



Balanced Living for Teens: Work Hard, Rest Well



Learn to give your best in all you do while embracing God's gift of rest. Discover balance that honors God and shapes your identity beyond achievements.



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Introduction

Welcome to a journey of balance and purpose! As a teen, life often feels like a race—school assignments, chores, sports, social events, and personal goals all demanding your energy. It's easy to get caught up in striving for achievements, awards, or recognition. But what if there's more to life than just working hard? What if God calls you not only to diligence but also to rest?

Work hard, rest well is about finding that sweet spot. It teaches us to give our best effort in school, chores, or any task, doing it **as if working for God**, not merely for approval or reward. Your value, your identity, isn't found in your grades, trophies, or how busy you are. Instead, it's found in who you are as God's beloved child.

God's command to rest isn't just about taking breaks; it's a divine invitation to trust Him, to recharge your body and soul, and to remember that He loves you beyond what you accomplish. In the pages ahead, you'll explore Scriptures that guide you to embrace diligence with joy and rest with peace, shaping a life of balance that honors God and sustains you through every season of your teen years and beyond.

Get ready to dive deep into God's wisdom on work and rest. May you find encouragement to work wholeheartedly, rest intentionally, and live fully for God's glory!





Day 1: 💪 Embrace Diligence as Service to God



Day 1:  Embrace Diligence as Service to God

Your Verse

Colossians 3:23 – "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

Supporting Scriptures

- *Ecclesiastes 9:10 – "Whatever your hand finds to do, do it with all your might."*
- *Proverbs 22:29 – "Do you see a person skilled in their work? They will stand before kings; they will not stand before obscure people."*



Day 1:  Embrace Diligence as Service to God

Devotional: Finding Purpose in Every Task

Working hard isn't just about achievements—it's about attitude. In Colossians 3:23, Paul reminds us that our daily tasks, no matter how small, are opportunities to serve God. When you approach schoolwork or chores with this perspective, your effort gains eternal value. You're not working just for a teacher's approval or parental praise; you're honoring God with your dedication.

This mindset transforms tiredness into purpose, struggles into opportunities, and helps you resist the temptation to compare yourself to others. You're gaining skills, building character, and preparing for God's plan in your life. Remember, diligence is a gift that shapes your future, but it's also a way to worship.

Ask God to help you find joy in your efforts today, knowing that your work, done with integrity and heart, reflects your faith.



Day 1: 📖 Embrace Diligence as Service to God

Reflect and Apply

1. How does seeing your work as service to God change your perspective on daily tasks?

2. In what areas do you struggle to give your best effort, and why?

3. How can you encourage yourself to work diligently even when tasks feel difficult or boring?



Day 1: 📖 Embrace Diligence as Service to God

Journaling Prompts

1. List three daily tasks and write how you can do each as if working for God.

2. Reflect on a time when your hard work was discouraging—how might God's perspective offer hope there?

3. Write a short prayer asking God for strength and joy in your efforts.



Day 1: 💪 Embrace Diligence as Service to God

Prayer for Today

Dear God, thank You for giving me the strength to work hard and the reminder that my efforts matter to You. Help me to serve You with a willing heart, even when the tasks are tough or tiring. Teach me to find joy in doing my best and to trust that You see every small step I take. Guide me to honor You in all I do today. *Amen.* 🙏💪📖





Day 2: 😌 The Blessing of Rest in God's Design



Day 2: 😊 The Blessing of Rest in God's Design

Your Verse

Exodus 20:8-10 - "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God."

Supporting Scriptures

- *Psalm 23:2-3 - "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 2: 😊 The Blessing of Rest in God's Design

Devotional: Rest as a Gift from God

Rest is not optional—it's part of God's plan for your well-being. In the Ten Commandments, God commands His people to rest on the Sabbath, setting a rhythm of work and rest that honors Him and sustains us. This rest is a gift, not a punishment or weakness.

God understands that constant work leads to weariness. That's why Psalm 23 beautifully describes how God provides peaceful rest to refresh our souls, leading us to quiet waters. Jesus Himself invites those who are weary to find rest in Him, a rest that fills and restores beyond physical sleep.

As a teen, busy schedules and pressures can make rest feel impossible or like wasted time. But God calls you to prioritize rest, trust Him with your efforts, and recognize that your value isn't defined by nonstop achievement. Embrace rest as a spiritual practice that renews your body, mind, and spirit.



Day 2: 😊 The Blessing of Rest in God's Design

Reflect and Apply

1. How do you currently view rest—necessary or optional? Why?

2. In what ways can you create space in your week for intentional rest?

3. How does trusting God help you let go of worries during rest times?



Day 2: 😊 The Blessing of Rest in God's Design

Journaling Prompts

1. Describe what your ideal restful day with God would look like.

2. Reflect on moments when rest helped you feel closer to God.

3. Write a prayer asking God to teach you how to rest well amidst busy seasons.



Day 2: 😊 The Blessing of Rest in God's Design

Prayer for Today

Lord, thank You for creating rest as a gift for my body and soul. Help me to trust You enough to slow down and take time to recharge. Teach me to honor Your command and find peace in Your presence when life feels overwhelming. May I rest without guilt and remember that You delight in me beyond what I accomplish. *In Jesus' name, Amen.* 🙏 🌿 🙏





Day 3: ❤️ Identity Beyond Achievement



Day 3: ❤ Identity Beyond Achievement

Your Verse

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

Supporting Scriptures

- *Psalm 139:14 - "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*
- *Galatians 1:10 - "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."*



Day 3: ❤️ Identity Beyond Achievement

Devotional: Your Worth Is God's Masterpiece

Your worth is found in God's love, not your performance. Ephesians 2:10 reminds us that God carefully crafted you as His masterpiece, designed with purpose and intention. Good works are part of your calling, but they don't define who you are—God does.

Teens often face pressure to earn approval through grades, sports, looks, or social status. While these achievements can be good gifts, they never complete your identity. Psalm 139 beautifully acknowledges how deeply and wonderfully God knows and made you. You are cherished, no matter what.

Jesus challenges us in Galatians to seek God's approval above all else. When you root your identity in God's love, the pressure to perform fades. You can relax into rest, work with joy, and live freely, knowing that your value is secure. Let this truth shape how you approach life from now on.



Day 3: ❤ Identity Beyond Achievement

Reflect and Apply

1. What achievements do you often rely on to feel valued? How does God's view differ?

2. How can focusing on God's approval change your daily attitude and choices?

3. What are some ways you can remind yourself of your true identity when feeling pressured?



Journaling Prompts

1. Write about what it means to you to be God's handiwork.

2. List affirmations based on God's Word that reinforce your worth in Him.

3. Pray asking God to help you live for His approval rather than people's.



Day 3: ❤️ Identity Beyond Achievement

Prayer for Today

Father God, thank You for creating me with love and purpose. Help me to remember that my value is found in You, not in what I achieve. Teach me to seek Your approval above all else and to rest in Your unfailing love. When I feel pressure, remind me that I am wonderfully made and deeply cherished.

Empower me to live confidently in my identity as Your child. *Amen.* ❤️🛡️✍️





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