

# **HIGHLY PRODUCTIVE TEENS**

***With MAD Devotional Skills***

52 weeks of encouraging devotions and scriptures to  
grow your faith, find hope and inspiration, reclaim  
your identity and everything in between

**Wildine Pierre**

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Have you ever had a book dedicated to you?

No? Nor have I.

Let's fix that.

This book is dedicated to



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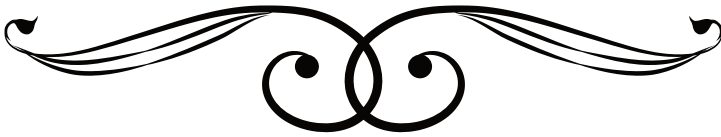


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WILDINE PIERRE



# HOW TO USE THE DEVOTIONAL



**T**here are so many promises in God's word. Maybe there's one you've been holding onto and haven't seen the results yet. And while waiting in your stand, you've found it easy to get tired and give up. You are not alone. Most of us are impatient; we want God's promises to happen automatically in our lives. But sometimes, that isn't the case. So, how do we keep the faith? How do we stay encouraged when we are angry, frustrated, bullied, battling a mindset, feeling trapped, or facing challenges?

Strengthen yourself with Bible stories about how God came through for others, and you'll find yourself growing stronger in faith. Even if you don't see the results now, know that God will come through for you!

The goal of the devotional is to help you grow in your understanding of spiritual concepts as a teenager, even as you interface with everyday concepts that seem to have no spiritual implication. This devotional aims to meet readers wherever they are in their life's journey. It illustrates the patterns of godliness amid the increasing moral corruption that has plagued our age and time by addressing 52 topics over 52 weeks.

It uses biblical texts and principles to draw inspiration for real-life applications. You should read one chapter each week by making the lessons from them the focus of your mind and your actions throughout that specific week. To effectively maximize the devotional, I invite you to carry out the following:

**1. An Honest self-examination:** Each topic will challenge you to reexamine your knowledge, standards, and preconceived notions. Make these self-examination questions your focus throughout each week. You must spend time drawing on your own experiences to evaluate how your preconceived ideologies align with God's word.

**2. Meditate:** Spend the week meditating on each lesson, especially on the scriptural text. This is crucial as the more time you spend meditating on the word, the more your mind will conform to God's truth.

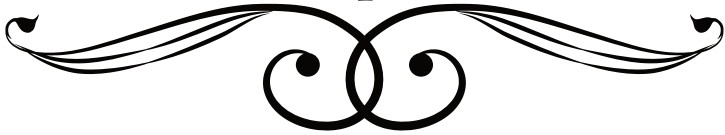
**3. Bring others in on your experience:** I invite you to tell a friend or family member what you have learned. Spark a discussion with them to restate your conviction about the truth you are learning. And if they disagree with you, you can try to mark the lines between your beliefs and theirs to avoid contamination, or you make it a duty to convert them to the truth.

**4. Pray Meditatively:** Lastly, you need to pray on the truth, restating your commitment to living by God's standards and asking for God's help. A prayer guide is included at the end of each chapter to guide your prayer and help your heart.



# Introduction

*What's the plan, Lord?*



**T**here's a lot of noise out there in the world today. Although I am not talking about physical noise, there is evidence around us pointing to the fact that the world has become a place where many and almost any ideologies can thrive. Without any doubt, this has left many wondering what the place of God in all this chaos is. Today, even Christians do get caught up in all the noise; many have blurred the definite lines that distinguish what is right from what is wrong.

The foundations of right and wrong upon which countries were built are gradually being eroded, creating a public avenue for ungodly ideologies to appear modern and attractive. In all this, many are in a state where they are trying to make sense of it all. Where to go, what to hold on to, who to trust, who to serve, and how to live, among many other questions of life. Christians today who want to walk with God are left asking, "*what is the plan, Lord?*".

In light of the multivariate contradictions against God's wisdom and His holy purpose, this devotional is inspired by the need to help teenagers understand God's plan for life and godliness. It is based on the understanding that there is no better time to understand God's mind concerning life than when we are young because our teenage years are when mindsets and characters are formed.

We live in a society that encourages teenagers to be different and unique, a society where kids are encouraged to "*do it if it seems cool or pleasurable*." Popular culture encourages teenagers to embrace ungodly imperfections and see them as beautiful.

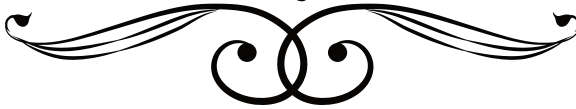
But this 52-week devotional counters ungodly ideas by addressing 52 topics through the lens of the Bible to give every teenager a proper perspective on many life issues and how they can imbibe godliness in the things of life. I sincerely hope you will see the perfect pictures of who you are in Christ

through the pages of this devotional. I pray that the Holy Spirit will reveal the truth of God's word to you. Amen.



# Week 1

## *God's Plan of Salvation*



**Bible Text:** *For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. Ephesians 2:8-9 NIV*



**A**ccording to God's system of Justice, no one on earth can save themselves, and this is because the world and everything in it are by nature corrupt. Everything needs redemption, so God planned to save us so we could reign with Him.

In God's plan, we are like those kids who can't save themselves, so God looked at us with mercy and decided to rescue us. This act of God is known as grace; it is unmerited favor where God made a provision for our restoration from a corrupt state to a pure and precious state.

However, according to God's plan, the provision is available, but each of us needs to tap into it by faith. That means we need to confess Jesus as Lord and believe in our hearts that God was the one who raised him from the dead, and He did that because he loves us.

This is God's plan for salvation. He did all of that so that none of us could boast. We can never emphasize this truth enough because our entire Christian journey is based on it. We are saved by God's grace and not by any sacrifice we made ourselves, so none of us can boast.

### **Questions for Reflection:**

- 1. In what ways do you think the world today is similar to the world in the days of Daniel and Noah?*

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2. *Are you feeling pressure from society? If so, explain how?*

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3. *Have you heard of Jesus' sacrifice for us? What does **John 3:16** talk about?*

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4. *What do you think of God's plan of salvation?*

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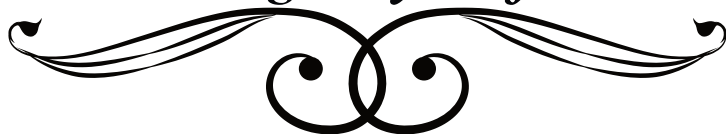
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**Prayer:** Dear God, I believe that you are Lord. I thank you for saving me. I ask that you continue to multiply your grace in my life so that I might live in a manner worthy of your sacrifice. Show me how I can help bring others to salvation so that they may know you and experience your mighty power. In Jesus' Name, I pray. Amen.



## Week 2

### *How to grow your faith*



**Bible Text:** *Consequently, faith comes from hearing the message, and the message is heard through the word about Christ. Romans 10:17 NIV*

**B**ody: Many teenagers out there have great parents who want them to grow in faith. But there are probably several more who need to take up the responsibility of growing their faith because they don't have anyone to guide them through it. Irrespective of the group you might belong to, the responsibility of growing your faith rests on you.

No one will grow your faith for you. In the same way, no one will help you to know God intimately. You need to know Him personally.

The word of God is the seed of faith. We must take Jesus Christ as an example: he diligently studied the holy scriptures while growing up. Then why shouldn't we? He gave you a perfect example of how to go deep with the word, where you could discover your purpose. The more you continue in the word, your convictions will grow about his purpose for your life.

For teenagers, growing closer to God depends on their personality, interests, and relationship with God. Most teens feel close to God in different ways, some by worshipping and meditating, others by reading the Bible and praying. In the quest to grow your faith, you might find it overwhelming; if you do, consider joining a word-based youth ministry. The more you know the Bible, the more you see yourself in God's word, and your faith will continue to grow.

### **Questions for reflection:**

*1. Can you say that your faith has been growing?*

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*2. Has your knowledge of God's words grown?*

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*3. Are there certain truths you have discovered about yourself from your time in the word of God?*

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*4. What do you like doing that you can incorporate into to help grow your faith?*

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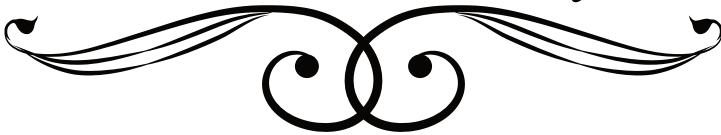
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**Prayer:** Dear Lord, as I continue to study your word, help me to see my true self, my purpose, and my destiny through your word. Lord, keep our faith strong in You; keep our convictions firm. Enable me to step into what it is that You have in store for me. Please, give me an increase in my faith. In Jesus' name, I pray. Amen



## Week 3

### *Ironman Christianity?*



**Bible Text:** *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand* **Ephesians 6:12-13 NIV**

**B**ody: An average teenager today can already tell that some things seem right while others seem wrong. But what if I tell you that Christianity is a call to discipleship? It is a call to be a soldier in God's mighty army, standing for the truth. Ironman Christianity is not about fighting crimes or developing future technology. Instead, it has more to do with fighting the spiritual war between good and evil.

You need to commit your life to live an ironman Christianity because the days of evil shall come. God wants you to know that a time will come when the devil will throw evil darts at you so that he might win you over, but He has also prepared an armor for you so that you are fully protected and can stand as royalty.

Do you want to live as an ironman Christian? Then you need to make the whole armor of God your lifestyle. You must commit to speaking nothing but the truth, prioritize prayer and the study of God's word, and continue to confess the good news of the gospel of Christ.

### **Questions for reflection:**

*1. Has the devil been attacking you recently? Did you use the word of God to attack him back?*

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2. *Do you consider yourself an ironman Christian?*

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3. *How can you begin to imbibe the lifestyle of an ironman-Christian?*

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4. *Can you explain what it means to wear the armor of God? What does the armor consist of?*

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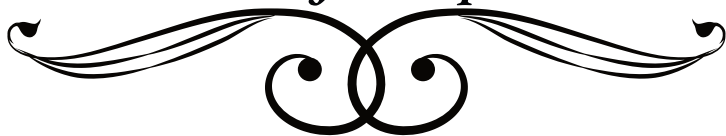
**Prayer:** Dear Lord, I want you to help me to be able to stand in the days of evil when the devil tries to get the best of me. Impart in me the grace to be able to put on your whole armor fully. Remind me that while the devil can mess with me here on earth, he cannot take away my faith and salvation. Protect my heart and mind from whatever I will face today. In Jesus' name, I pray. Amen.





# Week 4

## *Fruit of the Spirit*



**Bible Text:** *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.* **Galatians 5:22-23 NIV**

**B**ody: No one plants a tree without expecting to reap some fruits later. I still remember how joyful I was when a tree we planted in our home began to bear fruit after about six years. I can only imagine how much joy goes around in heaven when God's children begin to bear the fruit of the Spirit.

But what is the fruit of the Spirit? The fruit of the Holy Spirit is the expression of love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control when enabled by the presence of the Holy Spirit in our lives. The challenge in the world today is that many people are self-centered. Yet, self-centeredness is not a fruit of the Spirit. Very often, when we talk about being more loving, kind, forgiving, etc., it rarely happens. The problem is that we're not designed to live that way in our own power. It's only by staying connected to Jesus that those characteristics will flourish out of our lives. Bearing the fruits of the Spirit is the only way you can show or express your likeness with Jesus Christ.

If anyone offends you badly, the holy Spirit immediately begins to encourage you to forgive and be kind to them. You must be kind to people and love them as God loves you and me. The fruit of the Spirit is centered on love; it is expressed through our love for God and our love for our neighbors.

### **Questions for reflection:**

*1. Do you have a true desire to live like Jesus Christ?*

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*2. Do you believe you can only bear a likeness to Christ by expressing the fruit of the Spirit?*

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*3. How have you been expressing the fruit of the Spirit?*

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*4. In what areas do you need to work more on expressing the fruit of the Spirit?*

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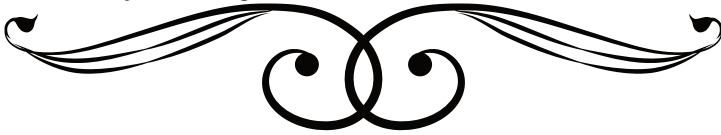
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**Prayer:** Lord, thank you for letting me know your expectations of me. Please, help me to live more like you. Lord, I know that I cannot manifest the fruit of the Spirit through my own effort or will but only as I rest in Christ. Help me to give room for your Spirit to express your nature and character through me. In Jesus' name, I pray. Amen.



# Week 5

*Are your foundations secure?*



**Bible Text:** *Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. Ephesians 2:19-20 NIV*

**B**ody: In life, we tend to gravitate towards the visible and the spectacular and ignore what cannot be seen. You might already know that the strength of a building is dependent on the quality and depth of its foundations. But our theme for today is a challenge for you to reexamine the foundation of your life.

What do we mean when we talk about the foundations of the Christian life? The foundation of a Christian's life is supposed to be built in prayer/Bible, with Jesus as the cornerstone. The cornerstone is what holds a building together. It gives it form and structure, which is the crucial strength element.

What can you say about the key element of strength in your life? What makes your life strong? If Jesus does not anchor your life, that only means that your foundations are not secure. Two weeks ago, we considered ironman Christianity, a life fully suited to God's armor. What exactly is the pattern of the apostles, and is Jesus the anchor that holds it all together? Is Jesus the anchor that holds your life together? So, when the trials of life begin to come, and things don't go according to how you planned them, will your foundation stand sure?

