

Bedrock - Building confidence in God block by block

Memory Verse: "Those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak." Isaiah 40:31 NlRV

DAY 1

Read Nehemiah 2:20, NlRV

"I answered, 'The God of heaven will give us success. We serve him. So we'll start rebuilding the walls.'"

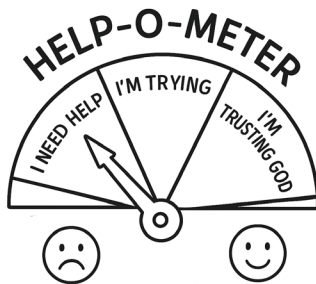
Nehemiah had never built a wall before. He wasn't a builder; he worked for the king! But when Nehemiah heard the wall in Jerusalem was broken, he believed God could help him do something big. And guess what? God did.

Sometimes we face things that feel way too hard: a big test, helping a younger sibling, or standing up for a friend. It can feel scary, especially when we've never done it before.

But you're not alone. God helped Nehemiah, and God can help you, too.

Don't wait until you feel like everything is perfect. Take the first step. You can trust Him to help you do big things one step at a time!

Color in the area where you are today and talk about it with a grown-up.



DAY 2

Read Nehemiah 4:14, NlRV

"Don't be afraid of your enemies. Remember the Lord. He is great and powerful. So fight for your families. Fight for your sons and daughters."

Nehemiah didn't rebuild Jerusalem's wall alone. He worked with goldsmiths, merchants, and even people who made perfume! They weren't builders, but they trusted God to help them do a big job. And there were also people who tried to stop the work. Still, he didn't give up. He kept trusting God!

What's something you could help with? Maybe it's collecting canned food for people who are hungry. Maybe it's picking up trash in your neighborhood. Maybe it's standing up for someone being treated badly. You don't have to wait until everything is perfect. Be brave, and trust that God will help you do the big thing.

Your confidence doesn't come from being the best or strongest. It comes from knowing God is with you and will help you. Nehemiah wasn't some superhuman. He was a man who chose to get up and go...and help!

Create a "Helper's Toolbox" by folding a paper in half like a briefcase. Decorate the outside. Inside, draw or write five "tools" God gives you. Here are some ideas: courage, kindness, listening, prayer, or strength.

DAY 3

Read Nehemiah 1:4 NIV

“When I heard about these things, I sat down and wept. For several days I was very sad. I didn’t eat any food. I prayed to the God of heaven.”

Before Nehemiah lifted a single rock, he talked to God. He didn’t rush ahead with his own plan. He paused and prayed.

Have you ever felt nervous about doing something really big? Maybe there’s a hard conversation coming, or you want to help but aren’t sure how. Nehemiah teaches us something important: start with prayer.

God loves to listen and wants to help you. Sometimes the answer comes quickly. Other times, we wait, but we can always trust God is with us.

What do you need help with today? Talk to God about it.

~~~~~  
Write down or draw in the areas below one thing in your life right now that’s been hard to handle. Then write a prayer asking God to help you!

### DAY 4

#### Read Nehemiah 6:15–16 NIV

*“So the city wall was completed on the 25th day of the month of Elul. It was finished in 52 days. All our enemies heard about it. All the nations around us became afraid. They weren’t sure of themselves anymore. They realized that our God had helped us finish the work.”*

Nehemiah and his team worked hard. Even when enemies mocked them, they didn’t give up. In just 52 days, the wall was DONE!

Maybe you started something hard: reading a long book, cleaning your room, practicing a song, or helping a friend. It’s easy to start strong. But what really matters? Finishing strong, even when it’s tough.

With God’s help, you can keep going. When you’re feeling stuck or ready to quit, stop and pray. Ask God to give you courage, strength, focus, and the energy to finish what you started. Just like Nehemiah, you can trust God to help you every step of the way.

Pray today, thanking God that He is with you! You can pray something like this:

“Dear God, thank You for always being with me. Help me keep going when things get hard. Give me the strength and courage to finish what You’ve asked me to do. In Jesus’ name, Amen.”

God can help you do big things.

