






Following Jesus: The Journey of a Teen Disciple



Explore how Jesus' disciples left their old lives behind to follow Him and learn what true commitment looks like for teens today.



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Introduction

Becoming a follower of Jesus is a life-changing journey, especially in the vibrant and challenging season of our teenage years. Just as Jesus called His disciples to leave behind their old lives and step into a new purpose, we too are invited to follow Him with commitment, faith, and courage. This Bible study plan draws inspiration from the stories of Jesus' first disciples—ordinary people who experienced extraordinary transformation.

As teens, it can often feel overwhelming to decide what path to take in life. Peer pressure, school, family expectations, and personal doubts sometimes cloud our clarity. Yet, the message of Jesus remains constant and inviting: to follow Him wholeheartedly. This plan will guide you through what it means to be a disciple today—embracing change, growing in faith, and living out God's love every day.

Over the next three days, you'll dive into Scripture that reveals how Jesus called His followers, the challenges they faced, and how their commitment deepened as they walked with Him. You'll discover that being a disciple isn't about having all the answers or being perfect; it's about choosing to keep following Jesus despite uncertainty. It's about trusting His guidance and allowing Him to shape your heart and life.

Whether you are just beginning to explore what it means to follow Jesus, or you've been on this path for some time, this study will encourage and empower you. Prepare to step into a deeper relationship with Jesus,



understanding more fully what commitment looks like and how your life can be a powerful witness for Him in the world around you. Let's journey together like the disciples did—one step of faith at a time.





Day 1: Called to Follow



Day 1:  Called to Follow

Your Verse

Matthew 4:18-20 NIV - "As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 'Come, follow me,' Jesus said, 'and I will send you out to fish for people.' At once they left their nets and followed him."

Supporting Scriptures

- *Mark 1:17 NIV - "Come, follow me," Jesus said, "and I will send you out to fish for people."*
- *Luke 5:11 NIV - 'So they pulled their boats up on shore, left everything and followed him.'*



Day 1:  Called to Follow

Devotional: Answering Jesus' Call to Follow Him

The journey of a disciple begins with a simple invitation: "Come, follow me." In Matthew 4:18–20, we see Jesus calling Simon Peter and Andrew while they were busy with their everyday work. This was not a casual request but a divine calling to leave behind their familiar lives and join Jesus' mission.

For teens today, this call is just as personal and powerful. It asks you to consider what might be holding you back—your comfort zones, friendships, plans—and invites you to trust Jesus enough to step into new territory. Like the first disciples, followers of Jesus start by responding with obedience and faith, even when the full path is unclear.

Remember, being a disciple is not about perfection but about willingness to follow. It's about saying yes to Jesus' invitation and trusting that He will guide you in all things. Reflect on what it means for you to hear Jesus say, "Come, follow me" today.



Day 1:  Called to Follow

Reflect and Apply

1. What are some things in your life that you might need to 'leave behind' in order to follow Jesus more fully?

2. How does the disciples' immediate response to Jesus' call challenge or inspire you?

3. What fears or doubts do you have about following Jesus, and how can you bring those to Him in faith?



Day 1:  Called to Follow

Journaling Prompts

1. Write about a time you heard or felt Jesus calling you to do something hard. How did you respond?

2. List three areas where you want to grow as a follower of Jesus and why.

3. Describe what 'following Jesus' looks like in your daily life right now.



Day 1:  Called to Follow

Prayer for Today

Dear Jesus, thank You for calling me to follow You just as You called Your first disciples. Help me to respond with a willing heart, leaving behind anything that holds me back. Give me courage and faith to trust Your guidance every day. Teach me what it means to be Your disciple, and help me grow closer to You through every step of this journey. *Thank You for never leaving me alone as I follow You.*





Day 2: Growing in Faith and Trust



Day 2: 🌱 Growing in Faith and Trust

Your Verse

John 21:15 NIV - "When they had finished eating, Jesus said to Simon Peter, 'Simon son of John, do you love me more than these?' 'Yes, Lord,' he said, 'you know that I love you.' Jesus said, 'Feed my lambs.'"

