# Building Spiritual Habits for Teens



Explore key spiritual habits like prayer, Bible reading, and journaling to deepen your relationship with God daily and grow in faith.





## Table of contents

| Introduction                   | 3  |
|--------------------------------|----|
| Day 1: A Starting with Prayer  | 4  |
| Day 2: Embracing Bible Reading | 10 |
| Day 3: Journaling Your Journey | 16 |







#### Introduction

Welcome Teens! Starting a spiritual journey isn't always easy, but building habits like prayer, Bible reading, and journaling can become powerful tools to grow closer to God. These daily practices help you hear from God, understand His love, and navigate life's challenges with His guidance.

In this 3-day study, we will explore how making intentional time for God strengthens your faith and transforms your heart. You don't have to have it all figured out—this is about small consistent steps to build a lasting connection with Jesus.

Think of these habits as seeds: when you plant and nurture them regularly, they grow into a vibrant spiritual life. Prayer opens your heart to God's presence. Reading the Bible reveals His promises and wisdom. Journaling helps you process your thoughts and track God's work in your life.

Ready to grow? Let's dive in and discover how simple habits can change your faith journey forever.  $\bigwedge$ 









Day 1: A Starting with Prayer









#### Your Verse

Philippians 4:6 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

#### **Supporting Scriptures**

- 1 Thessalonians 5:17 Pray continually.
- Matthew 6:6 But when you pray, go into your room, close the door and pray to your Father, who is unseen.







#### Devotional: Begin Your Day with Honest Prayer

**Prayer is your direct line to God.** It's not about fancy words or perfect timing, but about opening your heart to Him genuinely. Paul encourages us to bring every worry and need to God through prayer, promising that this trust will guard our hearts and minds.

As a teen, life can feel overwhelming. You may face pressures from school, friendships, or decisions about your future. Prayer is how you can invite God into all these areas. It's a conversation—sometimes silent, sometimes spoken aloud—where you express gratitude, ask for help, and listen.

Try setting aside a few minutes each morning or night to simply talk with God. Start by thanking Him for something, then share your concerns or hopes. Don't be discouraged if it feels unfamiliar at first. Like any new habit, it takes time to grow. The key is being consistent; as you build this rhythm, you'll experience peace that surpasses understanding.







# Reflect and Apply

| What are some things you find hard to bring to God in prayer?         |
|---|
|   |
| How can you make prayer a natural part of your daily routine?         |
|   |
| In what ways has prayer helped you feel peace during stressful times? |
|   |
|   |







# **Journaling Prompts**

| 1. | Write about a time you felt heard by God during prayer. |
|----|---|
|    |   |
|    |   |
| 2. | List three things you are thankful for today and why.   |
|    |   |
|    |   |
| 3. | Describe what you want to talk to God about regularly.  |
|    |   |
|    |   |







## Prayer for Today

Dear God, thank You for being a loving Father who listens. Help me to come to You in prayer with honesty and trust, even when things feel hard or confusing. Teach me to pray continually and seek Your peace every day. May my conversations with You grow deeper, shaping my heart and guiding my steps. In Jesus' name, Amen. 🙏 😂 💬

















#### Your Verse

Psalm 119:105 - Your word is a lamp to my feet and a light to my path.

#### **Supporting Scriptures**

- 2 Timothy 3:16 All Scripture is God-breathed and useful for teaching.
- Joshua 1:8 Keep this Book of the Law always on your lips; meditate on it day and night.







## Devotional: Let God's Word Light Your Path

**The Bible is God's guidebook for life.** Just like reading directions helps you assemble something correctly, reading the Bible helps you understand God's plan and navigate challenges.

In Psalm 119, the writer describes God's word as a light clearing the darkness around us, showing us the right way to go. When you read the Bible regularly, it shapes your thoughts and decisions, reminding you of God's promises and love.

Start small if you're not used to reading the Bible regularly. Even a few verses a day can make a big difference. You might use a devotional guide or Bible app to help you focus and understand what you read.

As you read, ask God to teach you and reveal how His word applies in your life. Over time, the Bible becomes a trusted friend, ready to encourage you and give hope.







# Reflect and Apply

|    | How can regular Bible reading change your perspective on daily challenges?    |
|----|---|
|    |   |
|    | What are some obstacles that prevent you from reading the Bible consistently? |
|    |   |
| 3. | In what ways has a specific Bible verse encouraged or guided you?             |
|    |   |
|    |   |







# **Journaling Prompts**

| 1. | Write down a favorite Bible verse and why it encourages you.   |
|----|--|
|    |  |
| 2. | Reflect on what you learned from today's scripture reading.    |
|    |  |
| 3. | Set a goal for how you will include Bible reading in your day. |
|    |  |







## Prayer for Today

God, thank You for Your word that guides and encourages me. Help me to open the Bible regularly and understand its message. Teach me to meditate on Your words day and night, letting them shape my heart and choices. May Your truth become a shining light during dark or confusing times. In Jesus' name, Amen.









Day 3: Journaling Your Journey









Day 3: Journaling Your Journey

#### Your Verse

Habakkuk 2:2 – Write down the revelation and make it plain on tablets so that a herald may run with it.

#### **Supporting Scriptures**

- Psalm 77:11 I will remember the deeds of the Lord; yes, I will remember your miracles from long ago.
- Lamentations 3:21 Yet this I call to mind and therefore I have hope.







Day 3: Journaling Your Journey

## Devotional: Capture God's Work in Your Life

**Journaling is a powerful way to capture your spiritual journey.** Writing down your prayers, thoughts, and lessons helps you see how God is working in your life. It also allows you to reflect on His faithfulness during highs and lows.

Habakkuk encourages writing down revelations clearly, so they are shared and remembered. When you journal, you are creating a record of God's guidance and your growth, which can inspire you on days when faith feels weak.

Try to carve out time to write honestly about what you feel, what you're learning from Scripture, or how God answers prayer. This habit deepens your understanding and encourages gratitude. Plus, years from now, you'll see how far God has brought you.

Journaling also enhances prayer and Bible reading by helping you connect what you read and pray about more deeply.







Day 3: 📝 Journaling Your Journey

# Reflect and Apply

| 1. | How can journaling help you recognize God's presence in everyday life?    |
|----|---|
|    |   |
|    | What feelings or thoughts would you find helpful to write down regularly? |
|    |   |
| 3. | How might looking back at your journal entries encourage your faith?      |
|    |   |
|    |   |







Day 3: 📝 Journaling Your Journey

# **Journaling Prompts**

| 1. | Write a prayer expressing your current hopes or struggles.     |
|----|--|
|    |  |
| 2. | Record a recent experience where you sensed God's help.        |
|    |  |
| 3. | List lessons or promises from the Bible that speak to you now. |
|    |  |







Day 3: Journaling Your Journey

# **Prayer for Today**

Lord, thank You for the gift of remembering and reflecting. Help me to be honest in journaling my journey with You—my doubts, joys, and growth. May these written words remind me of Your faithfulness and encourage me in times of struggle. Bless my heart to continue growing closer to You through this practice. In Jesus' name, Amen.







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