Making Time for God Every Day: A Teen's Journey



Discover practical ways for teens to connect deeply with God daily, growing faith and balance in a busy world.





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Introduction

Welcome, Teens! Balancing school, friends, hobbies, and social media can make it feel impossible to find time for God. But what if spending even a few minutes with Him each day could change everything? In this study, we'll explore how you can make time for God daily—building a habit that strengthens your faith and helps you navigate life with confidence and peace.

Being a teen comes with exciting opportunities and unique challenges. Sometimes it feels like days are packed so tight there's no space left for God. Yet, Scripture reminds us that God is never too busy for us. **He invites us into a daily relationship, one deep talk and one quiet moment at a time.** Think of it like building any new habit—start small, be consistent, and watch how it positively transforms you.

Throughout this 7-day journey, you'll experience simple yet powerful ways to include God in your day. From learning to pray on the go, to choosing encouraging Scriptures, to creating space for worship even amid chaos, you'll discover how to keep God at the center—no matter how busy life gets. Let's grow closer to God together, one intentional moment at a time.

Ready? Let's make time for God every day!







Day 1: Starting Small: The Power of Minutes









Day 1: 🔯 Starting Small: The Power of Minutes

Your Verse

Luke 10:38–42 NIV – "Martha was distracted by all the preparations that had to be made...Mary chose what is better, and it will not be taken away from her."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Psalm 119:147 "I rise before dawn and cry for help; I have put my hope in your word."







Day 1: 🔯 Starting Small: The Power of Minutes

Devotional: Small Moments Matter with God

Busyness can easily push God to the margins of our days. Like Martha in Luke 10, it's easy to get overwhelmed by everything we think we must do. But Jesus reminds us that choosing to spend even a little time with Him matters most. It's not the length of time but the quality of attention.

Starting small means setting aside just 5 minutes to be quiet, read a verse, or pray. These minutes become moments of connection that refresh your soul. Imagine beginning your day by telling God what's on your heart or thanking Him for something new. This simple habit nurtures gratitude and peace.

Be intentional to stop distractions—even briefly—and seek God's presence. When you commit to these small moments, your relationship with God deepens over time. You'll find that God becomes less of an afterthought and more a natural part of your daily rhythm.







Day 1: M Starting Small: The Power of Minutes

Reflect and Apply

1.	What distractions pull you away from spending time with God?
2.	How can five minutes of prayer or Bible reading impact your day?
3.	What small step can you take today to start this habit?







Day 1: M Starting Small: The Power of Minutes

Journaling Prompts

1.	Write down what your perfect 5-minute quiet time would look like.
2.	Describe a time when you felt close to God even in a short moment.
3.	List three distractions you want to reduce to focus more on God.







Day 1: 🔯 Starting Small: The Power of Minutes

Prayer for Today

Dear God, thank You for inviting me into a relationship with You that doesn't require perfection—just my heart. Help me to start small and daily seek Your presence. Teach me to make time for You no matter how busy my life gets. Fill me with peace and joy as I choose You first. In Jesus' name, Amen. \triangle

















Your Verse

Psalm 119:105 NIV - "Your word is a lamp to my feet and a light to my path."

Supporting Scriptures

- 2 Timothy 3:16 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."
- Joshua 1:8 "Keep this Book of the Law always on your lips; meditate on it day and night."







Devotional: Hearing God in Every Verse

God speaks to us through His Word. In the rush of teenage life, it's easy to overlook the Bible's guidance. Yet, Scripture is a light that *illuminates your path*, helps you make wise choices, and reminds you of God's promises.

When you spend time reading even one verse a day, you begin to hear God's voice more clearly. Start by finding a verse that speaks to where you are right now. Read it slowly, think about what God might be saying, and ask Him to help you understand. Writing it down or highlighting can make the words stick.

Remember, the Bible isn't just a book; it's God's personal message to you, filled with hope, comfort, and instruction. Making Scripture a daily anchor helps you stand strong when life feels overwhelming or confusing.







Reflect and Apply

1.	What challenges in your life need God's guidance right now?
2.	How can reading Scripture daily change your outlook or decisions?
3.	Which Bible verse encourages you to keep seeking God?







Journaling Prompts

1.	Write out a verse today and reflect on what it means personally.
2	Describe how God's Word has helped you during a difficult moment.
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3.	List three ways you can remember to read the Bible daily.







Prayer for Today

God, thank You for speaking to me through Your Word. Help me to open the Bible with an open heart and listen to Your guidance. Teach me to trust and apply Your truth in my daily life. May Your Word be my constant light. Amen.

















Your Verse

Philippians 4:6 NIV – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Supporting Scriptures

- 1 Thessalonians 5:17 "Pray continually."
- Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."







Devotional: Prayer: Your Daily Lifeline to God

Prayer is your personal conversation with God. It's not about fancy words or long speeches—it's simply sharing your heart. No matter where you are or how much time you have, God wants you to talk to Him.

Praying continually means staying connected to God moment by moment. When you feel nervous, excited, confused, or joyful, bring it all to Him. Thank Him, ask for help, confess your mistakes, or simply tell Him you love Him.

Try using short prayers during your day—while walking between classes, waiting for a game, or before sleep. Remember, God hears and cares about every word. Building this ongoing dialogue turns your relationship vibrant and real.







Reflect and Apply

1.	How often do you talk to God in your day?
2.	What holds you back from praying more often or openly?
3.	In what situations could you practice praying right now?







Journaling Prompts

1.	Write a simple prayer you can use anytime.
2.	Recall a time prayer helped you and describe how it felt.
3.	List moments today when you can pause to pray.







