Trusting God When Life Doesn't Make Sense



Explore how to trust God through confusion, challenges, and uncertainty in your teenage years with God's word as your guide and strength.





Table of contents

Introduction	3
Day 1: Trusting God Begins with Surrender	4
Day 2: Finding Peace in the Storm	10
Day 3: 1 God's Light in Confusing Moments	16
Day 4: 6 Strength in Weakness	22
<u>Day 5: ♥ Hope Anchored in God's Promises</u>	28
Day 6: OGod's Presence in Loneliness	34
Day 7: Fig. Embracing God's Plan with Confidence	40







Introduction

Life as a teen can be confusing and overwhelming. Between school pressures, friendships, family struggles, and the search for identity, it's easy to feel lost and question why things happen the way they do. You may wonder, "Where is God in all this?" or "Why is life so hard sometimes?"

Yet, the Bible offers a powerful message of hope and trust. It reminds us that even when life doesn't make sense, God is always with us, guiding our steps, and working everything together for good. Trusting God doesn't mean we have all the answers—it means believing He loves us even in confusion and hardship.

This 7-day study is designed specifically for you, a teenager navigating a complex world, to help you understand how to lean on God's promises and find peace amidst uncertainty. Through scripture, devotionals, reflection questions, and prayer, you'll discover practical ways to walk in faith and secure hope.

Remember, trusting God is a journey, not a destination. You're invited to open your heart daily to God's Word and let it transform your perspective, bringing clarity, courage, and confidence no matter what life throws your way. Let's begin this journey of trusting God when life doesn't make sense. \triangle







Day 1: Trusting God Begins with Surrender









Day 1: 7 Trusting God Begins with Surrender

Your Verse

Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

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, plans to give you hope and a future."
- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."







Day 1: 7 Trusting God Begins with Surrender

Devotional: Surrendering Control is the First Step to Trust

The first step to trusting God is surrendering control. As a teen, life often feels unpredictable and scary. You might want to control everything — your grades, your friendships, your future. But God calls us to trust Him with all our hearts instead of leaning on what we think we know.

When you surrender to God, it means you choose to let go of your own understanding and submit your ways to His guidance. This might feel risky because you can't always see what God sees. But the promise in Proverbs 3:5-6 is clear: God will make your paths straight. That means He will guide you through confusion and help you walk in the right direction, even when it doesn't make sense.

Also remember Jeremiah 29:11 — God's plans for you are full of hope. Even if today feels hard or confusing, God is planning something good and a future for you that is filled with hope. And when you feel brokenhearted or crushed, Psalm 34:18 assures you that God is close to you, ready to comfort.

Trust doesn't erase struggle, but it gives you a firm foundation when life feels shaky.







Day 1: 🍞 Trusting God Begins with Surrender

Reflect and Apply

1.	What areas of your life do you find hardest to surrender to God?
	How can trusting God change your perspective on your current challenges?
3.	What does it mean to lean not on your own understanding?







Day 1: 🍞 Trusting God Begins with Surrender

Journaling Prompts

1.	Write about a time you tried to control something and it didn't work out.
2.	List ways you can practice surrendering your worries to God each day.
3.	Describe what trusting God looks like in your life right now.







Day 1: "Trusting God Begins with Surrender

Prayer for Today

Dear God, help me to trust You with all my heart. When I feel confused or scared, remind me not to lean on my own understanding but to submit everything to You. Guide my path and give me hope for the future. Thank You for being close when I am brokenhearted. *Teach me to surrender today and every day.* In Jesus' name, Amen.



















Day 2: V Finding Peace in the Storm

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 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. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."







Day 2: Finding Peace in the Storm

Devotional: Embracing God's Peace in Life's Storms

Life often feels like a storm — difficult to understand and even harder to endure. But Jesus offers a peace unlike anything the world can give, one that calms our hearts even in the chaos.

In John 14:27, Jesus promises His peace to you. It's not temporary or based on circumstances, but a deep, inner calm through the Holy Spirit. When your heart feels troubled or afraid, lean into this promise. You may struggle with fear about school, friendships, or future plans, but His peace is a shield that protects your heart and mind.

Isaiah 41:10 encourages you not to fear because God is with you. This means you are never alone, even when life gets scary. And Paul reminds us in Philippians 4:6-7 to bring everything to God in prayer — our worries, fears, and requests — with a thankful heart. When you do this, God's peace will guard your spirit in a way that logic can't explain.

Trusting God means accepting His peace, even when the storm rages around you. It doesn't mean the storm vanishes, but your fear can because God is bigger and stronger than every challenge.







