Rooted in Truth: Raising Teens with Biblical Wisdom



A 7-day study empowering women to lead their teens with Scripture, truth, and unconditional love.





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Introduction

Welcome to "Rooted in Truth: Raising Teens with Biblical Wisdom." This study is crafted to encourage and equip women who desire to nurture their teenagers while remaining firmly anchored in God's Word. *Raising teens* is a beautiful yet challenging season filled with questions, growth, and opportunities to model faith in action.

Throughout these seven days, we will explore God's heart for women and mothers, gaining timeless truths and practical insights to guide our parenting journey. From embracing your identity in Christ to leading your children with unconditional love and biblical wisdom, this study will strengthen your spirit and offer encouragement in moments of doubt or weariness.

Each day features focused Scripture passages, supportive verses, and devotional reflections to nurture your understanding and application of God's truth. Reflective questions and journaling prompts will help you engage deeply and personally. Finally, heartfelt prayers invite you to bring your hopes, struggles, and joys before the Lord, trusting Him to empower you as you lead your teens with grace and truth.

Remember, you do not walk this path alone. God's promises are steadfast, His love unfailing, and His guidance always available. Let His Word firmly root you as you raise the next generation in faith.















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, I know that full well."

Supporting Scriptures

- Jeremiah 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart."
- Proverbs 31:25 "She is clothed with strength and dignity; she can laugh at the days to come."







Devotional: Your God-Crafted Identity Empowers Motherhood

God's intimate involvement in your creation is a beautiful reminder of your immense value and purpose. Psalm 139:13–14 paints a personal picture of how wonderfully you are made—not by accident, but with intention. As a mother or woman raising teens, embracing this truth is crucial before leading others. When you truly accept your God–given identity, you stand firm against the pressures and doubts that can accompany parenting.

Teens often wrestle with identity and self-worth. As their primary spiritual guide, showing them that they are fearfully and wonderfully made sets a foundation of dignity and confidence. Your own assurance in this truth equips you to encourage them gently and consistently.

Remember, your strength to lead begins with knowing who you are in Christ. Draw from His intimate knowledge of you, and let your identity illuminate your parenting journey.







Reflect and Apply

	How does knowing God created you with intentionality impact your confidence as a mother?
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- 2. I	n what ways might you communicate this identity truth to your teens?
- -	
	Are there areas where you feel uncertain about who you are in Christ? How can you invite God's truth to clarify these?
- -	
- 4. I	How can embracing your own calling strengthen your role in your teen's



life?









Journaling Prompts

1.	Write about a time you felt especially aware of God's intentional design in your life.
2.	List qualities God has given you that help you lead and nurture your teens.
3.	Reflect on what 'fearfully and wonderfully made' means for your identity today.







Prayer for Today

Dear Heavenly Father, thank You for creating me with purpose and love. Help me to embrace the truth that I am fearfully and wonderfully made, knowing You know me intimately. Strengthen me to walk confidently in the identity You have given me, so that I may lead my teens with wisdom and compassion. Guard our hearts and deepen our relationship, that we may grow rooted in Your love. In Jesus' name, *Amen.*

















Your Verse

1 Corinthians 13:4-7 - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud... It always protects, always trusts, always hopes, always perseveres."

Supporting Scriptures

- Ephesians 6:4 "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."
- John 15:12 "My command is this: Love each other as I have loved you."







Devotional: Modeling Christ's Unfailing Love in Parenting

Unconditional love is the foundation of effective parenting. The love described in 1 Corinthians 13 isn't dependent on behavior or achievement but is steadfast and enduring. As teens seek independence and test boundaries, your patient, kind love becomes a mirror of Christ's love for them.

Leading with unconditional love means creating a safe space where your teen feels accepted even when they stumble. Like Ephesians 6:4 guides, instruction should be wrapped with gentle discipline, not harshness, building trust rather than resentment.

When challenges arise, remember Jesus' command to love as He loves — sacrificially and freely. Your persistent love plants seeds that cultivate your teen's heart toward truth and faith even amid struggles.







Reflect and Apply

1.	How can you demonstrate patience when your teen is difficult to understand?
2.	In what ways does unconditional love change your approach to discipline?
3.	Are there moments when it's hard to love without condition? Why?
4.	How does reflecting Jesus' love deepen your relationship with your teen?













