# Respecting Authority: A Teen's Guide to Rebellion and Grace



Explore why teens often rebel, what the Bible says about authority, and discover grace-filled ways to respect and respond positively.





#### Table of contents

Introduction	3
Day 1: 1 Understanding Rebellion	4
Day 2: The Gift of Respecting Authority	10
Day 3: B Grace in Obedience and Growth	16







#### Introduction

Being a teenager often feels like standing at a crossroads between independence and responsibility. It's a time of exploring identity, forming opinions, and sometimes challenging the rules set by parents, teachers, or society. This natural inclination to rebel can create tension, confusion, and even guilt. Why do we resist authority, and what does God say about this struggle?

Throughout these three days, we'll journey together to uncover the reasons behind rebellion, the importance of respecting authority, and how embracing God's perspective can lead to peace and growth. Understanding authority from a biblical standpoint isn't about blind obedience but learning to acknowledge the roles God places in our lives for our protection and development. As we explore Scriptures and reflective questions, you'll be encouraged to rethink your attitude toward authority and discover how respect can actually empower you.

Get ready to engage with Scripture, meditate on God's wisdom, and open your heart to a fresh way of seeing authority—not as something that limits you, but as a foundation for your freedom and flourishing in Christ. Let's dive in with open minds and brave hearts, ready to embrace transformation!

















#### Your Verse

Proverbs 29:1 NIV - "Whoever remains stiff-necked after many rebukes will suddenly be destroyed—without remedy."

#### **Supporting Scriptures**

- Ephesians 6:1 "Children, obey your parents in the Lord, for this is right."
- Romans 13:1 "Let everyone be subject to the governing authorities, for there is no authority except that which God has established."







# Devotional: Why We Rebel: Understanding Stubbornness and Growth

**Rebellion feels natural, yet it comes with consequences.** Proverbs 29:1 paints a sobering picture of stubbornness as a 'stiff neck'—an image that captures the resistance to correction and guidance. When we rebel repeatedly, ignoring wise advice and boundaries, we risk harm in our lives.

But why do teens rebel? Often, rebellion is an attempt to assert independence or respond to feelings of frustration. We want to make our own choices and prove we can handle life. While this is part of growing up, the Bible encourages us to also consider the wisdom behind authority.

Paul's letter to the Ephesians reminds young people to obey their parents because it's right, not just because rules say so. And Romans 13 teaches us that authority exists by God's design. Recognizing this can shift how we see rules—not as obstacles, but as protective structures given for our good.

Take a moment to reflect on your own feelings toward authority. Is your rebellion driven by pain, confusion, or desire for control? How might opening your heart to understanding authority change your perspective?







# Reflect and Apply

1.	What feelings usually come up when you think about obeying rules or authority figures?
	How does understanding that authority is established by God affect your view of rebellion?
	Can you recall a time when obeying authority brought unexpected good into your life?







## **Journaling Prompts**

1.	Write about a recent situation where you felt the urge to rebel and why.
2.	List three reasons you think God allows authority figures in your life.
3.	Describe how you want your relationship with authority figures to grow.







#### Prayer for Today

**Dear God,** thank You for caring enough to give us guidance and people to lead us. Help me to understand why I sometimes rebel and give me a heart that listens, even when it's hard. Teach me to respect authority as You designed it, and show me how to grow through obedience. Fill me with patience and grace as I learn this journey. *In Jesus' name, Amen.*  $\bigwedge$ 















#### Your Verse

Colossians 3:20 NIV - "Children, obey your parents in everything, for this pleases the Lord."

#### **Supporting Scriptures**

- 1 Peter 2:13–14 "Submit yourselves for the Lord's sake to every human authority... so that you may live peaceful and quiet lives."
- Proverbs 1:8 "Listen, my son, to your father's instruction and do not forsake your mother's teaching."







# Devotional: Respect as a Pathway to Peace and Blessing

Respecting authority is a powerful choice that honors God and promotes peace. Colossians 3:20 highlights obedience to parents as something that pleases the Lord. This shows God values our respect and willingness to follow guidance from those He has placed over us.

Peter urges us to submit to human authorities not just to avoid trouble but to live peaceful, quiet lives—something every teen longs for amid the chaos of growing up. Respect isn't about losing freedom but gaining wisdom and security.

The Proverbs remind us to cherish parental teaching as a treasure of life. When you choose respect, even in hard moments, you invite God's blessing and protection. It's a choice that reflects maturity and trust in God's plan.

Today, think about authority figures in your life—not just as rule enforcers but as people wanting the best for you. How can showing respect transform your relationships and inner peace?







# Reflect and Apply

1.	What does it mean to you that obedience 'pleases the Lord'?
2.	How can respecting authority contribute to your peace of mind?
	In what ways can you show more honor to your parents or leaders this week?







## **Journaling Prompts**

1.	List ways respecting authority has benefited you in the past.
2.	Reflect on a time respecting authority was difficult and what you learned.
3.	Write a prayer or note to an authority figure acknowledging their role in your life.







## **Prayer for Today**

**Lord,** thank You for teaching me the value of respect. Help me see my parents and leaders through Your eyes, appreciating their care and wisdom. Give me a heart ready to obey and a spirit full of peace. Teach me to find freedom in submission and to live in a way that pleases You daily. *Thank You, Jesus!* 















#### Your Verse

Ephesians 6:4 NIV – "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."

#### **Supporting Scriptures**

- Galatians 5:22–23 "The fruit of the Spirit is love, joy, peace... patience, kindness, goodness..."
- James 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."







# Devotional: Growing in Grace: Patience and Respect in Action

Obedience and respect thrive in an environment of grace. Ephesians 6:4 reminds us that adults bear responsibility to nurture teens with patience and understanding, not harshness. When correction comes with love, it helps rather than hinders growth.

God's Spirit cultivates qualities like patience, kindness, and self-control within us, helping us respond well even when authority feels frustrating. These fruits of the Spirit equip teens to choose respect and obedience not out of fear, but out of love.

James encourages us to be quick listeners and slow to anger, reminding us that how we respond often matters more than the rules themselves.

Today, reflect on the role of grace—both giving and receiving it—as you navigate your feelings about authority. How can you partner with God's Spirit to grow in respect, patience, and peace?







# Reflect and Apply

1.	What does grace from others—like parents and leaders—mean to you?
	How can you show grace while respecting authority, especially when it's challenging?
	Which fruit of the Spirit do you need most to help you in your attitude toward authority?







## **Journaling Prompts**

Write about a time someone showed you grace during a difficult moment with authority.
List ways you can practice patience and kindness toward those in authority.
Describe how you can rely on the Holy Spirit to help you respect authority this week.







#### Prayer for Today

Gracious Father, thank You for Your endless patience and kindness toward me. Help me to extend that same grace to my parents and leaders even when I don't agree with them. Fill me with Your Spirit's fruit so I may grow in respect, patience, and love daily. Teach me to listen well and respond calmly, trusting Your guidance in all I do. *In Jesus' name, Amen.* 7







#### Where God's Word Meets Your Daily Life



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 <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





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.