

Bedrock - Building confidence in God block by block

DAY 1

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!



After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2

Read 1 Kings 18:24

Elijah stood on Mount Carmel with hundreds of false prophets all around him. It was one Elijah against 450 Baal prophets. That probably felt scary, unless you knew who stood with you. Elijah did. He knew the One True God was with him. And this God? He's not small. He's not weak. He's not a maybe-God. He is the God, the One who can do anything.

God can do what no one else can. Elijah didn't even light the fire. He trusted God to do that.

And God showed up with fire from heaven. Whoa. You don't have to be powerful. You just have to trust God's power.

Circle one: Who is stronger?

ME GOD

Fill in the blank:

When I feel small, I can remember God is _____.

DAY 3

Read 1 Kings 18:33–35

Can wet wood burn? Usually, nope. But Elijah soaked his altar in water before asking God to send fire. It looked impossible on purpose. Elijah knew it wasn't about his effort, it was about trusting God. And, of course, God did the impossible, fire fell and consumed the burnt offering, the wood, stones, and water.

There are some things that happen in our lives that we can't change. There are some things we have no control over. And when those things happen, we can talk to God about them. We have a powerful God who can do anything. God is bigger than what is going on.

You don't have to make impossible things happen. You're not God. But guess what? You belong to the One who is. When you say yes to Him, when you pray, obey, or trust, God includes you in the impossible. That's confidence in Him, not yourself. And we can trust Him no matter how things turn out.

Draw fire on the wood below:



DAY 4

Read 1 Kings 18:43–45

Go outside and look up at the sky. Try to find one cloud. If you don't see one, come back and look again later!

Elijah told his servant to look at the sky seven times before there was a sign of rain. Seven times this happened. Still no clouds, no sprinkles. Just...waiting. But Elijah knew God was working. He didn't give up. And finally? A cloud the size of a man's hand showed up. Then, a downpour!

When things feel hard and impossible, like fixing a friendship, understanding a hard subject, or praying for someone, you can look again. God may already be working... even if you don't see it yet.

What's one thing that feels impossible right now? Write it down and ask God to help you trust Him with it.

DAY 5

Read Isaiah 40:31

God didn't choose Elijah because he was the strongest or smartest. Elijah wasn't perfect or fearless every moment.

God chose Elijah simply because Elijah said yes to trusting Him completely. Elijah believed God could do the impossible, like sending fire from heaven or bringing rain after years of drought. He trusted God every step of the way.

God still does impossible things, and He invites you to join Him! You don't have to be perfect, brave, or have everything figured out. You just have to say, "Yes, God! I'll trust You!" When you do, you'll see God do something that is more than what you could do on your own.

"Dear God, You are mighty, and You can do impossible things. Thank You for letting me join You in what You're doing. Help me trust You completely, even when things seem hard. My confidence is in You alone. I love You, Amen."

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What seems impossible to you?

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DAY 2

Read Jonah 1:1-3

Jonah was a prophet, which means he spoke for God. God told Jonah to go to Nineveh, God had a big message for the people of Nineveh to turn from their ways and come to the Lord. Here's the thing: the people of Nineveh...were just very bad people. Jonah didn't want to be anywhere near them! When God told Jonah to go to Nineveh, Jonah ran the other way, literally! Why?

Well, for many reasons, but one is that Jonah didn't fully understand that God's plan is always best. Jonah let fear and frustration take the lead instead of obedience.

Have you ever done that? Ignored what you knew was right because it didn't seem fair or easy? Jonah learned that even if you try to run from God, He's not done with you. And that He's not done with His plan. God knows what's best, even when it's hard to see.

Write below about a time you wanted to avoid doing something hard. What happened?

DAY 3

Read Jonah 1:4-17

Jonah didn't just ignore God; he did the exact opposite. Instead of heading toward Nineveh, Jonah jumped on a boat going the other way. And then...a huge storm came and Jonah was asleep! The sailors panicked. Jonah finally admitted the storm was his fault. He was running from God, and it wasn't working. Instead of making more excuses or hiding again, Jonah took responsibility.

