# Finding Your Identity in God as a Teen



Explore your true identity through God's Word, gaining confidence and purpose during your teen years.





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#### Introduction

Being a teen is an adventurous yet challenging time. You're growing, learning, and discovering who you are — but sometimes, it can feel confusing and overwhelming. Where do I belong? Who am I really? These questions can weigh heavily on your heart. The good news is that God knows you deeply and loves you unconditionally. He offers a powerful identity rooted in His love, truth, and purpose for your life.

This 7-day study will help you understand what the Bible says about your true identity as a teen. You'll explore key Scriptures that reveal who God says you are — chosen, beloved, valued, and uniquely created. Through these truths, you can find stability amid uncertainty and confidence when you feel lost.

Each day includes encouraging Scripture passages, thoughtful reflections, and practical prayers designed just for you. By the end of this study, you'll be equipped to embrace your God-given identity and live boldly as the one He made you to be. Remember, *you are never alone* on this journey — God is with you always, guiding you step by step. Let's begin this adventure together.

















#### Your Verse

Psalm 139:14 – "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."







#### Devotional: You Are Fearfully and Wonderfully Made

Do you ever feel invisible or not good enough? It's common to compare ourselves to others and doubt our value. However, Psalm 139:14 reminds us of an amazing truth: God made you on purpose, with intention and care. You are His masterpiece! This means your worth isn't based on what you do or what others say, but on the fact that *you are God's beloved creation*.

Think about Jeremiah 1:5, where God tells Jeremiah He knew him even before birth and had a plan for his life. This shows God's personal investment in your story. No one else can be who you are, because you are uniquely crafted by God's hands. Let this truth sink in: your value does not come from fitting in, accomplishments, or appearances but from God's love for you.

As you move through your teen years, remind yourself daily that you are wonderfully made. Celebrate your uniqueness and trust that God sees all your potential and beauty inside. You are precious in His sight — always.







#### Reflect and Apply

1.	When do you most feel like your worth is questioned or shaken?
2.	How does knowing God created you with intention change the way you see yourself?
3.	In what ways can you celebrate the unique qualities God has given you?







#### **Journaling Prompts**

you that you appreciate.
fore you were born.







#### Prayer for Today

**Dear God,** thank You for creating me with care and purpose. Help me to see myself through Your eyes — as valuable, loved, and wonderful. When I feel lost or compare myself to others, remind me of Your truth and steady love. Teach me to celebrate who You made me to be and to trust Your plans for my life. Strengthen my heart with Your peace and kindness today. *Thank You for being with me every step.* 









# Day 2: 🎇 Identity in Christ, Not in Opinion









Day 2: 🎇 Identity in Christ, Not in Opinion

#### 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."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Day 2: 💥 Identity in Christ, Not in Opinion

#### Devotional: Your Identity Is Secure in Christ

It's easy to let others' opinions shape how we see ourselves. Friends, social media, and culture often send mixed messages about what you should be like. But 2 Corinthians 5:17 shines a powerful light on this: **your true identity is found in Christ.** When you trust Jesus, you become a new creation — the old worries, failures, and labels lose their hold on you.

Galatians 2:20 reminds us that Christ lives within us. This means your self-worth and identity aren't rooted in past mistakes, how others judge you, or even your own feelings. Instead, it's based on Jesus' perfect love and sacrifice on your behalf.

Romans 8:1 assures there is no condemnation for you. No matter what you've been through or how often you stumble, God offers grace and forgiveness fresh every day. Your identity in Him is secure and unshakeable. Reflect on who you are in Christ — beloved, free, and renewed. When you cling to this, you can confidently face any challenge or doubt that comes your way.







Day 2: 🎇 Identity in Christ, Not in Opinion

# Reflect and Apply

1.	How do others' opinions affect your self-image?
2.	What does it mean to you to be a 'new creation' in Christ?
	How can knowing there is no condemnation in Christ change how you handle past mistakes?







Day 2: 🎇 Identity in Christ, Not in Opinion

# **Journaling Prompts**

	Write about a time you felt defined by others' opinions and how you want that to change.
2.	Describe what being a new creation in Christ means in your own words.
3.	List ways you can remind yourself daily of your identity in Jesus.







Day 2: 💥 Identity in Christ, Not in Opinion

#### Prayer for Today

Lord Jesus, thank You for making me new when I trust in You. Help me not to be trapped by others' opinions or my own doubts, but to find my identity completely in You. Fill me with Your grace and peace so I can live confidently, knowing I am loved and accepted. When temptation or fear comes, remind me that there is no condemnation for me in You. Guide me to walk as Your renewed child each day. *Thank You for dying for me and rising to give me new life*.

















