# Growing Faith as a Teen



Strengthen your faith through prayer, Scripture, and trusting God daily with practical steps for teens to grow beyond words into genuine belief.





#### Table of contents

Introduction	3
Day 1: 3 Building a Strong Foundation of Prayer	4
Day 2: Letting Scripture Shape Your Faith	10
Day 3: 💙 Trusting God in Everyday Life	16







#### Introduction

Welcome to your 3-day journey of growing your faith! As a teen, your faith is a powerful foundation that can shape your future, your decisions, and how you interact with the world. But faith isn't just about believing in God with your mind—it's about integrating that belief deeply into every part of your life. This study will equip you with practical ways to make your faith active and personal.

Many teens face challenges in maintaining their faith when life feels busy, confusing, or full of peer pressure. Through prayer, immersing yourself in Scripture, and learning to trust God's guidance in everyday decisions, you can build a faith that is steady and growing. Over the next three days, you will discover how to connect intimately with God and how to live out your faith in meaningful ways, turning belief from a word into a vibrant life force.

Let's dive in with open hearts and minds, ready to see how God wants to work in and through you. Your faith can be your anchor, your source of joy, and your guide, no matter what challenges come your way. This plan is designed especially to help teens like you take those important first steps and keep growing stronger every day.







# Day 1: 3 Building a Strong Foundation of Prayer









Day 1: 3 Building a Strong Foundation of Prayer

#### Your Verse

Philippians 4:6 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

#### **Supporting Scriptures**

- 1 Thessalonians 5:17 Pray continually.
- Matthew 6:6 But when you pray, go into your room, close the door and pray to your Father, who is unseen.







Day 1: 3 Building a Strong Foundation of Prayer

# Devotional: Making Prayer Your Daily Connection with God

**Prayer is the starting point for a strong faith.** It's your direct line of communication with God and helps you build trust with Him. Philippians 4:6 encourages us not to be anxious but to bring every concern, question, or joy to God through prayer. Prayer isn't just a ritual; it's a personal conversation with the One who loves you deeply.

As a teen, life can get overwhelming — from school pressures, friendships, family challenges to future uncertainties. Prayer invites God into those moments when you feel unsure. Practicing prayer daily helps develop a habit where you naturally turn to God, not just in hard times but in everyday life.

Try setting aside a few minutes daily to speak honestly to God. Share your worries, dreams, and thanks. Let this build your faith from the inside out, showing you that God listens and cares.







Day 1: 🛐 Building a Strong Foundation of Prayer

# Reflect and Apply

	How do you currently approach prayer, and what could make it more personal and meaningful?
2.	What worries or joys can you bring to God today through prayer?
	In what ways does knowing God listens to your prayers strengthen your faith?







Day 1: 🛐 Building a Strong Foundation of Prayer

# **Journaling Prompts**

1.	Describe your current prayer habits and areas you'd like to improve.
2.	Write a prayer expressing your deepest thoughts and feelings to God.
3.	Reflect on a time when prayer helped you feel peace or guidance.







Day 1: 🛐 Building a Strong Foundation of Prayer

### Prayer for Today

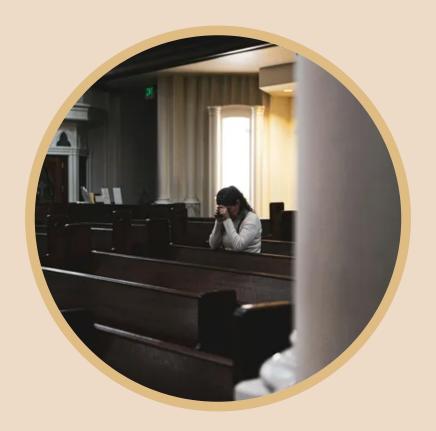
**Dear God,** thank You for always being ready to listen to me. Help me to talk to You every day, in good times and tough times, trusting You are there. Please teach me how to pray with honesty and faith, so I grow closer to You and feel Your peace in my heart. Guide me to bring all my thoughts and feelings before You, knowing You care deeply. *Thank You for being my constant friend and strength.* In Jesus' name, Amen.







# Day 2: Day Scripture Shape Your Faith









Day 2: Letting Scripture Shape Your Faith

#### Your Verse

Psalm 119:105 - Your word is a lamp to my feet and a light to my path.

#### **Supporting Scriptures**

- 2 Timothy 3:16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.
- Joshua 1:8 Keep this Book of the Law always on your lips; meditate on it day and night.







