When You Keep Doing What You Hate: A Teen's Guide to Finding Purpose



Explore how to overcome repeating actions you dislike, find God's guidance, and step into joy and purpose over 7 days of transformative Bible study.





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Introduction

Welcome to this 7-day Bible study designed especially for teens facing the struggle of doing things they hate, yet feeling stuck in a cycle. It's common at this age to wrestle with choices and actions that don't bring joy or peace. Perhaps you're dealing with routines, decisions, or relationships that weigh on your heart and leave you feeling frustrated or even hopeless. This study invites you to explore biblical truths and practical encouragements on how you can break free and find new purpose.

Throughout these 7 days, you will see that your feelings are not ignored by God. Rather, He understands what it feels like to be burdened by things that hurt or weigh you down. The Scriptures reveal a God who desires to renew your spirit and equip you with strength, wisdom, and hope. You'll see that doing what you hate doesn't have to define your future, and that God's grace can help you to change, grow, and find joy.

Each devotional will guide you through Scripture and reflection, allowing you to examine your heart, hear God's voice, and respond in prayer and journaling. It's okay if this journey is challenging—it's a step toward freedom. Embrace it with an open heart, and commit to leaning on God as you discover more about yourself and His unique purpose for your life.

Get ready to move from frustration to faith, from confusion to clarity, and from despair to hope. Let's begin this journey of transformation together.

















Your Verse

Psalm 34:17 – "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."

Supporting Scriptures

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Devotional: Recognizing What Burdens You Most

Have you ever noticed that sometimes, despite our best efforts, we keep doing things that make us unhappy? For teens, this struggle can be especially confusing. You might be stuck in habits, relationships, or obligations that feel like chains—holding you back from being your best self.

Psalm 34:17 reminds us that God hears our cries and wants to deliver us from what troubles us. But first, we need to be honest with ourselves and God about what we hate in our lives. It's hard to face these truths. Sometimes we avoid thinking about them. Sometimes we blame ourselves. But the truth is that God invites you to come to Him with your weary heart—He understands your pain and is ready to help you find rest.

Today, reflect on what you keep doing that drains your spirit or hurts your heart. Write it down. Say it to God. This is your starting point on a journey toward freedom.







Reflect and Apply

	What are the things you repeatedly do that you truly dislike or that make you unhappy?
2.	How do you feel when you think about these actions or situations?
3.	In what ways have you asked God for help with these burdens before?







Journaling Prompts

1.	List the habits or situations you find yourself stuck in and dislike.
2.	Describe how these things affect your daily life and emotions.
3.	Write a prayer asking God to help you be honest and open during this study.







Prayer for Today

Dear Lord, thank You for hearing me even when I feel stuck and overwhelmed by the things I hate doing. Please give me courage to face these challenges honestly with You. Help me feel Your presence and rest, even in the middle of confusion. Teach me to trust You as I begin this journey to find freedom and joy. *Guide my heart, open my mind, and renew my spirit.* In Jesus' name, Amen.

















Your Verse

Romans 7:15 - "I do not understand what I do. For what I want to do I do not do, but what I hate I do."

Supporting Scriptures

- Jeremiah 17:9 "The heart is deceitful above all things and beyond cure. Who can understand it?"
- Galatians 5:1 "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."







Devotional: Understanding the Roots of Repeated Actions

It's frustrating to want to do good or feel joyful but find yourself trapped in doing what you hate. Paul's honest words in Romans 7:15 capture this struggle exactly. It's a battle inside many teens — wanting freedom and happiness but feeling stuck in old patterns.

Why does this happen? Partly because our hearts can be misleading or broken, as Jeremiah warns. Sometimes habits or feelings have a strong pull on us, and we don't always fully understand why. But here's the good news: God's love through Christ offers real freedom. Galatians tells us not to let ourselves be burdened again by slavery—to sin, bad habits, or despair.

Today, try to reflect on what might be underlying the things you keep doing but hate. Are fears or lies influencing you? A need for acceptance or comfort? Asking God to reveal these hidden things can be the key to walking forward in freedom.