#### 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."







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

It can be scary to think about the future, especially when you're unsure where life is heading. But God's Word offers incredible reassurance. Jeremiah 29:11 promises that He has good plans for you — plans full of hope and purpose.

**Trusting God's plan** isn't always easy. Sometimes our own ideas, fears, or mistakes cloud the way. Proverbs 3:5–6 encourages us to trust God completely and not rely only on our understanding. When we lean on Him and submit our paths, He promises to guide us clearly.

Remember also Ephesians 2:10, which reminds us that you are God's handiwork, created for a special purpose. No one else can fulfill the unique calling God has for you. Each day is an opportunity to discover and follow that plan step by step.

So if you feel lost or unsure, take heart! God's promises are steadfast. Your future is in His loving hands. Let Him lead you through every challenge and joy.







# Reflect and Apply

1.	What fears or doubts do you have about your future?
	How can you practice trusting God instead of relying only on your own understanding?
	What does being God's handiwork mean for how you view your life's purpose?







#### **Journaling Prompts**

1. Write about a tillle you	felt God's guidance in a tough situation.
2. List ways you can seek	God's direction this week.
3. Describe a dream or ho	pe you have and how you can trust God with it.







#### Prayer for Today

Dear Heavenly Father, thank You that You have a plan filled with hope and purpose for my life. When I feel uncertain or afraid, help me to trust You fully instead of leaning on my own understanding. Guide my steps and open my heart to follow Your path. Remind me I am Your handiwork, created for good works designed by You. Give me peace as I wait and courage to walk forward each day. *Thank You for Your faithful love.* 

















#### 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**

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







#### Devotional: God Strengthens You to Overcome Fear

**Fear and insecurity are common struggles for teens.** Whether it's fear of failure, rejection, or not measuring up, these feelings can be paralyzing. Thankfully, God's Word provides comfort and strength. Isaiah 41:10 is a powerful reminder: you don't need to be afraid because God is with you.

He promises to strengthen and uphold you, even when things feel hard. This isn't just a one-time promise—it's God's everyday support. When you feel scared, you can lean on Him and find courage.

2 Timothy 1:7 tells us that God gives us a Spirit of power, love, and self-discipline—not fear. This means God equips you to face challenges bravely and to love others confidently. Psalm 56:3 encourages us to replace fear with trust in God's care.

Whenever fear tries to take over, remember who is by your side: the Creator of the universe who loves you deeply and plans to help you succeed. You were made to stand strong.







# Reflect and Apply

1.	What fears or insecurities do you struggle with most?
2.	How can remembering God's presence change how you respond to fear?
	In what ways can God's Spirit empower you with power, love, and self-discipline?







# **Journaling Prompts**

1. W	Vrite about a moment you conquered a fear with God's help.
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2. L	ist three fears you want to give over to God today.
_	
	escribe how you can show love to yourself and others despite asecurities.
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#### Prayer for Today

**Dear God,** thank You for being with me and always ready to help when I feel afraid. Please replace my fears with Your power and love. Help me to trust You deeply and become strong in Your Spirit. When insecurity creeps in, remind me that You uphold me and will never leave me alone. Teach me to walk boldly and show kindness to myself and others. *Thank You for Your faithful presence every day.* 



















Day 5: W Loved Unconditionally by God

#### 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**

- 1 John 3:1 "See what great love the Father has lavished on us..."
- Ephesians 3:17-19 "...to grasp how wide and long and high and deep is the love of Christ..."







Day 5: W Loved Unconditionally by God

# Devotional: Nothing Can Separate You from God's Love

Sometimes it's easy to feel unworthy of love, especially when mistakes, failures, or insecurities pile up. Yet God's love is different from any human love. Romans 8:38–39 boldly assures us that nothing can separate us from God's love — not anything in all creation. This is a love that is *unconditional* and *everlasting*.

1 John 3:1 expresses the awe of being called God's children, lavished with His abundant love. Ephesians 3:17–19 invites us to truly understand how vast and deep Christ's love is — it's beyond what we can imagine.

When you grasp that you are deeply loved, it frees you from the need to earn acceptance or measure your worth by others' approval. God's love empowers you to accept yourself and grow into the person He desires you to be.

**Today, rest in that perfect love.** No matter what you're facing, you are treasured and held by the One who loves you endlessly.