Prayer for Today

Lord, thank You that I can talk to You anytime and anywhere. Help me to make prayer a natural part of my day and to share honestly with You. Teach me to trust You with my worries and my joys. Fill me with Your peace as I stay connected to You. Amen. \bigwedge \longrightarrow \bigcirc

















Day 4: The Worship in the Everyday

Your Verse

Psalm 95:1 NIV - "Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation."

Supporting Scriptures

- Colossians 3:16 "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit."
- Psalm 100:1 "Shout for joy to the Lord, all the earth."







Day 4: **The Worship in the Everyday**

Devotional: Everyday Worship Beyond the Church

Worship isn't just singing in church—it's a lifestyle. You can worship God through music, actions, and a grateful heart every day. Even when life feels chaotic, music and praise redirect your focus toward God's goodness.

Listening to worship songs can lift your spirit and remind you of God's power. Beyond music, worship means thanking God, choosing joy, and recognizing His presence in the small things.

Try creating a playlist of favorite worship songs or taking a moment to mentally praise God when you encounter beauty, kindness, or simply breathe. These moments shape your day and help make space for God in ordinary life.







Day 4: **5.** Worship in the Everyday

Reflect and Apply

1.	What forms of worship feel natural and meaningful to you?
2.	How can worship help you face hard or boring moments?
3.	In what ways can you express worship outside of music?







Day 4: **5.** Worship in the Everyday

Journaling Prompts

1.	List your top five worship songs and what they mean to you.
2.	Describe a time you felt God close through worship or praise.
3.	Write down three ways you can incorporate worship into daily routines.







Day 4: **The Worship in the Everyday**

Prayer for Today

Jesus, thank You for being worthy of all praise. Help me worship You not just with words or songs but with my everyday life. Open my eyes to see Your goodness and fill my heart with joy. May my life be a continuous song to You. Amen.

















Your Verse

Ecclesiastes 3:1 NIV - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."
- Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."







Devotional: Create a Consistent Time for God Daily

Making daily time for God requires intentional planning. Just like you schedule classes or sports, set a regular God-time—whether morning, midday, or night—that fits your life.

Start by choosing a consistent time and place where distractions are minimal. Invite God into those moments, even if only for a few minutes. You may want to journal, pray, read the Bible, or listen to worship music.

Remember Jesus' example of rising early to connect with God shows how powerful starting your day with Him can be. Consistency builds commitment and helps make your time with God a joyful habit instead of a chore.







Reflect and Apply

1.	What time of day do you feel most able to focus on God?
2.	How can you minimize distractions during your chosen God-time?
3.	What would keeping a regular God-time add to your life?







Journaling Prompts

1.	Write down a plan for your ideal daily God-time routine.
2.	Describe obstacles that might prevent you and how to overcome them.
3.	List three benefits you expect from making this a habit.







Prayer for Today

God, help me to commit my time to You each day. Give me discipline and joy as I build habits that draw me closer to You. Guide me to the best moments and places to meet with You consistently. Thank You for always waiting with open arms. Amen. 31 4 5

















Day 6: 🌣 Finding Support in Fellowship

Your Verse

Hebrews 10:24-25 NIV - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 6: 🌣 Finding Support in Fellowship

Devotional: Grow in God Through Fellowship

Making time for God isn't something you have to do alone. Fellowship with friends, youth groups, or mentors can encourage your faith journey and help you stay motivated.

Other believers can pray with you, share insights, and hold you accountable to your desire to grow closer to God. When life gets overwhelming, community reminds you that you're not alone in seeking God.

Try inviting a friend to pray daily, join a Bible study, or find a mentor who can guide you. Fellowship builds strength, joy, and deeper understanding of God's love.







Day 6: 🎔 Finding Support in Fellowship

Reflect and Apply

1.	Who in your life encourages you to follow God?
2.	How can you build or deepen supportive faith friendships?
3.	What benefits do you experience when sharing your faith journey with others?







Day 6: 🎔 Finding Support in Fellowship

Journaling Prompts

1.	Write about a time when fellowship helped your faith grow.
2.	List people you can connect with for spiritual encouragement.
3.	Plan how you might invite someone to share a God-time habit.







Day 6: 🎔 Finding Support in Fellowship

Prayer for Today

Lord, thank You for the gift of fellowship. Surround me with friends and mentors who inspire me to grow closer to You. Help me to be a source of encouragement as well. Let community strengthen my faith journey every day. Amen. 💝 🙏 🗱 💬















Your Verse

James 1:12 NIV - "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."

Supporting Scriptures

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Persevere and Trust God's Timing

Staying consistent with God every day can be challenging. There will be times you feel tired, distracted, or discouraged. But Scripture encourages us to keep going.

Persevering through obstacles strengthens faith and brings lasting rewards. Remember that God's strength fills you when yours run low.

When you stumble, be gentle with yourself, confess your struggles to God, and get back up. Celebrate progress, not perfection. Your commitment to daily time with God is building an unshakable foundation for your life.







Reflect and Apply

1.	What challenges make it hard for you to spend time with God?
2.	How can you remind yourself to keep persevering?
3.	What blessings might come from sticking with your God-time habit?







Journaling Prompts

1.	Write about a recent struggle and how God helped or could help.
2.	List encouraging Scriptures or quotes to remember when discouraged.
3.	Plan practical steps to overcome obstacles in your daily God-time.







Prayer for Today

Father, thank You for giving me strength to persevere. When I struggle to make time for You, remind me of Your faithfulness and love. Help me to stay committed, trusting that You are working in me. Renew my hope and energize my spirit each day. Amen.







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