Saying Yes to God: Lessons from Mary's Teen Journey



Explore how Mary, a young teen, courageously said yes to God's extraordinary plan and how you can embrace faith with courage and trust.





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Introduction

Welcome to this 3-day Bible study focused on Mary, a young teen whose life changed forever when she said *yes* to God's plan. At just a young age, Mary's story isn't just about becoming the mother of Jesus — it's a powerful example for all teens facing big decisions, fears, and uncertainties in today's world.

Mary teaches us that trusting God means embracing His call, even when it feels overwhelming or scary. She reminds us that God can use our willingness and faithfulness no matter our age or situation. This study will explore what it truly means to say "yes" to God and how you can live with courage and purpose.

Throughout these three days, we will dive deep into Scripture, reflect on Mary's example, and discover how God's plan intersects with our everyday lives. From understanding God's invitation to facing challenges with faith, each day aims to inspire and equip you to walk confidently in His love and guidance.

Whether you're navigating school pressures, friendships, or your own dreams and doubts, Mary's story is a reminder that God's plans are greater than our fears. Let's start this journey of saying "yes" to God with open hearts and willing spirits. \triangle







Day 1: Day 1: Call Like Mary









Day 1: n Embracing God's Call Like Mary

Your Verse

Luke 1:38 – 'I am the Lord's servant,' Mary answered. 'May your word to me be fulfilled.' Then she left.

Supporting Scriptures

- Isaiah 41:10 'Do not fear, for I am with you; do not be dismayed, for I am your God.'
- Jeremiah 29:11 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you.'







Day 1: 💮 Embracing God's Call Like Mary

Devotional: Mary's Courageous Yes to God's Plan

Mary's response to God's call was simple, yet life-changing: 'I am the Lord's servant.' At just a young teen, she chose to trust God even though she couldn't fully understand what lay ahead. Saying *yes* to God means stepping into the unknown with faith, courage, and obedience.

We often face moments where God calls us to do something scary or unexpected. Like Mary, we might feel unsure or afraid. But the first step is to acknowledge God's presence in our lives and be willing to say, 'I trust You.' It's a choice to believe that God's plan for us is good, even when it feels challenging.

When you encounter God's call, remember Mary's example. Your willingness to serve is powerful, and God can do amazing things through your faithfulness. Let today be about embracing that call with an open heart, ready to say "yes" no matter what.







Day 1: 🔅 Embracing God's Call Like Mary

Reflect and Apply

1.	What fears do you have about saying yes to God in your own life?
2.	In what ways can you practice trusting God more like Mary did?
3.	How does knowing God has a good plan affect your daily decisions?







Day 1: 🎡 Embracing God's Call Like Mary

Journaling Prompts

1.	Write about a time you felt God was calling you to do something difficult.
2.	Describe what saying "yes" to God means for you personally.
3.	List ways you can prepare your heart to follow God's call this week.







Day 1: n Embracing God's Call Like Mary

Prayer for Today

Dear Lord, thank You for Mary's example of faith and obedience. Help me to trust You when Your plans seem uncertain or scary. Give me courage to say yes to Your calling and the peace to rest in Your promises. Guide my heart and mind to follow You wholeheartedly. May I be willing to serve You just as Mary was. In Jesus' name, *amen*.

















Your Verse

Psalm 56:3 - When I am afraid, I put my trust in you.

Supporting Scriptures

- Proverbs 3:5 Trust in the Lord with all your heart and lean not on your own understanding.
- Romans 8:28 And we know that in all things God works for the good of those who love him.







Devotional: Faith Over Fear: Trusting God's Goodness

Mary's journey was filled with uncertainty, yet she trusted God fully. Being a teen and suddenly facing unexpected news could inspire fear and doubt, but she rested in God's promises.

Fear is a natural response when we encounter challenges or unknown futures. However, trusting God means choosing to rely on Him even when our feelings tell us otherwise. Proverbs 3:5 reminds us to lean on God and not our own understanding.

Today, reflect on your own fears — whether it's about the future, relationships, or who you want to become. In these moments, turn to God in prayer and place your trust in His perfect plan. Like Mary, your faith can hold steady through uncertain times, yielding peace and strength.







Reflect and Apply

1.	What are some fears or worries you currently face?
2.	How can you practice trusting God when life feels uncertain?
3.	What promises from God's Word bring you peace?







Journaling Prompts

1.	Write a prayer asking God to help you replace fear with trust.
2.	Journal about a time God helped you through uncertainty.
3.	List Bible verses that encourage your faith during hard times.







Prayer for Today

Lord, help me to trust You when I feel afraid or unsure. Remind me that You are always with me and working for my good. Strengthen my faith so I can face challenges without fear. Thank You for Your peace that surpasses all understanding. In Jesus' name, *amen*.



















Your Verse

James 2:17 - Faith by itself, if it is not accompanied by action, is dead.

Supporting Scriptures

- Micah 6:8 Act justly, love mercy and walk humbly with your God.
- Matthew 5:16 Let your light shine before others.







Devotional: Faith in Action: Living Your Yes Every Day

Mary's yes was not just words; it led to action and a life transformed by God. Saying yes to God means actively living out our faith — showing love, integrity, and humility in all we do.

James reminds us that faith without action is incomplete. As teens, you are uniquely positioned to impact your world by living with kindness and courage. Your choices, words, and deeds become your testimony to others about God's love.

Today, think about how your yes to God can be demonstrated through loving actions — in your family, school, and friendships. Your obedience, like Mary's, can reveal God's goodness and inspire those around you to seek Him too.







Reflect and Apply

1.	How can you show your faith through your daily actions?
2.	What are some practical ways you can live out God's love this week?
3.	Who around you might be impacted by your obedience to God?







Journaling Prompts

1.	Write about ways you can put your faith into action right now.
2.	Describe a situation where you struggled to live out your faith and how you can improve.
3.	Plan three acts of kindness or service to demonstrate your yes to God.







Prayer for Today

Dear God, thank You for the example of Mary's faithful actions. Help me to live out my faith boldly and love others as You love me. Guide my steps to reflect Your light and mercy in all I do. May my life be a witness of Your grace. In Jesus' name, *amen*.





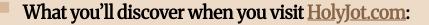




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