# Rooted in Truth: Building Your Faith as a Teen



Explore how grounding your beliefs in God's Word equips you to withstand the many opinions you face as a teenager today.





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### Introduction

Being a teenager today means facing a whirlwind of opinions, trends, and voices all around us. From friends to social media, to even cultural messages, it's easy to feel overwhelmed or confused about what to believe. **What if there was a firm foundation you could stand on?** That foundation is the truth of God's Word. *Rooted in truth* means building your beliefs on the solid, unchanging principles found in the Bible.

When your life is grounded in Scripture, you have a reliable compass that points you in the right direction no matter what opinions swirl around you. The Bible offers wisdom, guidance, and strength to help you make wise choices and stay confident in your faith. Unlike the shifting ideas in the world, God's Word never changes. It speaks truth that lasts forever.

Throughout this 3-day study, we will explore how to cultivate a faith deeply rooted in God's truth. You'll discover why it's vital to know Scripture personally, how to hold firm when others challenge your beliefs, and ways to live out your convictions boldly. This journey is about empowering you to stand strong, confident, and steady as a teen anchored in God's unshakable truth. Let's dive in and be transformed by the rock-solid Word that can guide every part of your life!

















#### Your Verse

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

### **Supporting Scriptures**

- Isaiah 40:8 "The grass withers and the flowers fall, but the word of our God endures forever."
- 2 Timothy 3:16 "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."







### Devotional: God's Word Guides and Strengthens You

God's Word lights our path. As teens, life can feel like walking through a maze or a dark forest, unsure which way to turn. Psalm 119:105 reminds us that God's Word acts like a lamp or flashlight, shining light on the next right step. When opinions and emotions cloud our vision, Scripture provides clarity.

It's easy to get caught up in popular beliefs or trends, but God's Word shines eternal light—unchanging, pure, and trustworthy. Isaiah 40:8 encourages us that while the world changes and fades, God's truth is forever. We can count on it today and always.

Finally, 2 Timothy 3:16 tells us how vital Scripture is: it teaches us, corrects us when we stray, and trains us to live rightly. When you build your beliefs on God's Word, you are planting your faith deep so storms won't shake you. Start today by asking God to help you understand and trust His Word fully.







# Reflect and Apply

1.	How often do you turn to God's Word when confused or uncertain?
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	What are some real-life situations where God's Word could be a lamp for your path?
-	
	Why is it important that God's Word never changes despite shifting opinions?
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# **Journaling Prompts**

	Write about a time you felt lost or unsure and how God's Word could have helped.
2.	List some Bible verses you know or want to learn to remember when you face challenges.
	Reflect on how trusting God's Word might affect the decisions you make this week.







# Prayer for Today

**Dear God,** thank You for giving us Your Word as a lamp to light our way. Help me to seek Your truth daily and trust it above all other opinions. Teach me to rely on Your guidance when I feel confused or pressured. Strengthen my faith so I can stand firm in Your promises and not be shaken by the world around me. *Amen.* ?







# Day 2: V Guarding Your Heart with Truth









Day 2: V Guarding Your Heart with Truth

#### Your Verse

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

### **Supporting Scriptures**

- Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."
- Colossians 2:8 "See to it that no one takes you captive through hollow and deceptive philosophy."







Day 2: **(**) Guarding Your Heart with Truth

### Devotional: Protecting Your Heart From Falsehoods

Your heart is the source of your beliefs and actions. Proverbs 4:23 reminds us to guard it carefully because it influences everything we do. As teens, you encounter many voices trying to shape your thinking—some true, some false.

The Bible calls us to put on the full armor of God, as Ephesians 6:11 says, to stand strong against lies and temptation. Holding fast to God's truth shields your heart from being swayed by false ideas or peer pressure.

Colossians 2:8 warns about philosophies and empty ideas that seem convincing but are not rooted in God's truth. When your faith is anchored in the Bible, you'll recognize these deceptions and choose God's way instead. Guard your heart by spending time in Scripture, praying, and seeking godly counsel. This protects your foundation and keeps your faith strong in a world full of competing messages.







Day 2: **(**) Guarding Your Heart with Truth

# Reflect and Apply

1.	What kinds of opinions or beliefs challenge your faith today?
-	
	How can putting on God's armor help you face peer pressure or confusion?
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	n what ways can you guard your heart daily to remain rooted in Scripture?
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Day 2: **(**) Guarding Your Heart with Truth

# **Journaling Prompts**

1.	Write about a time you felt torn between fitting in and staying true to your faith.
2.	List the spiritual 'armor' you can put on to protect yourself from lies.
3.	Reflect on people or practices that help you keep your heart guarded with truth.







Day 2: V Guarding Your Heart with Truth

# Prayer for Today

**Lord Jesus,** please help me guard my heart wisely. Teach me to recognize the lies and false ideas that try to pull me away from Your truth. Help me to put on Your armor daily to stand strong against any pressure or temptation. Fill me with Your Spirit so I can stay deeply rooted in Your Word no matter what. *Amen.*  $\bigcirc \times \bigcirc \bigcirc$ 

















Day 3: F Growing Strong in God's Truth

#### Your Verse

Colossians 2:6-7 - "...just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him..."

### **Supporting Scriptures**

- James 1:22 "Do not merely listen to the word, and so deceive yourselves."

  Do what it says."
- Matthew 7:24 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."







Day 3: F Growing Strong in God's Truth

### Devotional: Living Out and Growing Your Faith Daily

**Faith is a journey of growth.** Colossians 2:6-7 encourages us to keep living in Christ, being rooted deeply and built up strong. This means not stopping at just hearing God's truth, but allowing it to shape who you are and how you live.

James 1:22 challenges us not to be passive listeners but active doers of God's Word. When you apply Scripture in your daily life, your faith becomes alive and resilient.

Jesus compares those who obey His words to a wise builder who forms a strong, lasting foundation (Matthew 7:24). As you grow in God's truth, you strengthen your ability to withstand challenges and influences that seek to shake your beliefs. Commit to daily reading, praying, and living God's Word so your faith flourishes like a tree with deep roots, providing stability for life's storms.







Day 3: 🍞 Growing Strong in God's Truth

# Reflect and Apply

1.	What steps can you take to be more than a listener of God's Word?
2.	How have you seen your faith grow when you obey God's teaching?
3.	What foundation are you building your life on right now?







Day 3: 🍞 Growing Strong in God's Truth

# **Journaling Prompts**

	Describe what 'being rooted and built up in Christ' means for your daily life.
	Write about a recent time you put God's Word into action and what happened.
3.	Plan one habit you can start to strengthen your walk with God this week.







Day 3: F Growing Strong in God's Truth

# Prayer for Today

**Father God,** thank You for the gift of faith and Your living Word. Help me to grow deep roots in You by reading, understanding, and living out Scripture every day. Teach me to not only hear Your truth but to put it into practice, standing strong like a house built on rock. Let my life be a testimony to Your unchanging love and strength. *Amen.* The Lagrangian words.







# Where God's Word Meets Your Daily Life

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