Living Alcohol-Free with Purpose



A 7-day Bible study encourages teens to reject alcohol and embrace their true purpose in Christ.





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High school can feel like a constant tug-of-war. On one side, there's pressure to fit in—at parties, in friend groups, online. On the other side, there's a quiet voice inside whispering, "You were made for more." One of the biggest pressures teens face is alcohol. Maybe it's the subtle suggestion that drinking makes you cooler. Maybe it's an unspoken rule in your friend group. Or maybe it's just what everyone expects you to do at parties. But what if you said no? Not out of fear—but out of faith? This 7-day Bible Study is for the teen who's ready to stand out instead of blending in—and wants to invite others to do the same. Maybe you found this plan on your own. Maybe someone invited you. Either way, this journey is about more than saying "no" to alcohol—it's about saying "yes" to something way better: your identity, purpose, and future in Christ. Every day, you'll walk through powerful Scriptures, honest devotionals, reflection questions, and prayers. And you'll do it knowing you're not alone. Whether it's two of you or twenty, God can use this study to spark something real—a movement of teens committed to staying alcohol–free, together. So grab your friends. Create a group chat. Talk about what you're reading. Be real. Be bold. And watch what God can do through a generation that chooses purpose over pressure. Let's get started.















Your Verse

Romans 12:2 (NIV)

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."

Supporting Scriptures

• 1 Peter 2:9 (NIV)

"But you are a chosen people, a royal priesthood... God's special possession..."









Everyone wants to belong. That's why the pressure to drink in high school can be intense. But God calls you to something better—not to blend in, but to stand out for Him.

In Romans 12:2, we're reminded not to conform to the patterns of the world. Right now, the "pattern" says drinking is normal, cool, and expected. But when you gave your life to Jesus, your identity changed. You're not just anyone —you're **His**, and He has a greater purpose for your life than weekend parties and blurred decisions.

1 Peter 2:9 says you are **chosen**, **holy**, and **set apart** to shine God's light in the darkness. Saying no to alcohol isn't lame—it's **powerful**. It shows the world that God is enough for you, that you live differently because your life has purpose.

This week, as you begin this study with your friends, you're doing something bold. You're declaring that God's plan is worth more than popularity—and that **you're in it together**.







Reflect and Apply

•	Why do you think so many teens turn to alcohol?		
•	What do you think it means to be "set apart" for God in high school?		
•	How could staying alcohol-free impact your purpose and future?		







Journaling Prompts

1.	What pressures have you felt to drink or go along with the crowd?
2.	Why do you personally want to say no to alcohol?
3.	How does it feel knowing you're not alone in this—your friends are with you?







Prayer for Today

God,

Thank You for choosing me and calling me to something greater. Help me to remember that I am set apart—not to miss out, but to live with purpose. Give me strength to say no, courage to stand firm, and friends who will walk this path with me. I want to honor You with my life.

In Jesus' name, Amen.















Your Verse

Proverbs 20:1 (NIV)

"Wine is a mocker and beer a brawler; whoever is led astray by them is not wise."

Supporting Scriptures

• Ephesians 5:15-17 (NIV)

"Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity... Therefore do not be foolish, but understand what the Lord's will is."







Oevotional

Let's be real: alcohol can seem harmless. It shows up in movies, music, even social media like it's no big deal. But the Bible is crystal clear—alcohol can fool you. It promises fun but often leads to regret. It promises escape but brings chaos. God calls it out for what it is: a "mocker" and a "brawler."

Why? Because He cares about your future. Your decisions right now shape the person you're becoming. That's why Ephesians challenges us to live **wisely**, not just for today, but for where God's leading you.

Wisdom isn't about being perfect. It's about choosing what's **right** even when it's not popular. It's about asking, "Will this help or hurt my walk with God?" Drinking might look like fun now, but it can blur your judgment, damage your body, mess up relationships, and block the purpose God has for you.

Choosing to stay alcohol-free as a teen isn't just a safe decision—it's a **wise** one. And wisdom now leads to freedom later.







Reflect and Apply

•	What's the difference between fun and wisdom? Can something be fun and still foolish?
•	Have you ever seen someone suffer consequences from drinking? What did you learn?
	How can you encourage your friends to walk in wisdom, not just go with the crowd?







Journaling Prompts

1.	Where do you feel tempted to make unwise decisions just to fit in?
	What does living "wisely" look like for you at school, on weekends, or online?
3.	Write one practical way you can choose wisdom over pressure this week.







