Getting Past What People Say About You



A 7-day journey for teens to overcome others' opinions and embrace their God-given identity and worth.





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Introduction

Welcome to this 7-day Bible study designed especially for teens seeking freedom from the weight of others' opinions. In a world where social media, school, and peer pressure often define who we think we are, it can be hard to see our true value. Many teens face harsh words, rumors, or judgment that can leave lasting scars. But God's Word offers encouragement, truth, and hope to break free from these feelings.

Throughout this study, we'll explore who God says you are—loved, accepted, and chosen—and how to stand strong despite what people say. You'll discover that your identity is not built on others' approval but on God's perfect love and purposes for your life.

Each day includes a powerful Bible passage, short supportive verses, a devotional to deepen your understanding, and reflection questions that help you internalize the truth. You'll also find journaling prompts to express your thoughts and prayers to connect with God personally. Keep your journal or notebook nearby as you reflect on God's promises and your unique worth.

Remember, **you are wonderfully made** (Psalm 139:14), and no opinion can change that. Let's begin this journey toward confidence, peace, and joy in the Lord's unchanging love. \heartsuit















Your Verse

Psalm 139:13-14 - "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; I appointed you as a prophet to the nations."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."







Devotional: You Are God's Masterpiece, Not Their Label

Have you ever felt less than because of what others say? It's tough when people put labels on us or try to define our worth. But today's passage in Psalm 139 reminds us that God created you with intentional care and amazement. He knows every part of you—your heart, mind, and body—and calls you "fearfully and wonderfully made." That means you are unique and precious to Him.

Despite what the world or social media might say, your true value comes from God's handiwork. You were knitted together by Him, not by human opinion or comparison. When you start seeing yourself through God's eyes, it changes how you feel about who you are and silences the lies others might speak.

Take time today to thank God for creating you exactly as you are. Remember, your identity is secure in being His masterpiece, not in fitting in or meeting others' expectations.







Reflect and Apply

| | What labels or hurtful things have people said about you that you want to release? |
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| | How does knowing God created you 'fearfully and wonderfully' change how you see yourself? |
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| 3. | What qualities do you think God loves most about you? |
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Journaling Prompts

| 1. | Write down three things you like about yourself that reflect God's design. |
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| | List any negative words you've heard and ask God to help you replace them with His truth. |
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| 3. | Describe what it feels like to be uniquely made by God. |
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Prayer for Today

Father, thank You for creating me wonderfully and with purpose. Help me see myself as You do—fearfully and wonderfully made. When others try to bring me down with hurtful words, remind me of Your truth and love. Strengthen my heart to stand firm in Your identity for me. Teach me to embrace Your design and walk confidently each day. In Jesus' name, Amen. \triangle

















Day 2: **Q** Guarding Your Heart from Lies

Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- John 8:32 "Then you will know the truth, and the truth will set you free."
- 2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."







Day 2: **(**) Guarding Your Heart from Lies

Devotional: Take Every Thought Captive to God's Truth

What you believe about yourself runs deep within your heart. Proverbs reminds us to 'guard your heart' because it influences how we live, react, and grow. When negative opinions or rumors about you swirl around, they can sneak into your heart if you're not careful.

But God calls us to take captive every thought that contradicts His truth. Lies about your worth, looks, abilities, or past do not come from Him. In fact, holding onto these lies keeps you trapped in insecurity and fear.

Today, be intentional about what you let into your mind and heart. Replace the lies of the world with God's truth found in His Word. Armed with His promises, you can stand strong and live free from the opinions that try to hold you back.







