



# Ditching the Labels the World Gives You



A 7-day journey helping teens let go of society's labels and embrace God's true identity for their lives.

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## Introduction

Being a teen today can feel overwhelming. Society, peers, and even family often put labels on you—labels like ‘not enough,’ ‘awkward,’ or ‘just a kid.’ These labels can shape your thoughts, actions, and the way you see yourself. But what if you could ditch those restrictive tags and start embracing the identity God designed uniquely for you? **This Bible study is a journey to discover your true worth, purpose, and freedom in Christ.**

Over the next seven days, we’ll explore scriptures that reveal who God says you are beyond the world’s judgments. You’ll find encouragement to break free from false labels and embrace the incredible person God calls you to be. From learning how to fight comparison and rejection to uncovering your unique gifts and calling, this study will empower you to walk confidently in God’s love and truth.

*Remember:* you are never just what the world says about you. You are wonderfully made, deeply loved, and called to shine bright in your own way. Let’s take this journey together, trusting God to transform how we see ourselves and others. Get ready to ditch the labels and step into your true identity!





## Day 1: ✨ Identity Beyond Labels



Day 1: ✨ Identity Beyond Labels

## Your Verse

*Psalm 139:13-14 NIV – "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..."*



## Day 1: ✨ Identity Beyond Labels

# Devotional: Remember You Are Wonderfully Made

**Who do you say you are?** Sometimes, the world tries to define us by labels that limit us: ‘too shy,’ ‘not smart enough,’ or ‘just a teenager.’ But these labels miss the bigger truth. *God formed you intentionally and with love.* Psalm 139 reminds us that God knit us together carefully in our mother’s womb. You weren’t made by accident or as a mistake; you are a masterpiece created on purpose.

When you start to believe God’s truth over the world’s labels, your perspective begins to shift. You can see yourself not as less than, but as **fearfully and wonderfully made**. Your value doesn’t come from what people say but from who God says you are.

Today, take a moment to reject the negative labels and embrace God’s design for your life. You are uniquely crafted and deeply loved. Let that truth shape how you see yourself moving forward.



## Day 1: ✨ Identity Beyond Labels

# Reflect and Apply

1. What labels have you believed about yourself from others?

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2. How does knowing God created you intentionally change your view of yourself?

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3. What truth about your identity do you want to hold on to today?

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Day 1: ✨ Identity Beyond Labels

## Journaling Prompts

1. Write down the labels you've felt pressured to accept and why.

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2. List three things about yourself that you believe reflect God's handiwork.

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3. Describe a moment when you felt truly loved and accepted by God.

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Day 1: ✨ Identity Beyond Labels

## Prayer for Today

**Lord**, thank You for creating me with purpose and care. Help me to see myself through Your eyes today and reject the lies the world tells me. Remind me that I am fearfully and wonderfully made, deeply loved, and never alone. Give me courage to walk confidently in the truth of who You say I am. *In Jesus' name, Amen.* 🙏❤️🌱✨





## Day 2: Breaking Free from Comparison



## Your Verse

*Galatians 6:4 NIV – "Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else."*

## Supporting Scriptures

- *2 Corinthians 10:12 – "When they measure themselves by themselves... they are not wise."*
- *Romans 12:2 – "Do not conform to the pattern of this world... but be transformed by the renewing of your mind."*



## Devotional: Celebrate Your Unique Journey

Comparison is a trap that keeps us stuck in feelings of not being ‘enough.’ On social media, at school, or even in your circle of friends, it’s easy to start measuring yourself against others. Yet Paul tells us in Galatians to focus on our own actions and gifts instead of comparing ourselves.

Why? Because comparison steals your joy and blurs your unique purpose. God gave you talents, dreams, and a calling designed just for you—not meant to compete with someone else’s journey.

**Today, challenge your mind to stop scrolling through comparisons and start celebrating your own progress.** Remember that your worth isn’t based on how you stack up but on God’s love for you.



## Reflect and Apply

1. In what ways do you compare yourself to others?

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2. How does comparison affect your self-esteem and choices?

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3. What is one unique gift or quality you can celebrate in yourself today?

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## Journaling Prompts

1. Write about a time you felt discouraged by comparing yourself to someone else.

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2. List three things God has uniquely given you that make you who you are.

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3. Commit to one action today that helps you focus on your own growth.

