# Making God Your First Love as a Teen



Explore how to put God first in your teen years, cultivating a deep, lasting love that shapes your life and choices daily.





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#### Introduction

Being a teen is an exciting and sometimes challenging season of life. It's a time of growth, discovery, and forming the foundation of your identity. Amid school, friendships, hobbies, and family, one of the most important decisions you can make is to place God first in your heart and life.

*Making God your first love* means choosing to value Him above anything else — your friends, achievements, desires, or worries. It's about developing a personal, vibrant relationship with Jesus, trusting Him, and letting His love shape who you are every day. This journey requires commitment, intentionality, and vulnerability, but it also brings joy, peace, and strength through all circumstances.

In this 7-day Bible study, you'll explore what it means to truly love God as a teen. Each day invites you to dive into Scripture, reflect deeply, and grow in faith through practical steps and heartfelt prayer. As you make God your first love, you'll discover how that love transforms your daily choices, relationships, and future dreams.

Remember, this is not about perfection but progress. God's love pursues you even when you falter, calling you to come close and stay close. So open your heart, be honest with God, and watch how His love leads you into a new and beautiful season of your life.

















#### Your Verse

Matthew 22:37 - Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.'

#### **Supporting Scriptures**

- Deuteronomy 6:5 'Love the Lord your God with all your heart and with all your soul and with all your strength.'
- Luke 10:27 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.'







#### Devotional: Love God with All Your Heart

The foundation of making God your first love starts with understanding what Jesus teaches about love. When He said to love God with all your heart, soul, and mind, He was calling us to give God everything — our emotions, our will, our thoughts, and our very being.

As a teen, it can feel like there are so many pulls on your attention: social life, schoolwork, family responsibilities, and your own dreams and desires. Yet Jesus invites you to place Him first above all these. Loving God wholly means allowing Him to guide your decisions, to comfort you when you're down, and to inspire you when you're happy or confused.

**To love God fully means prioritizing Him daily**, not sometimes or only when life is easy. It's about developing a heart that loves Him enough to trust Him with your whole self, even in uncertain times.

Today, reflect on what it means to love God with your entire being. Are there areas of your life where you hold back? God longs for all of your heart — nothing less.







## Reflect and Apply

1.	What does loving God with all your heart mean in your daily life?
2.	Are there things or people that compete with God for your love?
3.	How can you show God that He is truly your first priority?







## **Journaling Prompts**

1.	Write about how you currently express your love for God.
2.	List any distractions that keep you from loving God fully.
3.	Describe how your life could change if God was your first love.







#### **Prayer for Today**

**Dear God,** help me to love You with all my heart, soul, and mind. Teach me to put You first, above anything else that pulls my attention. I want to know You deeply and walk closely with You every day. Strengthen my faith so that I can trust You even when life gets hard. Thank You for loving me and pursuing me. Help me to love You back fully and sincerely. In Jesus' name, Amen.



















#### Your Verse

1 John 4:19 - We love because he first loved us.

#### **Supporting Scriptures**

- Romans 5:8 'But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.'
- Ephesians 3:17-19 '...to grasp how wide and long and high and deep is the love of Christ.'







#### Devotional: Nurturing Your Love for God

Knowing that God loved you first is life-changing. His love did not wait for you to be perfect. He reached out to you right where you are, inviting you into a relationship that transforms your heart.

This truth is especially powerful for teens because growth is a natural part of life. Just as a plant grows stronger roots when nurtured with water and sunlight, your love for God grows as you spend time with Him. Reading the Bible, praying, worshiping, and obeying help your love deepen and become more resilient.

**Remember that loving God is a process**. It starts by acknowledging His love for you and responding in faith. Over time, as you experience more of His goodness, your love for Him will naturally increase.

Today, think about how God's love has touched your life. How can you nurture your relationship with Him to grow in love and trust?







## Reflect and Apply

1.	How have you experienced God's love personally?
2.	What can you do today to grow closer to God?
3.	In what ways does God's love motivate you to love Him more?







## **Journaling Prompts**

1.	Write about a moment you felt God's love deeply.
2.	List practical steps to grow your love for God.
3.	Describe how God's love impacts your choices and attitude.







