



# True Love in Teen Life



Explore 1 Corinthians 13's definition of love and learn how true love is patient, kind, and selfless, busting teen myths from movies and culture.

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## Introduction

**Welcome to this 3-day Bible study on true love for teens!** In a world saturated with romantic movies, social media posts, and pop culture, the idea of love can often seem confusing or misleading. Many teens are presented with images of love that are based on instant attraction, dramatic gestures, or selfish desires. But what does God's Word say about love? How does His definition differ from the myths we often hear?

In this study, we will dive into *1 Corinthians 13*, often called the "love chapter," to discover what true love really looks like. This love is patient, kind, doesn't envy or boast, and is not proud or selfish. It is a love that puts others first and endures through challenges. This is the kind of love that transforms relationships — not just romantic ones, but friendships, family, and even how you treat yourself.

As a teen, this can be a powerful truth to hold onto. You don't have to settle for the "love" that movies portray or what social media glorifies. True love is deeper and more meaningful. It's rooted in God's example and His endless grace.

Over the next three days, you'll read scriptures, reflect deeply, journal your thoughts, and pray for God's guidance in how you understand and live out true love. Let's bust some myths and embrace the beautiful, selfless love God calls us to!





## Day 1: ❤️ What Is True Love?



Day 1: ❤️ What Is True Love?

## Your Verse

*1 Corinthians 13:4 - "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."*

## Supporting Scriptures

- *John 15:12 - "My command is this: Love each other as I have loved you."*
- *Romans 12:9 - "Love must be sincere. Hate what is evil; cling to what is good."*



Day 1: ❤️ What Is True Love?

## Devotional: Understanding the Heart of True Love

**True love starts with understanding what God's Word teaches.** In 1 Corinthians 13:4, Paul paints a picture of love that is patient and kind. These qualities may seem simple, but they are powerful when lived out.

Patience means not rushing or forcing others to meet your expectations. As a teen, it can be tempting to want instant results in relationships or to grow frustrated quickly. But true love waits and supports growth.

Kindness is more than being nice — it's actively showing care, compassion, and respect. Movies may show love coming with drama or jealousy, but God's love is free of envy and pride. It's selfless and humble.

Think about your current friendships or crushes. Are patience and kindness guiding your actions towards others? Or are impatience and selfishness getting in the way? Remember, true love reflects God's love for us, and that love can transform how you relate to the people around you.



Day 1: ❤️ What Is True Love?

## Reflect and Apply

1. How does the love described in 1 Corinthians 13 compare to what you see in movies or social media?

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2. Where have you struggled to show patience or kindness in your relationships?

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3. Why do you think it is important that love is not proud or boastful?

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Day 1: ❤️ What Is True Love?

## Journaling Prompts

1. Write about a time when you experienced patient and kind love from someone.

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2. List ways you can practice patience and kindness in your daily life.

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3. Reflect on how your understanding of love has changed after today's reading.

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Day 1: ❤️ What Is True Love?

## Prayer for Today

**Dear God,** *thank You for teaching me what true love really is.* Help me to be patient and kind to those around me, especially when it's hard. Change my heart so I do not envy or boast, but show humility and selflessness instead. Teach me to reflect Your love every day as I build relationships that honor You. Amen. 🙏❤️🌟





## Day 2: ✨ Love That Goes Beyond Feelings



Day 2: ✨ Love That Goes Beyond Feelings

## Your Verse

*1 Corinthians 13:5 - "It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."*

## Supporting Scriptures

- *Ephesians 4:31-32 - "Get rid of all bitterness, rage and anger... Be kind and compassionate to one another."*
- *Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone."*



## Day 2: ✨ Love That Goes Beyond Feelings

# Devotional: Love Is More Than Feelings and Forgives

**Love is more than just a feeling or momentary attraction.** Today, Paul reminds us that true love does not dishonor others or act selfishly. This means real love respects people's worth and choices, even when feelings are complicated.

It's easy to get angry or hold grudges when hurt or rejected, especially during teen years filled with emotional ups and downs. But God's love calls us to patience and forgiveness, which prevent bitterness from taking root.

True love chooses to forgive and forget offenses, not keeping score or holding onto past mistakes. This selfless love reflects God's grace toward us, allowing relationships to heal and grow.

As you think about your friendships and family, where can you choose forgiveness over anger? Moving beyond feelings to act in love is a powerful way to live out God's truth and experience deeper peace.



Day 2: ✨ Love That Goes Beyond Feelings

## Reflect and Apply

1. How do feelings sometimes mislead you about what love really is?

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2. Can you identify a time when holding a grudge hurt your relationship with someone?

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3. What steps can you take to forgive someone and show love despite difficult emotions?

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Day 2: ✨ Love That Goes Beyond Feelings

## Journaling Prompts

1. Write about a situation where you found it hard to forgive but chose love anyway.

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2. List ways to practice respect and selflessness in your current relationships.

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3. Reflect on how forgiveness could improve your connections with others.

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Day 2: ✨ Love That Goes Beyond Feelings

## Prayer for Today

**Lord,** *help me to love beyond just feelings.* Teach me to respect others and not be selfish in how I treat them. Give me strength to forgive and not be easily angered or hold onto past hurts. May Your love shine through me in every situation. Amen. 🙏❤️✍️





## Day 3: True Love Is Selfless Service



Day 3: 🧡 True Love Is Selfless Service

## Your Verse

*1 Corinthians 13:6-7 - "It does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."*

## Supporting Scriptures

- *Philippians 2:3-4 - "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."*
- *Galatians 5:13 - "Serve one another humbly in love."*



## Day 3: 🧡 True Love Is Selfless Service

## Devotional: Living Out Selfless Love Daily

**True love is an active choice to serve and support others selflessly.** Paul reminds us that love rejoices in truth and protects those we care about. It trusts, hopes, and perseveres even when things are hard.

In teen life, selfless love means putting others' needs before your own desires. It might look like supporting a friend during a tough time, standing up for someone being treated unfairly, or showing kindness without expecting anything in return.

Selfishness often tempts us because it feels easier or more comfortable. But God's love calls you to a higher standard—a love that perseveres, protects, and brings hope.

As you think about the relationships in your life, consider how you can practice selfless love daily. This is the kind of love that lasts beyond fleeting emotions and changes hearts.



## Reflect and Apply

1. What does selfless love look like in your daily actions and choices?

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2. How can you protect and support friends or family in meaningful ways?

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3. Why is perseverance important in love, especially during difficult times?

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## Journaling Prompts

1. Identify one way you can serve someone in your life this week.

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2. Write about a time when someone's selfless love impacted you positively.

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3. Reflect on how trusting and hoping in God helps you love others better.

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Day 3: 🧡 True Love Is Selfless Service

## Prayer for Today

**Gracious God,** *thank You for showing me how to love selflessly.* Help me not to focus on myself but to put others first through acts of kindness and service. Teach me to protect, trust, and hope even when loving feels hard. Fill me with Your strength to persevere and reflect Your love in everything I do. Amen. 🙏





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