Journaling Prompts

1.	Describe a situation where showing unconditional love brought growth.
	Write a letter to your teen expressing your commitment to love them no matter what.
	Reflect on how Jesus' love has transformed your understanding of parenting.







Prayer for Today

















Your Verse

Proverbs 18:21 – "The tongue has the power of life and death, and those who love it will eat its fruit."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up..."
- Colossians 3:16 "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom."







Devotional: Harnessing Words to Encourage and Build Up

Words are powerful tools in shaping your teen's worldview. Proverbs 18:21 reminds us that our speech has the ability to build up or tear down. This day invites you to steward your words wisely, speaking life, encouragement, and biblical truth into your teen's life.

Challenges and emotional storms may tempt harsh or reactive speech. But Ephesians 4:29 urges us to speak only what is helpful for edification. Your voice can become a source of comfort and strength rather than criticism.

Through gentle correction and wise teaching, you cultivate an environment where your teen can grow in grace and knowledge. Let Christ's message dwell richly in your conversations, guiding your words to nurture hope and faith.







Reflect and Apply

1.	How do your words impact your teen's self-esteem and faith?
2.	Are there patterns of speech you would like to change in your parenting?
3.	What biblical truths can you regularly reinforce through spoken words?
4.	How can you create moments to teach with kindness and wisdom?













Journaling Prompts

Recall a time when words you spoke brought life and healing.
List affirmations and truths you want to speak into your teen's heart.
Write down a prayer asking God to guide your speech each day.







Prayer for Today

Father God, help me to tame my tongue and speak words that build up my teen. May my speech be seasoned with grace and full of encouragement. Teach me to communicate Your truth in love, offering hope and strength even in difficult moments. Let my words reflect Your heart always. In Jesus' name, *Amen.*

















Your Verse

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

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles..."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Devotional: Patience in God's Perfect Parenting Timeline

Parenting teens often tests our patience. The season of adolescence brings rapid change and unpredictability, which can make waiting on growth feel frustrating. Ecclesiastes 3:1 reminds us God's timing is perfect — there truly is a time and season for every development.

Sometimes, you may feel like your efforts to guide or influence aren't bearing fruit immediately. Isaiah 40:31 encourages us to place our hope in the Lord, who renews strength and perseverance. Galatians 6:9 adds that if we don't give up, a harvest will come.

Trusting God's timing frees you from frustration and gives space for grace to work in your teen's heart. Keep sowing seeds of truth and love, confident that He is orchestrating growth far beyond what you see today.







Reflect and Apply

e do you struggle with impatience in raising your teen?
can trusting God's timing reshape your expectations and worries?
are some ways to renew your strength and hope during unsure ns?
can you encourage your teen to also trust in God's timing for their
ns?







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Journaling Prompts

1.	Write about a past season where God's timing was clear after waiting.
2.	List things you can do to actively hope and wait with faith.
3.	Reflect on how waiting can cultivate character in both you and your teen.







Prayer for Today

Lord, teach me to rest in Your perfect timing. Strengthen my heart when waiting feels difficult. Help me to continue doing good without weariness, trusting that You are at work in my teen's life even when I cannot see it. Renew our hope and patience day by day. In Jesus' name, *Amen.* Σ \triangle







Day 5: 😂 Cultivating Faith and Prayer









Day 5: 🖏 Cultivating Faith and Prayer

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God..."

Supporting Scriptures

- Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."
- James 1:5 "If any of you lacks wisdom, you should ask God... and it will be given to you."







Day 5: W Cultivating Faith and Prayer

Devotional: Praying with Confidence and Thanksgiving

Prayer is a powerful avenue to nurture both your faith and your teen's spiritual journey. Philippians 4:6-7 encourages us to bring all our anxieties and needs before God, trusting that His peace will guard our hearts.

Regular prayer invites the Holy Spirit to guide your parenting decisions and empowers your teen to depend on God. Jesus promises in Matthew 7:7 that seeking God will yield blessings and wisdom. When you model a prayerful life, your teen sees firsthand the power of reliance on God during every season.

Make prayer central every day, not only asking God for guidance but also thanking Him for His faithfulness. This cultivates hearts grounded in hope and trust, transforming the landscape of your family life.







Day 5: 😂 Cultivating Faith and Prayer

Reflect and Apply

1.	How consistent is your prayer life concerning your teen's needs?
2.	In what ways can you teach your teen to depend on God through prayer?
3.	What anxieties about parenting can you surrender to God today?
4.	How has prayer brought peace amid parenting challenges?













