Using Your Voice with Courage and Kindness



Encourage teens to speak up against injustice, combine courage with kindness, and trust God to use their voices for good.





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Introduction

Welcome to this empowering three-day Bible study on using your voice. As a teen, it can feel challenging to stand up when you see something wrong or someone hurting. But God calls each of us to be brave and kind advocates for justice and compassion. Your voice matters — and God wants to use it!

Throughout these next days, we will explore biblical examples and teachings that show us how to speak up with courage and kindness. We'll learn how courage isn't about being loud or aggressive, but about standing firm in truth and love. Kindness tempers courage, ensuring our words heal rather than harm.

Remember, using your voice is a powerful way to reflect God's heart for justice and mercy. When you speak up against injustice, bullying, or unfairness, you act as God's hands and feet in the world. He promises to be with you, giving you strength and wisdom.

Let's dive into God's Word together and discover how to combine courage with kindness so your voice can bring positive change. Your voice is a gift—let's learn how to use it well!















Your Verse

Proverbs 31:8 - "Speak up for those who cannot speak for themselves, for the rights of all who are destitute."

Supporting Scriptures

- Isaiah 1:17 "Learn to do right; seek justice. Defend the oppressed."
- Psalm 82:3 "Defend the weak and the fatherless; uphold the cause of the poor and the oppressed."







Devotional: Speak Up: A Call to Courageous Advocacy

God calls us to be advocates for those who can't defend themselves. Speaking up isn't just about raising our own voice but about giving voice to those who are silenced by fear, injustice, or circumstance. In *Proverbs 31:8*, God instructs us to boldly speak for the rights of the destitute and vulnerable. This calling is especially important for teens, as you live in a world where injustice may often seem overwhelming.

But sometimes, the hardest part is simply finding our voice. Maybe fear, doubt, or worry about what others think holds us back. Remember, God's Word encourages us to grow in courage by seeking justice and defending others, as Isaiah 1:17 and Psalm 82:3 remind us. Courage doesn't mean absence of fear, but choosing to act despite fear.

Take heart that you are not alone. God promises to strengthen and guide you. When you pray and immerse yourself in His Word, you will find the power to speak up lovingly and confidently. Your voice can bring light into dark situations and hope where there seems to be none.

Today, reflect on where God is asking you to find your voice. Who needs your help? What injustice might you stand against? Pray, and ask God to fill you with courage and compassion to speak up for others.







Reflect and Apply

1.	What fears or doubts hold me back from speaking up for others?
2.	Who in my life or community needs me to be a voice for them?
	How can I combine courage and kindness when I speak about difficult issues?







Journaling Prompts

1.	Write about a time you felt afraid to speak up. What stopped you?
2.	List people or causes you feel called to stand up for.
3.	Describe how God might want you to use your voice in the next week.







Prayer for Today

Dear God, thank You for giving me a voice. Help me be brave when I see injustice or someone hurting. Fill me with kindness so my words bring healing, not harm. Teach me how to use my voice to stand up for others with courage and love. Remind me that You are always with me, giving me strength.

In Jesus' name, Amen. 👏 💪 🥏















Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- 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?"







Devotional: Courage Rooted in God's Strength and Love

Courage is essential when standing against injustice or speaking hard truths. But true courage is not just personal bravery—it reflects God's power, love, and discipline living in us. In *Joshua 1:9*, God commands His people to be strong and courageous, promising His constant presence.

As a teen wanting to use your voice for good, this promise is your foundation. You do not have to face challenges alone or be paralyzed by fear. God's Spirit empowers you with strength beyond your own. Paul's words in *2 Timothy 1:7* remind us that God has not given us a spirit of fear but of power, love, and self-control.

This means courage is wrapped in love and wisdom—not impulsiveness or aggression. Psalm 27:1 beautifully shows that God is your refuge and light, removing fear from your heart.

When you speak up in kindness and conviction, you mirror God's heart. Whether it's standing up to bullying, unfair rules, or speaking truth in your circle, God is there, strengthening you every step. You are never alone in your courage.

Today, take confidence in God's presence and Spirit. Pray for boldness infused with love. Reflect on how your courage can honor God and bless others.







Reflect and Apply

1.	How does knowing God is with me change my view of fear?
2.	What does courage look like when it's combined with love and self-control?
3.	In what situations can I rely more on God's strength when speaking up?







Journaling Prompts

1.	Write a prayer asking God to fill you with His courage and love.
2.	Describe moments when God helped you overcome fear.
3.	Plan specific ways you can show courage with kindness this week.







Prayer for Today

Lord God, thank You for Your promise to be with me always. Help me to be strong and courageous today. Fill me with Your Spirit of power, love, and self-control when I need to use my voice. Teach me how to speak with kindness and conviction. Remind me that You are my refuge and light, so I will not be afraid.

In Jesus' mighty name, Amen. 💪 🙏 🖓 👍















Your Verse

Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Supporting Scriptures

- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."
- Matthew 5:16 "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."







Devotional: Speak with Kindness: Wisdom in Your Voice

We have learned about courage and God's presence when we speak up, but how do we ensure our voice brings healing and not harm? The key is combining courage with kindness and wisdom. *Ephesians 4:29* teaches us to avoid harmful words and instead speak in ways that build up and benefit others.

Standing up for what is right doesn't mean being harsh, judgmental, or mean. God invites us to use grace in our conversations, as Colossians 4:6 encourages. Words seasoned with grace and wisdom can open hearts rather than close them.

When your voice reflects kindness and thoughtfulness, you shine God's light into the world (Matthew 5:16). You become a witness to His love and justice in action. This balance of boldness and gentleness is powerful.

Today, think about how you can speak up with kindness. Who might you encourage with your words? How can you respond in love even when addressing tough issues? Trust that God will guide your words, making your voice a force for good.







Reflect and Apply

1.	How do my words build others up or tear them down?
2.	In what ways can kindness make my courage more effective?
3.	How can I prepare myself to respond with grace when challenged?







Journaling Prompts

1.	Recall a time when kind words made a difference in a hard situation.
2.	Write about how you can let your light shine through your speech.
3.	Plan how you'll practice speaking with grace in your daily life.







Prayer for Today

Gracious God, thank You for teaching me the power of words. Help me to speak with kindness, grace, and wisdom even when it's hard. Let my voice build others up and reflect Your love. Give me patience and understanding to respond well in difficult conversations. May my words bring glory to You and encouragement to those around me.

In Jesus' name, Amen. 🙏 😉 🖓 😂







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