Prayer for Today

Father,

Help me to see through the lies the world tells me about drinking. I want to live wisely, not foolishly. Show me the bigger picture of who You've called me to be. Give me strength to make choices that honor You—even when no one's watching.

In Jesus' name, Amen.















Your Verse

Galatians 1:10 (NIV)

"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

Proverbs 29:25 (NIV)

"Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."







Devotional:

You've probably heard it before: "Just try it."

"Come on, don't be lame."

"It's just one drink—it won't hurt you."

Peer pressure is loud. But here's the truth: **you don't owe anyone your compromise**. You weren't created to impress the crowd—you were created to follow Christ.

Galatians 1:10 reminds us that we all have to choose: *Are we living for people's approval, or for God's?* When you know who you belong to, you can stop letting other people's opinions control your decisions.

Proverbs says that fearing people leads to a trap—it's like being tangled up in a net. But when you trust God instead of trying to keep everyone else happy, you're safe. You're free. You're bold.

It takes guts to say no when everyone else says yes. But when you stand up against peer pressure, you're not just resisting temptation—you're **leading**. And others will follow your example.







Reflect and Apply

•	Can you think of a time you gave in to peer pressure? What did it cost you?
•	Why do we care so much about what others think of us in high school?
•	What would change if you lived only for God's approval?







Journaling Prompts

	What kinds of pressure have you felt lately from your peers—spoken or unspoken?
	Who in your life encourages you to make godly choices, even when it's hard?
3.	Write a bold statement declaring why you're choosing to live for God, not people.







Prayer for Today

God,

Peer pressure can be so strong, but Your voice is stronger. Help me to listen to You more than the crowd. Teach me to care more about honoring You than impressing people. Let my life be an example of bold faith and confident purpose.

In Jesus' name, Amen.















Your Verse

1 Corinthians 6:19–20 (NIV)

"Do you not know that your bodies are temples of the Holy Spirit, who is in you... You are not your own; you were bought at a price. Therefore honor God with your bodies."

Supporting Scriptures

• Philippians 4:8 (NIV)

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right... think about such things."







Devotional:

Your body and mind are valuable—*not* because of how you look or how athletic you are, but because **God made you** and **lives in you**. That's huge.

When you put alcohol in your body, especially as a teen, it messes with your brain development, your decision-making, and your ability to think clearly. That's not just science—it's spiritual. God says your body is a **temple**—a place where the Holy Spirit lives. You are *not your own*. You were bought by the blood of Jesus. That's how valuable you are.

So guarding your mind and body isn't about rules—it's about **respecting the holy masterpiece God created in you**.

Philippians 4:8 reminds us to focus our thoughts on what's good, true, and pure. Alcohol doesn't help with that—it clouds judgment, fuels bad decisions, and invites temptation. But when you choose to stay alcohol–free, you're protecting your **temple** and keeping your mind clear to focus on who God says you are.







Reflect and Apply

What does it mean to you that your body is a temple of the Holy Spirit?
How do alcohol and other substances affect your ability to make wise, godly choices?
What are some ways you can guard both your body and your thoughts?







Journaling Prompts

How do you treat your body in everyday life? Do your choices reflect that you know you're valuable?
What thoughts have you been dwelling on lately—are they true and helpful?
Write one action step to help protect your mind and body from harmful influences.







Prayer for Today

Lord,

Thank You for creating me with such care. Help me to see my body and mind as a gift, not something to waste. I want to honor You in the way I live, think, and take care of myself. Teach me to guard what You've given me with courage and wisdom.

In Jesus' name, Amen.















Your Verse

Galatians 5:1 (NIV)

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

• 2 Timothy 1:7 (NIV)

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Oevotional

Culture says freedom means *doing whatever you want*. But God's Word says **real freedom** is the power to do what's **right**—even when it's hard.

When it comes to alcohol, the world shouts, "YOLO! You're free, just live it up!" But God says: Don't get tangled in something that will control you. Alcohol may feel like freedom at first, but it often leads to dependence, regret, and shame.

In Galatians 5, Paul reminds us that Jesus set us free **on purpose**—not so we'd get tied up in sin again, but so we could live fully in His grace. That's what true self-control is: **not being controlled by anything but God**.

2 Timothy 1:7 says the Holy Spirit gives us *power* and *self-discipline*—not fear, not confusion. That means you don't have to cave to what everyone else is doing. You have the strength to say, "*No thanks, I've got a better path.*" Because when you're in Christ, you don't follow the crowd—you follow your calling.