#### Prayer for Today

**Heavenly Father,** thank You for loving me first and so deeply. Help me to receive Your love daily and grow in my relationship with You. Teach me how to nurture my heart so that I can love You more truly and fully. May my life reflect Your great love to those around me. In Jesus' name, Amen.



















#### Your Verse

Proverbs 4:23 - Above all else, guard your heart, for everything you do flows from it.

#### **Supporting Scriptures**

- Psalm 119:9 How can a young person stay on the path of purity? By living according to your word.
- James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.







#### Devotional: Protect Your Heart for God

As a teen, you face many influences—some positive, some negative. Media, peer pressure, and even your own feelings can pull your heart away from God's best for you. That's why the Bible tells us to guard our hearts above all else.

Guarding your heart means being intentional about what you let in and what you allow to influence you. It involves setting boundaries, choosing friends wisely, and filling your mind with God's truth rather than harmful or tempting ideas.

Keeping your heart focused on God will help you make wise decisions and stay strong in your faith. This does not mean fear or isolation but a loving, protective choice to keep your spirit healthy and alive in God's love.

Consider today what habits or influences you need to guard your heart against. Ask God to help you stay pure and focused on Him.







## Reflect and Apply

1.	What influences today challenge your love for God?
2.	How can you better protect your heart from negative pressures?
3.	What positive habits help you stay close to God?







## **Journaling Prompts**

1.	Write about a time you felt tempted to stray from your faith.
2.	List ways you can guard your heart starting today.
3.	Describe how God's word strengthens your heart.







#### Prayer for Today

**Lord,** I ask You to help me guard my heart from anything that would take me away from You. Teach me to say no to things that pull me down and yes to what builds me up in faith and love. Protect my mind and spirit, and give me courage to live according to Your Word. I want You to be my first love and my strongest anchor. Amen.

















#### Your Verse

1 John 1:9 - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

#### **Supporting Scriptures**

- Psalm 103:12 As far as the east is from the west, so far has he removed our transgressions from us.
- Isaiah 1:18 Though your sins are like scarlet, they shall be as white as snow.







#### Devotional: Receive God's Forgiveness and Renewal

Loving God means acknowledging that sometimes you fall short. Maybe you make mistakes, say hurtful things, or struggle with temptations. The good news is that God's love is bigger than any failure. His forgiveness is complete and powerful.

When you confess your sins to God, He promises to forgive and cleanse you. This is not just about forgetting mistakes but receiving a fresh start to love and serve Him more fully.

As a teen, it's important to understand that God's grace doesn't mean you can live carelessly. Instead, it encourages you to get back up when you stumble, knowing that God is ready to restore your heart and relationship with Him.

Today, reflect on God's forgiveness. Is there something you need to confess and release to Him? Embrace His mercy and let it renew your love and commitment.







## Reflect and Apply

1.	How does knowing God forgives you impact your relationship with Him?
2.	Is there something you need to confess to God tonight?
3.	How can forgiveness motivate you to love God more deeply?







## **Journaling Prompts**

1.	Write about a time you experienced God's forgiveness.
2.	List ways God's forgiveness frees you to love Him better.
3.	Describe how accepting grace changes your view of yourself.







#### **Prayer for Today**

Merciful Father, thank You for Your amazing forgiveness. I confess my mistakes and ask You to wash away my sins. Help me to receive Your grace with a humble heart and live renewed in Your love. Teach me to forgive myself and others as You forgive me. May Your mercy encourage me to keep loving You with all I am. In Jesus' name, Amen.



















#### Your Verse

Romans 12:1 - Offer your bodies as a living sacrifice, holy and pleasing to God —this is your true and proper worship.

#### **Supporting Scriptures**

- John 4:24 God is spirit, and his worshipers must worship in spirit and in truth.
- Psalm 95:6 Come, let us bow down in worship, let us kneel before the Lord our Maker.







#### Devotional: Live a Life of Worship

Worship isn't just singing on Sunday; it's a lifestyle. Paul encourages us to offer our whole lives to God as an act of worship — our actions, thoughts, and intentions become a living expression of love for Him.

As a teen, worship can mean choosing kindness, honesty, or standing up for what is right even when it's hard. It means using your talents for God's glory and dedicating your dreams to His purpose.