Day 2: **(**) Finding Peace in the Storm

Reflect and Apply

1.	What storms or fears are you facing right now?
2.	How can you practically receive Jesus' peace today?
	What does it mean to rejoice in prayer and thanksgiving despite problems?







Day 2: V Finding Peace in the Storm

Journaling Prompts

1.	Describe moments when you've experienced God's peace in tough times.
2.	Write a prayer listing your worries and asking God for peace.
3.	Make a gratitude list to help combat anxiety and focus on God's blessings.







Day 2: Finding Peace in the Storm

Prayer for Today

Lord Jesus, thank You for Your peace that calms my troubled heart. When I feel afraid or overwhelmed, help me to remember Your promise to be with me always. Teach me to bring my fears and anxieties to You with a grateful heart, trusting that You will guard my mind with Your peace. May Your presence be my refuge today and always. *In Your name I pray, Amen.*

















Your Verse

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

Supporting Scriptures

- Isaiah 42:16 "I will lead the blind by ways they have not known, along unfamiliar paths I will guide them."
- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."







Devotional: God's Word Lights the Way in Confusion

Teen life often feels confusing—decisions about friends, values, and your future can leave you unsure which way to go. **God's Word offers clarity by being a lamp and light in the darkness.** Psalm 119:105 reminds us that when we don't see the whole path, God's Word illuminates the next step.

Just as a lamp helps you walk safely in the dark, God's truth guides your thoughts, choices, and actions. Even when your feelings get tangled or life is unclear, the Bible lights up the way for you to follow.

Isaiah 42:16 reassures you that God actively leads you—even on roads you've never traveled before or can't understand yet. You don't have to figure everything out on your own because God is your Guide.

If confusion feels overwhelming, James 1:5 invites you to ask God for wisdom. He promises to give it generously. Wisdom is more than intelligence—it's spiritual insight that helps you make choices aligned with God's good plan.

When life doesn't make sense, turn to God's Word and seek His wisdom. Trust His light to guide your steps, even when the future is uncertain.







Reflect and Apply

How often do you turn to Scripture when you feel confused?
What steps can you take to grow in understanding God's Word daily?
Are you willing to ask God for wisdom and trust His guidance?







Journaling Prompts

1.	Write about a decision where God's Word helped you choose wisely.
2.	List favorite verses that bring you light in confusion.
3.	Pray and journal a specific area where you need God's wisdom this week.







Prayer for Today

Gracious Father, thank You for being the light in my darkness. When I feel lost or unsure, help me to trust Your Word as my guide. Grant me wisdom and understanding as I seek Your direction. Lead me on the path You have prepared. Teach me to rely on You fully, even when I don't see the whole way. *In Jesus' name, Amen.*



















Your Verse

2 Corinthians 12:9 - "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Supporting Scriptures

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Devotional: God's Power Is Perfect in Our Weakness

Feeling weak, inadequate, or overwhelmed is something every teen experiences at times. Whether it's stress from school, relationships, or your own emotions, you might feel like you can't handle what life throws at you.

In 2 Corinthians 12:9, God reminds us that His grace is enough, and His power shines brightest in our weakness. This means that it's okay to admit you don't have all the strength you need—because God's power fills those gaps.

Psalm 73:26 encourages you that even when your body or heart feels weak, God is your true strength and portion forever. He is not temporary or unreliable but always ready to empower you.

Isaiah 40:29 promises that God gives strength to the tired and power to the weak. You don't have to rely only on yourself. When life makes no sense and you feel weak, God's strength will carry you through.

Trusting God means allowing Him to be your strength, especially when you feel weak. You can find courage in His grace and hope in His power.







Reflect and Apply

1.	Where do you feel weak or overwhelmed right now?
	How does knowing God's power works through your weakness change your view of challenges?
3.	Are you willing to lean on God instead of your own strength?







Journaling Prompts

1.	Write about a moment when God's strength helped you in weakness.
2.	List areas where you can ask God's grace to help you today.
3.	Journal a prayer surrendering your weaknesses to God's power.







Prayer for Today

Lord, I confess my weaknesses and areas where I feel powerless. Thank You that Your grace is enough and Your power fills what I lack. Help me to stop striving in my own strength and instead lean on You fully. Strengthen my heart and renew my spirit so I can face today's challenges with courage. *In Jesus' name I pray, Amen.*

















Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

Supporting Scriptures

- Hebrews 10:23 "Let us hold unswervingly to the hope we profess, for he who promised is faithful."
- 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; great is your faithfulness."







Devotional: Holding Firm to Hope in God's Faithfulness

In moments when life doesn't make sense, hope can feel distant or easy to lose. But as teens building your faith, you are invited to anchor your hope firmly in God's promises.