### **Questions for reflection:**

*1. How firm is your foundation?*

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*2. Who holds the anchor to your life?*

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*3. How are you living the pattern of the apostles and Jesus?*

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*4. Do you believe that God's supernatural help can help you overcome challenges in life?*

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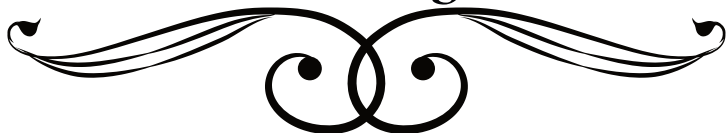
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**Prayer:** Almighty God, I believe that you are the anchor that holds the world together; I ask that you help me to build a solid foundation in Christ so that I may stand firm in the days of adversity. Jesus is the pillar of my life, the rock of my foundation; therefore, I cannot be shaken. I hold onto you today, and you are a strong pillar, let me be safe from evil. In Jesus' name, I pray. Amen.



# Week 6

## *Stop Snapping And Start Reading*



**Bible Text:** *Great peace have those who love your law, and nothing can make them stumble. Psalms 119:165 NIV*

**B**ody: Life is full of pressure. But you can't let the pressure break your soul. Sometimes, we can put so much effort into studying for a test and not get the kind of result we expected. When things like this happen, we snap.

Other times, we are given certain responsibilities, maybe in school or a youth group, and we begin to snap in the face of the pressure to get it right. You need to stop giving in to the pressure and start reading the word of God. That is the only place we can find comfort and help. A feeling of eternal peace and confidence will come to you if you can learn to trust God.

Abundant peace belongs to those who love God's word; nothing can make them snap. The pressures of life can never get to people who diligently read God's word because they learn to put their confidence in what God has said. Whatever life throws at you, you can confidently face it, knowing that God will never leave you. The word of God is an armor of protection and a sword to those who study it.

### **Questions for reflection:**

*1. Do you believe in the power of God's word?*

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*2. How can you create a system for studying God's word diligently?*

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*3. Do you believe you can have a successful tomorrow without putting God's word ahead of your life?*

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*4. In what areas of your life do you think reading God's word will benefit you?*

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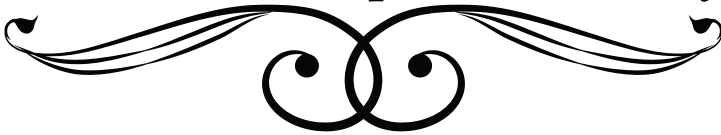
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**Prayer:** Dear Father, help me to study your word diligently, and give me the grace to know the abundance of peace that comes from the knowledge of your word. Just as the sun rises each day against the dark of night, please, Lord, bring me clarity with the light of God. May your presence help me find the strength and insight to overcome hard times. In Jesus' name, I pray. Amen.



## Week 7

*Memorize the scriptures. But why?*



**Bible Text:** *For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.* **Hebrews 4:12 NIV**

*I have hidden your word in my heart that I might not sin against you.* **Psalms 119:11 NIV**

*The law of their God is in their hearts; their feet do not slip.* **Psalms 37:31 NIV**

**B**ody: We considered the importance of reading God's word last week, but this week, we want to consider the importance of memorizing it. For this, I want to draw knowledge from mathematics to explain this. At a young age, we learn to memorize simple mathematical functions. But the benefits didn't fully manifest until we began to solve complex mathematical problems. Right?

Similarly, you need to start learning to memorize the scriptures because life will soon become complex, and only those who have gone deeper into the word of God will be able to navigate it. Memorizing the scripture takes us deeper into the knowledge of God's wisdom and makes us effective in fighting life's battles. When contradicting thoughts or ideas are pushed toward us, we are responsible for taking those thoughts to God. But the only way we can take hold of thoughts is to counter them by speaking the word of God. Therefore, we need to memorize the scriptures to be effective in the battle of life.

### **Questions for reelection:**

*1. Do you believe that memorizing the scripture can make you effective in life's battles?*

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*2. Will you use this week's experiences to help you effectively maintain your gaze on Jesus?*

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3. *What does this verse mean: May it be a lantern to our feet, a light to our paths, and strength to our lives?*

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4. *When life gets hectic, will you trust in those scriptures? What does **Psalm 119:11** say?*

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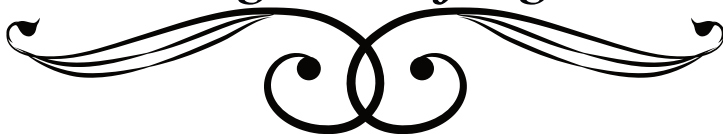
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**Prayer:** Dear Lord, I believe there is power in your word, and I believe that you want me to be effective in fighting life's battle. Today I ask for the grace of an open mind, wisdom, knowledge, and understanding in your word. Illuminate the words I read so that I may grow in understanding, knowledge, and delight. Open my eyes that I may behold wondrous things in Your Word. In Jesus' name, I pray. Amen.



# Week 8

## *Looking to God for grace*



**Bible Text:** *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* **Hebrews 4:16 NIV**

**B**ody: God is not hidden; too many people rely on their own strength, wisdom, and ability to survive alone. That is a sin before God, which explains all the world's chaos today. We are insufficient without God's grace. But no one wants to follow God's instructions. Therefore they don't depend on God for grace. Grace is God's "unmerited" favor, where God shows goodness toward those who have no reason to expect it and may not even deserve it. Do you want to live a life that honors and glorifies God? You may be wondering what this means, but I will like to explain by putting the scripture in proper context.

Let's say you are a part of the nation of Israel, and God has given you certain commandments to keep. He expects that you draw back to Him and ask for the strength and ability to keep those commandments. That's where grace comes in. Also, if you want to be the best at, let's say, Chemistry or at a specific sport, His expectations are for you to draw back to Him to ask for His divine help. We all need the hand of grace because there is a point in life where our natural strength, skills, or wisdom can't take us any further. That is why we need to learn to look to God for grace.

### **Questions for reflection:**

*1. What does the term divine grace mean to you?*

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2. *What will it take from you to live a life that glorifies God?*

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3. *Can you reflect on an experience where you depended on God's grace?*

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4. *How will you begin to practice looking to God for grace?*

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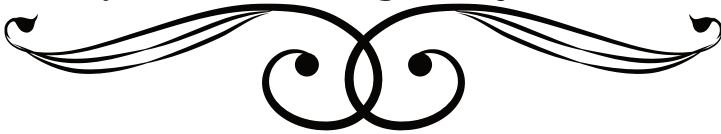
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**Prayer:** Dear Lord, thank you because you have abundant grace in store for all those who ask. I ask that you draw me closer and give me a heart that always yearns and depends on your supernatural grace and mercy. Show me, Lord, how I can be the person I need to be. Help me develop the right relationship with all the people in my life. In Jesus' name, I pray. Amen.



## Week 9

*Are you standing out for Jesus?*



**Bible Text:** *Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.*  
**Galatians 1:10 NIV**



**B**ody: Standing out for Jesus means standing apart from the world. It means not having any similarity with the world, not being governed by the ungodly ideas out there. It means standing up for a stranger getting bullied and acting kind without expecting anything in return. It means being selfless, living by example, not being afraid of talking about God or inviting a friend to church without the fear of judgment. It means abstinence from sensual urges, a lifestyle where sin is erased, and good acts are prioritized. Nothing is more important to you than bringing honor and glory to God! You can say that you are standing out for Jesus when you are living like aliens to the way of life of many in this world. I want you to understand that many started by living out for Jesus but got caught up in their sinful way of life. The moment you begin to copy the lifestyle of sinners or you begin to prioritize the opinions of sinners, you should start to take heed. But God does not judge you by the world's standards to judge people. Our value is never in question in Jesus' eyes.

### **Questions for reflection:**

1. *What do you understand about standing out for Jesus?*

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2. *Can you reflect on a time when you followed a trend and relate that experience to this week's topic? What does **Romans 12:1-12** say?*

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3. *Have you ever been a model for someone spiritually?*

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4. *What would you do differently now that you stand out for Jesus?*

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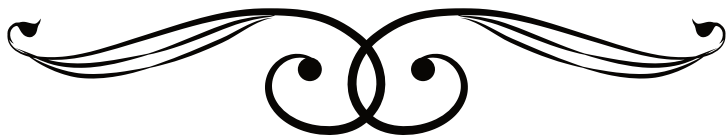
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**Prayer:** Dear Lord, I pray that you shield me with your grace and protect my mind from copying the world's sinful ways so that I may stand out for you to the end. When I face moments where I can stand up for Jesus, help me to remain fixed and persistent in my commitment to You. In Jesus' name, I pray. Amen.



# Week 10

*Setting your gaze on heavenly  
treasures*



**Bible Text:** *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory. Colossians 3:1-4 NIV*

**B**ody: It is not uncommon for people to have treasures in life. Someone's treasures could be certain possessions like gold, silver, cars, houses, etc. Most things we own can get broken, stolen, or depreciated with time. But you want to know the truth? There is nothing as important as our heavenly treasures.

Our heavenly treasures are not necessarily things that will be given to us after we die or in the afterlife. They include our divine reality of eternal redemption from sin, the Holy Spirit in our hearts, prayers, and every other spiritual blessings. No one can take away your daily dialogue with God, and no one knows what heartfelt cries are poured out. That's what makes it so important. How do you set your gaze on your heavenly treasures? It is by keeping yourself in the love of Christ and continually relishing the eternal works of redemption which Christ has done for you.

This means that you need to confess your realities in Christ continually, thank God for them, and continuously pray to see the fullness of Christ in your life. This keeps your gaze on your heavenly realities and creates more avenues for the explosive power of the Holy Spirit to be seen in your life.

### **Questions for reflection:**

*1. What are the benefits of the finished works of Jesus Christ?*

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2. *What are your heavenly blessings? What does **Matthew 6:19-20** say?*

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3. *How can you keep your gaze on your heavenly treasures?*

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4. *How can you help others to be grounded in God's treasures?*

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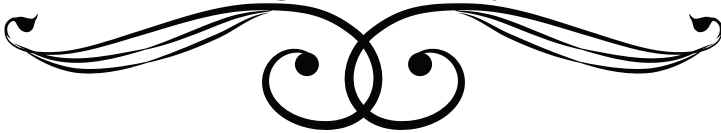
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**Prayer:** Dear Father, I pray that you continue to strengthen me to pray until the fullness of your love is seen in me. Help me grow closer to you each day as I gaze on the heavenly treasures. Thank You for helping us see what truly matters. Be glorified in all that You do and all that happens. May we continue to trust you and walk by faith, not by sight. In Jesus' name, I pray. Amen.



# Week 11

*God is calling; run on your knees*



**Bible Text:** *But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33 NIV*

**B**ody: God has called every one, from the young to the old. So, you are not exempted. Primarily, God's calling for everyone is to seek His kingdom first, ahead of every other material thing we believe we may need in life. *When God is calling, we must respond on our knees.*

Responding to God on our knees is in two folds. It means we must respond in humility without thinking we can lead God but allow God to guide us. It also means that God's calling is to break up our pride and make us humble.

All the thoughts in your mind may be about everything you feel you need to get before you can comfortably serve God, but that is far from the truth. God is saying leave those pursuits first and serve me, and I will ensure you get all those things afterward.

This is a humbling charge, and there are way too many people who will not risk it. This is why God's calling is to humble you so you can learn to rely on and trust in what He promises. If you can do this, you will experience a divine upliftment. So, are you ready to respond to God's call? Are you prepared to serve God's kingdom?

### **Questions for reflection:**

1. *Have you been praying faithfully?*

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*2. What do you think is God's purpose for calling you?*

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*3. Do you understand the rewards of following God's calling?*

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*4. Are you reading to humble yourself and give control to God in prayer?*

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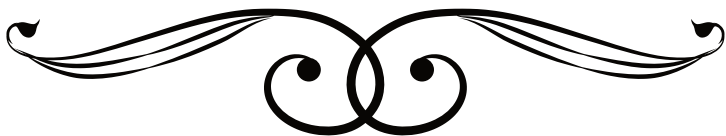
**Prayer:** Dear Father, I believe that you have called me; please, help me to hear your voice afresh every day, and help me to humble myself in obedience to your call. Arm me with the necessary habits needed to keep a prayer life in this busy world. Give me a passion and a thirst for your presence so that I may see your face. In Jesus' name, I pray. Amen.





# Week 12

## *Meditation Power*



**Bible Text:** *Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8 NIV*

**B**ody: The more you grow older, the more you will appreciate the Christian faith. I say this because the Christian faith is complete, as God never leaves without a clue about any subject. We even see today that meditation was first commanded by God, not therapists, monks, or yoga enthusiasts. Meditation allows Christians to establish a deeper connection with God. When you pray, you are making your requests known to God and opening up to him like you would a best friend. When you meditate, you are taking the time to listen to what God has to say to you through reading and digging deeper into the Bible. God wants his children to know that meditation is the driver of success. How beautiful is that? Let's learn from the story of Joshua briefly. God commands him to meditate on His holy words and instructions, which will help him follow those instructions to have great success.

Meditation is the key if you want to live a successful life. Meditating on God's word will enable your transformation to become all God wants you to be.

### **Questions for reflection:**

*1. Do you believe meditation can bring you into a personal experience with God?*

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2. *Can you list out five promises from the scriptures that can become yours if you meditate on them?*

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3. What does **Palms 143:5** say?

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4. *Can you find your favorite verse and meditate on it for the week?*

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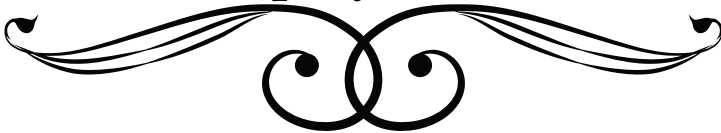
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**Prayer:** Dear Heavenly Father, I humbly ask that you teach me to meditate on your promises and give me the reward of meditation. I long for your presence, Lord. Narrow my thoughts to include only those things that are honorable, truthful, beautiful, pure, and praiseworthy. For you are worthy of being praised all the time. In Jesus' name, I pray. Amen.