Making God your first love means worshipping Him with everything you have. Worship becomes the natural response of a heart that knows God intimately and loves Him passionately.

Think today about what it means to worship God in your everyday activities. How can your daily choices be an act of worship?







## Reflect and Apply

1.	How can you worship God beyond singing or church attendance?
2.	What daily choices can become forms of worship?
3.	How does true worship change your attitude and actions?







## **Journaling Prompts**

1.	. Write how you currently worship God throughout the week.
2.	List new ways you can worship God daily.
3.	. Describe how a worshipful life glorifies God.







#### Prayer for Today

**God,** I want to worship You with my whole life. Help me to dedicate my heart, actions, and words to You. Teach me to live every day as a beautiful offering of love and praise. May my life reflect Your goodness and bring You glory. Use me for Your purposes and help me stay focused on You as my first love. Amen.









## Day 6: C Loving Others as God's Reflection









Day 6: 💛 Loving Others as God's Reflection

#### Your Verse

John 13:34 – A new command I give you: Love one another. As I have loved you, so you must love one another.

#### **Supporting Scriptures**

- 1 John 4:11 Dear friends, since God so loved us, we also ought to love one another.
- Colossians 3:14 And over all these virtues put on love, which binds them all together in perfect unity.







Day 6: 💛 Loving Others as God's Reflection

#### Devotional: Express God's Love to Others

God's love for you flows through you to others. Making Him your first love naturally leads to loving those around you well. Jesus gave us a new command to love others just as He loves us — sacrificially, patiently, and unconditionally.

In teen years, relationships are powerful. They can bless or burden you. But when your love for God is first, it equips you to love friends, family, even those who are hard to love, with grace and kindness.

**Reflect God's love by being patient, forgiving, and generous** in your interactions. This doesn't mean being perfect, but demonstrating a heart transformed by Jesus.

Today, consider how your love for God impacts your relationships. Who can you show God's love to in a special way?







Day 6: 🍑 Loving Others as God's Reflection

## Reflect and Apply

1.	How does loving God help you love others better?
2.	Are there people you find difficult to love? How can God help?
3.	What are practical ways to show God's love around you?







Day 6: 💛 Loving Others as God's Reflection

#### **Journaling Prompts**

1.	Write about one relationship you want to bless with God's love.
2.	List ways you can show love even when it's hard.
3.	Describe how loving others reflects your love for God.







Day 6: 💛 Loving Others as God's Reflection

#### Prayer for Today

**Father,** thank You for loving me so much that I can love others through You. Help me to reflect Your love to my family, friends, and even strangers. Give me patience and kindness when it's challenging. Teach me to love like Jesus, making Your love visible in everything I do. In Jesus' name, Amen.

















#### Your Verse

Revelation 2:4-5 - Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first.

#### **Supporting Scriptures**

- Psalm 63:1 You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you.
- James 4:8 Come near to God and he will come near to you.







#### Devotional: Renew Your First Love for God

To live with God as your first love means continually choosing Him each day. Sometimes, in the busyness or pressures of life, people lose that initial fire and passion for God. The book of Revelation reminds us to return to that first love — the pure, joyful, and wholehearted love for Jesus.

**Today is a great day to renew your commitment.** Long for God as your deepest desire. Seek Him with your whole being and let nothing replace the place He holds in your heart.

Making God your first love is not a one-time event but a lifelong journey. It shapes your purpose, your joy, and your future.

As you finish this study, ask God to help you stay close, to keep your heart burning hot for Him, and to live fully in His love, your truest and greatest love.







## Reflect and Apply

1.	Have you ever felt your love for God grow cold? Why?
2.	What can you do daily to keep God first in your heart?
3.	How does seeking God with your whole being impact your life?







## **Journaling Prompts**

1.	Write a letter to God renewing your commitment to Him.
2.	List ways to remind yourself to keep God first daily.
3.	Describe what your life looks like when God is your greatest love.







#### Prayer for Today

**Lord Jesus,** I want to return to the love I had for You at first. Please forgive me if I have let distractions grow. Help me seek You with all my heart and keep You as my first and greatest love. Draw me near, and let my life be a testimony of Your love and faithfulness. I dedicate today and every day to You. Amen.









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