## Thriving as a Teen: Lessons from Noah's Courage



Explore how Noah's obedience and faith inspire teens to stand strong and follow God even when it means going against the crowd.





#### Table of contents

Introduction	3
Day 1: X Building Faith Amid Doubt	4
Day 2: 6 Standing Strong Against the Crowd	10
Day 3: Trusting God's Promises	16







#### Introduction

Welcome, young seekers! Being a teen today can feel like navigating a vast ocean of opinions, pressures, and challenges. You might often find yourself wondering how to do what's right when the world around you seems to shout the opposite. Here's where *Noah's story* shines brightly as a beacon of hope and courage.

Noah was asked by God to build an enormous ark—a task that must have seemed impossible and even crazy to those around him. Imagine living in a society where pollution, peer pressure, and disbelief were rampant, yet Noah chose to obey God's command. Even as others mocked and doubted him, he stayed faithful and determined. What an inspiring example for every teen facing their own storms of doubt and opposition!

This study will take you through three days of exploring this remarkable story. You'll reflect on what it means to follow God's call, even when it goes against the flow. You'll learn how faith, obedience, and courage can empower you to stand strong today. Through Scripture, devotional insights, and thoughtful questions, you'll gain encouragement and practical tools to navigate your teen years with purpose and conviction.

Let's dive in with open hearts and minds, ready to be inspired by Noah's steadfast faith and God's unwavering love. Your journey to thriving as a teen begins here—let's walk it together!

















Day 1: K Building Faith Amid Doubt

#### Your Verse

Genesis 6:14 – "So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out."

#### **Supporting Scriptures**

- Hebrews 11:7 "By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family."
- Psalm 27:1 "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"







Day 1: K Building Faith Amid Doubt

### Devotional: Starting Faith by Obeying God's Voice

Noah's faith began with a single step—building the ark. God's command may have sounded strange to others, but Noah didn't waver. He trusted God's words and acted.

As teens, you might encounter doubts—about what you believe, who you should follow, or what path to take. Noah teaches that *faith is choosing to trust and obey, even when the future is unclear or others doubt you.* 

When your friends or culture tell you one thing, but your heart and God's word say another, you face a decision. Will you build your life on faith and obedience, or will you let doubt and fear stop you?

Remember, faith is not about having all the answers but about choosing to trust the One who does. As you begin this journey, ask God to strengthen your heart and help you start building your own ark of faith.







Day 1: 🚜 Building Faith Amid Doubt

## Reflect and Apply

	What doubts or fears do I face right now that prevent me from obeying God fully?
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2.	How can I begin building my own 'ark' of faith like Noah did?
	In what ways do I see God asking me to stand strong despite what others think?







Day 1: 🚜 Building Faith Amid Doubt

## **Journaling Prompts**

1.	Write about a time you felt challenged to follow God but hesitated.
2.	List three steps you can take this week to grow your faith like Noah.
3.	Describe what trusting God looks like in your daily life.







Day 1: K Building Faith Amid Doubt

#### Prayer for Today

**Dear God,** thank You for Noah's example of trust and obedience. Help me to listen carefully to Your voice, especially when the path seems difficult or lonely. Give me courage to start building my faith, step by step, and to stand firm against doubts and fears. Teach me to rely on Your strength and not be swayed by what others say. Keep my heart focused on You, and guide me on the journey ahead. *Amen.*  $\swarrow$ 















#### Your Verse

Genesis 6:22 - "Noah did everything just as God commanded him."

#### **Supporting Scriptures**

- 1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."
- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."







#### Devotional: Courage to Stand Firm in Your Faith

Noah's obedience was not just about building an ark; it was about standing alone against a culture that ignored God. This took courage and strength because everyone around him was living differently. They mocked him, dismissed his warnings, yet Noah stayed faithful.

As a teen, you too face pressures—friends, social media, and trends that often pull you away from God's way. Following God means sometimes standing apart, even when it's unpopular or difficult.

God calls you to be strong and courageous—to be a light in a world that often chooses darkness. Remember, you don't stand alone. God's Spirit empowers you to stand firm, and His Word is a solid foundation when the world shakes.

Think of Noah's example next time you face peer pressure or have to make a tough choice. Your faithfulness today builds a legacy of courage for tomorrow.







## Reflect and Apply

1.	When have I felt pressure to conform, and how did I respond?
2.	What does it mean for me personally to 'stand firm' in faith as a teen?
	How can I draw strength from God to resist negative influences around me?







## **Journaling Prompts**

1.	Write about a situation where you stood up for what you believe.
2.	Name three ways you can remind yourself to be courageous daily.
3.	Describe how God has helped you overcome fear in the past.







### Prayer for Today

**Lord,** thank You for giving me courage like Noah had. Help me to stand firm in my faith, even when I feel alone or pressured to fit in. Strengthen me with Your Spirit and remind me that You are always by my side. Help me to be a light and example for others, showing what it means to follow You faithfully. Keep my heart brave and my mind focused on Your truth. *Amen.*









## Day 3: Fromises









Day 3: Promises

#### Your Verse

Genesis 9:13 - "I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth."

#### **Supporting Scriptures**

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







Day 3: Promises

#### Devotional: Hope and Trust in God's Faithfulness

Noah's journey didn't end with obedience and courage; it ended with hope through God's promises. After the flood, God placed a rainbow in the sky as a sign that He would never again destroy the earth with a flood. This promise brought hope and a fresh beginning.

As a teen, you are at a point of new beginnings—filled with dreams, questions, and uncertainties. Trusting God's promises is vital for your journey. Though life may bring storms, God is faithful and plans good things for you.

Hold on to His promises when life feels overwhelming or confusing. God's covenant with Noah reminds us that God is always with us, protecting and loving us. Your trust in Him anchors your heart and guides your future.

Walk forward with hope, knowing that God's faithfulness never fails.







Day 3: 🌈 Trusting God's Promises

## Reflect and Apply

1.	What promises of God bring me comfort during uncertain times?
2.	How can I remind myself daily that God's plans for me are good?
3.	In what areas of life do I need to trust God more fully right now?







Day 3: 🌈 Trusting God's Promises

## **Journaling Prompts**

1.	Write about a promise from God that has encouraged you recently.
2.	Describe how trusting God has helped you overcome a difficult time.
3.	List three ways to practice putting hope in God's promises.







Day 3: Promises

### Prayer for Today

Heavenly Father, thank You for Your wonderful promises that bring hope and peace. Help me to trust You fully, even when the future looks uncertain. Remind me of Your faithfulness, just like You showed Noah with the rainbow. Guide me daily and fill my heart with confidence in Your plans. May I always remember that You are with me through every storm and every new beginning. *Amen.* 







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