Sometimes we do things we know are wrong, like disobeying a parent, saying something mean, or watching something we shouldn't. Those choices can create a storm of consequences. But here's the awesome part: even when we mess up, God doesn't give up. Jonah got thrown overboard, but God sent a giant fish to rescue him.

That probably wasn't the ideal place to be, but it gave Jonah time to think about the choices he made.

Talk with someone at home about a time they made a mistake and how they moved forward with God's help.

DAY 4

Read Jonah 2:1–10; 3:1–4

Inside the fish, Jonah finally prayed. He realized he couldn't keep running from God. He needed to trust God again. And guess what? God gave him another chance! Jonah got out of the fish and did what God asked. He trusted God and went to Nineveh with God's message.

Like Jonah, you can hit the “restart” button and make a new choice to listen, trust, and obey. Maybe you've been ignoring what you know is right, or maybe you've made a mistake you wish you could undo.

Good news: it's never too late to start fresh with God. He's always ready to help you do what's best, because He knows what's best, even when you're unsure or scared. So, take a moment and pray. Ask God to help you reset. Remember, He's never surprised by your mistakes. He's always ready to forgive, guide, and give you the courage you need to step into a fresh start.

DAY 5

Read Jonah 3:5–4:11

Jonah saw how the people of Nineveh responded to the message God wanted them to hear. The people of Nineveh actually listened to God and changed their ways! But instead of being happy, Jonah got mad. He didn't think they deserved God's mercy.

Sometimes we feel like we know who deserves kindness and who doesn't. But God sees the whole picture. He always knows what's best, and He wants us to trust Him, even when we don't understand.

Circle True or False below: God's love is only for people who always make good choices. (Hint: Check Jonah's story)

TRUE FALSE

Today, pray and ask God to help you trust Him! You can pray something like this. “Dear God, thank You for loving everyone, even when we mess up. Help me trust You and obey, even when it's hard or I don't understand. I love you so much, Amen.”

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What keeps people from doing what's best?

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DAY 2

Read Daniel 6:10

Daniel had a habit of praying three times every day, no matter what. It wasn't random. He made time with God a regular part of his life. When people tried to get him in trouble, that habit didn't stop. Even when Daniel knew it might cost him everything, he chose to stay connected to God.

Daniel trusted that God was always with him, even when things got scary. And because Daniel already spent time with God every day, it was easier to remember God was still there when things got hard.

What's your daily habit? You brush your teeth. You eat breakfast. What if you added time with God? That could be praying before you go to school, you could put some worship music on in the afternoon, you could pause and listen to Him. Even just a few minutes each day could help you build serious trust in Him.

Fill in the blank – One way I can spend time with God this week is:

DAY 3

Read Daniel 6:13–16

People who worked for the King convinced King Darius to make a new law: No one could pray to anyone except the king. If someone disobeyed, they'd be thrown to the lions. Daniel heard the rule, but he didn't panic. He didn't run. He just kept doing what he had always done: praying and trusting God.

Even when Daniel was taken to the lions' den, God was with him. Always.

Life is full of twists and turns. What do you do when your plans fall apart, or someone turns on you? You could give up. Or you could do what Daniel did, choose to trust that God hasn't left your side.

Maybe you've faced unexpected challenges recently, like a friendship that's suddenly complicated, a subject at school that's tough, or worries about the future. Whatever happens, you're never alone. Trust God, like Daniel did. He's right there with you, no matter what.

Read Daniel 6:17–23

That's how God works. He might not take away every hard thing, but He promises to stay with you in the middle of it. Maybe you're facing something that feels as scary as a den full of lions—like moving schools, making new friends, or standing up for what's right. You can always trust that God will stay right by your side, no matter what.

Talk with someone at home about a time they were scared or unsure and how they knew God was with them.

Read Daniel 6:24–28

Your confidence in God can do that too. When you stay calm during a hard test or choose kindness when someone is mean, people notice. When you stick with God through

Confidence in God isn't flashy or loud. It's solid. It's built through little choices every day. And the more you trust God, the more your life can point others to God.