## Week 13

### *The unexpected power of small prayers*



**Bible Text:** *Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you. Matthew 17:20 NIV*

*If you believe, you will receive whatever you ask for in prayer. Matthew 21:22 NIV*

**B**ody: Do you know that the mustard seed is tiny, but its tree is one of those pleasant miracles to behold? In the same way, Jesus wants you to know that even if your faith is as tiny as a mustard seed, it can still move mountains.

You might be asking how does this relate to the unexpected power of small prayers? I want you to know that prayer expresses faith (belief). You will pray if you believe that God can do a miracle.

That prayer becomes an expression of your faith. Even if all you can do is small prayers, you will be able to speak to mountains, and they will move.

Think of all the tests you prayed you would pass, all the times you returned safely home from a trip, all the times you had the desire of your heart. *God will answer your prayers*, but that doesn't mean He'll just give you whatever you ask. Because He knows what's best for you, He will answer your prayers in His way. Strive to ask for things that are in harmony with the will of God. This is the unexpected power of small prayers. Because it is an expression of your faith, hope, trust, and reliance on God, He will honor it and move swiftly to help you.

### Questions for reflection:

1. Have you ever said a small prayer? What does **John 14:13-14** say?

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2. *Do you believe lengthy prayers are better than small prayers?*

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3. *Have you ever felt the presence of God after a small prayer?*

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4. *Have you found proof that your prayer has already been answered?*

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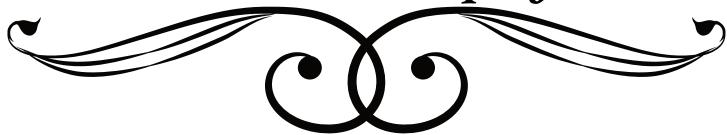
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**Prayer:** Dear Lord, please continue to show your faithfulness in all my prayers. Whenever I am too weak to pray, I ask that you continue intervening in my life and grant even my wishes. I rehearse your goodness through answered prayer and personal reminders to me daily of your love for me. In Jesus' name, I pray. Amen.



## Week 14

*Seek direction, not perfection*



**Bible Text:** *I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.*  
**Psalm 32:8 NIV**

**B**ody: Now that you are a teenager, I am sure you are starting to realize that decision-making is not as easy as it used to be. You are beginning to see that it is sometimes risky.

But when it comes to following the right path for your life, you must understand that God is not seeking perfection. Instead, he invites you to take his direction, not demanding perfection. But we want certainty about the decisions we make. We want to remove all risks of possibly making a mistake, so we seek direction from God. We look for a sign, confirmation, or a sense of peace to combat our uncertainty. We need to learn to let God direct our path. How do you follow God's direction? – By following His word, God will lead you. God is not asking you to come to Him as a perfect being. He already knows that perfection is a weight none of us can carry, and it can lead to fear. God has a plan for our life, and as we follow that plan, we will see along the way how God orchestrated our path in ways we would have never expected. But God doesn't want you and me to live in fear. Hence, the invitation to walk with Him with the promise that we will find direction in His word.

### **Questions for reflection:**

*1. Can you reflect on any experience where you trusted God to direct you, and he did?*

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2. *Are you ready to let go of your perfections and embrace God's directions? What do **Jeremiah 33:3** and **Proverbs 16:9** say?*

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3. *How can God help you in making better decisions?*

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4. *Do you believe that there is a point where you will be perfect in decision-making?*

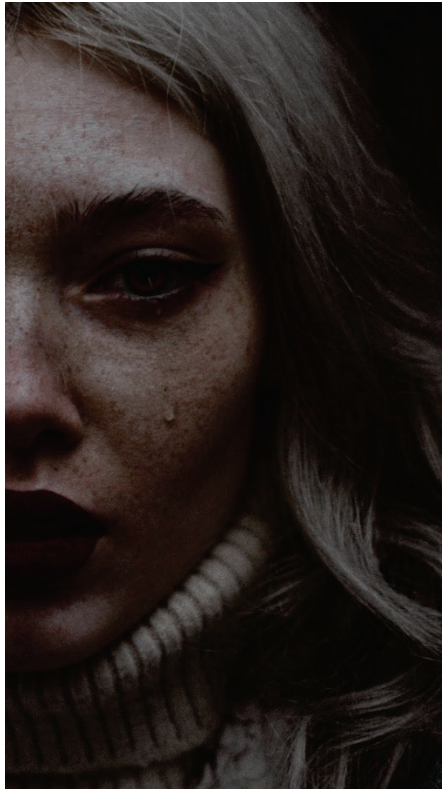
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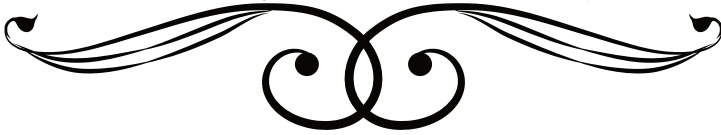
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**Prayer:** Dear Lord, I thank you for removing the responsibility of perfection from my shoulder. I pray that you continue to direct and lead me in every aspect of my life. Give me clear guidance in my life, Lord. As I submit myself to you, I know that you will direct my path, and I can have confidence that your direction is always the best way to go. Hear my prayer, Father. Through Jesus Christ, our Lord, Amen.



## Week 15

*How do you measure up?*



**Bible Text:** *But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”*

**1 Samuel 16:7 NIV**

**B**ody: We often worry about how we measure up to people's expectations when only God's expectation matters. We even get lost in our earthly criteria for measurement. But God doesn't set standards as we humans do. Therefore, his expectations are not the same as our human expectations. If God wasn't concerned about Jesse's elderly children's height or physique but went after the young David's heart, then you should know that the only way you will measure up in God's estimation is if your heart is right.

How do you measure up? Are you tenderhearted like the young David who happily tended his Father's sheep? Like David protected the flock from the bear and the Lion, have you used your God-given gifts to fight for and protect the weak and vulnerable? Are you burned out on trying to measure up and prove yourself? People, by default, tend to look at outward appearance, but what if God is showing us all your heart? What do you think we will see? Is it anger and bitterness? Or is it pure love?

### **Questions for reflection:**

*1. How do you measure up?*

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*2. What character qualities do you think matter most to God?*

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3. *How should you set expectations for yourself?*

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4. *What does 2 Corinthians 10:12b say?*

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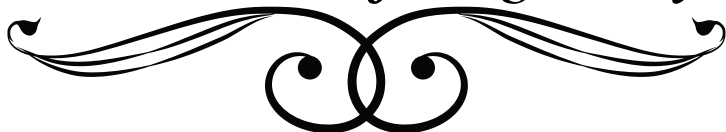
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**Prayer:** Dear Father, I see how great an expectation of love you have for me. I return to you asking that you fill me with love so I can measure up to your expectations. Help me to love my friends as myself. Help me personalize your message to my heart today so that I can meet your expectations. In Jesus' name, I pray. Amen.



## Week 16

### *The secret to unfading Beauty*



**Bible Text:** *Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. 1 Peter 3:3-4 NIV*

**B**ody: Christianity is a sharp deviation from the ways of the world and the systems of men.

In this week's topic, our focus is on the secret to unfading Beauty. Unfading Beauty has much to do with the state of our souls and less with our expensive make-up and hairstyles. To be forever beautiful, you need to focus on your inward Beauty.

I once took my Son to the barbershop to get a haircut some time ago, and while I was there, I observed this handsome teenage boy who spent a significant amount of time checking himself out in the mirror. He kept smacking his lips, dressing his hair and rubbing his face, and he did that repeatedly. But something struck me as I reflected on this experience. He will come back after a few weeks to get another haircut all over again. This shows that our Beauty sure does fade fast right before our eyes.

But true and unfading Beauty is much more than exteriors. Instead, it should be that of your inner self, the Beauty of your gentle soul, and your quiet Spirit. Inner Beauty makes a person more peaceful; it gives you the confidence and desire to face the world and its problems far greater than society's standards. What matters before God is inner Beauty, and we must focus on it.

### **Questions for reflection:**

*1. What kind of Beauty is of great value in God's sight?*

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2. *Do you have that Beauty?*

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3. *Do you believe God's priority is for you and me to have a transformed soul and not just look good?*

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4. *Explain how powerful inner Beauty can be compared to outer Beauty?*

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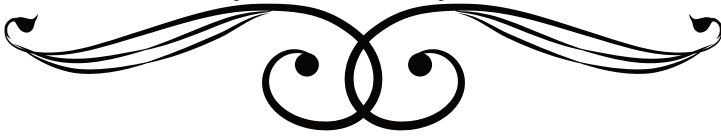
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**Prayer:** Dear Father, I humbly ask for your help to help me refocus my mind on developing my inner Beauty. Show me all that I can achieve and help me to develop the ornament of a gentle spirit. Help me visualize my inner Beauty and use it to bring others to you. In Jesus' name, I pray. Amen.



## Week 17

*Don't you worry, child!*



**Bible Text:** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6–7 NIV***



**B**ody: When life gets hard, where do you think people turn to? Where would you rather turn to? We tend to dream more as we grow up, but many dreams are shattered because we don't know how to achieve them. Today, the Father is challenging you and me to present our requests to Him and watch how He will supernaturally help us to bring those dreams to pass. You should give your entire attention to God and don't worry about what may happen or not tomorrow. God will help you deal with all the hard things when the time comes. God is not only asking you not to worry out of hope; He has a plan for you. He wants to work all things out for your good. He wants to make you great. He wants to give you what's perfect and not what's temporary. He has seen ahead of time the things your teenage mind can see nor understand yet, and he has made plans ahead. What if you start worrying less and start trusting more?

### **Questions for reflection:**

*1. When life gets tough, where would you rather turn to?*

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*2. Can you reflect on an experience where you allowed God to bring peace and calmness to your heart?*

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3. *What do you worry the most about?*

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4. *Are you committing to start worrying less and trusting God more?*

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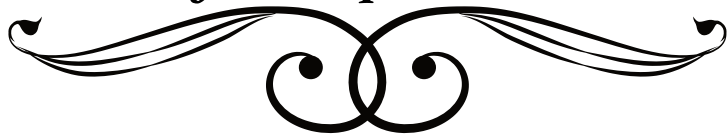
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**Prayer:** Dear Lord, I believe with all my heart that you want me to have peace; therefore, I ask that you help me let go and give room for you to work on my worries. Please give me the strength and clarity of mind to find my purpose, walk the path you've laid out for me, and be worry-free. In Jesus' name, I pray. Amen.



## Week 18

*A life that pleases God*



**B**ible Text: *For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness, and truth) and find out what pleases the Lord.*  
**Ephesians 5:8-10 NIV**

**Body:** You should never let other people's opinions drive you because it will leave you exhausted, frustrated, and brokenhearted. On top of that, it will make your life unpleasing to God. Even as a child, you know that you can't please two masters. Sometimes mom says to do something, and dad says to do something else. These conflicting requests can tear the soul apart if we simultaneously try to please God and men. Nothing should be more important than living a life that pleases God. Deep down, most Christians want to please God, but it is not a natural desire. Instead, we receive it when God changes our hearts and becomes partakers of His Spirit. We have to make it a daily priority to please God with our life. We must settle it in our mind that you can't please God if you are obsessed with pleasing men. You can't please God if you are obsessed with following trends. We must be careful not to allow our gadgets to take control of our lives and yet have little or no time for the things of God. You are responsible for continuing to live as light because Jesus has redeemed you from the darkness. Therefore, you shouldn't follow the way of sinners but always continue to look out for what pleases the Lord.

### **Questions for reflection:**

1. *From your study of God's Word, what are the things you can do to please God?*

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2. *Can you reflect on an experience where you pleased God with your actions?*

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3. *Are you committing to live a life that pleases God?*

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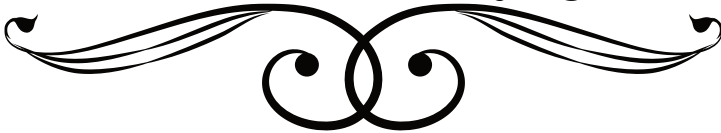
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**Prayer:** Heavenly Father, please help me to know the joy and fulfillment that comes from a heart that pleases you. Help me focus on you and find time to meditate on your Word, not the world. Help me stick to you alone and do everything according to your will today. In Jesus' Name, I pray. Amen.



## Week 19

*Oh, the horror, Can God forgive me?*



**Bible Text:** *For by one sacrifice, he has made perfect forever those who are being made holy.* **Hebrews 10:14 NIV**

**B**ody: We can't quantify how much freedom comes from knowing that Jesus has died for all our sins. Jesus has paid with his life. And just in case we stumble after we have accepted Christ, He has made provision for our forgiveness because we are in the process of being made perfect. How amazing is that? So, regardless of the horror, God will forgive you. When you sin as a Christian, Jesus always asks God for forgiveness on your behalf. That is why we call him the greatest friend. And there is nothing God will not do if we ask in prayer.

Jesus meets us in our times of greatest need and gives us the strength and courage to move forward, no matter the situation. Do you know that even though God will forgive you for any sin you might commit, you need to acknowledge your sins and ask for forgiveness? But above all, even though God will erase any horror you can ever commit, His greatest desire is to make you immune to sin. Because sin will bring the fear of defeat into your life, it will frustrate your Christian growth.