Romans 15:13 prays for God to fill you with joy and peace as you trust Him, so your life overflows with hope through the Holy Spirit. This hope is not blind optimism; it's a confident expectation rooted in God's power and love.

Hebrews 10:23 encourages you to hold on tightly to your hope because God is faithful. His promises don't fail, and He will never abandon you.

Lamentations 3:22–23 reminds you that God's love and compassion renew every morning. No matter how many hard days come, God's faithfulness is constant and fresh, always ready to restore your hope.

When life feels confusing, focus on these eternal truths. They can anchor your heart and give you strength to keep going.







Reflect and Apply

1.	What promises from God give you the most hope?
-	
-	
-	
2.]	How can hope influence your attitude during difficult times?
-	
-	
2 1	In what ways have you experienced God's faithfulness recently?
J. 1	in what ways have you experienced dod's faithfulless recently:
-	
-	







Journaling Prompts

1.	Write down God's promises that remind you of His hope.
2.	Describe a time when hope helped you persevere.
3.	Make a list of ways to remind yourself of God's faithfulness daily.







Prayer for Today

God of Hope, fill me with joy and peace as I place my trust in You. Help my heart overflow with hope by the power of Your Spirit. Teach me to hold on to Your promises, even when life feels uncertain. Thank You for Your unfailing love and faithfulness that renews every morning. *In Jesus' name, Amen.*

















Your Verse

Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

Supporting Scriptures

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
- Matthew 28:20 "And surely I am with you always, to the very end of the age."







Devotional: God's Steadfast Presence in Loneliness

Teen years can sometimes feel lonely—even when you are surrounded by people, you might feel misunderstood or isolated. But the truth of God's presence is a source of comfort and courage.

Deuteronomy 31:6 reminds you to be strong and courageous because God never leaves or forsakes you. No matter how alone you feel, God is by your side, walking through every lonely moment.

Psalm 23:4 pictures God as a Shepherd who comforts you in the darkest valleys. Even in your lowest points, His presence provides protection and peace.

Jesus assures in Matthew 28:20 that He is with you always, to the very end of the age. This promise means God's companionship transcends time and circumstance.

Trusting God means recognizing you are never truly alone. His presence is a steady reassurance amid loneliness.







Reflect and Apply

1.	When have you felt alone and sensed God with you?
2.	How does knowing God never leaves you affect your courage?
3.	What can you do to remind yourself of God's presence daily?







Journaling Prompts

1.	Write about a time God's presence comforted you.
2.	List ways God shows He is always with you.
3.	Journal a prayer asking God to reveal His presence clearly to you.







Prayer for Today

Loving Father, thank You for Your unfailing presence in every moment, especially when I feel alone. Help me be strong and courageous knowing You never leave or forsake me. Comfort my heart with Your peace and remind me daily that You walk beside me through every valley. *In Jesus' name I pray, Amen.*









Day 7: Find Embracing God's Plan with Confidence









Day 7: Fembracing God's Plan with Confidence

Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."
- Psalm 37:4-5 "Take delight in the LORD, and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this."







Day 7: Fembracing God's Plan with Confidence

Devotional: Confidently Embracing God's Good Plan

After exploring how to trust God through confusion, peace, weakness, hope, and His presence, the final step is embracing His plan for your life with confidence.

Jeremiah 29:11 is a powerful reminder that God's plans are good — full of hope and a future. Even when life feels chaotic or unfair, God is working behind the scenes for your benefit.

Romans 8:28 assures you that God works all things for good for those who love Him. This includes struggles and setbacks.

Psalm 37:4–5 challenges you to take delight in God, commit your way to Him, and trust Him. When you fully rely on God, He works to fulfill your heart's true desires according to His perfect will.

Trusting God means confidently embracing His plan, even when it's not yet clear. He holds your future in His hands and will guide you with love.







Day 7: 🌈 Embracing God's Plan with Confidence

Reflect and Apply

1.	How can trust help you embrace God's plan during uncertainty?
	What fears do you need to release to confidently commit your ways to God?
	How does knowing God works all things for good affect your perspective?







Day 7: 🌈 Embracing God's Plan with Confidence

Journaling Prompts

1.	Write about dreams you want to commit to God.
2.	Reflect on how God has worked good in your past struggles.
3.	Journal a prayer of surrender and confidence in God's plan.







Day 7: 🌈 Embracing God's Plan with Confidence

Prayer for Today

Dear God, thank You that Your plans for me are good, filled with hope and a future. Help me to trust You fully and embrace Your blueprint for my life, even when I don't understand it all. Teach me to commit my ways to You and believe that You are working all things for my good. Strengthen my faith and fill me with confidence as I walk forward. *In Jesus' name, Amen.*









Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



☐ Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.