Preparing Your Daughter for College Spiritually



Equip your daughter to carry her faith confidently into adulthood with this 7-day Bible study plan focused on spiritual growth and strength.





Table of contents

<u>Introduction</u>	3
Day 1: The Embracing Godly Identity	5
Day 2: B Growing in Wisdom and Discernment	11
Day 3: 🛱 Cultivating Purity and Integrity	17
Day 4: 6 Boldness to Stand Firm in Faith	23
<u>Day 5: Building a Faithful Community</u>	29
<u>Day 6: X Cultivating a Life of Prayer</u>	35
Day 7: Walking in Purpose and Faithfulness	41







Introduction

Preparing your daughter for college spiritually is a vital journey that equips her to face the challenges and opportunities of young adulthood with a firm foundation in faith. College is often a time of profound growth, new relationships, and significant life choices—making it essential that she carries her Christian faith confidently into this new season.

During these formative years, your daughter will encounter different worldviews, social pressures, and intellectual challenges that may test her beliefs. This study plan is designed to help you pray for, prepare, and encourage her to keep Christ at the center of her life no matter the circumstances.

Throughout these seven days, we will explore Scripture that highlights godly womanhood, the power of wisdom, purity, courage, and the importance of building a supportive community. This study will help you as a parent to impart spiritual truths and practices such as prayer, studying God's Word, discerning God's voice, and staying rooted in Christian fellowship.

Remember, your role is a vital part of equipping her—your prayers, conversations, and example all build the spiritual armor she needs. As you walk through this journey together, may you both grow in faith, hope, and love, ready for whatever the future holds.







The Lord is faithful and will guide you both as you prepare her to embrace adulthood, carrying her faith with boldness and grace.

















Your Verse

Psalm 139:13-14 - "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful..."

Supporting Scriptures

- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord.
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Devotional: Rooted in a Godly Identity

Understanding her God-given identity is the foundation of spiritual strength. Psalm 139 beautifully reminds your daughter that she is intentionally and wonderfully made by God. In a college environment filled with comparison and pressure, knowing who she is in Christ can anchor her self-worth.

As you prepare her, emphasize that God's plans for her are good and purposeful. Encourage her to see herself as God's masterpiece, equipped to fulfill a meaningful calling. This identity doesn't change with circumstances or opinions around her.

Help her memorize these verses and reflect on them often. When doubts arise, these truths will remind her that she is valued beyond measure. Emphasize that her identity in Christ is not tied to achievements or popularity but rooted in God's love.

Praying and affirming her in this truth daily will empower her to walk confidently onto campus knowing she belongs to God and was made for a purpose.







Reflect and Apply

	How does knowing you are fearfully and wonderfully made affect your self-esteem?
	What challenges might you face in college that could cause you to doubt your identity in Christ?
3.	How can you remind yourself daily of God's plan for your life?







Journaling Prompts

1.	Write about moments when you felt valued by God despite others' opinions.
2.	List qualities in God's character that remind you of your worth.
3.	Describe how you want your identity in Christ to shape your college experience.







Prayer for Today

Lord, help my daughter embrace her identity as Your beloved creation. Remind her daily that she is fearfully and wonderfully made and purposefully crafted by You. Protect her from discouragement and comparison. Fill her with peace and confidence grounded in Your truth as she prepares for college. May she walk boldly in the plans You have set for her life. Amen. \bigwedge \bigcirc \bigcirc















Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- James 1:5 "If any of you lacks wisdom, you should ask God... and it will be given to you."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







Devotional: Asking God for Wisdom Daily

College life presents many decisions requiring godly wisdom. Proverbs teaches us not to rely on our own understanding but to trust God's guidance wholly. Your daughter will face choices about friendships, studies, lifestyle, and faith practices.

Encourage her to turn to God in prayer for discernment and to rely on His Word as a lamp lighting her path. Wisdom is available abundantly when we ask God; it is not a burden, but a gift.

Help her develop the habit of seeking God first in every decision—big or small. When submitted to God, her path will be made straight even amid uncertainties.

As she enters college, this grounding in wisdom will safeguard her from deceptive influences and help her make choices that honor God and nurture her spiritual growth.







Reflect and Apply

1.	In what areas of your life do you need more godly wisdom?
2.	How can you practically seek God's guidance each day?
3.	Do you find it easy or difficult to submit your plans fully to God? Why?