Supporting Scriptures

- *Luke 9:23 NIV - 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.'*
- *2 Peter 3:18 NIV - 'But grow in the grace and knowledge of our Lord and Savior Jesus Christ.'*



Day 2: 🌱 Growing in Faith and Trust

Devotional: Faithful Growth Through Love and Obedience

Following Jesus is a journey of growth, not a one-time event. In John 21:15, after Peter's failures and doubts, Jesus lovingly restores him and calls him to care for His people. This shows us that even when we stumble, Jesus' grace is there, inviting us to grow in love and responsibility.

For teens today, this means learning to trust Jesus each day, even when life is confusing or hard. Growth involves embracing self-denial, making tough choices, and deepening our love for Jesus through obedience and service. It's not about having it all figured out but being committed to becoming more like Him over time.

Think about your own journey of faith. Jesus asks each of us, "Do you love me?" and invites us to show that love by caring for others and following His ways. Your faith will grow as you say yes daily, even when it means taking up your own cross and trusting God's plan.



Day 2: 🌱 Growing in Faith and Trust

Reflect and Apply

1. In what ways has your faith grown in the past year? What helped that growth?

2. How do you respond when following Jesus feels difficult or requires sacrifice?

3. What does it mean to you to 'feed His lambs'—to care for others as Jesus commands?



Day 2: 🌱 Growing in Faith and Trust

Journaling Prompts

1. Write about a time when you felt Jesus' forgiveness and grace after making a mistake.

2. List ways you can show love and care for others as a follower of Jesus.

3. Describe areas in your faith where you want to grow stronger this year.



Day 2: 🌱 Growing in Faith and Trust

Prayer for Today

Lord Jesus, thank You for loving me even when I mess up or feel weak. Help me to grow in my love for You and to follow Your call faithfully every day. Teach me how to serve others and live in ways that honor You. Give me strength to take up my cross and trust Your plan for my life, no matter what comes. *Thank You for walking with me through every step.*





Day 3: 🔥 Committed to the Journey



Day 3: 🔥 Committed to the Journey

Your Verse

Matthew 16:24 NIV – "Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me.'"

Supporting Scriptures

- *Galatians 2:20 NIV – 'I have been crucified with Christ and I no longer live, but Christ lives in me.'*
- *Philippians 3:13-14 NIV – 'Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.'*



Day 3: 🔥 Committed to the Journey

Devotional: Embracing Full Commitment to Jesus

Following Jesus requires commitment— a willingness to deny our own desires and fully embrace His purpose. In Matthew 16:24, Jesus lays out the cost of discipleship plainly: carrying our cross daily means choosing Him above all else.

For teens, this can mean making tough choices about how to live, the friends we keep, and what we value most. Jesus calls us not only to follow Him but to let Him live through us, as Paul describes in Galatians 2:20. To be a disciple is a lifelong journey of pressing forward, forgetting the past, and continually seeking God's will.

Are you ready to commit fully to Jesus' path? This kind of commitment brings purpose and joy, even amid challenges. Remember, you're not alone—the Holy Spirit empowers and guides every step. Trust Him and press on toward the goal Jesus has set for your life.



Day 3: 🔥 Committed to the Journey

Reflect and Apply

1. What does 'taking up your cross' look like in your life right now?

2. How can you practically deny yourself daily to follow Jesus more closely?

3. In what ways can you 'press on' toward God's calling despite distractions or difficulties?



Day 3: 🔥 Committed to the Journey

Journaling Prompts

1. Write about one area where you feel called to deepen your commitment to Jesus.

2. Reflect on how Jesus living in you changes the way you face daily challenges.

3. Describe your personal 'goal' or vision for following Jesus in the future.



Day 3: 🔥 Committed to the Journey

Prayer for Today

Heavenly Father, help me to commit fully to following Your Son. Give me the strength to deny myself and take up my cross each day. Fill me with Your Spirit so that Christ may live in me and guide my every step. When the journey is hard, remind me of the great hope and joy found in You. Thank You for calling me to this life-changing journey and for walking with me always.





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