Day 5: 😂 Cultivating Faith and Prayer

Journaling Prompts

1.	Write a prayer of thanksgiving for your teen's growth and heart.
	List specific requests you have for your teen and family to bring before God.
3.	Reflect on the answers or peace you've experienced through prayer.







Day 5: W Cultivating Faith and Prayer

Prayer for Today

Gracious Father, thank You for inviting me to bring every worry and need before You. Help me to pray with faith and thanksgiving, trusting in Your perfect plans. Fill my heart with peace that surpasses understanding as I intercede for my teen. May prayer be the foundation of our family's walk with You. In Jesus' name, *Amen.* \bigwedge







Day 6: Tencouraging Growth through God's Word









Day 6: F Encouraging Growth through God's Word

Your Verse

2 Timothy 3:16 - "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness."

Supporting Scriptures

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- Deuteronomy 6:6-7 "These commandments that I give you today are to be on your hearts. Impress them on your children..."







Day 6: F Encouraging Growth through God's Word

Devotional: Rooting Teens in Scripture's Eternal Wisdom

Scripture is the essential tool for nurturing your teen's spiritual growth. 2 Timothy 3:16 highlights that God's Word equips us fully for teaching and training in righteousness. As you regularly introduce and model Scripture, your teen learns to navigate life's challenges through God's lens.

Psalm 119:105 beautifully illustrates how God's Word illuminates our paths, providing guidance amid uncertainty. Deuteronomy 6 reminds us to not only know God's commands but impress them deeply on our children's hearts.

Make Bible reading and discussion a joyful rhythm within your home. By anchoring your teen's heart in Scripture, you lay a firm foundation for faith that lasts a lifetime.







Day 6: 🍞 Encouraging Growth through God's Word

Reflect and Apply

1.	How regularly do you share Scripture with your teen?
	What challenges do you face in making Bible study appealing to your teen?
3.	How can you creatively impress God's Word on your teen's heart?
4.	In what ways has God's Word been a lamp in your parenting journey?











Day 6: 🍞 Encouraging Growth through God's Word

Journaling Prompts

1.	Write about a favorite Bible verse that encourages you in parenting.
2.	Brainstorm ways to involve your teen in Scripture more intentionally.
3.	Reflect on changes in your family when Scripture is prioritized.







Day 6: F Encouraging Growth through God's Word

Prayer for Today

Lord God, thank You for Your Word that teaches and guides us. Help me to effectively share Scripture with my teen, planting seeds that grow into deep faith and righteousness. May Your Word light our way and become a treasure in our hearts. Empower me to be a faithful teacher and example. In Jesus' name, *Amen*.







Day 7: Day Find Embracing Grace in the Journey









Day 7:
Embracing Grace in the Journey

Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning..."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."







Day 7: Embracing Grace in the Journey

Devotional: Grace-Filled Strength for Every Parenting Day

The journey of raising teens is filled with moments of imperfection and vulnerability. 2 Corinthians 12:9 reminds us that God's grace is not only enough; it is perfected precisely when we feel weak.

Motherhood and mentorship are not about having all the answers or never making mistakes. Lamentations 3:22–23 assures us of God's unfailing compassion and renewal every day. When you feel overwhelmed or discouraged, you can run confidently to God's throne of grace as Hebrews 4:16 invites.

Grace empowers you to lead without fear, to forgive yourself and your teen, and to persevere with hope. Embracing grace transforms challenges into opportunities for God's strength to shine through you.







Day 7: ? Embracing Grace in the Journey

Reflect and Apply

1.	How do you experience God's grace in your parenting weaknesses?
2.	In what ways can extending grace to your teen change your relationship?
3.	What fears or pressures can you surrender to God's sufficient grace?
4.	How does relying on grace sustain your hope for your teen's future?













Day 7: ? Embracing Grace in the Journey

Journaling Prompts

1.	Write about a parenting challenge where grace was vital.
2.	List ways to show grace to yourself and your teen this week.
3.	Reflect on how God's power is made perfect in your weaknesses.







Day 7:
Embracing Grace in the Journey

Prayer for Today

Gracious Father, thank You for the sufficiency of Your grace that meets me every day. When I feel weak or uncertain, remind me that Your power is perfect in me. Help me to lead my teen with mercy and patience, reflecting Your compassion. Renew my hope and strength as we walk this journey together. In Jesus' name, *Amen*.







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