Living Free: Teens, Choices, and God's Guidance



Explore God's care for your body, resist pressure around substances, and find strength to cope with stress through His Word.





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Introduction

Welcome to this 3-day Bible study designed especially for teens navigating the challenges of life, especially concerning drugs, alcohol, and peer pressure. It's a time when decisions can feel overwhelming, and the desire to belong can pull you toward choices that don't honor God or protect your well-being. This study invites you to understand why God cares deeply about what you put into your body—not to limit your freedom but to help you live fully and abundantly.

Imagine your body as a temple, carefully crafted by God. How you treat it reflects your respect for His creation and your love for yourself. Beyond physical health, these choices affect your mind, heart, relationships, and future.

Throughout Scripture, God offers wisdom, strength, and hope to face pressures and stresses rather than turning to harmful substances. You'll discover biblical truths on resisting peer pressure, managing stress in Godhonoring ways, and embracing your identity as someone loved and empowered by God.

Over the next three days, you'll explore key verses, reflect on them, and receive practical guidance to help you stand firm in your faith while navigating difficult choices. You'll also be encouraged to journal and pray, deepening your connection with God as you pursue a healthy, free life. Let's







begin this journey with open hearts and minds, trusting that God's Word offers the tools and love needed to thrive as a teen today!















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, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

Supporting Scriptures

- Proverbs 4:23 NIV Guard your heart above all else, for it determines the course of your life.
- Romans 12:1 NIV Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.







Devotional: Honor God by Caring for Your Temple

God created you intentionally and wonderfully, including your body, mind, and spirit. In 1 Corinthians, Paul reminds us that our bodies are not just vessels but temples where the Holy Spirit lives. This means the choices we make about what we put into our bodies—food, substances, thoughts—are acts of worship or dishonor.

When you consider drugs or alcohol, it's important to recognize they affect not just your physical health but your spiritual health and your relationship with God. Honoring God with your body means making choices that protect and nurture it.

Proverbs warns us to guard our hearts because everything flows from them. If we fill our hearts and minds with good things—God's truth, healthy habits—we're more likely to resist harmful behaviors. Romans calls us to present our bodies as a living sacrifice—an active, daily choice to live differently than the culture around us.

Remember, God's care for your body shows His love for you. When faced with temptation, ask yourself: Is this choice honoring God? Is it protecting the temple He's given me? Reflect on how valuing your body can be an act of worship that pleases Him.







Reflect and Apply

1. I	How do you currently think about your body in relation to God's design?
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	n what ways might your choices about substances affect your elationship with God?
_	
	What practical steps can you take to guard your heart and body this week?
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Journaling Prompts

	Write about a time when you felt pressured to try drugs or alcohol. How did you respond?
2.	List three ways you can honor God with your body starting today.
	Describe how understanding your body as God's temple changes how you view yourself.







Prayer for Today

Dear God, thank You for creating me so wonderfully and for caring deeply about every part of who I am. Help me to honor You with my body as a temple of the Holy Spirit. Give me strength to make choices that protect my health and my relationship with You. When I feel pressure to try substances that harm me, remind me that I am Your creation, valuable and loved. Teach me to guard my heart and live in a way that brings You glory. In Jesus' name, *Amen.*









Day 2: V Standing Strong Against Pressure









Day 2: Standing Strong Against Pressure

Your Verse

James 4:7 NIV - "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

Supporting Scriptures

- 1 Peter 5:8–9 NIV Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith.
- Proverbs 1:10 NIV My son, if sinful men entice you, do not give in to them.







Day 2: Standing Strong Against Pressure

Devotional: Resisting Peer Pressure with God's Strength

Teen years often bring pressure—from friends, media, or even insecurities—to conform to risky behaviors, including drug and alcohol use. But God equips you to stand strong. James encourages believers to submit fully to God's authority and resist the devil's tactics. When you align your life with God's will, unhealthy temptations lose their power.

The image of a roaring lion in 1 Peter reminds us that dangers are real and persistent, but with faith and alertness, you can stand firm. It's important to recognize situations where pressure rises and plan ahead on how to respond without feeling isolated or weak.

Proverbs offers wise advice: do not give in when sinful people tempt you. This doesn't mean you have to fight alone. Seek friends who support your decisions and lean on God's strength in prayer and Scripture.

Remember, saying no isn't just about rules—it's about protecting your future, your body, and your heart. God's power within you is greater than any pressure outside. Trust that standing firm honors God and keeps you thriving even when it feels tough.







Day 2: ① Standing Strong Against Pressure

Reflect and Apply

	What types of pressure related to substances do you currently face or might face?
2.	How can submitting to God help you resist these pressures?
3.	Who can you turn to for support when you feel tempted?







Day 2: ① Standing Strong Against Pressure

Journaling Prompts

	Write about a specific situation where you could practice saying no to pressure.
2.	List affirmations or Scripture verses to remind yourself of God's strength.
3.	Describe a friend or mentor who helps you stay strong in your faith.







Day 2: **(**) Standing Strong Against Pressure

Prayer for Today

Lord God, thank You for Your strength that empowers me to resist temptation. Help me submit my will to You and stand firm when pressure comes my way. Surround me with wise friends and courage to say no to what harms me. Teach me to be alert and trust in Your protection always. I commit my body and choices into Your hands today. In Jesus' name, *Amen.*

















Your Verse

Philippians 4:6-7 NIV - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- Psalm 34:17–18 NIV The righteous cry out, and the Lord hears them; he delivers them from all their troubles.
- Matthew 11:28 NIV Come to me, all you who are weary and burdened, and I will give you rest.







Devotional: Choosing God's Peace Over Temporary Escapes

Stress, anxiety, and emotional pain often tempt teens to turn to drugs or alcohol as a way to escape or numb feelings. However, God offers a far greater solution—His peace that surpasses all understanding.

Paul's letter to the Philippians encourages believers not to be anxious but to bring every worry and need to God through prayer. This act of surrender invites God's peace to guard your heart and mind, providing calm in the midst of chaos.

Psalm 34 reassures that God hears our cries and delivers us from trouble, and Jesus invites the weary to find rest in Him. When life feels overwhelming, turning to God instead of substances is the healthiest and most lasting way to cope.

Try exchanging moments of stress for moments of prayer, meditation on Scripture, or talking trusted friends and mentors. Remember, God wants to carry your burdens and fill you with peace—choose His way and experience freedom and healing that no substance can provide.







Reflect and Apply

1.	What are common stresses or anxieties in your life that tempt you toward substances?
2.	How can prayer and Scripture help you handle these feelings differently?
3.	What practical steps can you take to seek God's peace when overwhelmed?







Journaling Prompts

1.	Write a prayer presenting your current worries to God.
3.	List ways you can replace harmful coping methods with God-centered practices.
	Describe how God's peace feels different from temporary relief from substances.







Prayer for Today

Heavenly Father, I bring my worries and stresses to You today. Help me to trust Your peace and not seek harmful escapes. Teach me to turn to You in prayer and to lean on Your promises. Fill my heart with Your calm and guide me to healthy ways of coping. Thank You for hearing me and carrying my burden. In Jesus' name, *Amen.*









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