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Day 2: 🛑 Breaking Free from Comparison

## Prayer for Today

God, help me to stop comparing myself to others and see the unique way You made me. Teach me to be proud of the path You've set for me and to find joy in my own steps. Fill me with confidence rooted in Your love, not in how I measure up. Thank You for making me special and known. *In Jesus' name, Amen.* 🙏💖🌈🕊️





## Day 3: 💛 Finding Approval in God





## Day 3: 🧡 Finding Approval in God

## Your Verse

*Galatians 1:10 NIV – "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people?"*

## Supporting Scriptures

- *Psalms 118:8 – "It is better to take refuge in the LORD than to trust in humans."*
- *Colossians 3:23 – "Whatever you do, work at it with all your heart, as working for the Lord..."*



Day 3: 🧡 Finding Approval in God

## Devotional: Seek God's Approval, Not People's

It's natural to want others to like and accept us, but what happens when our worth depends on human approval? Paul asks the tough question: Are you trying to please people or God?

Trying to fit into everyone else's expectations can exhaust you and leave your heart unsettled. But when your focus turns to pleasing God, your identity is anchored in something lasting and true.

**Today, invite God to be the ultimate source of your approval.** Knowing He loves you unconditionally frees you to live authentically instead of chasing fitting in. Trust that His acceptance is enough, and let go of the pressure to earn people's approval.



## Day 3: 🧡 Finding Approval in God

## Reflect and Apply

1. Whose approval do you most often seek—God's or people's?

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2. How does seeking God's approval change your perspective on your actions?

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3. What pressures might you release by focusing on pleasing God?

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Day 3: 🧡 Finding Approval in God

## Journaling Prompts

1. Recall a time when you changed who you were to please others.

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2. Write a letter to God about wanting to live for His approval.

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3. List areas where you feel pressured to earn approval and surrender them.

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Day 3: 🧡 Finding Approval in God

## Prayer for Today

**Father**, help me to seek Your approval above all else. When I feel tempted to please people, remind me that Your love and acceptance are what truly matter. Give me courage to live authentically and boldly in Your truth, knowing I am enough because You say so. Thank You for being my constant source of approval and peace. *In Jesus' name, Amen.* 🙏 🌟 😊 ❤️





## Day 4: 🔥 Overcoming Fear of Rejection



## Day 4: 🔥 Overcoming Fear of Rejection

## Your Verse

*Isaiah 41:10 NIV - "So do not fear, for I am with you; do not be dismayed, for I am your God."*

## Supporting Scriptures

- *Romans 8:38-39 - "Nothing can separate us from the love of God."*
- *John 15:18 - "If the world hates you, keep in mind that it hated me first."*



## Day 4: 🔥 Overcoming Fear of Rejection

## Devotional: God's Presence Defeats Your Fear

Fear of rejection can keep you from being your true self, especially as a teen trying to fit in. It's painful to feel left out or judged. But God's promise in Isaiah 41:10 is a powerful reminder: **He is with you, and you do not have to fear.**

God's love is constant and unshakeable—no matter what others say or do. Even when people reject you, God's acceptance remains. Jesus faced rejection too and understands our pain.

**Lean into God's presence when fear comes knocking.** Remember that your ultimate worth is not in human acceptance but in the one who created you and loves you endlessly. Let go of fear—God is bigger!





## Day 4: 🔥 Overcoming Fear of Rejection

# Reflect and Apply

1. What fears of rejection hold you back from being yourself?

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2. How does knowing God is ALWAYS with you change those fears?

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3. Can you identify a time when you felt God's presence during rejection?

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## Day 4: 🔥 Overcoming Fear of Rejection

# Journaling Prompts

1. Write about a moment you felt rejected and how it affected you.

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2. List ways God has shown His love even when you felt alone.

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3. Pray for courage to trust God over your fears today.

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## Day 4: 🔥 Overcoming Fear of Rejection

## Prayer for Today

**Lord**, fear of rejection can be so heavy, but Your promise that You are with me brings peace. Help me to remember Your presence when I feel rejected or alone. Give me confidence that Your love never fails and that I am fully accepted by You. Surround me with Your strength and calm my anxious heart.

*In Jesus' name, Amen.* 🛡️❤️🙏🌟





## Day 5: 🌻 Embracing Your God-Given Gifts



## Your Verse

*1 Peter 4:10 NIV – "Each of you should use whatever gift you have received to serve others..."*

## Supporting Scriptures

- *Romans 12:6 – "We have different gifts, according to the grace given to each of us."*
- *Exodus 31:3 – "I have filled him with the Spirit of God, with wisdom, with understanding..."*



Day 5: 🌸 Embracing Your God-Given Gifts

## Devotional: Discover and Use Your Unique Gifts

Sometimes the labels we hear can make us doubt our abilities or feel unimportant. But God has given each of us unique gifts—talents and passions meant to be shared with others. What if your worth could be found in using these gifts for a bigger purpose?