Journaling Prompts

1.	Write about a recent decision where God's wisdom guided you.
2.	List steps you can take to include God in your daily choices.
	Describe how you can use Scripture as a resource when facing hard decisions.







Prayer for Today

Father, grant my daughter wisdom beyond her years. Teach her to trust You completely and seek Your guidance in all things. Help her lean not on her own understanding but on Your perfect plans. May Your Word light her way on the college journey ahead, and may she confidently ask for Your wisdom daily. Amen. \bigwedge







Day 3: Cultivating Purity and Integrity









Day 3: 🔅 Cultivating Purity and Integrity

Your Verse

1 Timothy 4:12 – "Don't let anyone look down on you because you are young, but set an example... in purity."

Supporting Scriptures

- Philippians 4:8 "Whatever is true, noble, right, pure... think about such things."
- Psalm 119:9 "How can a young person stay on the path of purity? By living according to your word."







Day 3:
Cultivating Purity and Integrity

Devotional: Strengthening Heart Purity and Integrity

Purity and integrity are not just about behavior; they reflect the heart's devotion to God. As your daughter approaches this new stage, she will encounter many temptations and pressures that challenge her values.

Paul encourages Timothy—and by extension, young believers—to set an example in speech, conduct, love, faith, and purity. Your daughter can be a light on campus by choosing to live with integrity rooted in faith.

Challenge her to fill her mind and heart with things that are true, noble, and pure. This practice strengthens her spiritual defenses and enables her to shine authentically.

Remind her often that purity is empowering—it protects her heart and opens the way for God's blessings in relationships and personal growth.







Reflect and Apply

1.	What does purity mean to you beyond physical choices?
2.	How can you guard your thoughts and heart in a culture that challenges purity?
3.	In what ways can you be an example of integrity to others around you?







Journaling Prompts

1.	Reflect on a time when you faced a temptation and how you responded.
2.	Write down ways you can cultivate purity in your daily routines.
3.	List characteristics of integrity you want to embody in college.







Day 3: ② Cultivating Purity and Integrity

Prayer for Today

Lord, help my daughter live a life marked by purity and integrity. Guard her heart and mind from influences that would pull her away from You. Strengthen her to be an example of Your love and holiness in every interaction. May her life reflect Your glory and inspire others. Amen. \bigwedge

















Your Verse

Ephesians 6:10–11 – "Be strong in the Lord and in his mighty power. Put on the full armor of God..."

Supporting Scriptures

- 2 Timothy 1:7 "For God gave us a spirit not of fear but of power, love, and self-control."
- Joshua 1:9 "Be strong and courageous... for the Lord your God will be with you wherever you go."







Devotional: Standing Strong with God's Armor

College can be a battlefield for faith, but God calls us to stand firm with boldness. Paul reminds believers to put on God's full armor to withstand spiritual challenges.

Your daughter will need courage to uphold her beliefs amid peer pressure and skepticism. Encourage her to remember that fear does not come from God, but power, love, and self-discipline do.

Teach her to rely on God's strength and presence in every situation. Whether interacting with new friends or facing doubts, God's power will sustain her.

Boldness rooted in faith allows her to speak truth with love and confidence—being a shining witness for Christ on campus and beyond.







Reflect and Apply

1.	What fears do you have about sharing or living out your faith in college?
2.	How can you practically 'put on' God's armor each day?
3.	Who can you rely on for support in standing firm in your beliefs?







Journaling Prompts

1.	Write about a time you felt fearful but trusted God's strength.
2.	List practical ways to remind yourself of God's power daily.
3.	Plan how you can encourage others to be bold in their faith.







Prayer for Today

Father, fill my daughter with courage to stand strong and bold in her faith. Equip her with Your armor to face challenges without fear. Surround her with Your presence and peace as she navigates college. May she be a shining light, rooted and unshaken. Amen. 🙏 📢







Day 5: 🌣 Building a Faithful Community









Day 5: 🎔 Building a Faithful Community

Your Verse

Hebrews 10:24-25 - "Let us consider how we may encourage one another... not giving up meeting together... but encouraging one another."

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... if either of them falls down, one can help the other up."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 5: 🎔 Building a Faithful Community

Devotional: Finding Strength in Christian Fellowship

No one thrives alone, especially in faith. As your daughter embarks on college life, encourage her to seek out and build relationships with fellow believers who will uplift and challenge her spiritually.

Hebrews reminds us of the importance of gathering together and encouraging one another. These connections form a support system that sustains faith through trials and growth.