Day 2: ① Guarding Your Heart from Lies

Reflect and Apply

| 1. | What negative thoughts or opinions have you been holding onto? |
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| 2. | How can you practice guarding your heart throughout the day? |
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| 3. | What truth from God's Word can you use to counter a specific lie? |
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Day 2: ① Guarding Your Heart from Lies

Journaling Prompts

| 1. | Write down one lie you want to reject and the truth you will replace it with. |
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| 2. | List ways you can 'guard your heart' when facing criticism or gossip. |
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| 3. | Reflect on a time when God's truth freed you from harmful thoughts. |
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Day 2: **(**) Guarding Your Heart from Lies

Prayer for Today

Lord, help me guard my heart from lies that try to pull me down. Teach me to recognize and reject thoughts that are not from You. Fill my mind with Your truth and strengthen me to live boldly in Your promises. Thank You for setting me free through Your Word. In Jesus' name, Amen.

















Day 3: V Choosing Love Over Approval

Your Verse

Galatians 1:10 – "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

Supporting Scriptures

- 1 John 4:18 "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."
- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."







Day 3: W Choosing Love Over Approval

Devotional: Live for God's Approval, Not People's

The desire to be liked and accepted is natural, especially as a teen. However, when approval becomes our priority, it can lead to compromising what God wants for us. Paul asks a challenging question in Galatians: are we living to please people or to serve Christ?

Choosing God's love and approval over human approval frees you from the fear of rejection. God's perfect love casts out fear — fear of what others say or think — and invites you to live authentically.

Take a moment to reflect on where your heart is today. Are you seeking approval from friends, social media, or others more than from God? Remember that God's opinion of you is what truly matters. When you embrace His love, you begin to walk in confidence and freedom regardless of the world's standards.







Day 3: V Choosing Love Over Approval

Reflect and Apply

| 1. | In what ways do you seek approval from others? |
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| 2. | How does God's perfect love help drive out your fear of rejection? |
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| | What would it look like for you to live more for God than for people's approval? |
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Day 3: W Choosing Love Over Approval

Journaling Prompts

| List ways you can remind yourself daily that God's approval matters most. |
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| Write about a time you felt pressured to change to please others. How did that feel? |
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| Describe how God's love makes you different from others trying to earn approval. |
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Day 3: V Choosing Love Over Approval

Prayer for Today

Jesus, help me choose Your love over people's approval. Teach me to live for You and not worry about fitting in or being liked by everyone. Remove the fear of rejection from my heart and fill me with Your perfect love. I want to serve You wholeheartedly. In Your name, Amen. \$\mathbb{Y} \mathbb{A} \square\$

















Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."
- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."







Devotional: God's Peace Guards Your Heart and Mind

Worry about what others think can steal your joy and fill you with anxiety. But God offers a peace that doesn't depend on circumstances or opinions. Philippians encourages us to bring all our worries to God through prayer with thankful hearts.

God's peace will then guard your heart and mind—like a protective force field that calms fear and confusion. When you focus on God and trust Him, you experience a peace beyond what the world can offer.

Today, practice handing over your worries about others' judgments to God in prayer. Thank Him for His presence and peace. Let His calming peace transform your anxious thoughts and give you rest from the noise around you.







Reflect and Apply

| 1. | What worries about others' opinions cause you anxiety? |
|----|--|
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| 2. | How can prayer and thanksgiving help you receive God's peace? |
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| 3. | What difference would it make to let God guard your heart today? |
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Journaling Prompts

| 1. | Write a prayer giving God your worries about what others say. |
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| 2. | List ways you can remind yourself of God's peace during stressful moments. |
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| 3. | Describe a time you felt God's peace in a difficult situation. |
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Prayer for Today

Dear God, thank You for Your peace that calms my troubled heart. Help me to bring all my worries about what others say to You in prayer. Teach me to be thankful even in hard moments and to trust Your protection. Guard my mind and heart with Your peace today and always. In Jesus' name, Amen. 😂 💝 🙏

















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

- 1 Peter 2:9 "But you are a chosen people, a royal priesthood, a holy nation, God's special possession..."
- Romans 8:28 "And we know that in all things God works for the good of those who love him..."







Devotional: You Are Made for a Hopeful Future

You are not an accident or a mistake. God has a unique and wonderful plan designed just for you. Jeremiah 29:11 reminds us that God's plans are filled with hope, success, and future blessings.