### **Questions for reflection:**

*1. Do you believe that God will forgive any sin?*

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*2. Why do you think God will forgive any sin?*

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*3. Above God's willingness to forgive any sin, what is His greatest desire for His children?*

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*4. So, how consciously will you make efforts not to sin?*

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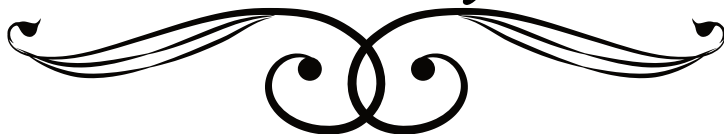
**Prayer:** God, I thank you for the sacrifice of Jesus that guarantees the forgiveness of all my sins, and I pray that you will pour out more grace in my life to live beyond sin. Help me overcome temptation and avoid sin. Let me not indulge in any activity that will dishonor your Name. Please help me to trust you with my decisions and my future. Let me lean on you and not rely on my own imperfect understanding. In Jesus' Name, I pray. Amen





## Week 20

*Are we there yet?*



**Bible Text:** *And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit. 2 Corinthians 3:18 NIV*

**B**ody: The Christian life presumes a progression towards a definite goal, which is why you must keep asking yourself whether you are there yet. Just as you asked your parents on those long road trips, you must keep asking yourself whether you are there yet spiritually. Everything in the Bible points out that the Christian life is a journey we must take, a race we must finish, and a pilgrimage to God's holy city. Therefore, we must keep checking whether we are still on the path.

Let's go even further by asking God, are we there yet? Will my situation change? Will I get what I prayed for? See, most of us get impatient when we don't get what we want, and it's easy to look at our circumstances with eyes of cynicism. We don't understand why all this is happening. But we don't need to understand to trust God because God will give you what you need and not what you want. Therefore it's essential to start trusting his timing.

The Christian life is indeed a journey, not a destination, but there is truly a destination that is not here on earth. Your destination is to be in Christ. To look like him and to be with Him. This means that people can tell how close you have come to the destination if they look at how you behave toward your friends and conduct yourself daily.

### **Questions for reflection:**

*1. When we say that life is a journey, what do you believe that means?*

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2. *Where is your destination?*

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3. *What can you do to get closer to your destination?*

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4. *What are you most impatient about? (goals, God's timing, unanswered prayer)*

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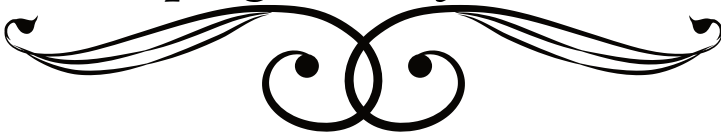
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**Prayer:** Righteous Lord, please humble me to complete this race. Strengthen me and guide my actions so I may look more like Christ. Reveal what you see under the surface so that I can make a difference while waiting for my destination. Your Word tells me there is a season for everything. Holy Spirit, please lead me, and help me wait for God's timing so my path may be sanctified. In Jesus' Name, I pray. Amen.



# Week 21

*Coping with rejections*



**B**ible Text: *Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. Deuteronomy 31:6 NIV*

**Body:** From time to time, we are forced to face rejection from the people around us. Everyone wants to belong. Everyone wants to be liked. Yes, everyone wants to be included. The more consumed we are with rejection, the more the enemy can control our emotions, thinking, and actions. We can always find acceptance in Jesus.

When friends reject you, it doesn't mean you are a bad person or that you're unlovable. It's just human nature. And that's why God wants you to be different from other people. Love people and seek the best in them.

But people's rejection does not equate to God's intention towards you. God will never leave you nor forsake you. Don't allow people's bad behavior to color your perception of yourself. You are good. You are beautiful. You are lovable. You are special. You are unique. You are blessed.

There is an everlasting acceptance of Jesus, but you must choose it. His grace is like an ever-flowing current of electricity. If you don't tap into it, you can't have its benefits. The love of Jesus is present, but you might never feel it if you don't utilize it. Tapping into the current of Christ's gracious love is the only true way to cope with rejections. Not therapy sessions, drugs or any other social vices.

**Questions for reflection:**

*1. Have you ever struggled to cope with rejection from people around you?*

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*2. Can you say that you have overcome that?*

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*3. How did you overcome that?*

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*4. Considering today's topic, how do you think is the best way to cope with rejection?*

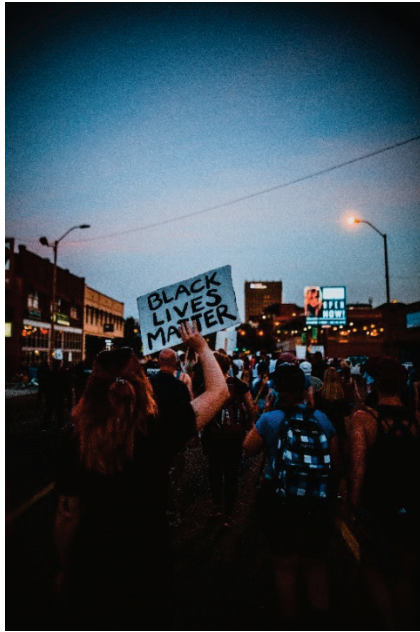
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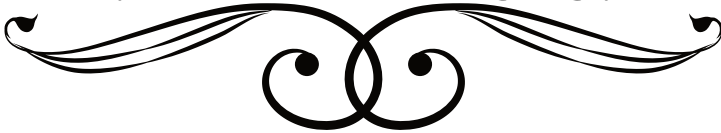
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**Prayer:** Dear Lord. Thank you for your ever-flowing river of love. I want you to always walk with me. Never leave or forsake me. Help me always to feel your presence in my life. You have experienced rejection, anxiety, persecution, and loneliness, and you know all I am going through. I thank you for allowing me to know my worth. Please give me the grace to overcome any negative perception of myself. In Jesus' Name, I pray. Amen.



## Week 22

*Are you changing your world,  
or is your world changing you?*



**Bible Text:** *You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, giving everyone in the house light.* **Matthew 5:13-15 NIV**



**B**ody: As Christians, we are meant to show the world the light of Christ, but we rob ourselves of this chance when we allow the world to dictate how to live. You and I have the assignment to change the world, and if we are honest, it's a big task, but it's not impossible.

Do you know why it is possible? God has given us everything we need to fulfill our tasks. Yes, He has. He has given us the Holy Spirit. But it becomes challenging because many Christians are not changing the world but allowing themselves to be changed by it. For each one of us, we are either changing the world or the world is changing us.

This change happens slowly, starting with how we talk, the things we talk about, how we think, the ideas we think about, the things we like, and the things we feel like doing. The Bible says: Bad company corrupts good character (**1 Corinthians 15:33**). Your friends will influence how you see the world around you, from friends in school or the *cool kids* to social media.

So, it's not that you can't change the world; it's just that you have not decided to. Jesus is the master world-changer, and he chose you to help Him complete that task. What an honor! Are you ready to start playing your part in changing the world? Then start with one person at a time; start in your own home and your family. Remember, if you are not changing the world, the world will change you.

### Questions for reflection:

1. *What do you think the world need most?*

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*2. What resources can you begin to utilize to change the world around you?*

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*3. What is the greatest obstacle preventing you from putting in your efforts?*

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*4. Who do you think around you need your influence the most?*

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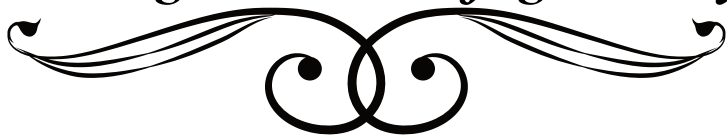
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**Prayer:** Dear Lord, please help me to change the world around me; please open my eyes to see how I can help people turn to you, and give me the grace to keep going. Direct my path to meet people who will help me grow in character. Bless me with intelligence, and may it manifest in school and other skills and talents. In your Name, I pray. Amen.



## Week 23

*Trusting God when life gets shaky*



**Bible Text:** *Trust in the LORD with all your heart and lean not on your understanding; in all your ways, submit to Him, and He will make your paths straight. Proverbs 3:5-6 NIV*

**B**ody: There are many things we learn to go through, even though they come with a lot of pain. For instance, riding a bicycle can be dangerous, yet, we still learn through the pain. Also, walking or driving in the rain is not always a safe option, especially when it comes to lightning and thunder. Still, we learn to go ahead in the rain to get where we need to. We understand that we didn't cause the rain; it just happened to rain. But we don't stop because of that.

Similarly, life can get complicated, but I want to encourage you not to beat yourself up about it when it gets shaky. Instead, trust God through the process. Don't stop moving forward because of the storms; keep the faith, knowing God will always have your back. Jesus understands our fears, joys, pain, and disappointments.

When things get rough, there is a tendency for you to become unsure about God's faithfulness and His ability to pull you through, but in those moments, you need to remember that Jesus died for you. He pulled through for your sins. Then remind yourself that He will save you and help you repeatedly.

### **Questions for reflection:**

*1. Do you believe God can be trusted when life is shaky?*

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*2. Have you ever experienced a challenging situation that made you doubt God's faithfulness?*

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*3. When life gets shaky again, what will you anchor your Hope to?*

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*4. What challenging situation(s) made you doubt God's faithfulness?*

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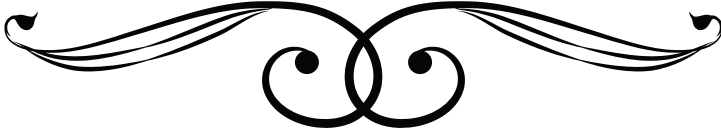
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**Prayer:** Dear Lord, thank you for your saving power and your love over me. And times when I can't talk and don't know what to say, help me to be still and know that you are God. Be my comforter, my healer, and bring me peace. I ask that you give me the right perspectives when life gets shaky; please teach me to trust in you and not myself. Amen



# Week 24

## *Forgiving your bullies*



**Bible Text:** *He reached down from high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, my foes, who were too strong for me. They confronted me on the day of my disaster, but the Lord was my support. He brought me out into a spacious place; he rescued me because he delighted in me. Psalms 18:16-19 NIV*

**B**ody: Being bullied is never pleasant. That challenge can leave us hurt, frustrated, feeling weak, and unimportant. When you can't fight back, it can leave evil thoughts in your heart about how to strike them back. I still remember a petty thing I did to one of my bullies in high school. Little did I know then that God wanted me to forgive my bullies.

Instead of planning an act of revenge, do you know that the right thing to do is to forgive and leave judgment in God's hands? Beyond reporting your bullies, you need to personally forgive them in your heart and leave their judgment to God.

You will begin to see the benefit of forgiving your bullies when you grow older because, in life, people will always hurt you, and you will realize that you can't fight everyone back at some point. God will need to step in and fight for you. But if you want to fight everyone all by yourself, you will end up confused and frustrated. When you forgive your bullies and leave their judgment to God, God will elevate you and make your life prosperous beyond what you could have imagined.

### **Questions for reflection:**

*1. Are you ready to forgive everyone who has hurt you?*

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*2. Have you ever bullied someone? Are you ready to ask for forgiveness?*

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*3. Do you believe that you can fight all your bullies yourself?*

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*4. Do you understand why you need to forgive your bullies?*

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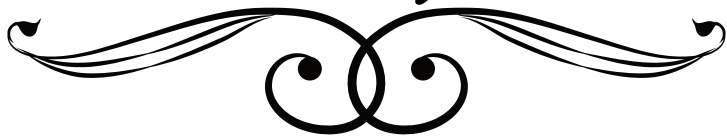
**Prayer:** Dear Father, thank you for forgiving me of all my sins. Please help me to forgive too, and give me the strength to let go and leave judgment in your hands. Please give us the strength to be compassionate and kind in unjust situations. Bless those who harbor malice and anger in their hearts, treating others as less than they are.





## Week 25

*You are what you wear*



**Bible Text:** *Your beauty should not come from outward adornments, such as elaborate hairstyles and wearing gold jewelry or fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight. 1 Peter 3:3-4 NIV*

**B**ody: There is a dressing fit for Kings and Queens, but how you dress depends solely on who you are. If you are royalty, you will dress like one. But if you're not, you'll dress as such. As a child of God, the Bible says that we have been made a chosen generation, a holy nation, a people for God's possession, and we are here on earth to proclaim the excellencies of God who has called us out of darkness into His light. **1 Peter 2:9.**

If you believe this is who you are as a Christian child, you will know that certain dressings don't show God's excellencies in your life.

When the Apostle Paul was charging Timothy, he encouraged him to ensure that the people of God under his care should dress respectably, with modesty and self-control. The fundamental principles that guide your wear are respect, modesty, and self-control. Your body is the temple of the Holy Spirit because your soul belongs to Christ.

You can't go about eating what you like just because you can without having any health consequences. So you exercise self-control and eat in moderation. Likewise, you cannot dress how you like just because you can. It will also have spiritual consequences. There's a connection with God that you won't reach because you are degrading the temple of the Holy Spirit. No one expects you to do a complete wardrobe change, but one progressively small change can bring drastic results.

**Questions for reflection:**

*1. How have you been dressing? Have you been dressing as royalty?*

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*2. Do you understand the importance of respect, modesty, and self-control in your dress?*

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*3. How can the way you dress help you to show God's excellencies?*

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*4. Do you understand how your body is the temple of Christ?*

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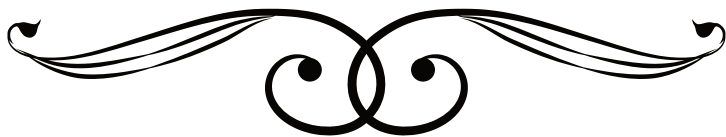
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**Prayer:** Dear Father, I ask for your wisdom in my life so that I can fully live my life as the royalty you have made me. Please help me to glorify you with my body and to clothe myself with purity and honor. Lord, thank you because you have clothed me with garments of salvation and righteousness; let me not be conformed to the world but transform my mind according to your Word. Amen.



