






Living Reliably: Honoring God with Your Word



Discover the power of reliability as a teen. Learn to keep your promises, honor commitments, and live a trustworthy life that reflects God's character.

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Introduction

Being a teenager comes with exciting opportunities and challenges. It's a time of growth, learning, and establishing your identity. One of the most valuable qualities you can develop during these formative years is *reliability* — the habit of keeping your promises and being trusted by others. The Bible teaches us that when we are reliable, we not only build strong relationships but also honor God through our actions.

In today's fast-paced world, keeping your word might seem old-fashioned, but it's actually a powerful testimony to those around you. Whether it's showing up on time, following through on commitments, or being consistent in what you say and do, being reliable reflects Christ's integrity.

Throughout this 3-day study, you'll explore what it means to let your “*Yes*” *be yes* and your *No, no*” (Matthew 5:37). You'll dive into Scripture that challenges and encourages you to trust God by becoming someone who honors their word. As a teen, this foundation will not only impact your friendships and family relationships but will also shape how you live out your faith in the years to come.

Get ready to discover the joy and peace that comes from living with integrity and the power you have to positively influence your world by simply being reliable.





Day 1: The Power of a Promise



Day 1:  The Power of a Promise

Your Verse

Matthew 5:37 – "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one."

Supporting Scriptures

- *James 5:12 – "Above all, my brothers and sisters, do not swear—not by heaven or by earth or by anything else. All you need to say is a simple 'Yes' or 'No.'"*
- *Proverbs 25:13 – "Like a snow-cooled drink at harvest time is a trustworthy messenger to the one who sends them; they refresh the spirit of their master."*



Day 1:  The Power of a Promise

Devotional: The Strength in Simple, Honest Promises

Keeping your word is more than a good habit—it’s a reflection of your heart. Jesus teaches us that our communication should be straightforward. When you say “yes,” it means yes. When you say “no,” it means no. Overpromising or being vague can lead to broken trust and confusion, which doesn’t honor God.

As a teen, you might feel pressured to say yes to everything—from social plans to responsibilities—to please others. But true reliability means choosing honesty and following through on what you commit to, even if it’s hard. Think about the impact your simple word can have. Are you known as someone who can be counted on? Or do people wonder if you’ll follow through?

Trustworthiness is like a refreshing drink to those around you. When you keep your promises, you refresh the spirits of family, friends, and even teachers. You become a living example of God’s faithfulness in a world where trust can feel rare.

Challenge yourself today to practice saying only what you mean and mean what you say, trusting God to help you honor your commitments.



Day 1:  The Power of a Promise

Reflect and Apply

1. How often do you find yourself saying “yes” just to avoid disappointing someone? Why?

2. What feelings arise when you break a promise or fail to keep your word?

3. In what ways does being reliable honor God and reflect His character?

4. How can you balance being honest with others while managing your own limits?





Day 1:  The Power of a Promise

Journaling Prompts

1. Write about a time when someone kept their promise to you and how it impacted your trust in them.

2. List commitments you currently have. Reflect on which ones you can fully honor and which you might need to reconsider.

3. Describe what being a trustworthy teen means to you and how it aligns with your faith.



Day 1:  The Power of a Promise

Prayer for Today


Dear God, thank You for teaching me the importance of honesty and reliability. Help me to be someone who keeps their promises and honors their commitments. Give me the courage to say only what I truly mean and the strength to follow through, even when it's challenging. May my words and actions reflect Your faithfulness to those around me. Guide me to walk in integrity every day. *Amen.* 🙏 ✨ 💛 🕊





Day 2: 🕒 Punctuality and Commitment Matter



Day 2:  Punctuality and Commitment Matter

Your Verse

Ecclesiastes 5:4-5 - "When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow."

