# Becoming Secure in Who God Says You Are



A 7-day study for teens to build confidence and identity rooted in God's truth, overcoming insecurity through Scripture and reflection.





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#### Introduction

Welcome to your journey of discovering security in who God says you are!

Teen years can be challenging with so many changes, pressures, and questions about identity. In a world that often judges by appearance, popularity, or achievements, it's easy to feel unsure or insecure. *But God offers a powerful truth: your identity is secure in Him, valued beyond measure, and uniquely designed.* This study is crafted to help teens understand and embrace their God-given identity so they can stand confident, no matter what comes their way.

Throughout these seven days, you will explore Scriptures that reveal how God sees you, along with reflections, prayers, and journaling prompts to guide your heart and mind. Each devotional is an invitation to see yourself through God's eyes and to rest in His love and purpose for your life. Remember, you are fearfully and wonderfully made (Psalm 139:14), chosen, and beloved.

As you commit time each day to this study, let your soul absorb truth that counters doubts and fears. Let God's Word build a foundation that shapes your confidence and self-worth. You don't have to strive to be accepted because you already are — cherished by your Creator.

So, with excitement and an open heart, let's begin to discover and live out the secure identity God has given you.

















#### Your Verse

Psalm 139:13-14 - "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

#### **Supporting Scriptures**

- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart;"
- 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."







#### Devotional: You Are Wonderfully Made by God

Understanding your worth starts with recognizing God as your Creator.

Psalm 139 beautifully highlights how intimately God crafted every part of you. There's nothing accidental or random about who you are. From the very beginning, God has known you, loved you, and formed you with great care.

It's natural to look around and compare yourself to others, but the truth is your value doesn't come from being like someone else. You are *uniquely and wonderfully made*, with a purpose only you can fulfill. God's workmanship means you are intentional and precious in His eyes.

When insecurities creep in—maybe about how you look, where you come from, or what you can do—remind yourself that God's love and design trump all those doubts. You were created with meaning and value, and He delights in you just as you are.

**Lean into this truth today and let it settle in your heart.** You are loved beyond measure and perfectly created to be you.







## Reflect and Apply

	How does knowing God created you intentionally affect how you view yourself?
2.	What insecurities do you struggle with that this truth can help overcome?
3.	In what ways can you celebrate your unique qualities today?







## **Journaling Prompts**

1.	Write down three ways God has uniquely made you.
	Reflect on moments you felt insecure and imagine God saying to you, 'I know you, and I love you.'
3.	List ways you can remind yourself daily of your God-given worth.







#### Prayer for Today

**Dear God,** thank You for creating me with love and purpose. Help me to see myself through Your eyes—not through the world's standards. Teach me to embrace the unique ways You made me and to find security in Your perfect design. When I feel unsure, remind me I am fearfully and wonderfully made. Fill me with confidence rooted in Your love today and always. *Amen.* 



















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me; the life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







#### Devotional: Your New Identity Is Found in Christ

**Finding true security comes from knowing your identity in Jesus.** When you become a follower of Christ, something amazing happens: *you become a new creation.* Your past mistakes, failures, and the things that made you feel less than are wiped clean.

This new identity isn't based on how others see you or what you've done—it's based on what Jesus has done for you. He loves you unconditionally and calls you His own. This truth frees you from shame, fear, and insecurity.

Living as a new creation means your worth is no longer tied to performance or approval but rooted in God's grace. When you realize you are accepted and loved fully by God, it transforms the way you view yourself and how you walk through life.

Hold on to this new identity today. Remind yourself daily: *I am in Christ, I am loved, and I am free.* 







## Reflect and Apply

1.	What does being a new creation in Christ mean to you personally?
2.	How does knowing Christ lives in you help with feelings of insecurity?
3.	In what situations can you remind yourself 'there is now no condemnation'?







### **Journaling Prompts**

1.	Describe your life before and after accepting Christ as your Savior.
2.	Write a prayer thanking Jesus for making you a new creation.
3.	List ways you can live out your new identity this week.