Reflect and Apply

	What emotions or fears come up when you think about why you keep doing what you hate?
2.	Have you noticed any lies or false beliefs that influence your choices?
	How does the hope of freedom through Christ impact your view of your struggles?







Journaling Prompts

1.	Write about a time you wanted to act differently but felt stuck.
2.	Describe what you think might be behind the actions you hate doing.
3.	Ask God to reveal any hidden fears, lies, or hurts influencing your habits.







Prayer for Today

Father God, thank You for Your patience when I don't understand myself or struggle with the things I hate doing. Please help me to see beneath the surface of my actions—the fears, the lies, the heartaches—so I can bring them to You. I trust in Your power to set me free and give me strength to change. I want to stand firm in Your freedom. *Thank You for not giving up on me.* Amen.















Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Supporting Scriptures

- 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."
- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."







Devotional: Seeking God's Wisdom to Break the Cycle

Changing a pattern you dislike is hard, but God promises wisdom for every step. James encourages us to ask God for wisdom, and He gives generously. This means you can come to God anytime for guidance, no matter how confusing your situation feels.

Trusting God is key. Proverbs reminds us to lean on Him and not just our own understanding. Teen years are full of change and uncertainty, but God wants to lead you on straight paths.

When you pray about what to do differently, don't forget to include thanksgiving. Even in hard times, gratitude can shift your heart toward hope and clarity. Today, try to pause and ask God for wisdom about the choices you keep struggling with. Pray honestly and listen quietly.







Reflect and Apply

1.	In what areas do you feel you need God's wisdom most right now?
2.	How might leaning on your own understanding limit your growth?
	How can practicing gratitude even in tough moments help change your perspective?







Journaling Prompts

	Write a prayer asking God for wisdom about one specific decision or habit.
2.	List ways you can 'lean not on your own understanding' this week.
3.	Note three things you are thankful for today, even related to your struggle.







Prayer for Today

Lord, I acknowledge that I don't have all the answers. I ask for Your wisdom today—clear guidance and understanding in the areas I feel stuck. Help me to trust You completely and not rely on my own limited thoughts. Thank You for listening and for Your generous gifts. Teach me to be thankful, even when life feels hard. *Please lead my steps and open my heart to Your plans.* Amen. **









Day 4: 💪 Strength to Change









Day 4: 6 Strength to Change

Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: God's Strength Empowers Your Change

Recognizing the need to change is one thing, but finding the strength to do it is another. Sometimes the things we keep doing are hard to stop because we feel weak or discouraged.

Philippians 4:13 offers powerful encouragement—you can do all things through the strength Christ provides. Even when you feel tired or incapable, God's power can lift you up. Isaiah reminds us that God gives strength specifically to those who are weary.

God doesn't expect you to overcome struggles alone. His grace covers your weaknesses. When you feel powerless to break habits you hate, invite God's strength to fill you.

Today, lean on this truth. Take a moment to breathe deeply and ask God to empower you. You are not alone, and His strength is made perfect when you feel weak.







Day 4: 💪 Strength to Change

Reflect and Apply

1.	What areas in your life feel too hard to change on your own?
-	
	How can relying on God's strength change your approach to your struggles?
-	
	Have you experienced times when God gave you strength in weakness pefore?
-	







Day 4: 💪 Strength to Change

Journaling Prompts

1.	Write about a struggle you want God's strength to help you overcome.
2.	Note moments you've felt God's power in your life, even in small ways.
3.	Pray for God to reveal His strength in your weaknesses today.







Day 4: 6 Strength to Change

Prayer for Today









Day 5: Finding Purpose and Joy









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

- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."
- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."







Devotional: Embracing God's Hope and Joy for Teens

When you keep doing what you hate, it's hard to believe there's a good purpose or joy waiting for you. But God's Word tells us otherwise: He has plans to prosper you and fill your life with hope and an amazing future.