When you focus on your purpose and God's calling, the negative voices lose their grip. You begin to see that you're chosen and special, meant for great things beyond the opinions of others.

Today, embrace your unique purpose by asking God to reveal more of His plan for you. Celebrate the qualities that make you different. Trust that He is guiding your steps toward a bright future filled with hope and joy.







Reflect and Apply

| 1. | What makes you unique and special in God's eyes? |
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| 2. | How does knowing God has good plans for your future encourage you? |
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| 3. | What dreams or hopes do you want to give to God today? |
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Journaling Prompts

| 1. | Write about how God's plans give you hope. |
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| 2. | List gifts and talents God has given you for His purpose. |
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| 3. | Pray and journal about what you feel God's future holds for you. |
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Prayer for Today

Father, thank You for having a special plan just for me. Help me to trust Your good purposes and to celebrate the unique ways You made me. Guide me to live with hope and confidence in the future You have prepared. I surrender my dreams and plans to You. In Jesus' name, Amen.







Day 6: Standing Strong When Words Hurt









Day 6: Standing Strong When Words Hurt

Your Verse

Ephesians 6:10-11 - "Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes."

Supporting Scriptures

- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear?"
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 6:

Standing Strong When Words Hurt

Standing Strong When Words Hurt

Devotional: Put On God's Armor to Overcome Hurtful Words

It's painful when others use words as weapons against you. But God calls you to put on His armor and stand strong in His power. The enemy tries to use hurtful words to discourage and weaken you, but God is your protection.

When you face criticism, gossip, or rejection, remember that the Lord is your light and salvation. You do not have to fear what people say because God's presence surrounds and strengthens you.

Take time today to meditate on God's promises to protect you. Ask Him to equip you with courage and strength. Standing firm in His mighty power helps you rise above the pain and not let words define your worth or future.







Day 6: 🔽 Standing Strong When Words Hurt

Reflect and Apply

| 1. | What kinds of words have hurt you most deeply? |
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| 2. | How can putting on God's armor help you respond to those words? |
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| 3. | What promises from God give you strength to stand strong? |
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Day 6: 🔽 Standing Strong When Words Hurt

Journaling Prompts

| 1. | Write about a time you overcame hurtful words with God's help. |
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| 2. | List the pieces of God's armor you want to put on daily. |
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| 3. | Pray for strength to handle criticism and rejection with grace. |
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Day 6: Standing Strong When Words Hurt

Prayer for Today

Lord, be my strength when words try to tear me down. Help me to put on Your armor and stand firm against every attack. Fill me with courage and remind me You are my protector. No hurtful words can take away the identity You've given me. In Jesus' name, Amen. \mathbf{Y}















Your Verse

Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

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







Devotional: Be Strong and Courageous in God's Presence

Your journey to overcome what people say is ongoing, but you are not alone. God commands Joshua—and us—to be strong, courageous, and unafraid because He is always with us.

Even when others' words try to make you doubt yourself, God's Spirit inside empowers you with power, love, and self-discipline. You can walk forward with confidence knowing that God fights for you.

As you close this study, commit to living by faith, trusting God's presence each day. When insecurity knocks, remember to lean on God's strength and courage. With Him, you can rise above negativity and step into your full potential.







Reflect and Apply

| 1. | How has God helped you grow through this study? |
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| 2. | What fears do you still need to give to God? |
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| 3. | How will you walk forward confidently with God's strength? |
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Journaling Prompts

| 1. | Write a commitment to trust God more fully moving forward. |
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| 2. | Describe how God's Spirit gives you power over fear. |
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| 3. | Pray boldly for courage to face future challenges with God. |
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Prayer for Today

Father, thank You for being with me wherever I go. Help me to be strong and courageous no matter what others say. Fill me with power, love, and self-discipline through Your Spirit. I choose to trust You and walk confidently into my future. In Jesus' name, Amen.







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