



# God's Promises 101 for Teens



Explore God's key promises to gain confidence and peace in daily life through His Word and presence.

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## Introduction

Welcome to **"God's Promises 101 for Teens"**! As a teenager, life can feel unpredictable, full of challenges and changes. But through it all, God offers us *promises* that bring comfort, assurance, and hope. These promises are not just empty words; they are powerful truths rooted in His character and love for you.

In this study, we will dive into some of God's key promises as revealed in Scripture. From the promise of His presence in difficult times to His plan and purpose for your life, these truths will help you build confidence and peace every day. Knowing God's promises equips you to face fears, doubts, and pressure with eternal perspective and trust.

**Each day**, you will explore important Scriptures, reflect on how God's promises apply to your life, and find practical ways to live confident and peaceful as a teen walking in faith. Remember, you are not alone in this journey—God is with you every step of the way, and His promises are your firm foundation.

Let's begin this exciting exploration into God's Word together, discovering the hope and strength available to you now and always. Are you ready? *Let's go!*





## Day 1: ✨ God's Promise of Presence



Day 1: ✨ God's Promise of Presence

## Your Verse

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

## Supporting Scriptures

- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."*
- *Matthew 28:20 - "...And surely I am with you always, to the very end of the age."*



Day 1: ✨ God's Promise of Presence

## Devotional: Finding Courage in God's Constant Presence

**Fear and loneliness can weigh heavily on teens** today. School pressures, friendships, family struggles, and the unknown future often stir anxiety. But God's promise in Isaiah 41:10 reminds us of His constant presence: "So do not fear, for I am with you; do not be dismayed, for I am your God." This isn't just a comforting thought—it is a powerful assurance that God is right there with you, sustaining and strengthening you.

When you feel overwhelmed or alone, remember Deuteronomy 31:6 where God commands, "Be strong and courageous ... He will never leave you nor forsake you." This promise means that no matter where life takes you or what challenges arise, God walks beside you. Jesus repeats this in Matthew 28:20, promising always to be with us.

**How amazing it is that the Creator of the universe chooses to stay company with you!** Embracing this truth makes facing fear easier, knowing you are deeply loved and never truly alone. It encourages courage and hope in moments when you might otherwise feel weak or scared. Today, lean into God's promise of presence and let your heart find rest in Him.



## Reflect and Apply

1. In what situations do you most often feel alone or afraid?

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2. How does knowing God is always with you change how you face those moments?

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3. What steps can you take to remind yourself daily of God's presence?

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Day 1: ✨ God's Promise of Presence

## Journaling Prompts

1. Write about a recent time you felt afraid and how God's presence could have helped.

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2. List ways God has shown He is with you in your everyday life.

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3. Describe what courage means to you in light of God's promise.

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Day 1: ✨ God's Promise of Presence

## Prayer for Today

**Dear God,** thank You for the beautiful promise that You are always with me. When I feel scared or alone, help me to remember that You never leave my side. Give me courage to face each day knowing You are by my side, guiding and supporting me.

*Thank You, Lord, for Your constant presence and love. Amen.* 🙏 ✨ 💪 ❤️





## Day 2: 💡 God's Promise of Guidance



## Your Verse

*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."*

## Supporting Scriptures

- *Psalm 32:8 - "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."*
- *James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."*



## Devotional: Trusting God for Wise Guidance

**Teen years are full of important decisions and uncertainties.** From school choices to friendships, it can be confusing to know the right way to go. But God promises wise guidance when we trust him fully. Proverbs 3:5-6 urges us to "Trust in the LORD with all your heart and lean not on your own understanding." This means surrendering control and acknowledging God's wisdom above our own limited perspective.

God doesn't just leave us to figure it out alone. Psalm 32:8 assures us, "I will instruct you and teach you in the way you should go," emphasizing His personal care and attention. When overwhelmed, we can ask God for wisdom, as James 1:5 encourages. He generously gives wisdom to all who seek Him.

**Imagine the peace that comes from knowing you have a loving guide who directs your steps!** Today, reflect on areas where you need God's guidance. Practice trusting Him with those decisions, big or small. Your path can be made straight as you submit your ways to God's loving direction.



## Reflect and Apply

1. What decisions or situations are you currently struggling to understand?

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2. How can trusting God more change your approach to these challenges?

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3. In what ways can you practice seeking God's wisdom daily?

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# Journaling Prompts

1. Write about a time when God's guidance became clear to you.

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2. List questions or decisions you want to surrender to God today.

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3. Describe what trusting God 'with all your heart' looks like practically.

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Day 2: 💡 God's Promise of Guidance

## Prayer for Today

**Lord**, thank You for the promise to guide me in every step. Help me to trust You fully, even when I don't understand everything. Give me wisdom when I make decisions, and remind me to seek Your counsel daily. I desire Your leading in all areas of my life.

*Thank You for Your faithful guidance, God. Amen.* 🌿 🏔️ 🙏 📖





## Day 3: God's Promise of Peace





## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *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."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



## Devotional: Receiving God's Unfailing Peace

**Anxiety and stress can feel overwhelming for teens today.** The pressure to perform, fit in, and prepare for the future often steals rest and joy. Thankfully, God offers a deep and lasting peace beyond human understanding.

Philippians 4:6-7 encourages us not to be anxious but to bring everything to God in prayer. As a result, His peace will guard our hearts and minds in Christ Jesus.

Jesus Himself promised in John 14:27, "Peace I leave with you; my peace I give you," highlighting that His peace is different from what the world offers. When our hearts are troubled or afraid, God's peace can calm the storms within.

**Isaiah 26:3 reminds us that those who keep their minds focused on God will experience perfect peace.** This means consistently trusting Him, even amidst uncertainty. Today, choose to surrender worries to God and receive His peace. Let His calming presence soothe your heart and give rest to your mind.



## Reflect and Apply

1. What anxieties or fears are you holding onto right now?

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2. How can prayer help you experience God's peace in those areas?

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3. What habits can you develop to keep your mind focused on God?

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# Journaling Prompts

1. Write a letter to God handing over your worries and asking for peace.

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2. List moments when you felt God's peace despite difficult circumstances.

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3. Describe how you can remind yourself of God's peace daily.

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Day 3: 🕊️ God's Promise of Peace

## Prayer for Today

**Heavenly Father**, thank You for the promise of Your peace that surpasses all understanding. When I feel anxious or overwhelmed, help me to turn to You in prayer instead of fear. Guard my heart and mind with Your perfect peace today and always.

*Fill me with Your calm presence, Lord. Amen.* 🙏🕊️❤️🌿





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