#### Prayer for Today

Jesus, thank You for making me new. Help me to remember that my identity is not based on my mistakes or others' opinions, but in You and Your love. Teach me to walk confidently as a new creation, free from fear and shame. Let me live today reflecting who You made me to be. *Amen.* 



















#### Your Verse

Jeremiah 29:11 – "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."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
- 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."







#### Devotional: Trust God's Good Plan for Your Future

When you feel unsure about your future or your place in the world, it helps to remember that God has a plan just for you. Jeremiah 29:11 is a powerful reminder that God's intentions for your life are full of hope and prosperity—not harm or confusion.

You don't have to have everything figured out to trust that His plans are good. Trusting God means believing He knows what's best, even when the path looks unclear.

Purpose is deeply connected to your identity. Because you are God's handiwork, He has prepared good works for you to do. Your gifts, talents, and experiences are all part of how God wants to use you. Embrace this promise and step forward with confidence that God will guide you.

Today, invite God to lead you in your decisions and to help you see His hand in your daily life.







## Reflect and Apply

	What hopes do you have for your life, and how do you see God's hand in those hopes?
2.	When has trusting God helped you through uncertain times?
3.	How can you actively seek God's guidance this week?







## **Journaling Prompts**

1.	Write about a time you felt God's guidance clearly.
2.	List your gifts and think about how God might use them.
3.	Pray for clarity and trust in God's plan for your future.







#### Prayer for Today

Lord, thank You for Your plans that give me hope and a future. Help me trust You with my life, especially when I feel uncertain. Guide my steps and show me the purpose You have for me. I want to live boldly, knowing You have prepared good works for me to do. *In Jesus' name, Amen.* 



















Day 4: • Overcoming Fear and Insecurity

#### Your Verse

Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

#### **Supporting Scriptures**

- Psalm 56:3 "When I am afraid, I put my trust in you."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 4: **(**) Overcoming Fear and Insecurity

#### Devotional: God Strengthens You Against Fear

Fear and insecurity can be overwhelming, but God offers strength and presence to overcome them. Isaiah 41:10 assures us that God is always with us —never distant. He promises to strengthen and uphold us, especially in our weakest moments.

It's normal to feel afraid sometimes, but the key is where you place your trust. When you entrust your fears to God, He replaces them with peace and courage.

God's Spirit empowers you with power, love, and self-discipline. This means you don't have to be defined by timidity or doubt. Instead, you are called to live boldly, rooted in God's confidence and love.

Whenever insecurities arise, remember that God's righteous right hand is holding you steady. Practice turning your fears into prayers, trusting that God will carry you through.







Day 4: ① Overcoming Fear and Insecurity

## Reflect and Apply

1.	What fears or insecurities are you carrying right now?
2.	How can Isaiah 41:10 change the way you face those fears?
	What does it look like for you to rely on God's power and love instead of your own strength?







Day 4: ① Overcoming Fear and Insecurity

### **Journaling Prompts**

1.	Write a letter to God expressing your fears and asking for His help.
2.	Reflect on moments when God helped you overcome fear.
3.	Make a list of Scriptures that encourage you to trust God.







Day 4: ① Overcoming Fear and Insecurity

#### Prayer for Today

Father, help me to overcome fear and insecurity today. Thank You for Your promise to be with me and to strengthen me. When I feel weak or afraid, remind me to trust You fully. Fill me with Your Spirit's power, love, and self-discipline so I can walk confidently in Your peace. *Amen.* 



















#### Your Verse

Proverbs 18:21 – "The tongue has the power of life and death, and those who love it will eat its fruit."

#### **Supporting Scriptures**

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."
- Philippians 4:8 "Whatever is true, whatever is noble, whatever is right...think about such things."







#### Devotional: The Power of Your Words and Thoughts

What you say to yourself matters deeply. Proverbs 18:21 reminds us that our words have power—they can build life or cause harm. As teens facing many challenges and voices, it's vital to speak truth and kindness over your own life.

