwhelmed by bullying?** James encourages us to choose joy even in hard times because challenges build perseverance.

Nehemiah 8:10 reveals that the joy God gives becomes strength when you are weak.

Psalm 16:11 reminds us that true joy is found in God's presence.

Choosing joy doesn't mean ignoring pain but trusting God through it. Let God's joy be your reservoir of strength today.



Day 14: ☀ Choosing Joy Amid Trials

## Reflect and Apply

1. How can joy coexist with pain in your life?

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2. What does choosing joy look like when bullied?

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3. When have you experienced God's joy during trials?

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Day 14: 🌻 Choosing Joy Amid Trials

## Journaling Prompts

1. Write about things that bring you joy even on hard days.

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2. List ways to invite God's presence into your daily routine.

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3. Reflect on how joy strengthens you emotionally and spiritually.

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Day 14: 🌻 Choosing Joy Amid Trials

## Prayer for Today

**Lord,** Help me to consider it joy even when facing difficulties. Fill me with Your presence and strength through Your joy. Teach me to rely on You for endurance and hope. *Amen.* 🌻 ❤️ 🙏







## Day 15: 🌻 Growing in Patience



Day 15: 🌻 Growing in Patience

## Your Verse

*Romans 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."*

## Supporting Scriptures

- *Galatians 5:22 "But the fruit of the Spirit is... patience."*
- *Psalms 37:7 "Be still before the Lord and wait patiently for him."*



Day 15: 🌻 Growing in Patience

## Devotional: Trust God's Timing with Patience

**Feeling impatient with the pain?** Healing takes time, and God calls you to grow patience through the process.

Romans 12:12 encourages joy in hope and patience in affliction, balanced by faithfulness in prayer.

Patience is a fruit of the Spirit (Galatians 5:22), meaning God develops it in us as we walk closely with Him.

Psalm 37:7 reminds you to be still and trust God's timing. Learning patience unites your heart with God's will for healing.



Day 15: 🌻 Growing in Patience

## Reflect and Apply

1. Where do you struggle most with patience during hardship?

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2. How can being faithful in prayer support your patience?

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3. In what ways has God grown patience in you over time?

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Day 15: 🌻 Growing in Patience

## Journaling Prompts

1. Write about areas where you want to grow in patience.

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2. List prayers you can repeat when feeling impatient.

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3. Reflect on God's timing and how it has worked in your life.

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Day 15: 🌻 Growing in Patience

## Prayer for Today

**Father,** Teach me to be patient as I wait for healing and change. Help me to remain joyful and faithful in prayer. Guide me to trust Your perfect timing in every circumstance. *Amen.* 🌻 🙏 📖





## Day 16: 🌱 Sowing Kindness and Compassion



Day 16: 🌱 Sowing Kindness and Compassion

## Your Verse

*Luke 6:31 "Do to others as you would have them do to you."*

## Supporting Scriptures

- *Ephesians 4:32 "Be kind and compassionate to one another."*
- *Micah 6:8 "What does the Lord require... to act justly and to love mercy and to walk humbly with your God?"*





Day 16: 🌱 Sowing Kindness and Compassion

## Devotional: Respond to Hurt with Godly Kindness

**Struggling with bitterness or anger?** Sometimes bullying fuels these feelings, but God calls you to sow kindness.

Luke 6:31 provides a golden rule—treat others how you want to be treated.

Ephesians 4:32 urges kindness and compassion, even when it's hard.

Micah 6:8 reveals that walking humbly with God involves loving mercy and justice.

By responding with kindness, you reflect God's heart and break the cycle of hurt.



## Reflect and Apply

1. How do you usually respond to unfair treatment?

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2. What challenges do you face when trying to be kind to bullies?

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3. How does compassion reflect God's character in your life?

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Day 16: 🌱 Sowing Kindness and Compassion

## Journaling Prompts

1. Write about a time you showed kindness in a difficult situation.

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2. List ways you can practice compassion this week.

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3. Reflect on how God's mercy motivates your actions.

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Day 16: 🌱 Sowing Kindness and Compassion

## Prayer for Today

**Jesus,** Help me to treat others with kindness and compassion, even when it's difficult. Teach me to walk humbly and love mercy, reflecting Your heart in all I do. *Amen.* 🌱❤️🙏





## Day 17: 🔥 Letting God Transform Your Anger



Day 17: 🔥 Letting God Transform Your Anger

## Your Verse

*Ephesians 4:26 "In your anger do not sin..."*

## Supporting Scriptures

- *James 1:19-20 "Be quick to listen, slow to speak and slow to become angry."*
- *Psalms 37:8 "Refrain from anger and turn from wrath."*



## Devotional: Channel Anger Toward Godly Growth

**Feeling anger from being bullied?** Anger is a natural emotion but can lead to sin if unmanaged.

Ephesians 4:26 reminds us it's okay to be angry but not to let it control us or cause sin.

James advises being slow to anger, giving space to understand and respond wisely.

Psalm 37:8 encourages turning away from destructive anger.

Invite God to transform your anger into patience, wisdom, and peace.



## Reflect and Apply

1. How do you usually handle feelings of anger?

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2. What changes when you bring anger to God first?

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3. How can slowing down help you respond better to bullying?

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## Journaling Prompts

1. Write about what triggers your anger and how you respond.

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2. List ways to pause and pray when anger rises.

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3. Reflect on how God can use your anger for positive change.

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Day 17: 🔥 Letting God Transform Your Anger

## Prayer for Today

**Lord,** When I feel anger, help me to manage it without sinning. Teach me to listen more and react less. Transform my anger into patience and peace.

