




# Courage to Stand Strong as a Teen



Discover how to boldly stand for your faith and values, trusting God to give you courage like David and Daniel.

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## Introduction

Being a teen often means facing peer pressure and difficult choices. Whether it's gossip, bullying, or standing firm on your faith, it takes real courage to do what's right. But the Bible shows us powerful examples like David and Daniel who faced challenges with boldness because they trusted God fully. Their stories remind us that *we don't have to be afraid or conform to the crowd.*

In this 3-day study, we'll explore passages that inspire you to stand up confidently for your faith and values even when it's not popular. You'll discover how God's strength can empower you to say no to negativity and yes to courage. Each day invites you to reflect deeply, journal your thoughts, and pray for God's boldness in your life. Get ready to be encouraged, equipped, and inspired to be a courageous teen who shines for God in your world.





## Day 1: Embracing God's Courage



## Your Verse

*1 Samuel 17:45 - 'David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty..."*

## Supporting Scriptures

- *Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*
- *Psalms 27:1 - "The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?"*



# Devotional: Trust God to Give You Courage Like David

**David's boldness in facing Goliath** is an incredible example of trusting God above fear. As a young shepherd boy, David stood up to a giant warrior not because of his own strength, but because he knew God was with him. When you feel pressure to conform to what others say or do, remember David's confidence came from God's presence. You don't have to fight with human weapons; God's power is more than enough.

*Sometimes the hardest battles are standing up for your faith in school or among friends – whether it's refusing to gossip, not joining bullying, or speaking up for truth. God promises His presence and courage to anyone who trusts Him. Today, consider what challenges you're facing where you need God's boldness and ask Him to fill you with courage like David had.*



## Reflect and Apply

1. What are some situations where you feel afraid to stand up for what's right?

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2. How does knowing God is with you change the way you face challenges?

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3. In what ways can you rely less on your own strength and more on God's power this week?

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## Journaling Prompts

1. Write about a time you felt afraid but God helped you overcome it.

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2. List areas in your life where you want more courage to stand firm.

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3. Pray and journal what specific boldness you need from God today.

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## Prayer for Today

**Lord, thank You for giving me courage when I feel afraid.** Help me to stand strong like David did, trusting that You are always with me. Give me boldness to say no to things that hurt others and no to pressures that pull me away from You. Fill me with Your strength and peace as I face challenges in my life. *May Your presence be my shield and my confidence.*

In Jesus' name, Amen. 🙏 🛡️ ✨





## Day 2: Standing Firm Like Daniel



## Your Verse

*Daniel 3:16-18 - 'Shadrach, Meshach and Abednego replied, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter... Our God whom we serve is able to deliver us... But even if he does not, we will not serve your gods..."*

## Supporting Scriptures

- *Ephesians 6:10-11 - "Be strong in the Lord and in his mighty power. Put on the full armor of God..."*
- *1 Corinthians 16:13 - "Be on your guard; stand firm in the faith; be courageous; be strong."*



## Devotional: Be Courageous Like Daniel and Friends

**Daniel and his friends showed unwavering faith** by refusing to bow down to an idol, even under threat of death. Their courage didn't come from wishful thinking but from deep trust in God's faithfulness. They chose to stand for what was right, confident that God could save them, but also willing to stand firm if He did not.

*As a teen, you may face pressure to go along with things that don't align with your faith, like gossiping or excluding others. Daniel's example shows us that true courage is standing up for what God values, regardless of the consequences. This kind of faith requires strength and reliance on God's power, putting on His armor to resist the pressures around you.*

Today, think about areas where you can be bold in your faith, trusting God to help you stand strong no matter what happens.



## Reflect and Apply

1. Where have you seen pressure to compromise your values recently?

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2. How can you ‘put on the armor of God’ to prepare for these moments?

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3. What does it mean for you to trust God even if things remain difficult?

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# Journaling Prompts

1. Write about a time you stood firm in your faith despite opposition.

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2. List specific ways to resist peer pressure with God's strength.

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3. Journal a prayer asking God to help you remain faithful no matter what.

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Day 2:  Standing Firm Like Daniel

## Prayer for Today

**Father, help me be like Daniel—bold and unshaken in my faith.** Give me the strength to stand firm against pressures to compromise. Help me to remember that You are my protector and my refuge always. Even when it's hard, may I trust You fully and remain faithful to Your truth. Wear me like armor so I am prepared to face challenges courageously.

In Jesus' powerful name, Amen.   





## Day 3: ✨ Living with Boldness Today





## Your Verse

*Acts 4:29-31 - 'Now, Lord, consider their threats and enable your servants to speak your word with great boldness. After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.'*

## Supporting Scriptures

- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*
- *Proverbs 28:1 - "The righteous are as bold as a lion."*



## Devotional: Filled with the Spirit for Bold Living

**After Jesus' resurrection, His followers faced threats but prayed for boldness to speak God's truth.** God answered by filling them with the Holy Spirit and shaking their surroundings. This boldness was not about being aggressive but about speaking out with courage, love, and confidence.

*As a teen, you can live with this same boldness every day.* Whether it's standing up against gossip, speaking kindly to someone being bullied, or simply sharing your faith, God's Spirit empowers you to act with courage grounded in love and self-control.

Today, ask God to fill you with His Spirit to live boldly and make a difference in your world. Remember, true boldness flows from trusting God's presence and choosing to do what is right.



## Reflect and Apply

1. How can you rely on the Holy Spirit to give you boldness in daily situations?

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2. What loving actions can you take to stand up against wrong in your school or community?

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3. In what ways can self-discipline help you live courageously for God?

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Day 3: ✨ Living with Boldness Today

## Journaling Prompts

1. Write about an area where you need more boldness from the Holy Spirit.

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2. List loving ways to speak and stand up for truth among your friends.

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3. Pray and journal your desire to be filled with courage, love, and self-control.

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Day 3: ✨ Living with Boldness Today

## Prayer for Today

**Holy Spirit, fill me with Your power and boldness.** Help me to speak and act with courage, love, and self-control even when it's difficult. Give me strength to stand against harmful words and actions and to share Your truth boldly. May my life show Your presence and make a positive impact wherever I go.

In Jesus' name I pray. Amen. 🙏🔥🐯❤️





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