## Week 26

*Let's be honest with God*



**Bible Text:** *Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. Luke 16:10 NIV*

**B**ody: Let's face it, you can't lie to God because God knows everything. All your intentions in your heart are open before His presence. There's no hiding even your thoughts from God. He starts seeing them as you start thinking about them. His eyes see everything. So, there's no way we can be dishonest with people and claim to be honest with God.

When you are honest with people, you should know that honesty is actually to God.

Sometimes when we tell the truth about doing immoral, wrong, or illegal things, we have to accept the consequences of what we've done. We'll have to take a zero grade if we cheat on a test. Telling the truth doesn't mean being excused from the consequences of our poor choices. What it does mean is that we have the opportunity to make up for them, learn from our mistakes, figure out how to make better choices next time, and live a life that makes us proud to be us.

Therefore, your honesty is not only a reflection of your good character but also a way to show your faith and love for God. The Bible says that He that is honest with little will be trusted with more. *Be honest with yourself, be honest with God.*

### **Questions for reflection:**

1. *Do you believe you can demonstrate your faith through an honest character?*

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*2. How does your honesty with people equate to honesty with God?*

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*3. In what areas of life do you believe you have struggled to stay honest?*

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*4. Do you believe God can help you live an honest lifestyle?*

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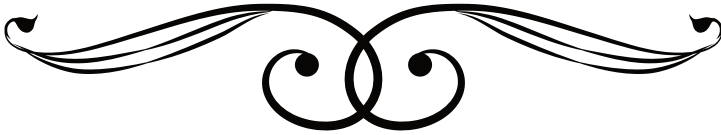
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**Prayer:** Dear Lord, please guide my thoughts and help me expose the area of my struggles to the light of your son Jesus Christ. Help me stay honest with people so I can have more blessings from you. Whether I'm on top of the world, or a complete wreck, help me examine my heart. Grow me to love honesty and to walk with integrity. See if there is any offensive way in my heart, and lead me along the paths of Your everlasting way. Amen.



## Week 27

*Substance abuse and addiction, now what?*



**Bible Text:** *and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. Galatians 5:21 NIV*



**B**ody: Your life and body belong to God, and you have been given this life for a time. Therefore, honor God with it. People who don't humble themselves before God believe their body is theirs and they can do anything with it. But you must understand that your body is God's holy temple, so don't destroy it. Don't get involved in substance abuse because any abuse you do to your body is abuse to the place where God lives. And God lives in you through his Spirit. Remember many weeks ago when we talked about how the Christian journey is a call to humility? I want you to know another humbling truth: you are not your own possession.

If you are struggling with addiction, Jesus is inviting you to come and receive help. Remember that there is an ever-flowing river of grace in his presence; you only need to tap in and accept his help. Anything as strong as addiction will require a stronger force to break it. The power of Jesus is that stronger force. He doesn't condemn anyone but welcomes them in love and helps them.

Jesus wants you to know that there's no temptation you have faced that is not common to man. Therefore, don't run away. Instead, open your heart to God for help.

### **Questions for reflection:**

*1. Have you suffered from any addiction or abuse in the past?*

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*2. How do you relate your experience to today's topic?*

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*3. If you have never suffered from any addiction or abuse, why do you think you haven't?*

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*4. How can you help a friend to overcome addiction?*

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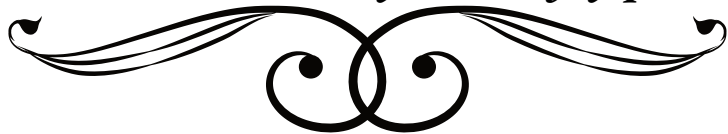
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**Prayer:** Lord, I thank you because you are full of love for me, and you never condemn me. As I walk down unfamiliar paths, guide me. Turn the darkness into light before me. I do not know what unexpected things will come my way or what the future might hold, but you know everything. I ask today that you give me the grace to honor the body you gave me entirely. Relieve every one of us from any challenge of substance abuse and addiction. Amen.



## Week 28

*How to beat anxiety and enjoy peace*



**Bible Text:** *Cast all your anxiety on him because he cares for you. 1 Peter 5:7 NIV*

**B**ody: Psychologists talk about anxiety and have proven methods to help reduce it, but most don't know the best way to beat stress and enjoy optimal peace. There are several triggers for anxiety, exams, interviews, travel, weather forecast, admissions, friends, performance evaluations, and anything. We sometimes can't find a reason for our anxiety, it just comes, and most times, it comes to stay. But the good thing is that there's someone you can turn to when pressure comes – and that's Jesus.

Anxiety is an attack on your thoughts, so you have to take those thoughts and bring them to the obedience of Christ. You do this by practicing positive self-talk because anxiety thrives where there are negative thoughts.

People who have entertained thoughts of judgment find it hardest to receive God's forgiveness. In the same way, if you are constantly considering what-if thoughts – if they judge me, what if they embarrass me, what if you fail, what if I am nothing? If you entertain these thoughts, you might struggle to receive the boldness and confidence that Jesus gives.

Instead, take thoughts by confessing your heavenly realities. – Say I am justified by Christ, I cannot be embarrassed because the honor of the Lord is on me, I cannot fail because Jesus guides me in every step. This is the path to beating anxiety and enjoying total peace.

### **Questions for reflection:**

*1. Do you believe that there is grace for beating anxiety?*

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*2. Do you understand that anxiety is an enemy's attack on your thoughts?*

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*3. List the three things that cause the most stress in your life.*

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*4. What is the best way to handle anxiety?*

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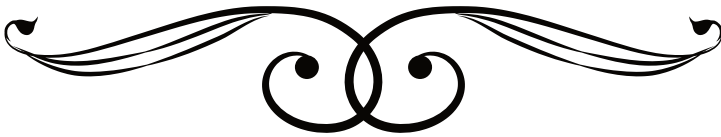
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**Prayer:** God of peace, I want to thank you for your everlasting promise of peace and rest. Please help me not to be anxious about anything. Remind me that I can pray to you in each situation and share my requests. Thank you for your promise that your peace would guard my heart and mind in Christ Jesus. Amen.



# Week 29

*It's time to be brave*



**Bible Text:** *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9 NIV*

**B**ody: Unprecedented times require unprecedented efforts. We all live in times when opposition to the Christian faith has never been this fierce. It will take extraordinary bravery to stand for Christ in this age and time. Nevertheless, Jesus is still giving grace and helping young people overcome their fears and find the courage to stand for truth.

Throughout the Bible, we have various examples of people who stood for God amid the ungodly generation they lived in. Noah stood by God's Word when everyone around him had forsaken God. Daniel's bravery against King Nebuchadnezzar also paints the picture of what it means to stand for God amid an idolatrous generation. However, we are not facing the same kind of pressure they faced because the world has changed.

Like in the days of Nebuchadnezzar, we find ourselves under pressure to bow to the idols of our times. There's an enormous pressure to belong in this social media-inflicted world, and there's considerable pressure to submit our lifestyle to the dictates of society. But God calls each one of us to be brave and stand in righteousness. Like God told Joshua, we must be strong and courageous because it is time to be brave. And the Spirit of Christ will strengthen us to stand.

### **Questions for Reflection:**

- 1. In what ways do you think the world today is similar to the world in the days of Daniel and Noah?*

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*2. In what ways are you feeling pressure from society?*

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*3. How can you say you have been standing for the truth?*

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*4. In what areas of your life do you think you need Jesus to strengthen you to stand?*

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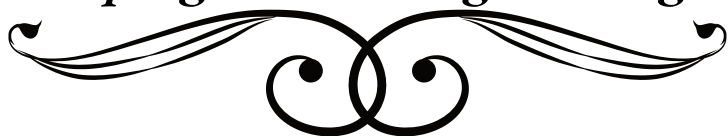
**Prayer:** Dear Lord, I believe we are nothing without your strength. I ask that you give me the strength to stand for you in this generation. Give me supernatural courage to make my life a light that points others in the right direction. Amen.





## Week 30

### *Gossiping and taming the tongue*



**Bible Text:** *For, Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech. 1 Peter 3:10 NIV*

**B**ody: "The tongue is powerful" is a famous statement worldwide. But what makes it powerful is not its properties like the ability to taste. It is not even its ability to aid speech, but the tongue is powerful because it can cause life or death. Pause for a moment and think, what kind of things do you say with your mouth? Do you speak life with your mouth, or do you only speak evil?

You need to understand that gossip is evil, and you should cease from gossip. Teenagers often gossip about each other, but most time, it is always about negative things and even falsehoods or lies.

You need to understand that those who spread rumors and falsehoods cause severe destruction to the reputations of others. And most of the time, the people they gossip about are innocent.

How do you think that will make them feel? When we gossip or spread rumors about other people, we destroy their lives, which is exactly what it means when we say that the tongue is powerful. But if you spread gossip, rumors, and lies about your neighbors, friends, or colleagues, you will answer for your words before God.

You need to understand that most people hardly recover from childhood gossip. And that is why the Bible says that those who engage in gossip destroys their friends with their mouth.

### **Proverbs 11:9**

You can't destroy another person's life or slander their reputation and ask God to prosper your own life. It doesn't work like that. This is why our opening text encourages that if you would love to live an extraordinary life throughout your time in life, you must tame your tongue from speaking lies or rumors about other people.

Some people spread rumors so much that their identity becomes that of gossip. They are fascinated by hearing things about others, and they always can't wait to pass them on. You must know that this kind of identity doesn't honor a Christian, and neither does it honor God.

**Questions for reflection:**

*1. What kind of things do you say with your mouth?*

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*2. Do you believe that a gossip will answer to God for all the words they have spoken against another?*

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*3. What kind of identity has people given you?*

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*4. How are you honoring God in your manner of speech?*

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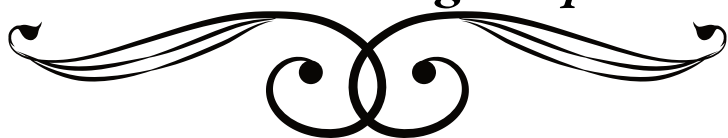
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**Prayer:** Dear Lord, thank you for giving me the proper knowledge about how to use my mouth. I want to live long and see good days. Will you help me tame my tongue from speaking evil? Help me to love my friends, even with my words, honestly. In Jesus' Name, I pray. Amen.



## Week 31

### *How to avoid making comparisons*



**Bible Text:** *We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise. We, however, will not boast beyond proper limits, but will confine our boasting to the sphere of service God himself has assigned to us, a sphere that also includes you. 2 Corinthians 10:12-13 NIV*

**B**ody: Many of our mistakes, wrong actions, and decisions result from unhealthy comparisons. I call them "unhealthy" because nothing good comes from comparisons between yourself and another person.

As a child, I loved bicycles, and my parents allowed me to learn how to ride one. Every time I rode with my teacher, I did excellently well. The only time I ever made mistakes was when I saw other bicycle riders and their skill level. I always wanted to show them that I was a good rider, too, even though I wasn't one yet, so I made many mistakes.

This is what comparisons do; they make you overly ambitious and push you into an unhealthy competition instead of trusting God through your growth process. You're not in competition with anybody. God has called you out for a specific purpose, and you should only focus on making God proud. Lean upon His grace, and allow Him to work in and through you.

### **Questions for reflection:**

*1. Have I been making comparisons with others?*

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*2. In what areas of my life have I been making comparisons?*

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3. *What changes will I make from today's lesson?*

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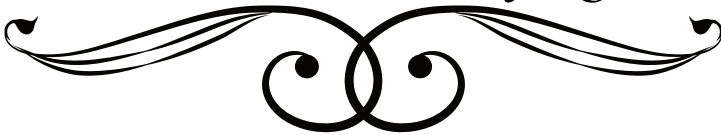
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**Prayer:** Dear Lord, please help me focus on you and trust you to lead me in all my dreams and aspirations. *Please forgive me for comparing myself with others.* Today, I will no longer let comparison control me because it is the thief of joy. Help me realize that I am unique and wonderfully made in your image, which is enough. My heart understands all you have prepared for me so I may lean on grace and abandon all vain comparisons.



# Week 32

*Can I do without lying?*



**Bible Text:** *The LORD detests lying lips, but he delights in people who are trustworthy. Proverbs 12:22 NIV*



**B**ody: There is grace supplied to everyone who believes in living according to God's Word. Most of the time, lying is only a result of our fears when the fear of what people will do to us has overshadowed our fear of what God can do to us. Lying is an unhealthy form of manipulation and control and not pleasing God. Do you know why? Because Satan is the Father of lies. **Proverb 12:19** says that *Truthful lips will be established forever, But a lying tongue is only for a moment*. When you lie, it can be challenging to repair the broken trust. Good never come out of lying. Remember, "a house built on lies has a weak foundation" this means that deception will never give you the real version of things. Whatever you build upon, lies can never stand the test of time. When you truly fear and honor God (not in cowering from him but reverencing him), it'll be difficult to lie. Do you know why? It's because you'll keep thinking about what God will want you to do in every situation.

So, yes, you can do without lying. The only hindrance is you. You see lying as an easy way out. When your ideal image of yourself is threatened, you will do whatever it takes to protect it, which can often mean lying. From creating rumors about classmates to finding a way to make it to that all-important party, nothing seems more important than social status. Take a bold step today and determine in your heart that you don't want to tell lies anymore. Make it a daily priority to invite the Holy Spirit to help you always tell the truth. By doing this, you'll live a life full of peace and integrity. So help you God!