Jeremiah 29:11 is a powerful promise that even when life feels confusing, God is working behind the scenes for your good. Psalm 16 echoes that joy is found in God's presence—when we follow His path, life becomes more fulfilling.

Take time today to imagine a life where the things you hate doing no longer hold you back. Picture the joy and peace Romans 15 speaks about—a joy that comes from trusting God deeply. These aren't just dreams: They can become your reality because God is faithful.







Reflect and Apply

	How does knowing God has good plans for your future change your current struggles?
2.	What does joy in God's presence look like for you personally?
3.	Where do you need more hope and peace in your life right now?







Journaling Prompts

1.	Describe your hopes and dreams for the future with God's help.
2.	Write about what joy means to you and when you experience it most.
3.	Pray for God to help you trust His plans and fill your heart with hope.







Prayer for Today

Lord, thank You for the hope and plans You have for me. Even when I feel stuck doing things I hate, remind me that You are working for my good and that joy can fill my heart in Your presence. Help me to trust You more every day. Fill me with peace and happiness as I walk toward the future You have prepared. *Thank You for loving me and holding my hand through it all.* Amen.

















Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: How Support Helps Us Change and Grow

When you're trapped in repeating actions you dislike, it can feel lonely. But God designed us for community—to support, encourage, and lift each other up.

Ecclesiastes 4:9–10 highlights how important it is to have someone by your side when life is hard. Sometimes just knowing someone cares enough to help can change your entire attitude toward a challenge. Hebrews encourages us not to isolate but to meet together regularly for mutual love and strength.

Consider reaching out to a trusted friend, family member, youth leader, or mentor today. Sharing your struggles can bring relief and open up new ways to overcome difficulties. God often works through community to bring healing and encouragement.







Reflect and Apply

1.	Who in your life encourages and supports you in tough times?
	How have you experienced the power of community in your spiritual journey?
3.	Are there people you can reach out to for help with what you hate doing?







Journaling Prompts

1.	List people who have helped you through hard moments before.
2.	Write about how sharing your struggles might help you heal or change.
3.	Pray for courage to seek out trustworthy support and build relationships.







Prayer for Today

God of Community, thank You for placing people in my life to help carry burdens and encourage me. Remind me that I don't have to face challenges alone. Help me to be brave enough to reach out and accept help when I need it. Teach me to also support others around me. *Thank You for showing Your love through friendships and community.* Amen. \heartsuit

















Day 7: 7 Living in Freedom Daily

Your Verse

Galatians 5:13 – "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love."

Supporting Scriptures

- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Day 7: 7 Living in Freedom Daily

Devotional: Choosing Freedom and Love Every Day

Freedom isn't just a one-time event—it's a daily choice and a lifestyle. Having walked through the challenge of doing what you hate, you are invited to embrace freedom through Christ fully and live it out by loving others.

Galatians reminds us that freedom means more than escape from what binds us—it's about serving others with humility and love. Jesus' Spirit brings true freedom that impacts every part of life. True freedom is not selfish but transforms how we live with those around us.

Today, reflect on what living in freedom looks like for you. How can you keep choosing this path every day? Remember, Jesus promised that whoever He sets free is free indeed. Step boldly into your identity as a teen beloved and empowered by God's Spirit.







Day 7: 🍞 Living in Freedom Daily

Reflect and Apply

1.	What does freedom through Christ mean to you personally?
2.	How can you use your freedom to serve others rather than only yourself?
3.	In what ways can you experience and extend God's love daily?







Day 7: 🍞 Living in Freedom Daily

Journaling Prompts

	Write about your commitment to live freely in God's Spirit moving forward.
2.	List practical ways you can serve and love those around you this week.
3.	Pray for strength and humility to choose freedom and love every day.







Day 7: 7 Living in Freedom Daily

Prayer for Today

Jesus, thank You for the freedom You offer through Your Spirit. Help me to live this freedom every day with joy and humility. Teach me to serve others in love and not fall back into things I hate. I want to walk in Your truth and reflect Your grace. Set me free fully, and use me to bring love and hope to those around me. Amen. **** ** ** ****







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