*Amen.* 🔥 🙏 ❤️





## Day 18: Resting in God's Presence



Day 18: 🌿 Resting in God's Presence

## Your Verse

*Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."*

## Supporting Scriptures

- *Psalm 23:2 "He makes me lie down in green pastures, he leads me beside quiet waters."*
- *Isaiah 40:31 "Those who hope in the Lord will renew their strength."*



Day 18: 🌿 Resting in God's Presence

## Devotional: Find Renewal in God's Care

**Feeling exhausted by bullying?** Jesus invites you to come to Him for rest and renewal.

Matthew 11:28 offers a tender invitation to lay your burdens down.

Psalms 23 paints a peaceful picture of God leading you to quiet places for refreshment.

Isaiah 40:31 reminds you that waiting on God renews your strength.

Give yourself permission to rest in God's loving presence today.



Day 18: 🌿 Resting in God's Presence

## Reflect and Apply

1. When was the last time you truly rested in God's presence?

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2. How does rest help your heart and mind heal?

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3. What burdens are you ready to give to Jesus?

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Day 18: 🌿 Resting in God's Presence

## Journaling Prompts

1. Describe what resting in God feels like to you.

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2. List burdens you want to surrender today.

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3. Write about a place or activity that helps you feel close to God.

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Day 18: 🌿 Resting in God's Presence

## Prayer for Today

Jesus, Thank You for inviting me to rest in You when I'm weary. Help me to surrender my burdens and find peace in Your presence. Renew my strength and calm my heart. *Amen.* 🌿 ❤️ 🙏







## Day 19: 🚀 God's Purpose for Your Pain



Day 19: 🚀 God's Purpose for Your Pain

## 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 1:2-4 "Consider it pure joy... because the testing of your faith produces perseverance."*
- *2 Corinthians 1:3-4 "God comforts us in all our troubles so that we can comfort others."*



Day 19: 🚀 God's Purpose for Your Pain

## Devotional: Discover Purpose Within Your Pain

**Wondering why you face bullying?** Romans 8:28 assures that God can use all things—even pain—for good.

James encourages us to see trials as opportunities for growth.

God's own comfort helps us become comforters to others (2 Corinthians 1:3–4). Your healing can become a testimony that brings hope.

Trust that God is weaving purpose through your pain.



## Reflect and Apply

1. How can your experiences shape you to help others?

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2. What good do you see growing from your struggles?

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3. How does trusting God's plan affect your healing?

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## Journaling Prompts

1. Write about ways you might encourage someone facing bullying.

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2. List lessons you've learned through hard times.

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3. Reflect on how God's comfort has impacted you.

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Day 19: 🚀 God's Purpose for Your Pain

## Prayer for Today

**Father,** Help me to trust that You work all things for my good. Use my pain to teach me, heal me, and equip me to help others. Strengthen my faith through all trials. *Amen.* 🚀💖🙏





## Day 20: ✨ Walking Boldly with Confidence



Day 20: ✨ Walking Boldly with Confidence

## Your Verse

*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."*

## Supporting Scriptures

- *2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*
- *Psalms 27:1 "The Lord is my light and my salvation—whom shall I fear?"*





Day 20: ✨ Walking Boldly with Confidence

## Devotional: Embrace Courage with God's Presence

**Feeling timid or discouraged?** God commands us to be strong and courageous because He promises His presence.

Joshua 1:9 is a powerful reminder that you are never alone in facing challenges.

The Spirit God gives empowers you with love, strength, and self-control (2 Timothy 1:7).

Psalm 27:1 boldly declares God as your light and salvation, removing fear.

Step forward today with confidence rooted in God's power and presence.



## Reflect and Apply

1. What fears hold you back from walking boldly?

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2. How can God's Spirit empower you to face bullying?

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3. When have you experienced God's presence in hard moments?

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# Journaling Prompts

1. Write about how courage looks in your daily life.

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2. List Scriptures or prayers that strengthen your confidence.

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3. Reflect on past victories given by God's power.

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Day 20: ✨ Walking Boldly with Confidence

## Prayer for Today

**Lord,** Help me to be strong and courageous. Remind me You are with me always. Fill me with Your Spirit's power, love, and self-discipline. Remove my fear and fill me with confidence. *Amen.* ✨❤🙏





## Day 21: 🎉 Celebrate Your Healing Journey



Day 21: 🎉 Celebrate Your Healing Journey

## Your Verse

*Psalm 126:3 "The Lord has done great things for us, and we are filled with joy."*

## Supporting Scriptures

- *Isaiah 61:3 "To bestow on them a crown of beauty instead of ashes."*
- *2 Corinthians 5:17 "The old has gone, the new is here!"*



Day 21: 🎉 Celebrate Your Healing Journey

## Devotional: Rejoice in God's Healing and New Life

**You've journeyed through pain, healing, and hope.** Psalm 126:3 invites you to celebrate the great things the Lord has done in your life.

Isaiah 61:3 shows God's promise to replace ashes with a crown of beauty—your wounds turned into strength and joy.

2 Corinthians 5:17 reminds you of your new life in Christ, free from old hurts.

Take time today to acknowledge your growth, thank God for His faithfulness, and embrace the future with confidence and peace.



## Reflect and Apply

1. What changes have you noticed in yourself over these 21 days?

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2. How has your understanding of God deepened through this journey?

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3. What steps will you take next to continue growing in healing?

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## Journaling Prompts

1. Write a letter to your past self offering encouragement.

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2. List blessings and answered prayers from this study.

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3. Describe your hopes for the days ahead.

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Day 21: 🎉 Celebrate Your Healing Journey

## Prayer for Today

**Thank You, Lord,** for the healing and hope You have brought into my life. I celebrate the great things You have done and the new life I have in You. Help me to continue walking in Your truth and love. *Amen.* 🎉❤️🙏





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