Day 5: 🞾 Loved Unconditionally by God

# Reflect and Apply

1.	Do you sometimes struggle to believe God loves you unconditionally? Why?
2.	How does knowing God's love never fails affect your feelings about yourself?
3.	What are some ways you can remind yourself daily of God's vast love?







Day 5: 🞾 Loved Unconditionally by God

#### **Journaling Prompts**

1.	Write about a time you felt God's love clearly.
2.	List ways you can show God's love to yourself and others.
3.	Describe how God's love changes how you view your identity.







Day 5: W Loved Unconditionally by God

#### Prayer for Today

**Lord,** thank You that Your love for me is unchanging and unstoppable. Help me believe that nothing can separate me from Your love through Christ. When I feel unloved or unworthy, remind me of how deeply You care. Fill my heart with peace and security in Your kindness. Teach me to live in that love every day and to share it with others. *Thank You for loving me always.* 



















#### Your Verse

Micah 6:8 - "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

#### **Supporting Scriptures**

- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







#### Devotional: Live a Life of Justice, Mercy, and Humility

Finding your identity also means living according to God's purpose for you.

Micah 6:8 beautifully summarizes what God desires: to live justly, love mercy, and walk humbly with Him. These are not just rules but a way to discover true fulfillment.

Colossians 3:23 challenges us to approach our daily work and choices wholeheartedly as if serving God Himself. This attitude shapes our character and strengthens our identity rooted in Christ.

Psalm 119:105 reminds us that God's Word provides guidance and clarity when life feels confusing. Walking with God means seeking His wisdom daily and trusting His light to lead.

As you grow, lean into these values. Let justice, mercy, and humility guide your decisions and relationships. Walking with God on His path will reveal who you are created to be — a light in the world and a reflection of His love.







#### Reflect and Apply

1.	How can acting justly and loving mercy shape how others see you?
2.	In what areas of your life can you walk more humbly with God?
3.	How does viewing your work as service to God change your motivation?







#### **Journaling Prompts**

1.	Write about a time you showed mercy or justice and how it felt.
2.	List ways you can walk humbly with God this week.
3.	Describe how God's Word has guided you recently.







#### **Prayer for Today**

**God,** help me to live justly and love mercy in all I do. Teach me to walk humbly with You every day. When I make decisions, give me wisdom to follow Your lead and serve others with kindness. May my actions reflect Your love and purpose. Thank You for guiding me with Your Word and being the light on my path. *Empower me to live fully for You.* 









# Day 7: Figure 2: Embracing Your God-Given Identity









Day 7: Pembracing Your God-Given Identity

#### Your Verse

1 Peter 2:9 – "But you are a chosen people, a royal priesthood, a holy nation, God's special possession..."

#### **Supporting Scriptures**

- John 1:12 "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God."
- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."







Day 7: 🌈 Embracing Your God-Given Identity

#### Devotional: You Are Chosen and Loved by God

After exploring God's Word this week, it's time to fully embrace who He made you to be. 1 Peter 2:9 reminds you that you are chosen, royal, holy, and God's treasured possession. This is your true identity — not based on the world's standards but on God's eternal calling.

John 1:12 affirms that by receiving Jesus, you become a child of God, adopted into His family with full rights and blessings. This means you belong forever and have a secure place in His love.

Philippians 1:6 promises that God will faithfully complete the good work He started in you. Your identity is a journey, growing deeper and stronger as God shapes your character and purpose over time.

**So, walk confidently today as God's beloved child.** You are not lost but found, deeply known, and wonderfully made to shine in this world. Embrace your unique story and mission with joy and hope.







Day 7: 🌈 Embracing Your God-Given Identity

#### Reflect and Apply

	How does knowing you are chosen and treasured by God impact your self-esteem?
2.	What does it mean to you to be part of God's family?
3.	How can you trust God to complete the good work He started in you?







Day 7: <a> Embracing Your God-Given Identity</a>

# **Journaling Prompts**

1.	Write a letter to yourself affirming your identity in God.
2.	List ways you can live out your identity as God's chosen child.
	Reflect on how God has worked in your life and what you hope for the future.







Day 7: 🌈 Embracing Your God-Given Identity

#### **Prayer for Today**

Father God, thank You for choosing me and making me part of Your family. Help me to fully embrace my identity as Your beloved child and royal priesthood. Strengthen my faith in Your ongoing work in my life. Give me courage and hope to live out my God-given purpose boldly. May I reflect Your love and light in all I do. *I am Yours forever, and that truth fills my heart with joy.* 









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