## Anchored in God Through Life's Changes



Discover how God's unchanging love anchors teens through big life changes, offering trust and hope in every uncertain transition.





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#### Introduction

Life as a teen often comes with many big changes — new schools, moving to different places, shifting friendships, and evolving family dynamics. These transitions can feel overwhelming, scary, and uncertain. Yet, **amid all these changes, God's love remains unchanging and steadfast**. He offers a firm anchor in the storms of life, a constant presence who invites us to trust Him no matter what new chapter we face.

This Bible study will help you understand how to lean on God's promises and unchanging character when the world around you seems to be shifting. Whether you are experiencing a move, new environments, or personal changes, God's Word reveals that His love never wavers, and He is always with you, guiding your steps.

Each day, we'll explore scriptures that affirm God's faithfulness as the ultimate anchor. You'll find encouragement to trust Him deeply, embrace hope amidst uncertainty, and grow stronger through life transitions. You are not alone — God walks with you through every change, shaping your future with purpose and peace.

















#### Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

#### **Supporting Scriptures**

- Jeremiah 29:11 "For I know the plans I have for you... plans to give you hope and a future."
- Philippians 4:6-7 "Do not be anxious... present your requests to God. And the peace of God will guard your hearts."







#### Devotional: Trusting God's New Work in Your Life

Change can feel intimidating, especially when it shakes the familiar foundations of your life. But God calls us to look forward with hope rather than cling to the past. In Isaiah 43:18–19, God invites us to release yesterday's worries and recognize the new things He's doing in our lives.

New beginnings are opportunities for growth and discovery, not just loss. Even when a move or school change feels scary, God's loving hand is leading you into a future filled with hope. Jeremiah reminds us that God's plans are purposeful and good, designed to give you hope — even when it doesn't seem clear right now.

When anxiety creeps in, Philippians encourages us to bring those feelings directly to God in prayer. His peace is a powerful anchor that protects your heart and mind as you step bravely into the unknown.

**Today, choose to trust God's new work happening in your life.** Let go of fear and welcome the fresh possibilities He's preparing for you.







## Reflect and Apply

1.	What past worries or disappointments do you find hard to let go of?
2.	How can you remind yourself that God's plans are full of hope when facing change?
3.	What new opportunities could God be inviting you to embrace right now?







## **Journaling Prompts**

1.	Write about a recent life change and your feelings about it.
2.	List ways God has shown His faithfulness in past transitions.
3.	Journal a prayer asking God to help you trust Him as you face new beginnings.







#### Prayer for Today

Dear Heavenly Father, thank You for being a God who makes all things new. When I'm afraid of what's coming, help me to release my worries and embrace Your plan. Fill me with Your peace that guards my heart when I feel uncertain. Teach me to trust in Your hope and to remember that You are with me in every new step. I surrender my fears and ask for Your courage today. *In Jesus' name, Amen.*















#### Your Verse

Hebrews 13:8 - "Jesus Christ is the same yesterday and today and forever."

#### **Supporting Scriptures**

- Romans 8:38–39 "Nothing can separate us from the love of God... neither height nor depth."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







#### Devotional: Jesus: Your Unshakable Anchor Always

Change can make us feel unstable, like the ground beneath us is shifting. But Hebrews 13:8 reminds us of one unchanging truth: Jesus Christ is constant, never shifting with the seasons or circumstances.

In a world that moves fast and often feels unpredictable, God's love remains steady and sure. Romans 8 assures us that no obstacle — fears, failures, or transitions — can separate us from God's love. This powerful promise means you have a secure anchor in Christ regardless of what changes happen around you.

Psalm 46 calls God our refuge and strength, reminding us He is present and ready to help when life feels overwhelming. When you feel like you're drifting through transitions, lean into His unshakable presence. Let Him be your safe harbor, the source of comfort and courage.

Today, focus on the steadfast nature of Jesus and His lifelong commitment to loving and supporting you. Let this truth calm your heart and give you strength in the midst of change.







## Reflect and Apply

1.	How does knowing Jesus never changes help you face uncertainty?
2.	What fears about change can you give to God today?
3.	In what ways have you experienced God as a refuge in difficult times?







## **Journaling Prompts**

1.	Describe moments when God's love felt especially real to you.
	Write down what it means to you that Jesus is 'the same yesterday, today, and forever.'
3.	Journal about how you can rely on God's strength during life changes.







#### Prayer for Today

**Lord Jesus,** thank You for never changing — for being my constant anchor even when everything around me feels uncertain. Help me to trust Your unending love that no fear or change can shake. Be my refuge and strength today and always. Teach me to rest in Your presence and find courage in Your promises. I praise You for Your faithfulness and hold onto You with all my heart. *In Your powerful name, Amen.*







# Day 3: Figure 2: Embracing Hope in Every Transition









Day 3: 🌈 Embracing Hope in Every Transition

#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart... He will make your paths straight."

#### **Supporting Scriptures**

- Psalm 56:3 "When I am afraid, I put my trust in you."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 3: 🌈 Embracing Hope in Every Transition

#### Devotional: Trusting God's Guidance Through Change

Big changes can bring fear, but God invites you to place full trust in Him.

Proverbs 3:5-6 calls us to lean not on our own understanding but to trust God wholeheartedly. When we seek Him, He guides our footsteps even through uncertain paths.

Fear is natural, but it doesn't have the final say. Psalm 56:3 encourages you to trust God in moments of fear, turning your focus away from worries and toward His calming presence. Remember, God's grace is enough, even when you feel weak or unsure. 2 Corinthians 12:9 assures us that His power is made perfect in our weaknesses — that means when you feel least capable, God's strength fills in.

**Each life transition is a chance to grow in faith, hope, and reliance on God.** By choosing to trust Him daily, you can walk confidently into every new season, assured that He is making your path straight.







Day 3: @ Embracing Hope in Every Transition

## Reflect and Apply

1.	What worries do you need to give to God today?
2.	How can trusting God change your perspective on your current life transition?
3.	In what ways have you seen God's grace in your weakness or struggles?







Day 3: Fig. 2. Embracing Hope in Every Transition

#### **Journaling Prompts**

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Day 3: 🌈 Embracing Hope in Every Transition

#### **Prayer for Today**

Father God, I bring my fears and uncertainties about change to You. Help me to trust You with all my heart, knowing You will guide my steps and make my path straight. When I feel weak or afraid, fill me with Your grace and strength. Teach me to lean on You daily and embrace hope in every new season. Thank You for never leaving me alone. *In Jesus' name, Amen.*







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