Encourage your daughter to join campus ministries, Bible studies, or small groups. Having friends who sharpen her spiritually will equip her to persevere in her walk with Christ.

Community not only provides encouragement but also accountability and joy. This spiritual network will be one of her greatest resources in adulthood.







Day 5: Ծ Building a Faithful Community

Reflect and Apply

1.	Why is it important to have Christian friends in college?
2.	How can you actively seek and nurture these relationships?
3.	What role can you play in encouraging others in their faith?







Day 5: Ծ Building a Faithful Community

Journaling Prompts

1.	List qualities you would like in a faith community.
2.	Write about past experiences where community helped your spiritual growth.
3.	Plan ways to contribute positively to a Bible study or group.







Day 5: 🎔 Building a Faithful Community

Prayer for Today

Lord, lead my daughter to a faithful and encouraging community. Surround her with friends who will uplift, sharpen, and support her in her walk with You. Help her to be both encouraged and an encourager, growing together in faith and love. Amen. \bigwedge \bigcirc \swarrow

















Your Verse

1 Thessalonians 5:16-18 - "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Supporting Scriptures

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."







Devotional: Prayer: Connecting with God Daily

Prayer is the lifeline of a vibrant relationship with God. Remind your daughter that college is a season full of changes and uncertainties, but through prayer, she can constantly stay connected to God's peace and guidance.

Paul's words encourage believers to rejoice, pray without ceasing, and maintain a heart of gratitude no matter the circumstances. Prayer helps her align her heart with God's will, reduces anxiety, and invites God's power into her everyday life.

Encourage her to develop a prayer habit—even when life gets busy or overwhelming. Whether in quiet moments alone or with friends, prayer is a powerful source of strength and clarity.

A lifestyle anchored in prayer will transform not only her college years but her entire journey into adulthood.







Reflect and Apply

1.	How can prayer become a natural part of your daily routine?
2.	In what ways has prayer helped you face difficult situations?
3.	What are some specific things you want to bring to God in prayer?







Journaling Prompts

1.	Describe your current prayer life and areas for growth.
2.	Write a prayer asking God to guide you through college.
3.	List things you are thankful for and want to praise God about.







Prayer for Today

Heavenly Father, teach my daughter to pray continually and rejoice in Your presence. Help her make time for You daily, sharing her heart and listening for Your voice. Fill her with gratitude and peace that surpasses understanding. May prayer be her refuge and strength always. Amen. \bigwedge







Day 7: Walking in Purpose and Faithfulness









Day 7: " Walking in Purpose and Faithfulness

Your Verse

Colossians 3:23-24 - "Whatever you do, work at it with all your heart, as working for the Lord... knowing that you will receive an inheritance from the Lord as a reward."

Supporting Scriptures

- Matthew 5:16 "Let your light shine before others... that they may see your good deeds and glorify your Father."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest."







Day 7: " Walking in Purpose and Faithfulness

Devotional: Living Purposefully for God's Glory

As your daughter transitions into adulthood and college life, walking in purpose and faithfulness will define her journey. Paul encourages believers to serve the Lord wholeheartedly in all they do, remembering that their true reward is from Him.

Encourage your daughter to view every task, study, relationship, and challenge as an opportunity to honor God. Her faithfulness in small and large areas will reflect God's light and impact others for eternity.

Help her cultivate a heart that perseveres and trusts God's timing. In seasons of difficulty or success, her focus on God's purpose will sustain her.

As she walks forward, may she be a shining example of faithful service, glowing with God's love and equipped to inspire those around her.







Day 7: 🍞 Walking in Purpose and Faithfulness

Reflect and Apply

	What does working wholeheartedly for the Lord look like in your daily life?
	How can you keep your faith strong during busy or discouraging seasons?
3.	In what ways can your college life be a testimony that glorifies God?







Day 7: 🍞 Walking in Purpose and Faithfulness

Journaling Prompts

1.	Write about your goals and how they align with God's purpose.
2.	Describe times when persevering in faith has been challenging.
3.	Plan ways to let your light shine in your college community.







Day 7: " Walking in Purpose and Faithfulness

Prayer for Today

Lord, help my daughter walk faithfully in the purpose You have for her life. Strengthen her heart to serve You wholeheartedly and persevere in doing good. May her life shine brightly for Your glory, inspiring others to know Your love. Guide her every step with Your grace. Amen. 4







Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.