Supporting Scriptures

- *Colossians 3:23 - "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."*
- *Psalms 15:4 - "Who keeps an oath even when it hurts, and does not change their mind."*



Devotional: Honoring God Through Timely Commitments

Being on time and keeping commitments go hand in hand. The Bible emphasizes the importance of fulfilling vows—not just to God but in everyday life. When you commit to a plan or promise, following through in a timely manner shows respect and honor to those involved.

As a teen, you have many responsibilities—from school assignments to family duties and friendships. Being punctual and reliable in these areas builds trust and shows maturity. It also demonstrates that you value the time and effort of others.

Remember that your work and commitments are ultimately for the Lord. Colossians reminds us to do everything wholeheartedly as if serving God. This perspective can transform mundane tasks into meaningful acts of worship and discipline.

Challenge yourself to become someone who honors their commitments promptly and wholeheartedly. You'll find that people notice and appreciate your reliability, opening doors for greater opportunities and deeper relationships.



Reflect and Apply

1. Why do you think it's important to be punctual and follow through on commitments?

2. How can treating your responsibilities as 'working for the Lord' change your attitude about them?

3. What are some areas in your life where you can improve your reliability?

4. How do you feel when others are late or fail to keep promises? How does that compare to your own habits?





Journaling Prompts

1. Reflect on a recent experience when you kept a promise late or on time.
What difference did it make?

2. List ways you can better manage your time to honor your commitments.

3. Write a prayer asking God to help you grow in punctuality and dedication.



Day 2: 🕒 Punctuality and Commitment Matter

Prayer for Today

Heavenly Father, thank You for reminding me that my commitments matter and are a reflection of my faith in You. Help me to respect others' time and keep my promises without delay. Teach me to work wholeheartedly in all I do, remembering that I serve You through my actions. Strengthen my character to be dependable and trustworthy each day. *Amen.* 🙏⌚👊📖





Day 3: Building Trust That Honors God



Day 3: 🧡 Building Trust That Honors God

Your Verse

Proverbs 3:3-4 - "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man."

Supporting Scriptures

- *1 Corinthians 4:2 - "Now it is required that those who have been given a trust must prove faithful."*
- *Luke 16:10 - "Whoever can be trusted with very little can also be trusted with much."*



Day 3: 🧡 Building Trust That Honors God

Devotional: Trustworthiness Reflects God's Character

Reliability builds a reputation that honors God. The book of Proverbs stresses holding on to love and faithfulness as core values deeply embedded in your heart. When you live reliably, people see God's character reflected in you, and you gain favor not just with men but with God Himself.

Trustworthiness is a key part of faithfulness. God entrusts us with responsibilities, relationships, and even small things, expecting us to be faithful stewards. Even as a teen, your consistent faithfulness in little areas can prepare you for greater responsibilities.

Faithfulness shows maturity and honors God's name. It's about more than just promises — it's about living a life that others can depend on. Trust builds communities, supports friendships, and helps you grow spiritually.

Ask yourself how you can cultivate a heart that treasures faithfulness and reliability. As you build trust with others, you glorify God and position yourself for His blessings in ways you might never have imagined.



Reflect and Apply

1. What does faithfulness mean to you in your daily life?

2. How can being reliable in small things prepare you for bigger opportunities?

3. In what ways can your life be a testimony to God through your trustworthiness?

4. Are there relationships that need rebuilding through consistent faithfulness?





Day 3: 🧡 Building Trust That Honors God

Journaling Prompts

1. Write about someone you admire for their reliability and what you can learn from them.

2. Reflect on areas where your faithfulness has grown recently and how it has impacted others.

3. Pray for God's help in becoming a person others can fully trust.



Day 3: 🍷 Building Trust That Honors God

Prayer for Today

Lord Jesus, help me to be faithful and reliable in everything I do. Teach me to keep love and faithfulness close to my heart, so I may honor Your name through my actions. Thank You for trusting me with responsibilities, big and small. Give me wisdom and strength to be trustworthy and build relationships that glorify You. Guide me to live a life that reflects Your faithfulness every day. *Amen.* ❤️ 🏛️ 🙌 ✨





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