Reflect and Apply

• How is th	e world's version of freedom different from God's version?
on track?	ever felt out of control in a situation? What helped you get back
• What do	es self-control look like in real-life situations for you right now?







Journaling Prompts

1.	Describe a time when you showed self-control—even if it was tough.
2.	Where in your life do you need God's help to stand firm right now?
	Write a prayer asking for the power to walk in real freedom—not fake freedom.







Prayer for Today

Jesus,

Thank You for setting me free—not to blend in, but to stand firm. Help me walk in real freedom, not fake freedom that leads to regret. Teach me to use the power You've given me to live with discipline, confidence, and purpose. **In Your name, Amen.**

















Your Verse

Ecclesiastes 4:9-10 (NIV)

"Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

• Hebrews 10:24-25 (NIV)

"And let us consider how we may spur one another on toward love and good deeds... encouraging one another..."







Oevotional

Let's face it: standing against drinking in high school can be tough. But guess what? **You don't have to do it alone.** God designed you for community, not isolation. That's why He gives us *friends in faith* to walk this journey together.

Ecclesiastes 4 shows the power of **partnership**. When one person stumbles, the other can help them back up. And Hebrews tells us to *spur one another on*—basically, to **cheer each other on toward doing what's right**.

When you go through this plan with your friends, you're not just reading and reflecting—you're building a squad that says:

- "We're choosing purity over pressure."
- "We've got each other's backs."
- "We're different, and we're okay with that."

That kind of friendship is rare—but it's powerful. It helps you stay strong, accountable, and inspired. One bold teen is strong. But a group of bold teens? That's a movement.







Reflect and Apply

Wh	o are the people in your life that build up your faith and choices?
	y do you think God places such high value on community and ouragement?
Hov	w can you support your friends in staying alcohol-free?







Journaling Prompts

	List two or three friends you can lean on and pray with through this journey.
2.	What does it feel like to know you're not alone in your commitment?
	How can you be the kind of friend who lifts others up instead of pulling them down?







Prayer for Today

Father,

Thank You for godly friendships. Help me surround myself with people who push me toward You, not away. Give me the courage to stand strong and the compassion to lift others when they struggle. Let our group be a light in our school and beyond.

In Jesus' name, Amen.















Your Verse

Colossians 3:17 (NIV)

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Supporting Scriptures

• Joshua 24:15 (NIV)

"But as for me and my household, we will serve the Lord."







Devotional:

You made it—Day 7. That's no small thing. This journey has challenged you to stand out, think differently, and build a community around something the world doesn't understand: **purpose over partying**. Now it's time to go all in.

Colossians 3:17 says *everything* you do—how you talk, how you act, how you treat your body—should reflect Jesus. That includes how you respond to peer pressure, how you handle parties, and what you put into your body. Your life is your message. So what's it saying?

Joshua stood before an entire nation and made a bold choice: "As for me, I will serve the Lord." That same boldness lives in you. Today is your chance to say, "I'm all in." No halfway faith. No compromise when things get awkward. No shrinking back when others ask why you're different.

You're not just saying no to alcohol—you're saying yes to a future led by God, filled with strength, purpose, and influence. You're part of something bigger. And it starts with a choice:

To live for Christ. Every day. In every way.







Reflect and Apply

What are you committing to today—not just for a week, but for your lifestyle? How can your decision inspire and influence others?	What	t's been the most r	neaningful pa	art of this stu	dy for you?	
lifestyle?						
How can your decision inspire and influence others?		• • • • • • • • • • • • • • • • • • •	ing to today—	not just for a	a week, but for	your
How can your decision inspire and influence others?						
	——How	can your decision	inspire and ir	nfluence oth	ers?	







Journaling Prompts

	Write your personal declaration: Why are you choosing to live alcohol-free for Christ?
2.	Who do you want to share this plan with to encourage them too?
3.	What specific next step will help you stay strong in your commitment?







Prayer for Today

Jesus,

I'm all in. I want my life to reflect You—how I speak, how I live, and how I lead others. Thank You for giving me a purpose bigger than popularity. Help me to walk boldly in this commitment, to honor You in private and public, and to invite others to do the same. I choose to live alcohol-free because I choose You.

In Your name, Amen.



Solution Challenge for the Crew:

Create a group name and a code word or verse you all stand on together. Share your testimonies. Invite more friends. Start a movement.







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