Day 2: Letting Scripture Shape Your Faith

# Devotional: Using Scripture to Guide and Grow Your Faith

The Bible is more than just a book; it's God's guide for your life. Psalm 119:105 tells us that God's Word lights our way, helping us find the right choices and stay strong when things get confusing. As a teen, you might face many decisions where it's hard to know what's best.

Diving into Scripture daily helps your faith move from idea to action by teaching you how to live in a way that honors God and blesses others. It also strengthens your heart when you feel uncertain or surrounded by pressures that challenge your beliefs.

Try reading just a few verses each day, reflecting on what God might be telling you. Use a journal to note what stands out and how you can apply it. Let His Word become your trusted compass, helping your faith grow solid and alive.







Day 2: 🔲 Letting Scripture Shape Your Faith

# Reflect and Apply

	How often do you read or meditate on Scripture currently? What holds you back?
2.	Which Bible verse has impacted you the most, and why?
3.	How can God's Word help you in the challenges you face as a teen?







Day 2: Day 2: Letting Scripture Shape Your Faith

# **Journaling Prompts**

1.	Write about a Bible passage that encourages or challenges you.
2.	List practical actions you can take to meditate on Scripture daily.
3.	Describe how Scripture has helped you make a tough decision recently.







Day 2: Letting Scripture Shape Your Faith

### Prayer for Today

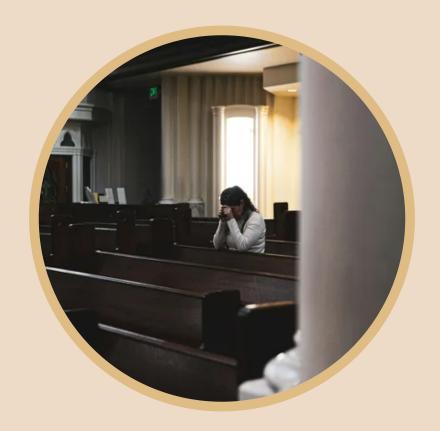
Lord, thank You for giving me Your Word as a guide and light for my path. Help me to read it with an open heart and mind, ready to learn and grow. Teach me to remember Your truths every day, especially when life feels difficult or confusing. May Your Word shape my decisions, my character, and my faith so it becomes strong and real. Help me to trust Your promises and follow Your way, walking confidently with You. In Jesus' name, Amen.







# Day 3: Trusting God in Everyday Life









Day 3: Ծ Trusting God in Everyday Life

#### 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**

- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.
- Romans 8:28 And we know that in all things God works for the good of those who love him.







Day 3: Ծ Trusting God in Everyday Life

#### Devotional: Living Out Faith by Trusting God Daily

True faith shines brightest in the ordinary moments of daily life. Proverbs 3:5–6 reminds us to trust God wholeheartedly, even when we don't understand what's happening around us. This kind of trust means surrendering your worries, plans, and doubts to God, believing that He will guide you on the right path.

Teen life is full of decisions – about friendships, school, future goals, and more. Choosing to trust God in these moments means seeking His wisdom regularly and surrendering your fears. When you rely on God instead of your own understanding, you allow Him to lead you to what's best for your life.

Remember Isaiah's promise that God is with you and Romans reassures that He works all things for good. Let this comfort fill you and motivate daily trust, turning faith from just words into lived experience.







Day 3: 🍑 Trusting God in Everyday Life

# Reflect and Apply

1.	What areas of your life do you find hardest to fully trust God with?
2.	How can you practice trusting God when you don't see the full picture?
	What difference does trusting God make in your everyday decisions and emotions?







Day 3: Ծ Trusting God in Everyday Life

# **Journaling Prompts**

1.	Write about a situation where you had to trust God despite uncertainty.
2.	List steps you can take to submit your daily plans and worries to God.
3.	Reflect on how trusting God affects your peace and confidence.







Day 3: Ծ Trusting God in Everyday Life

#### Prayer for Today

Dear Heavenly Father, help me to trust You with my whole heart, even when I don't understand everything. Teach me to lean on Your wisdom instead of my own, and to submit all my plans and fears to You. Thank You for promising to guide me and for always working things out for my good. Help me to live every day with confidence in Your presence and love. Strengthen my faith so it's more than just words, but a reality in all I do. In Jesus' name, Amen. 💥 🙏





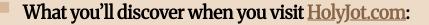




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