1 Peter encourages us to use whatever gifts we have to serve and bless others. You don't need to be perfect or fit a mold; God designed you to shine in ways only you can.

**Today, celebrate your God-given gifts.** Think about how you can grow and use them to bring hope, joy, or help to those around you. No gift is too small when offered with love and faith.



## Reflect and Apply

1. What gifts or talents has God given you?

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2. How can you use these gifts to serve others and glorify God?

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3. What steps can you take to grow or explore your abilities more deeply?

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# Journaling Prompts

1. List your top three gifts or passions and how you discovered them.

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2. Write about a time you used a gift to help or encourage someone.

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3. Plan one activity this week to develop or share a gift God gave you.

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Day 5: 🌸 Embracing Your God-Given Gifts

## Prayer for Today

**Lord**, thank You for the gifts You have placed inside me. Help me to recognize and embrace them fully, trusting that they are part of Your greater plan. Show me ways to use my talents to serve others and bring glory to Your name. Give me courage to step out in faith and share what You've given me. *In Jesus' name, Amen.* ✨💖🙏





## Day 6: 💡 Living Authentically in Christ



## Your Verse

*John 8:32 NIV - "Then you will know the truth, and the truth will set you free."*

## Supporting Scriptures

- *Ephesians 4:22-24 - "Put off your old self... and put on the new self..."*
- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 6: 💡 Living Authentically in Christ

## Devotional: Freedom Comes with God's Truth

Living authentically means showing up as your true self—not hiding behind masks to please others or fit in. Jesus said that knowing the truth sets us free. God's truth frees you from the chains of labels, fear, and pretending.

Embracing who God made you to be might feel scary at times, especially if it means standing out or being misunderstood. But God's grace is sufficient, and His power is made perfect in our weaknesses. Your real self, loved and forgiven by God, is enough.

**Today, choose to live authentically.** Allow God's truth to shape your actions and thoughts. Step out knowing your identity is found in Christ—not in the world's expectations.



## Reflect and Apply

1. Are there parts of yourself you hide from others? Why?

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2. How does God's truth free you from feeling the need to pretend?

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3. In what ways can you start living more authentically today?

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# Journaling Prompts

1. Write honestly about where you struggle to be authentic.

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2. List truths from God's Word that remind you who you really are.

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3. Commit to one action that helps show your true self this week.

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Day 6: 💡 Living Authentically in Christ

## Prayer for Today

Jesus, thank You for the freedom found in Your truth. Help me to live openly and honestly, reflecting the authentic person You created me to be. Give me the strength to let go of masks and fear, trusting that Your grace covers all my weaknesses. Guide me to walk boldly in who I am in You. *In Your name, Amen.* ✨🕊️❤️🙏





## Day 7: 🌈 Walking Boldly Into Your Future





## Your Verse

*Jeremiah 29:11 NIV – "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... He will make your paths straight."*
- *Philippians 1:6 – "He who began a good work in you will carry it on to completion..."*



## Devotional: Trust God's Hopeful Plan for You

As you wrap up this study, it's important to remember that God's plans for you are good—filled with hope and promise. You don't need to be defined by labels or past mistakes because God is always working to complete the beautiful story He started in you.

Trusting God with your future means walking forward boldly, even when the way isn't clear. Proverbs reminds us to lean on Him fully, and Philippians assures us He won't stop His work in you until it's finished.

**Today, step forward with confidence.** Let go of limiting labels and fears. Embrace the bright, hopeful future God has prepared—knowing He is with you every step of the way.



## Reflect and Apply

1. What hopes and fears do you have about your future?

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2. How can trusting God change how you face uncertainty?

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3. What steps can you take to walk boldly into the plans God has for you?

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# Journaling Prompts

1. Write a prayer surrendering your future to God's plan.

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2. List dreams or goals you want to pursue with God's help.

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3. Reflect on ways God has guided you in the past and write them down.

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Day 7: 🌈 Walking Boldly Into Your Future

## Prayer for Today

**Father**, thank You for the hope and purpose You've placed in my life. Help me to trust Your plans and walk boldly into the future You've prepared. When I feel unsure or afraid, remind me that You are guiding my every step and will complete the good work You began in me. I surrender my life and dreams to You. *In Jesus' name, Amen.* 🙏 ✨ ❤️ 🌿





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