

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 NIV

DAY 1

Read Jonah 1:3 NIV

"But Jonah ran away from the LORD. He headed for Tarshish. He went down to the port of Joppa. There he found a ship that was going to Tarshish. He paid the fare and went on board. Then he sailed for Tarshish. He was running away from the LORD."

Jonah didn't want to go to Nineveh. Instead of following God's plan, he ran the other way, heading to a place called Tarshish. He got on a ship and tried to hide from God.

Sometimes we feel scared or frustrated when God asks us to do something hard. Maybe you need to say sorry to a friend or be kind to someone who's mean to you. It's okay to feel unsure, but don't run. God knows what's best.

Even when you mess up or go the wrong way, God doesn't give up on you.

Ask yourself: Am I running away from something I know God wants me to do? Take a deep breath. Trust Him. God is with you and will help you do the right thing.



**Which way should
Jonah go?
Color the right path!**

*Even when we go the wrong way,
God helps us turn around.*

DAY 2

Read Jonah 2:1 NIV

"From inside the fish, Jonah prayed to the Lord his God."

A lot was happening to Jonah. He ran away, ended up on a boat in a storm, jumped in the water, and got swallowed by a big fish... that's a lot. But even there, in the belly of a fish, God heard Jonah's prayer. God didn't leave him alone. Jonah prayed, and God answered.

Sometimes we mess up. We make the wrong choice. We disobey God and sin. Maybe you were mean to a friend or didn't do what your teacher asked. But God doesn't give up on us. When you talk to God, He listens and forgives.

You don't have to be perfect to pray. You just have to be honest. God already knows your heart and wants to help you do what's right. Even in hard or messy moments, God is close. He's always ready to listen, forgive, and give you a second chance.

Grab a paper and cut it into the shape of a fish, decorate it, and write a prayer inside asking God for help or forgiveness. Hang it up to remember that God hears your prayers and forgives.



DAY 3

Read Jonah 3:1–2 NlrV

“Then a message from the Lord came to Jonah a second time. The Lord said, ‘Go to the great city of Nineveh. Tell its people that I give you this message.’”

Even after Jonah ran away, God gave him a second chance. This time, Jonah listened. He went to Nineveh and shared God’s message. And guess what? The people actually listened and changed their ways!

God gives us second chances, too. We don’t have to be perfect. But we have to learn to continue to come to God when we mess up, running away just will make it worse later on. God doesn’t turn away when we come to Him. He forgives and helps us. That’s what real love looks like.

Sometimes, we’re afraid that messing up means we’re done. But God isn’t like that. God keeps loving us. God helps us move forward, one step at a time.

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Write or draw below about a time someone gave you a second chance. What did you learn?

### DAY 4

#### Read Jonah 3:10 NlrV

*“God saw what they did. He saw that they stopped doing what was evil. So he took pity on them. He didn’t destroy them as he had said he would..”*

The people of Nineveh had done a lot of wrong things. Jonah didn’t think they deserved God’s love. But God showed mercy anyway. Why? Because God’s love isn’t just for “good” people. It’s for everyone, even people we don’t like or understand.

Sometimes we want to decide who deserves kindness. But God sees every heart. God knows the whole story. And God knows what’s best.

When we follow God, we learn to love like He does. That means being kind, even when it’s hard. Forgiving, even when we’re hurt. Giving second chances, just like He gave to Jonah and Nineveh.

God’s love is bigger than we can imagine. He wants everyone to be part of His family, including you. So share God’s love wherever you go, with your friends, your neighbors, and even people you don’t like. That’s real love in action!

“Dear God, thank You for loving everyone, even when we mess up. Help me follow You and share Your love with others, even when it’s hard. In Jesus’ name, Amen.”



God knows what’s best.