



Growing Faith: Embracing Questions as a Teen



Explore how questioning your faith helps build a strong foundation in Christ, guiding you to seek answers through Scripture and trusted mentors.



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Introduction

Welcome to this 3-day journey designed especially for teens who find themselves questioning their faith. 😊 It's important to know that *questioning does not mean doubt is bad*; rather, it's a vital part of growing and owning the beliefs that shape your life. Many young people wrestle with tough questions about God, purpose, and life's meaning. This study will encourage you to embrace these questions rather than fear them.

Why is questioning a positive step? In the Bible, we see people like the Psalmist who poured out deep questions and doubts to God, and Jesus who explained things patiently to those who sought understanding. When you ask hard questions, you're actively engaging with your faith, not shutting it down. This drives you to seek real answers—not just what others say but what God says through His Word.

Over the next three days, you'll discover ways to navigate your doubts using Scripture, prayer, and the wisdom of trusted mentors. This process will help you build a faith that is truly yours—a faith anchored in truth and experience, not just inherited ideas. Let's take these steps together, confident that God welcomes our honest conversations and desires us to grow strong in Him. 🌱





Day 1: 🤔 Embracing Your Questions



Day 1: 🙄 Embracing Your Questions

Your Verse

Jeremiah 29:13 – 'You will seek me and find me when you seek me with all your heart.'

Supporting Scriptures

- *Psalm 34:4 – 'I sought the Lord, and he answered me; he delivered me from all my fears.'*
- *James 1:5 – 'If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault.'*



Day 1: 😊 Embracing Your Questions

Devotional: Your Questions Are a Path to God

It's okay to have questions about your faith. Many teens feel unsure or curious, wondering if what they've been taught makes sense for them personally. The key is not to suppress these questions but to bring them before God honestly. Jeremiah 29:13 reminds us that when we seek God with our whole heart, He responds. This means your questions can be the beginning of a deeper relationship.

Don't be afraid to voice your doubts or confusion. Instead, let them motivate you to explore Scripture and ask God for wisdom as James 1:5 encourages. Prayer is a place where our honest thoughts and questions meet God's truth. Your seeking is a gift; it shows you desire to know God genuinely.

Bring your questions, write them down, pray over them, and watch how God leads you to understanding. Remember, faith is a journey, not a checklist. Be patient with yourself, and trust that God is with you every step.



Day 1: 🙄 Embracing Your Questions

Reflect and Apply

1. What kinds of questions about faith do you find yourself asking most?

2. How does knowing God welcomes your honest seeking change your view of doubt?

3. In what ways can you bring your questions to God through prayer and Scripture?



Day 1: 🙄 Embracing Your Questions

Journaling Prompts

1. Write down the questions you have about your faith right now.

2. Describe a time when seeking God led you to an answer or peace.

3. Think about someone you trust spiritually. How could you share your questions with them?



Day 1: 🙄 Embracing Your Questions

Prayer for Today

Dear God, thank You for welcoming all my questions and encouraging me to seek You with my whole heart. Help me to be brave in asking what I don't understand, and guide me in Your Word and through those I trust to find wisdom. Teach me patience as my faith grows, and remind me that it's okay to not have all the answers right now. Thank You for walking beside me every step. *Amen.* 🙏📖💡





Day 2: Finding Answers in Scripture



Your Verse

2 Timothy 3:16 - 'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.'

Supporting Scriptures

- *Psalms 119:105 - 'Your word is a lamp to my feet and a light to my path.'*
- *Matthew 7:7 - 'Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.'*



Devotional: Let Scripture Illuminate Your Faith

The Bible is our ultimate guide when questions arise. 2 Timothy 3:16 tells us Scripture is inspired by God and equips us for discovering truth. When we don't have immediate answers, turning to the Bible can illuminate the path ahead.

Psalm 119:105 compares God's Word to a lamp and light, offering clarity when life feels confusing. As teenagers navigating complex emotions and ideas, you don't have to figure it all out alone. God's Word reveals His character, His promises, and His plan for us.

Make it a habit to search Scripture for answers to your questions. Pray before you read, asking God to open your heart and mind. Matthew 7:7 reassures us that when we seek, we will find. This can take time and persistence, but each step helps build confidence in your faith. Dive in courageously and watch how God's truth resonates with your personal journey.



Reflect and Apply

1. How comfortable are you with using the Bible to explore your questions?

2. What are some specific questions you could seek answers to in Scripture?

3. How can prayer deepen your understanding as you read the Bible?



Journaling Prompts

1. Choose a Bible verse that speaks to a question you have and write why it stands out.

2. Reflect on a time Scripture helped you understand something about God.

3. Plan a time this week to read and pray over your questions in the Bible.



Day 2: 📖 Finding Answers in Scripture

Prayer for Today

Father God, thank You for the gift of Your Word that guides me through all questions and challenges. Help me to be disciplined and eager to seek Your truth in Scripture every day. Open my heart and mind to understand what You want me to learn, and help me to trust that You will reveal answers in Your perfect timing. Teach me patience and faith as I grow in You. *Amen.* 📖





Day 3: Seeking Wisdom from Mentors



Day 3: 🧡 Seeking Wisdom from Mentors

Your Verse

Proverbs 19:20 – 'Listen to advice and accept discipline, and at the end you will be counted among the wise.'

Supporting Scriptures

- *Ecclesiastes 4:9 – 'Two are better than one, because they have a good return for their labor.'*
- *Hebrews 10:24-25 – 'Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together.'*



Devotional: Grow in Faith Through Trusted Mentors

We were not created to walk this journey alone. Proverbs 19:20 encourages us to listen to advice and learn from others. When you have questions about your faith, trusted mentors—like pastors, youth leaders, or mature believers—can guide you through their spiritual wisdom and life experiences.

Ecclesiastes 4:9 reminds us that partnerships strengthen us. Conversations with mentors provide safety to share doubts openly and gain perspectives you may not see on your own. Hebrews 10:24–25 also urges believers to encourage one another regularly, highlighting the importance of community in growing faith.

Identify and reach out to someone you trust spiritually. Be honest about your questions and struggles. This act of vulnerability can bring clarity and encouragement and helps you build a faith that is deeply rooted and resilient. Remember, asking for help is a sign of strength and a step toward owning your beliefs.



Reflect and Apply

1. Who in your life encourages your spiritual growth and listens without judgment?

2. How can sharing your questions with mentors help you move forward in faith?

3. What are some ways to build a community that supports honest spiritual conversations?



Journaling Prompts

1. List individuals you could talk to about your faith questions and why you trust them.

2. Write about a time a mentor's advice made a difference in your life.

3. Plan how you might start a conversation about your questions with a mentor this week.



Day 3: 🧡 Seeking Wisdom from Mentors

Prayer for Today

Lord, thank You for the gift of community and the mentors You place in my life. Help me to be humble and open, ready to listen and learn from those with more experience in faith. Give me courage to share my questions honestly and to receive guidance with gratitude. May I grow stronger through these relationships and become a source of encouragement to others in turn. *Amen.*





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