### Questions for reflection:

1. Have you broken someone's trust by lying?

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*2. Recall the last time you lied. What pushed you to do so?*

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*3. What changes will you make from today's lesson?*

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*4. What lie has the enemy been trying to make you to believe?*

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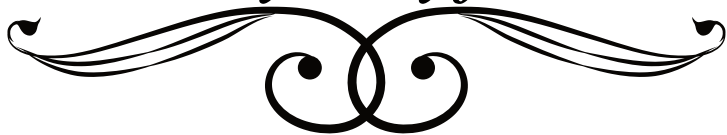
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**Prayer:** Dear Lord, I acknowledge my weakness, and I ask that you help me to speak the truth at all times. Please help me recognize your presence in my life so I will fear and respect you in all my ways and decisions. I desire to stop lying and get Your divine help to be more truthful. May the truth prevails in my life. Amen



## Week 33

*How do you stay focused?*



**Bible Text:** *Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Proverbs 4:25-26 NIV*

**B**ody: Focus is an essential tool for your success in life. Focus is fixing your gaze on the things that matter most to you and aiming to be the best of yourself in those areas. Focus does not stop you from multitasking.

Instead, it helps multitasking to be effective. So, how do you focus? Make a list of the most important things to your growth and development. Create plans to get better at those things, and don't be carried away by the wave of learning everything that's going around on social media. Search for people who have been successful in those fields and learn from them. Then, trust God to lead you in every step that you take. Don't do things because your friends are doing them; rather, weigh their importance to your future and determine whether they'll matter to your life in the long run or not.

Let your goal be to please God, fulfill your purpose, and improve other people's lives. Acknowledge that you can't be everywhere every time, and let God lead you in your choices.

### **Questions for reflection:**

*1. Am I focused on the important aspects of my life?*

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*2. Have I created structures to become better in those areas?*

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*3. What additional step am I taking today?*

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*4. How can I better fix my gaze on Jesus?*

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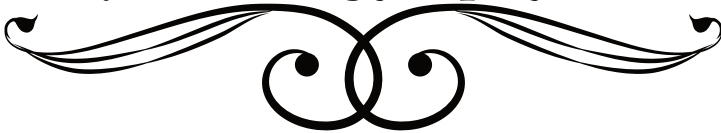
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**Prayer:** Dear Lord, please help me focus only on you and the path you have set me on. Help me to seek you with my whole heart, remove anything from my life that drives me away from You, and use everything good in my life to turn my ways to You. I lift my gaze to you and receive the grace to be focused and ignore life's distractions. Amen.



## Week 34

*Are you looking for perfection?*



**Bible Text:** *And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. 2 Corinthians 3:18 NIV*

**B**ody: Have you ever wondered if you can be perfect, just like Jesus Christ? God, through Jesus Christ, has supplied us with everything that will help us attain perfection. Perfection is an illusion for humanity but not for God. To be close to our holy God requires the pursuit of perfection. The most important thing is to seek perfection in the image of Christ because Christ is the expression of God on earth. He encompasses all that God is. Understand that anything you can't find in Jesus Christ is not an attribute of God.

The world says that you have to have the perfect skin, face, and body type, but God says to embrace your flaws and know that you are one of a kind, the perfection in the image of Christ. You must start living because God's opinion about you matters more than anyone else's. By focusing on God's opinion of you, you will be breaking the chains of bondage. Now, doesn't that sound like a life worth living? From today, make it your daily goal to behold Christ till you become one because perfection is possible as a child of God.

### **Questions for reflection:**

*1. What kind of perfection have I been working towards?*

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*2. Do I believe now that there's perfection in Christ?*

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3. *What steps will I take today to aid my perfection in the image of Christ?*

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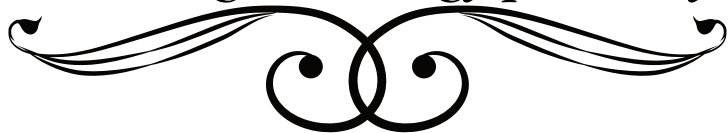
**Prayer:** Dear Lord, please help me to abandon my pursuit of perfection in the works of the flesh. I look to you for the grace to be fully transformed into the image of Christ. Remove the self-condemnation, shame, and guilt we feel when we sin, mess things up, and fall terribly short. Help us to focus on Your perfection and rely completely on You as we journey through this day. Amen.





## Week 35

*Am I using technology positively?*



**Bible Text:** *For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. Ephesians 2:10 NIV*

**B**ody: Technology is an extension of God's knowledge and wisdom. Human beings have the intellectual capabilities God gives us to create and invent various things, including technology.

This means that God is the creator, and we are his creation. Therefore our creations are also His, meant for His use. So, technology should be used to glorify God, but only the opposite is being practiced.

We hear of youths hacking into corporations' firewalls and taking out huge sums of the company's money. There are even pornography-centered games and many other vile creations out there.

I believe the Bible gives us principles on how to use anything for the glory of God. Countless Scriptures instruct us to do everything for God's glory, to serve him with excellence. We can use technology to help build the kingdom of God, a tool to be used for the furtherance of the gospel and the advancement of the kingdom of God. Check your motives for using technology and make proper corrections today.

### **Questions for reflection:**

*1. What is the purpose of technology?*

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*2. Have I been using it positively?*

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3. *What has changed in my orientation about technology?*

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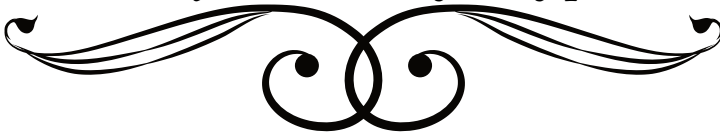
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**Prayer:** Dear Lord, I understand that man's inventions are still your creations. Please help me to abandon all thoughts of selfishness and make my goal the advancement of your kingdom. Please help us continue evangelizing, using the gifts you gave me for good, not evil. May I use technology and our time wisely to communicate your love message to the world.



## Week 36

*How to stay calm in the face of pressure*



**Bible Text:** *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7 NIV***

**B**ody: Sometimes, in the middle of a performance-driven society, it's hard to know where to go for rest. Sometimes people take finding rest and turn it into another task. Our culture pushes more and more for teens to be involved in as many activities as possible and pushes the pressure of always becoming more productive.

The devil will always try, but you must never give him victory. Pressure is a gateway to anxiety, fear, worry, and depression. Pressure opens up the door to so many attributes that are outside God.

So, how do you remain calm and not lose composure in the face of pressure? It's quite simple, pray and study again. Talk to God when you're pressured and ask him to lift the load and help you with the burden.

So, in the face of pressure, laugh away fear, rejoice in God's promises to you and pray.

**Questions for reflection:**

*1. What has been my response to pressure?*

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*2. How solid is my relationship with God?*

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3. *What steps am I incorporating into my life from today?*

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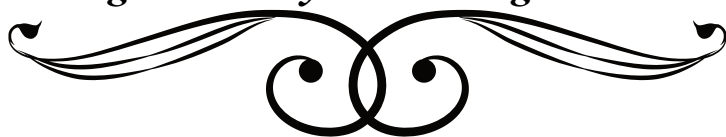
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**Prayer:** Forgive me, Father, for relying on myself and striving in my own power to take control of my circumstances. Allow me to trust in you and stay calm when the winds of life come. Help my mouth to proclaim your glory and grant me strength to carry out my tasks. In Jesus' Name, I pray. Amen.



## Week 37

*Building consistency in the things that matter*



**Bible Text:** *Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58 NIV*

**B**ody: What/who should matter most to you? God. God can only fulfill your assignment on earth; fulfilling your purpose should be your goal. So, build consistency in the things that pertain to your growth and development in line with fulfilling your purpose. The Bible teaches that God is consistent. We can rely on his character because it is a constant. Just as we can rely on God, we want to be people who are trusted and loyal. We want to be reliable.

Being consistent with key habits like praying daily, completing a book monthly, reading the Bible daily, allocating specific time to whatever other skills you want to build, and being patient will boost your productivity.

Consistency isn't easy, but it's worth it. Consistency builds success and helps you to be diligent. Don't get tired of your dream. Create realistic goals with monthly plans, be accountable to someone and watch your life take a turn toward fulfillment of purpose.

### **Questions for reflection:**

*1. What are things that take utmost priority in your life?*

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*2. Have you been consistent in doing anything at all?*

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3. *What plans are you taking from today to be consistent?*

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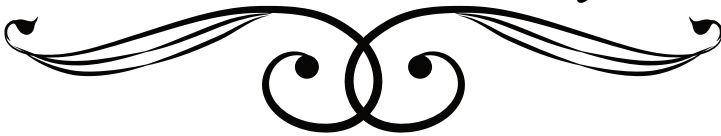
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**Prayer:** Lord, help me to recognize the things that should take top priority and help me to build consistency in them so that I may become who you have ordained me to be. In Jesus' Name. Amen.



## Week 38

*Boyfriend/girlfriend,  
what does the Bible say?*



**Bible Text:** *It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. 1 Thessalonians 4:3-6 NIV*

**B**ody: Nowadays, most teenagers are not mature enough to consider dating. Therefore, dating sets teenagers up for tremendous emotional, physical, and psychological stress they don't know how to handle. The younger you are, the more casual you should keep your relationship. When you hang out with friends, think seriously about your physical boundaries. God's will is for you to be set apart for his purpose in holiness and purity. Why enter into a relationship when you're not ready for marriage? There's nothing that you think your boyfriend/girlfriend can be that your friends can't be to you. Sexual purity is essential to you as a child of God. Sexual intercourse is not the only form of sexual immorality; kissing, caressing, touching inappropriate parts of the body, and so much more. Your growth is the most important thing to you right now. Don't waste time on frivolous activities but ensure your purity sexually and in your heart. Pay the price of success now and enjoy the fruits later in life.

### **Questions for reflection:**

*1. Depending on your age, do you think it's a good idea to start dating now?*

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*2. What is my purpose and aim in entering into a relationship?*

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3. *Has anything changed in your understanding of relationships?*

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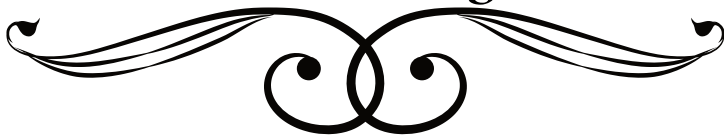
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**Prayer:** Lord, help me to remain purified for your purpose. By your grace, I abandoned worldly activities today and am taking a giant step in the right direction. Bless me as I go through the convictions of life in an ever-changing world. Lord, keep my faith strong in You; keep your temple holy and pure in Your foundations. Enable my generation to step into what you have in store for us. In Jesus's Name, I pray. Amen.



## Week 39

*What does blessing mean?*



**Bible Text:** *But blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.*  
**Jeremiah 17:7-8 NIV**

**B**ody: God is the source of blessings, and being a believer automatically makes you a partaker of God's blessings. Blessing is the extension of God's grace—a person has found favor with God. There are general blessings for everyone that believes, but there are different levels to your access to specific blessings. This is because blessings have conditions (not difficult ones) attached to them. You have to do certain things to gain access to the blessings.

Another type of blessing is a way to wish good luck to a person. Since God orders our path, Christians don't believe in luck; therefore, we are blessed. We are called to share that blessing with our neighbors, friends, enemies, bullies, and strangers. We *bless* others with our words, time, thoughtfulness, prayers, and hospitality. So today, I bless you like this:

May the Lord bless and keep you; may he make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace.

### **Questions for reflection:**

*1. Are you obedient to God's commandments?*

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*2. Can you count God's blessings on you?*

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3. *How can you be a blessing to others?*

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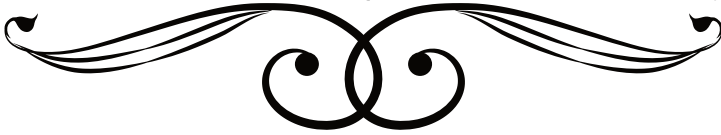
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**Prayer:** Dear Father, I want you to help me to be a recipient of your blessing through obedience to your instructions. I receive the grace to be a partaker of all the blessings you've prepared for me. May you continue to pour out blessings in my life. Thank You for their greatest blessings, sacrificing yourself at the altar of selfishness and greed so that we may live good lives. We are indebted to our Lord, Jesus Christ, forever. Amen.



## Week 40

*Wear the mark of Christ proudly*



**Bible Text:** *For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile. Romans 1:16*  
NIV



**B**ody: According to the above Bible verse, you should never be ashamed of your salvation. You must be able to show it proudly to the world that you are saved and Christ is your foundation. These days, some Christians listen to vulgar songs all in the name of choice, but as Children of God, we shouldn't conform to the patterns of the world.

Let me tell you how to wear the mark of Christ proudly; let God be found at the center of what you do, your clothes should reveal Christ's works, and your character should speak of God's dealings, disciplines, and training in your life. Don't compromise your godly standards for anything.

Remember that we stand out in Christ, so don't kill the fire of God burning in your heart. Let your daily desire be to wear the mark of Christ and profess your love to and for God.

A dying tree is not going to stand when the wind blows. The same goes for you. If you're not making progress, you are regressing. If you are not becoming a better Christian by taking the time to study the Word, you will start to die on the inside. Then when you're faced with opposing opinions, there would be no roots left to stand. I want you to be that tree with deep roots bearing good fruit, but that only comes with delighting in the Lord and meditating on His Word.

### **Questions for reflection:**

*1. Am I confident of my standing in God?*

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*2. Do I make compromises so I won't be seen as too spiritual?*

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*3. Who are you standing up for today?*

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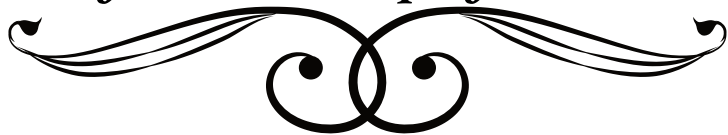
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**Prayer:** Dear Lord, help me never to be ashamed of my salvation. Help me to be a carrier of God's glory everywhere I go and bring people into the Joy of God. Your presence and your Spirit are always with me. No matter where I go, help me wear your mark proudly and hold me fast. Even darkness is light to you. My prayer is to hear your voice louder than any other and that I will enjoy His presence even more than before.



