God's Protection for Teens



Discover how God watches over you in a scary world through powerful stories and promises like Daniel's deliverance and Psalm 91.





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Introduction

Growing up as a teen can sometimes feel overwhelming and even frightening. The world around us is full of challenges, uncertainties, and dangers that can make us feel vulnerable and alone. Yet, the Bible offers powerful reminders that no matter what we face, God is our protector. He watches over us with care and strength, ready to intervene on our behalf.

In this three-day study, we'll explore how God's protection is evident through remarkable stories and reassuring promises. Take, for example, the story of *Daniel in the lions' den*. Despite being surrounded by danger, Daniel's unwavering faith led to God's miraculous protection. We'll also dive into the comforting words of *Psalm 91*, which paints a vivid picture of God's sheltering presence.

As a teen, you may face pressures at school, fears about the future, or struggles with peer relationships. This study is designed to help you trust God more deeply, knowing that He is your shield and refuge, no matter what life throws your way. Let's embark on this journey to discover God's steadfast protection and cultivate a faith that conquers fear.

















Day 1: Trusting God Like Daniel

Your Verse

Daniel 6:22 – "My God sent his angel, and he shut the mouths of the lions... they have not hurt me."

Supporting Scriptures

- Daniel 6:16 "My God sent his angel and shut the mouths of the lions..."
- Hebrews 11:33 "Who through faith conquered kingdoms, administered justice..."







Day 1: Trusting God Like Daniel

Devotional: Courage to Trust God's Protection

Daniel's story is a vivid reminder that faith in God provides powerful protection even in the most dangerous situations. Facing the lions' den, Daniel did not waver in his devotion to God. Instead, he trusted that God's power was greater than any threat. God demonstrated His sovereignty by sending an angel to shut the lions' mouths, protecting Daniel from harm.

Teen life can bring its own 'lions' dens'—challenges that feel intimidating or scary. These may be peer pressure, family tensions, or fear of failure. Yet, Daniel's example encourages us that when we remain faithful and trust in God, He will guard us. God's protection doesn't always remove danger but assures us that He is with us and able to deliver us.

What lions are you facing today? Bring them to God, trust in His power, and remember that like Daniel, you are not alone. God's protection enables us to stand firm with courage and faith.







Day 1: 🔃 Trusting God Like Daniel

Reflect and Apply

	What are some "lions" or challenges in your life right now that feel overwhelming?
2.	How does Daniel's faith encourage you to trust God in difficult situations?
	In what ways can trusting God change how you respond when you feel scared or pressured?







Day 1: 🔃 Trusting God Like Daniel

Journaling Prompts

	Write about a moment when you felt God protected you in a tough situation.
2.	List some fears or challenges you want to give to God today.
3.	Reflect on how Daniel's story inspires your faith and trust.







Day 1: Trusting God Like Daniel

Prayer for Today

Dear God, thank You for being my protector and refuge when the world feels scary. Help me to trust You like Daniel did, knowing You have power over every challenge I face. Give me courage to stay faithful and peace in my heart. Please shut the mouths of the lions in my life and keep me safe under Your watchful care. I praise You for Your loving presence and your promises to never leave me. *Amen.*







Day 2: V Finding Refuge in God's Promises









Day 2: Finding Refuge in God's Promises

Your Verse

Psalm 91:1 - "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."

Supporting Scriptures

- Psalm 91:4 "He will cover you with his feathers, and under his wings you will find refuge."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 2: Finding Refuge in God's Promises

Devotional: Resting Securely in God's Shelter

Psalm 91 is a beautiful declaration of God's protection for those who seek refuge in Him. It uses tender imagery of shelter, wings, and safety to convey how God covers us with care. Just as a mother bird shields her chicks under her wings, God promises to shield you from harm.

In your teen years, it can be easy to feel exposed and vulnerable among peers, school challenges, and the pressures of growing up. This psalm invites you to find true rest—not in the fleeting safety of the world but in the presence of the Almighty. The world may be unpredictable, but God's protection is steadfast, sure, and powerful.

Dwelling in God's shelter means making Him the center of your life—trusting His plans, obeying His Word, and leaning on His strength daily. When fear threatens to overwhelm you, remember this promise: God is your refuge and strength. He is constantly present to help and protect.







Day 2: **(**) Finding Refuge in God's Promises

Reflect and Apply

1.	What does it mean to you to 'dwell in the shelter of the Most High'?
2.	How can you make God your refuge in your daily life as a teen?
3.	When have you experienced God's protection like a safe shelter?







Day 2: **(**) Finding Refuge in God's Promises

Journaling Prompts

1.	Write a prayer asking God to be your refuge and strength.
2.	Describe a time you felt God's loving protection like shelter under wings.
3.	Reflect on the ways you can trust God more in your daily decisions.







Day 2: Finding Refuge in God's Promises

Prayer for Today

Heavenly Father, thank You for being my refuge and shelter in every situation. Help me to dwell in Your presence and rest securely under Your mighty wings. Remind me that no matter what challenges come my way, You are faithful to protect and care for me. Teach me to trust You more and feel Your peace as I face each day. Thank You for being my ever-present help in trouble. *Amen.*















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

- 2 Timothy 1:7 "For God gave us a spirit not of fear but of power and love and self-control."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear?"







Devotional: Living Fearlessly with God's Strength

God's protection empowers us not only to be safe but to live boldly and fearlessly. In Isaiah 41:10, God commands us not to fear because He is with us —our strong, faithful God. This promise is especially important for teens navigating an uncertain future because fear can be paralyzing.

As you grow, remember that God has equipped you with a spirit of power, love, and self-control. Fear does not come from God but from the challenges and pressures of life that can seem overwhelming. Yet, God's presence enables you to face difficult situations with confidence and courage.

Walking with God means trusting His protection daily. When fear tries to creep in, pause and remind yourself of His promises. Whether it's fear of failure, rejection, or the unknown, God's strength is greater. He is your light, your salvation, and the protector who will never abandon you.







Reflect and Apply

	What fears do you struggle with as a teen, and how can God's presence help you overcome them?
	How does understanding that God did not give you a spirit of fear change your perspective?
3.	How can you walk more boldly in your faith starting today?







Journaling Prompts

1.	. Write about a situation where God gave you courage instead of fear.
2.	List ways you can practice relying on God for strength daily.
3.	Reflect on what it means to live by God's power, love, and self-control.







Prayer for Today

Lord Jesus, thank You for Your promise to never leave me or forsake me. Help me to live fearlessly, knowing You are always with me. Replace my fear with Your power, love, and self-control. Give me courage to face every challenge and to trust in Your strength. Teach me to walk boldly in my faith each day, confident in Your protection and guidance. *Amen.*







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