Often, we repeat negative thoughts or labels that chip away at our confidence. But God calls us to uplift ourselves and others with words that reflect His truth.

When negative thoughts arise, challenge them with Scripture and positive affirmations. Speak out loud who God says you are: loved, chosen, strong, and valuable. Fill your mind with things that are true and honorable.

This practice rewires your thinking and builds a protective shield against insecurity. Remember, your words shape your identity and your future.







## Reflect and Apply

you often say to yourself?
ose thoughts with God's truth?
today with words of life and hope?
today with words of life and hope?







### **Journaling Prompts**

1.	Write down common negative thoughts and then counter them with Scripture.
2.	Create a list of positive affirmations rooted in God's Word.
3.	Reflect on the impact of your words on yourself and others.







#### Prayer for Today

**Lord, help me to speak life over myself.** Teach me to reject negative self-talk and to replace it with Your truth. Give me wisdom to recognize lies and courage to declare who I am in Christ. May my words build me up and honor You. *Amen.* 



















Day 6: 🌣 Building Godly Friendships

#### Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- 1 Corinthians 15:33 "Do not be misled: 'Bad company corrupts good character.""







Day 6: 🌣 Building Godly Friendships

#### Devotional: Choose Friends Who Sharpen Your Faith

Our friendships shape how we see ourselves and the world. Proverbs 27:17 encourages us that healthy, godly relationships sharpen and improve us.

Choosing friends who encourage your faith and reflect God's love helps you grow into the person He created you to be. Good friends lift you up when you struggle, hold you accountable, and inspire you to live authentically.

But beware of influences that pull you toward insecurity or harm. Surround yourself with those who know God and help you walk in His truth.

**Today, consider the friendships in your life.** Are they helping you become more secure in who God says you are? Seek to invest in relationships that challenge and support your faith journey.







Day 6: 🎔 Building Godly Friendships

## Reflect and Apply

1.	Who are your closest friends, and how do they influence your identity?
2.	How have godly friends helped you overcome insecurity?
3.	What steps can you take to build stronger, faith-filled friendships?







Day 6: 🎔 Building Godly Friendships

### **Journaling Prompts**

1.	List friends who encourage you spiritually and emotionally.
2.	Write about a time a friend helped you see yourself as God does.
3.	Plan ways to nurture existing friendships or make new godly friends.







Day 6: OBuilding Godly Friendships

#### **Prayer for Today**

**God, thank You for the gift of friendship.** Help me to choose friends who encourage me in my faith and identity in You. Guide me to be a friend who sharpens and uplifts others. Protect me from relationships that cause doubt or insecurity. Lead me to community where I can grow strong in You. *Amen.* 

















#### Your Verse

Romans 8:38-39 - "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- John 15:9 "As the Father has loved me, so have I loved you. Now remain in my love."
- 1 John 4:18 "There is no fear in love. But perfect love drives out fear..."







#### Devotional: Secure in God's Unbreakable Love

The most secure place you can stand is in the overwhelming love of God. Romans 8 assures us that nothing on earth or beyond can separate us from God's love.

This kind of love is not based on performance, popularity, or circumstances. It's steady, unchanging, and perfect. When you wholeheartedly accept this love, fear and insecurity lose their grip.

**Jesus invites you to remain in His love daily.** This means staying connected through prayer, Scripture, and trusting in His presence.

As you finish this study, remember that your identity is firmly rooted in God's unstoppable love. Walk forward with courage, knowing you belong to Him forever.







## Reflect and Apply

1.	How does knowing nothing can separate you from God's love impact your confidence?
2.	What fears does God's perfect love help you release?
3.	How can you remain connected to God's love each day?







## **Journaling Prompts**

1.	Write about a time you deeply felt God's love.
2.	List ways to stay close to God daily.
3.	Pray for boldness to walk confidently in God's love.







#### Prayer for Today

**Lord, thank You for Your never-ending love.** Help me to remain in Your love and walk confidently in who I am because of You. When fear tries to take hold, remind me Your perfect love drives it away. Let me live securely, always resting in Your arms. *Amen.* 









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