# Week 41

## *Self-esteem and performance*



**Bible Text:** *Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9 NIV*

**B**ody: You have no cause to fear when the Lord is on your side. Christ, as an embodiment of what every believer should be like, is a testimony of this. Low self-esteem and overconfidence are a result of the works of the flesh. This means that you're either comparing yourself or you feel like you're better than others. Being in Christ gives you healthy self-esteem whereby you're not overconfident or overly timid, but you put your trust in God, and you act on this conviction.

Our performance will always vary; someday, it will be up, and some other day it will be down. But our identity as Christians is not based on our performance. God doesn't accept us because of our achievements or our person. God accepts us because he is a God of lavish love.

Do you struggle with self-esteem or poor self-image?

Understand today that in Christ, you have everything. Stop relying on your abilities or your understanding. Begin to look to God for the grace to have healthy self-esteem and perform well in every area of your life. Know that God created you in His own image, and they are fearfully and wonderfully made. **(Genesis 1:27 and Psalm 139:14.)**

### **Questions for reflection:**

*1. Do you have healthy self-esteem?*

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2. *What kind of thoughts do you entertain in your life?*

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3. *What crucial changes can you make in your life today?*

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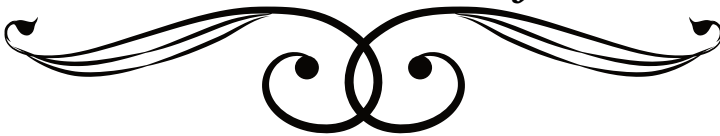
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**Prayer:** Dear Father, help me to build healthy self-esteem because a man in Christ has nothing to fear or worry about. Help me to be confident of your work in me. Help me to set my attention on things above rather than on things of the world. Help me mature in my relationship with You and develop into the happy, joyful, strong Christian I have the potential to be. In Jesus' Name, I pray. Amen.



# Week 42

## *How to build an unshakable foundation*



**Bible Text:** *For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.* **Hebrews 4:12 NIV**

**B**ody: Every one of us is a builder! The foundation we build on and what we are actually building is what makes the difference, not just here on earth but also in eternity. It is not enough to hear the Word the LORD has for you in a new season; you have to be courageous to put it into practice. An unshakable foundation is rooted deeply in God. It is rooted twice deep within before it shoots out. This means that it is solidly built, and Christ is the foundation. How can Christ be the foundation of your life? By building upon the Word of God. Build your plans in the presence of the Lord, and execute them always in his presence.

You don't build from the outside in; you build from the inside out. This foundation is your life made so that everything about you speaks Christ. Your mode of dressing, your character, your speech, your manner of approach, and even your relationships must represent Christ. From today, practice the daily habit of studying your Bible and praying. These are the essential keys to building an unshakable foundation.

### **Questions for reflection:**

*1. What kind of foundation are you building for yourself?*

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*2. Are you taking steps to make your foundation solid and unshakable?*

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3. *What have you learned from today's devotion?*

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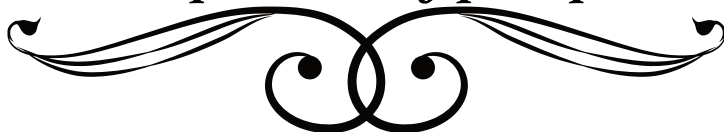
**Prayer:** Dear Lord, help me to build an unshakable foundation in you so that I won't be tossed to and fro by the winds of life. Lord, I thank You for this new season. Help me to stay in Your presence and build on You as my surest and only Hope, in Jesus' Name, Amen.





## Week 43

### *The importance of perception*



**Bible Text:** *Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?*  
**James 4:11-12 NIV**

**B**ody: Perception is vital to your spiritual growth. Children of God do not live by sight but by perception by the Holy Spirit. This implies that you don't judge people and situations the way you see them, but God sees them. Perception can be easily missed or misunderstood – what he's up to. It can be hard, sometimes, to realize that he is accomplishing his purposes right in front of our eyes. For example, when the woman poured a jar of expensive perfume at Jesus's feet, his disciples objected, thinking that selling and giving the money to the poor would be a better alternative. Humans often see the physical aspect of things, but God looks to the inward parts, which is the spiritual aspect. For instance, if you hear some bad news about your close friend, don't go around repeating them. Instead, stay quiet, think deeply, and listen to the voice of the Holy Spirit. Let him show you the true situation of things so that you can handle it with the wisdom of God and further help your friend change their ways and strengthen their faith.

God looks beyond the actions of the heart. Before God, it is the state of the heart that matters. Be perceptive in your dealings with people and every situation. It will save you from making grievous mistakes and help you handle matters like your Father in heaven.

### **Questions for reflection:**

*1. Are you perceptive, or do you judge things based on their looks?*

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*2. Do you listen to the voice of the Holy Spirit?*

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*3. What new resolutions are you making today to aid perception?*

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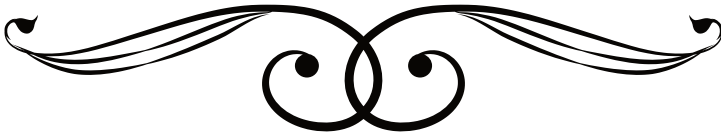
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**Prayer:** Dear Father, please help me to see and perceive things as you see them. Help me to stop relying on sight to judge the things of the Spirit. Free me from my tendency to dwell on the past; open my eyes to the new thing you are doing. You are making a way for me, pouring your Spirit into the dry places of my life. Let me perceive it and proclaim your praise! In Jesus' Name, I pray. Amen.



# Week 44

*But words will never hurt me?*



**Bible Text:** *They sharpen their tongues like swords and aim cruel words like deadly arrows. They shoot from ambush at the innocent; they shoot suddenly, without fear. Psalms 64:3-4 NIV*

**B**ody: Words will hurt you for as long as you live according to the will of the flesh. Your real enemy is the devil, but he manifests himself through various channels. This is why you think that the people around you are your enemies. The tongue is mighty; wrong words can break the good things you have built. For instance, you used to steal but, for more than five years, you have stopped such an act, then one day, someone that you haven't seen in about seven years talks about you and calls you a thief. Such words can destroy the good habit you've been building and force you to return to your old habits. The only way to overcome being hurt by words is by hiding in God. When your goal is God first and always, you'll be less bothered by what people say. So, choose today to stop fulfilling the lusts of the flesh and start doing God's will alone.

### **Questions for reflection:**

*1. Do I easily get hurt by words?*

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*2. What steps have I taken to ensure that words don't hurt me?*

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3. *What changes am I making in my life today?*

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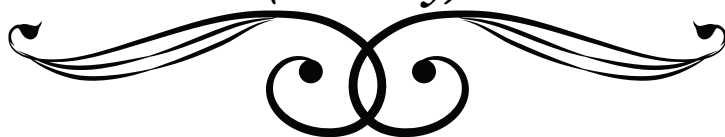
**Prayer:** Lord, Deliver me from lying lips and a deceitful tongue. Father, I want you to help me to guard my heart against all appearances of evil. Help me to dwell in you and break the barriers of the flesh so that people's words and the things that don't matter won't hurt me anymore. In Jesus' Name, I pray. Amen.



# Week 45

*How far should I go to fit in?*

*(Identity)*



**Bible Text:** *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2 NIV*

**B**ody: Embracing your identity in Christ is the best thing you can do. Don't become so pleased and content with your culture that you fit into it without thinking. Instead, fix your attention on God. Unlike the expectation of the world around you, always dragging you down to its level of immaturity, God brings the best out of you and develops well-formed maturity in you. Every time you try to fit in, you'll always do things that are detrimental to your growth in life. You were created to be an expression of God on earth; when you try to do anything to stop this, you're putting an obstacle to your walk with God.

Your identity is in Christ; only in Him can you be who God has called you to be. Don't imitate another person's character or personality because you feel they are loved but instead desire to be like Christ in all your ways.

Fitting in with God may mean you don't have as many friends as you'd like, but you'll have what you need. You may not be part of a specific clique, but you may know many people. You may not be invited to many parties, but you may be able to help others by being kind to them when someone else isn't.

### **Questions for reflection**

*1. Are you trying to fit in or stand out?*

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*2. Have you decided to make yourself an expression of God's glory on earth?*

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*3. What has changed in your ideologies due to this lesson?*

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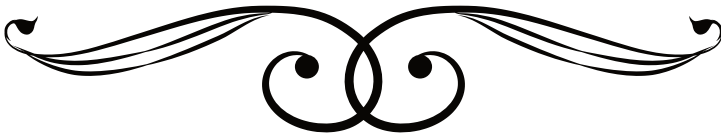
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**Prayer:** Dear Lord, help me to stop devising ways to fit in; from today, I choose to stand out for God. Help me not to be tired of my decision, and help me to be like Christ in all my actions. In Jesus' Name, I pray. Amen.



# Week 46

## *Externals vs. Internals*



**Bible Text:** *Who may ascend the mountain of the LORD? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god. Psalms 24:3-4 NIV*

**B**ody: There's a trend in town now that God doesn't care about your outward appearance. He only cares about your inward appearance, so you can do anything you want with your body as long as your heart is clean. Wrong. Let's establish something here, the context in which people use this sentence is inaccurate. God cares about your outward appearance as much as the inward parts. It is only that your point of contact with God is your Spirit inside you, and your heart has to be pure to gain full access to God's heart. The Bible has a few verses instructing women to dress in a respectable and self-controlled way. Why is that? It's because when someone looks at you, they see your physical form first, what you wear, how you talk, etc. If you are trying to invite a friend to church and you are wearing inappropriate clothing, he may not take you seriously. If you use abusive language, it might be difficult to win any soul for Christ.

On the other hand, being modest is good, but it has to match your inner character. If your internal is impure and the external part looks pure and vice versa, you're only deceiving yourself.

Decide today that your internals will match your externals, your body will be aligned with your Spirit, and you will have pure hearts and hands.

### **Questions for reflection:**

*1. Does your appearance negate your confession (faith)?*

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*2. What key steps are you taking to balance your faith?*

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*3. What new resolutions are you making today?*

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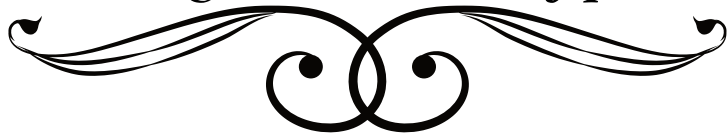
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**Prayer:** Dear Lord, it is my desire to have clean hands and a pure heart. Help me to please God at all times, in private and public. Help my life to be in line with your will. Help me match my appearance to my beliefs so that I may win souls for your kingdom when I preach to others. In Jesus' Name, I pray. Amen.



## Week 47

### *Finding God in times of pain*



**Bible Text:** *The LORD is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the LORD delivers him from them all.* **Psalms 34:18-19 NIV**

**B**ody: The time of pain is not the time to run helter-skelter and look to people for help; it is a time to lean on God's grace and listen to him. Understand that God does not do evil. Everything that is God is good, so he won't deliberately cause you to experience pain. But at times, God allows us to experience pain so that our attention can be returned to him. Hence, allow the Holy Spirit to care for you when you're brokenhearted and feel weak and tired. Bare your heart before God and listen to Him comfort you and mend your soul. Perhaps, a close relative died, and you're in so much pain that it is not a time to curse God; rather, it is a time to seek the face of God. Don't seek God only when you're in pain; seek God every day of your life so that it won't be difficult to lean on him when you're in pain.

### **Questions for reflection:**

*1. What is the worst experience of pain you've ever had?*

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*2. Did you lean on God for comfort and strength?*

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3. *How will you handle the pain from now?*

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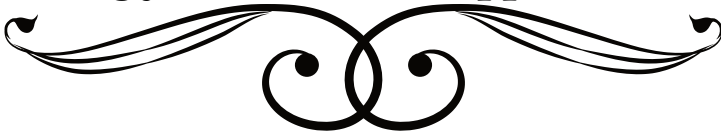
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**Prayer:** Dear Lord, help me to lean on your comfort not only in times of pain but every day of my life. Help me to see your goodness and understand what you're saying to me. Use my pain for your purpose. Please allow the Holy Spirit to work in and through the pain in me. Lord, in this confusing world, help me to look to you and stay hopeful and happy. In Jesus' Name, I pray. Amen.



## Week 48

*Facing failure and disappointment*



**Bible Text:** Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. **James 1:2-4 NIV**



**B**ody: Failures and disappointments are a part of the various trials you will face. This is inevitable because these trials are meant to test you, train you and help you understand certain things in life, so don't consider yourself unlucky when they come. Imagine a friend who's experienced everything you've ever been through. That person understands our fears, joys, pain, and disappointments. Jesus understands what it feels like to be tempted, and He understands what it feels like to have people hurt you, make fun of you, or betray you. As a child of God, God is in the midst of the trial with you. He's strengthening and helping you so that you won't fail in learning the appropriate lessons. However, the truth is that with failure, we can receive much better, greater life lessons than success. We find success in failure when we use it as a learning experience and move forward with greater strength.

Furthermore, what matters most is how we respond to what we perceive as failure. The setbacks, mistakes, miscalculations, and failures will teach you to be resourceful, persistent, innovative, and resilient. We build a growth mindset when we work toward a goal, experience failure, and keep going. Don't dwell on your failures and allow them to deter you from your future success, accept your failures and disappointments, learn from them and implement them in every area of your life.