Grab a paper and draw a “confidence meter.” With a pencil, mark where you think your trust in God is today, and where you want it to be. Check back every week and erase what you marked before and mark your trust for that day. This will show you where your trust is at that week! And then do a simple thing. Ask God to help you.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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DAY 2

Read Esther 4:14

This is an amazing story about a woman named Esther. Esther never expected to become a queen. Then some trouble came...a man named Haman was planning to have God's people killed. Esther was also a part of that group. What terrible news! But then her cousin Mordecai told her something really important: "What if you were made queen for a time like this?"

Esther didn't become queen by accident. God had her in the right place at the right time so she could speak up and help save her people.

You might not be a king or queen, but you're right where you are for a reason. You can stand up for others. You might not know exactly what to do, but God can help you.

Who do you see at school, home, or church who might need someone to stand up for them? What could you do?

Write it down here:

DAY 3

Read Esther 4:11

Esther was scared. If she went to the king without being invited, she could be killed. But she also knew her people were in danger. So Esther made a bold choice. She asked God for help and went to the king.

Standing up for others is not always easy. Sometimes, it's scary. You might be afraid of what people will say or think. You might feel too small, too young, or unsure. But guess what? You don't have to be confident in yourself. You can be confident in God.

God is always with you. He gave Esther the courage she needed, and He'll help you too. Taking the first step might feel hard, but doing the right thing often does. You never know how God might use your courage to help someone else.

I can ask God to help me be brave when...

Read Esther 4:15–16

You can do that too. Prayer is powerful. It reminds you that you're not alone. When you feel nervous about standing up for someone else, stop and pray. Ask God for strength, kindness, and courage. When you're confident in God, not just yourself, you'll have what you need to do what's right, even when it's hard.

Think about someone in your life who could really use help or encouragement. Take a moment right now and pray for them. Ask God to show you how you could stand up or speak out for them. Remember, you're never too young or small to make a big difference with God's help!

Then, make a plan this week to do something kind or encouraging for them. Small steps lead to big changes!

Read Esther 7:3-4

When Esther finally spoke up to the king, her words were powerful: “Please save me and my people.” Esther used her voice to make a difference, and God used her courage to help save a nation.

You don't need a microphone, a stage, or a crown to speak up. You can use your voice to help others every day. Maybe you notice someone being picked on. Maybe someone feels left out. Maybe your little sibling needs help standing up for themselves. God can give you the courage to say something helpful and kind.

Esther didn't just speak up, she also planned, prayed, and acted at the right time. You can do that too. Pray, listen, then use your words with care and confidence.

Write a short encouraging note to someone who might need it, a family member, a neighbor, or a friend. Ask a parent or adult to help you deliver it. Your words can brighten someone's day and remind them they're not alone.

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

When has someone stood up for you?

[illegible]

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Read Nehemiah 1:3-4

This is an amazing story about a woman named Esther. Esther never expected to become a queen. Then some trouble came...a man named Haman was planning to have God's people killed. Esther was also a part of that group. What terrible news! But then her cousin Mordecai told her something really important: "What if you were made queen for a time like this?"

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You might not be a king or queen, but you're right where you are for a reason. You can stand up for others. You might not know exactly what to do, but God can help you.

Who do you see at school, home, or church who might need someone to stand up for them? What could you do?

Write it down here:

DAY 3

Read Nehemiah 2:17-18

Esther was scared. If she went to the king without being invited, she could be killed. She knew her people were in danger, so she made a bold choice and asked God for help.

Standing up for others is not always easy. Sometimes, it's scary. You might be afraid of what people will say or think. You might feel too small, too young, or unsure. But guess what? You don't have to be confident in yourself. You can be confident in God.

God is always with you. He gave Esther the courage she needed, and He'll help you too. Taking the first step might feel hard, but doing the right thing often does. You never know how God might use your courage to help someone else.

Write down a moment when you can ask God to help you be brave:

Read Nehemiah 4:14-17

You can do that too. Prayer is powerful. It reminds you that you're not alone. When you feel nervous about standing up for someone else, stop and pray. Ask God for strength, kindness, and courage. When you're confident in God, not just yourself, you'll have what you need to do what's right, even when it's hard.

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Esther didn't just speak up, she also planned, prayed, and acted at the right time. You can do that too. Pray, listen, then use your words with care and confidence.

What do you need help with?