

Bedrock - Building confidence in God block by block

DAY 1

Read Esther 4:14 NIV

“What if you don’t say anything at this time? Then help for the Jews will come from another place. But you and your family will die. Who knows? It’s possible that you became queen for a time just like this.”

Esther was in the perfect spot to help God’s people, but here’s the thing: going to the king without being invited could be dangerous. But Mordecai reminded her that maybe God had put her in the palace for this moment.

Sometimes helping someone else feels scary. Maybe it’s standing up for a classmate who’s left out, or telling the truth when someone gets blamed. In those moments, you can stop, pray, and ask God for help. God hears you and gives you strength. God gave Esther the confidence to do something BIG. He can do the same for you. You don’t have to feel brave to be brave. With God’s help, you can stand up for others, even when it’s hard.

Draw yourself below and know you can be brave for God!



DAY 2

Read Esther 4:16 NIV

“Go. Gather together all the Jews who are in Susa. And fast for my benefit. Don’t eat or drink anything for three days. Don’t do it night or day. I and my attendants will fast just as you do. Then I’ll go to the king. I’ll do it even though it’s against the law. And if I have to die, I’ll die.”

Esther made a plan. Before going to the king, she asked everyone to fast and pray. She knew she couldn’t do it alone. She needed God’s help, and the prayers of God’s people! Sometimes we think being brave means doing everything by ourselves. But real confidence comes from trusting God and asking for help when we need it.

Talk to a trusted adult who can support you and pray with you. Don’t try to go it alone. God also gave us family, friends, grownups, and leaders to help us be brave and do what’s right.

Make a “Confidence Reminder” crown using paper and markers. Take a piece of paper and, with a grown-up, cut it into the shape of a crown. Then, tape or staple it together. Write “God is with me” on the front and decorate it how you want! Wear it as a reminder that God helps you stand up for others.

DAY 3

Read Proverbs 31:8 NlrV

“Speak up for those who can’t speak for themselves. Speak up for the rights of all those who are poor.”

Sometimes being brave means doing something small, like saying “Hi” to a new kid or asking a grown-up for help when you’re not sure what to do. These small steps help you grow your confidence.

Doing what’s right doesn’t always feel easy, but when you practice, it gets easier. You can show kindness, share, or help a friend. Each time, you’re learning how to stand up for others.

And guess what? You’re never alone! God helps you be strong and brave when you need Him.

Can you think of a time someone helped you? What did they do that made you feel better? Isn’t that such a nice feeling! You can do that for someone else!

Get a paper and draw or write about one way you can stand up for someone this week. Hang it up where you can see and start doing that thing this week! Ask God to help you do it with kindness and courage.

DAY 4

Read Psalm 27:1 NlrV

“The LORD is my light, and he saves me. Why should I fear anyone? The LORD is my place of safety. Why should I be afraid?”

Even though Esther was queen, she still needed help. Esther needed God. She knew it wouldn’t be easy to stand up for God’s people, but she trusted that God would be with her.

You can have the same confidence. When you’re scared, nervous, or unsure, God sees the whole picture—He knows what’s going to happen even when we don’t. You may not be facing a king, but you might be facing something that feels just as scary to you.

God helps us be brave. He gives us peace, strength, and courage through His Holy Spirit. So, take a deep breath. Trust that God will help you speak up and stand strong. He’s always with you, cheering you on every step of the way.

Today, ask God to help you stand up for others!

“Dear God, thank You for always being with me. Help me stand up for others when they need help. Give me the courage to do what’s right, even when it’s hard. In Jesus’ name, Amen.”



God can help you stand up for others.