### **Questions for reflection:**

*1. Have I ever experienced failures and disappointments?*

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2. *When was the last time you failed something or someone?*

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3. *What changes are you making from today?*

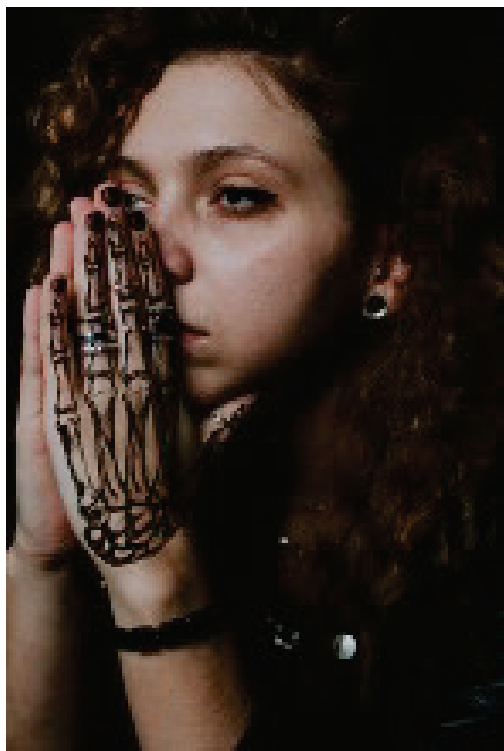
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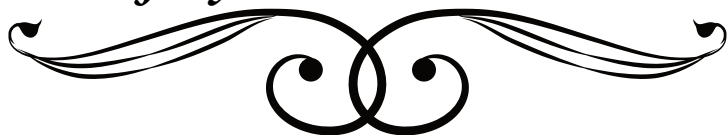
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**Prayer:** Dear Lord, I pray that you help me see lessons in every trial and temptation I go through and help me implement them effectively to record better success in the future. Help me to confront failures and disappointments with courage and confidence, knowing that my best is yet to come. In you, I put all my trust, Lord. In Jesus' Name, I pray. Amen.



## Week 49

*What if my dreams don't come true?*



**Bible Text:** *For I know the plans I have for you, declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11 NIV*

**B**ody: Until I found this scripture, I used to wonder about this too. I'll look at the events around me and cry so much. I was fast losing Hope, and many of my friends had gone ahead of me and were doing pretty well for themselves, but I thought there was no hope for me.

All of these thoughts clouded my eyes and prevented me from seeing the things that God showed me. If you're in this situation right now, worry no more and if you aren't, pick a lesson or two.

God has a plan for your life; if you keep trusting him, he'll bring those plans to fruition. You were created for a reason, your favorite things are your favorites for a reason, and your personality is that way for a reason.

The reason is what you'll find out in God. So, abandon all thoughts of doubt and say to yourself today that "my dreams will come true if God is willing." Surrender your dreams to him to modify, change, and strengthen you and grant you wisdom to help you fulfill them.

God wants what is best for you, but our responsibility is to take time in prayer to listen to Him. It is crucial to be quiet and empty our minds so we can hear Him in silence. God uses those peaceful moments of prayer when we are meditating on His Word or simply listening to the movements of His Spirit to reveal His plans. Sometimes He takes His sweet time to reveal His plan to grow us in patience and trust. Regardless of how long it takes, He will lead if we are willing to listen and follow. Understand that you only have a future in God; without him, you can't become anything.

**Questions for reflection:**

*1. What is the motive behind your dreams and aspirations?*

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*2. What steps must you take for your dreams to be fulfilled?*

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*3. What changes will you implement in your life from today?*

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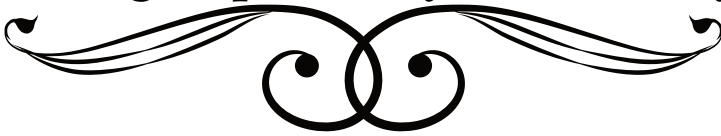
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**Prayer:** Dear Lord, I surrender all my dreams and aspirations to your care and ask that you take charge of them. Transform my dreams to suit your taste, and help me to trust you for the fulfillment of my dreams. Let me be at peace knowing that you have a whole life planned for me, even if that plan doesn't look exactly like everyone else's. Comfort me and hear my prayer. In Jesus' Name, I pray. Amen.



# Week 50

*Finding Hope when you are lonely*



**Bible Text:** *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39 NIV*

**B**ody: As a child of God, if you truly do all things for the course of the gospel, then you won't always be surrounded by supporters, and your actions won't always please others. Periods of loneliness are hard to understand. Sometimes it can feel like no one seems to care. Don't worry; you don't have to feel this way forever. There is a God who loves you and wants to have a relationship with you. At some point in your life, you'll discover that you are lonely (even at heart) and somewhat devoid of friends. This doesn't mean you're a terrible person or doing something wrong. It's simply a phase of life that you need to go through. Sometimes, you need to shut yourself in and focus within so that you can hear your thoughts and focus on God. Nothing on earth—not money, sex, drugs, athletics, people, or anything else—can give you peace and fill the void in you that leads to loneliness. Only God can. So, what do you do in situations where you feel lonely? Hold firm to the Word of God, let it dwell in you richly, remind yourself of God's promises in his Word and enjoy the presence of God at this time.

That situation that you describe as loneliness will eventually turn out to be a blessing to you. Choose to reminisce about God's love for you at such times. The Bible is a good source of reminders of God's faithfulness.

### **Questions for reflection:**

*1. What do you do when you feel lonely?*

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*2. How often are you drawn to your thoughts?*

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*3. What will you do when feeling lonely from now on?*

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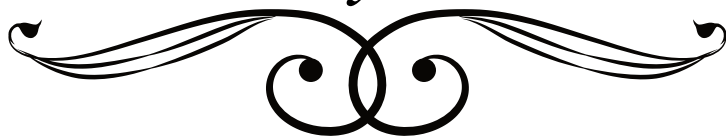
**Prayer:** Dear Lord, help me to understand the extent of your love for me and to stop depending on people for that which only you can give. Help me build an internal economy where I can abide in your presence no matter my life situation. Please fill me with all the joy and peace but mostly with your presence. I will follow the brightness of your love. I will fix my eyes on it even when it is all but a distant glimmer. In Jesus' Name, I pray. Amen.





# Week 51

*Make kindness your cornerstone*



**Bible Text:** *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. Galatians 6:9-10 NIV*

**B**ody: Kindness is a fruit of the Spirit which means if you are living according to God's Word, then kindness will be a fruit that grows out of your life as a result. The biggest enemy of kindness is the love of self. Love of self is placing yourself above God and His instructions, always willing to fulfill the lusts of the flesh and satisfy your worldly desires. However, the Bible tells us to clothe ourselves in kindness, which goes far beyond just doing kind things for others every now and then. Kindness is choosing to do good no matter the reactions and responses. Kindness implies reacting with your words, with your actions, and with your attitude. It's being happy with yourself and appreciating God for the marvelous works that he has done.

Kindness is letting go and moving on without grudges. Decide today to bear the fruit of kindness, treating yourself and others the way Jesus wants you to.

### **Questions for reflection:**

*1. Are you truly kind?*

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*2. What other fruits of the Spirit are you lacking?*

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3. *What will be changed in your life from today's lesson?*

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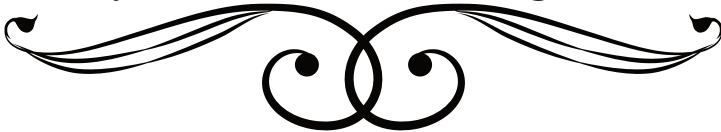
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**Prayer:** Dear Lord, I lay down all anger and grudges before you, and I ask that you help me to let go of them. Please help me to be truly kind to my friends and enemies alike. In Jesus' Name, I pray. Amen.



# Week 52

*Are you on the winning team?*



**Bible Text:** *The LORD is with me; I will not be afraid. What can mere mortals do to me? The LORD is with me; he is my helper. I look in triumph on my enemies. Psalms 118:6-7 NIV*

**B**ody: Your first question will probably be, "which team is the winning team?" I bring you good news; God's team is the winning team. Making God the foundation of your life, prioritizing the joy that comes with His presence, and being willing to obey His instructions make you a part of God's team.

It might not always be rosy when you choose to journey through life with God. You will experience downtimes, disappointments, and failures, but in the midst of it all, you are not wavering, and your victory is assured.

Think about all of the annual sports competitions held in your school. You often just want to be on the same team with a certain group of people because they are good, you like their energy, and victory is assured with them. Let God become an entity you always want to have in your corner.

Determine today to be on God's team and desire to trust God to drive the wheels of your life to the desired destination. By doing so, you won't just be a winner, but you'll be more than a conqueror.

### **Questions for reflection:**

*1. Are you a part of God's team?*

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*2. How do you remain on the Lord's team all the days of my life?*

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*3. What changes will be made in your life from today's lesson?*

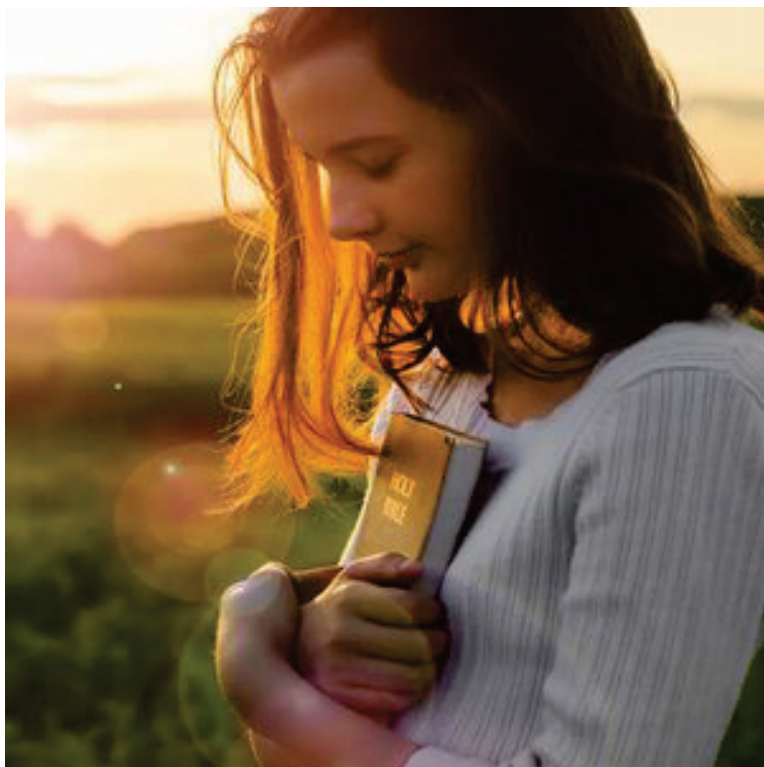
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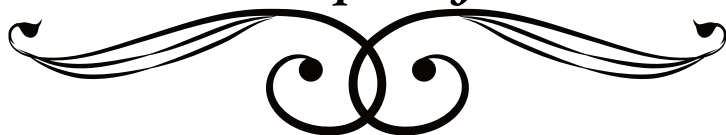
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**Prayer:** Dear Lord, I humbly ask for the grace to always lay my heart before you, Father, and I ask that you help me to trust in you for everything. Please open my eyes to see and understand that there's no victory outside of you. I trust You to supply the strength and integrity I need to overcome anything that may hinder Your blessings and favor upon me. In Jesus' Name, I pray. Amen.



# Conclusion

*Now, keep the faith!*



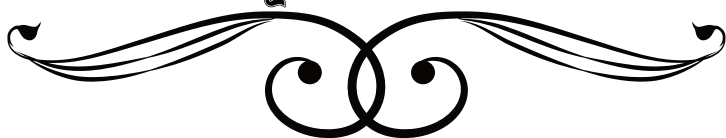
**T**here is so much noise out there in the world, but God's plan is for you to live above them. Now is the time to keep the faith. Even though the definition of faith has become so opaque in the minds of people, we have taken the entire year to study and see that the term faith is not simply a slogan of solidarity; it is a way of life that models the way of life and the teachings of Christ.

It is a glorious life that honors God and transforms the world. It is not the church programs; it is the diligence of a Christian to keep God's word in and out of season. It is not a feeling. It is an action borne out of pure love for God and man. It is not a passive belief in God. It is an active lifestyle that stays unbending to peer pressure or worldly influence.

Is this you? Now that you have taken a year to learn about and reevaluate your knowledge of faith, now is the time to live for another year and beyond. You have come to know God's expectations of you. It is time for you to meet them. You have come to know the faith that's been given to you. It is time to keep it. Keep praying and meditating on these truths, and watch your life transform from regular to spectacular. Amen.

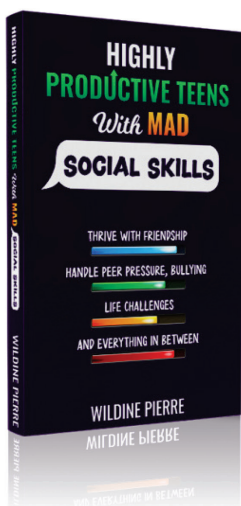


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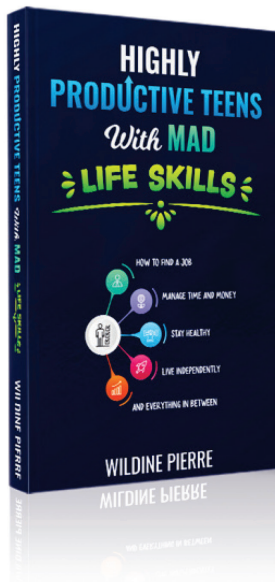
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