Responding to Bullying with Christlike Love



Discover how teens can overcome bullying by responding with love, confidence, and prayer, reflecting Jesus' example of kindness and strength.





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Introduction

Bullying is a harsh reality many teens face today. Whether it happens at school, online, or even within communities, it can leave deep emotional wounds and shake one's confidence. But the Bible offers a powerful remedy: *responding to bullying with love and strength rather than hatred.* This transformative approach is rooted in faith and Jesus' teaching to overcome evil with good.

Bible stories and verses remind us that God calls us to stand firm while also showing kindness. Jesus Himself was mistreated, yet He responded with love and forgiveness. For teens navigating the hurt of bullying, this Bible study plan encourages confidence grounded in prayer, kindness, and courage. You will explore how to find strength in God to choose kindness over revenge, prayer over fear, and love over bitterness.

Each day, you will dive into Scripture that reveals a different aspect of countering bullying through God's way. From learning to pray for those who hurt you, to embracing your identity and worth in Christ, to practicing kindness and overcoming evil with good, this plan will equip you spiritually and emotionally. Let's embark on this journey to reflect Jesus' love in the face of bullying, becoming courageous examples of God's grace and power.

















Day 1: V Strength in God's Protection

Your Verse

Psalm 27:1 - The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

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: V Strength in God's Protection

Devotional: Finding Courage and Strength in God

Facing bullying can feel scary and isolating, but Psalm 27:1 reminds us of a truth that can change our perspective: *God is our light, salvation, and stronghold.* This means we don't need to be afraid of the insults, threats, or isolation that bullies try to use against us. When you feel weak or alone, God's presence is your greatest shield.

Isaiah 41:10 encourages us not to fear because God Himself is with us. This promise reassures that, even when others try to put us down, Christ's power strengthens us from within. We aren't called to face challenges alone; Jesus walks alongside us.

2 Timothy 1:7 tells us that God's Spirit gives us power, love, and self-discipline—not fear. These qualities help us respond wisely to bullying. Instead of reacting with anger or hurt, we can stand strong and calm, choosing love and courage over hatred.

Prayer is a key part of this strength. Speaking honestly with God about your feelings and asking for courage builds inner peace. Remember, you don't have to fight in your own strength; God equips you to respond well.







Day 1: **(**) Strength in God's Protection

Reflect and Apply

How does knowing God is your 'stronghold' affect how you view bullying?
In what ways can you practice relying on God's power instead of your own when hurt?
What fears do you need to bring to God and ask Him to help you overcome?







Day 1: **(**) Strength in God's Protection

Journaling Prompts

	Write about a recent time you felt afraid because of bullying and how you can invite God into that moment.
2.	List ways God has shown Himself strong in your life so far.
	Describe how having God as your protector changes your response to difficult situations.







Day 1: ① Strength in God's Protection

Prayer for Today

Dear Lord, thank You for being my protector and my stronghold when I feel weak or afraid. Help me to remember that with You by my side, there is no need to fear those who try to hurt me. Fill me with Your Spirit's power, love, and self-discipline so I can respond with courage and kindness. Teach me to trust You more each day and to rely on Your strength instead of my own. Help me to stand firm in Your love and to be a light even in hard times. *In Jesus'* name, Amen.

















Day 2: WResponding to Hurt with Love

Your Verse

Romans 12:17–21 – Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone... Do not be overcome by evil, but overcome evil with good.

Supporting Scriptures

- Matthew 5:44 But I tell you, love your enemies and pray for those who persecute you.
- 1 Peter 3:9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing.







Day 2: We Responding to Hurt with Love

Devotional: Choosing Love Over Revenge Every Time

Bullying naturally stings and can tempt us to respond with anger or revenge. But Paul's words in Romans 12:17–21 challenge us to take a different approach: *do not repay evil with evil.* Instead, we are called to "overcome evil with good." This is not easy, especially when emotions run high, but it aligns us with Jesus' heart.

Jesus taught us in Matthew 5:44 to love our enemies and pray for those who persecute us. This command flips the usual way people respond to pain. Rather than reacting with hatred, we invite God's love to flow through us, potentially transforming even the hardest relationships.

Peter adds in 1 Peter 3:9 that repaying evil with blessing is powerful because it breaks the cycle of negativity. Blessing those who hurt us doesn't mean we accept bullying or allow harm; instead, it means we choose a higher way to respond—one that reflects God's grace and compassion.

Responding with love is a brave choice. It shows strength to resist bitterness and extend kindness, which can overcome evil in surprising ways. When you're tempted to respond harshly, pause to pray and ask God to fill you with love for your bully.







Day 2: We Responding to Hurt with Love

Reflect and Apply

1.	What challenges do you face in responding with love instead of anger?
	How might praying for those who hurt you change your heart toward them?
3.	What does 'overcoming evil with good' look like in your daily life?







Day 2: We Responding to Hurt with Love

Journaling Prompts

	Write about a time you responded kindly when you were hurt and how it affected the situation.
2.	List ways you can show love to someone who is unkind to you this week.
3.	Reflect on what makes it difficult to bless those who cause you pain.







Day 2: WResponding to Hurt with Love

Prayer for Today

Heavenly Father, thank You for teaching me to respond with love even when I face bullying. Help me not to repay evil with evil or insult but to choose kindness and blessing instead. Fill my heart with compassion for those who hurt me and give me the courage to pray for them. Help me overcome evil with good by following Jesus' example. May Your love soften hard hearts and bring healing to all involved. *In Jesus' name, Amen.*















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

- Philippians 4:13 I can do all this through him who gives me strength.
- Galatians 5:22–23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness...







Devotional: Speak Kindness; Grow in God's Strength

Words have power—especially when facing bullying. Ephesians 4:29 reminds us to speak in ways that build others up, not tear them down. When you respond to mean words and actions with kindness and encouragement, you reflect God's love in a powerful way.

Philippians 4:13 encourages you that you can do all things—including responding with kindness and confidence—through Christ's strength. You aren't alone or powerless; His Spirit empowers your reactions and your attitude.

Galatians 5:22–23 lists the fruit of the Spirit, including kindness and self-control. As you grow in your relationship with God, these characteristics develop in you naturally, shaping how you interact with others—even bullies.

Choose to be a person who builds others up by your words and actions. This builds your own confidence because you're aligned with God's purpose and example. It can change the atmosphere around you and draw others to Christ's love.







Reflect and Apply

1.	How can your words reflect God's love in a bullying situation?
2	What fruits of the Spirit do you want to develop more this week?
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3.	How does relying on Christ's strength help you respond confidently?







Journaling Prompts

1.	Write down ways you can use your words to build others up, including your bully.
2.	Reflect on moments when God gave you strength to respond well.
3.	Set a personal goal for showing kindness this week and how you'll do it.







Prayer for Today

Lord Jesus, thank You for giving me strength to speak words that build up instead of tear down. Help me grow in kindness, patience, and self-control as Your Spirit works in me. Teach me to respond to bullying with confidence rooted in Your love. May my words and actions point others to You and bring peace. Use me as an instrument of Your grace and kindness in every place I go. *In Your name, Amen.*







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