

# Faith for Teenagers

## A 14-Day Printable Devotional

Fourteen days of honest reflection for real life: school, friendships, pressure, questions and the small choices that shape who we become. Read the passage in your own Bible, take a moment with the paraphrase, then try the reflection and challenge at your own pace.

### 01 Identity

**READ** Psalm 139:13–16

Plain-English paraphrase: God knows you deeply and formed you with care. Your life is seen and known by God, even before anyone else could see you.

**REFLECT** What is one part of yourself you find hard to appreciate?

**TRY THIS** Write down one quality, ability or small detail you are grateful for today.

### 02 Worry

**READ** Philippians 4:6–7

Paul encourages believers to bring their concerns to God in prayer, with gratitude. God's peace can guard the heart and mind in Christ, even when every problem is not instantly solved.

**REFLECT** What has been taking up the most space in your thoughts?

**TRY THIS** Tell God one worry in your own words, then name one thing you are thankful for.

### 03 Friendship

**READ** Proverbs 27:17

The proverb compares friendship to iron sharpening iron. Good friends can encourage one another to grow, speak honestly and choose what is wise.

**REFLECT** Who helps you become more thoughtful, brave or kind?

**TRY THIS** Send a friend a genuine message naming something you value about them.

### 04 Comparison

**READ** Galatians 1:10

Paul asks whether his choices are aimed at pleasing people or serving Christ. He says that living only for human approval would not fit being Christ's servant.

**REFLECT** When do likes, comments or comparison affect how you see yourself?

**TRY THIS** Take a short break from one account or feed that fuels comparison, and do one thing that reflects your values.

### KEEP GOING

### 05 Doubt

**READ** Mark 9:24

A father asks Jesus to help his child and admits that his faith is mixed with uncertainty. The passage shows that a person can bring both belief and doubt honestly to Jesus.

**REFLECT** Is there a question about faith you have been keeping to yourself?

**TRY THIS** Write your question down and talk it through with a trusted, thoughtful adult.

### 06 Failure

**READ** Proverbs 24:16

This proverb pictures a righteous person falling and getting back up again. A setback does not have to be the end of the story; choosing to rise and try again matters.

**REFLECT** What would you say to a friend who made the same mistake you did?

**TRY THIS** Choose one small next step that helps you learn from a recent setback.

### 07 Courage

**READ** Joshua 1:9

Joshua is told to be strong and courageous, not to give way to fear, because God will be with him wherever he goes. Courage here grows from God's presence, not from having no nerves at all.

**REFLECT** Where would a little courage help you take a good next step?

**TRY THIS** Take one manageable step towards something worthwhile, and ask God for help as you do.

### 08 Kindness

**READ** Ephesians 4:32

Paul encourages believers to treat one another with kindness and compassion. He connects forgiving others with the forgiveness God has given through Christ.

**REFLECT** What might kindness look like in a tense moment today?

**TRY THIS** Offer a kind response or practical help to someone, without expecting praise.

### A MOMENT TO PAUSE

### 09 Purpose

**READ** Jeremiah 29:11

God's words in this passage were spoken to people from Judah living in exile, assuring them of hope and a future. This is not a promise that life will always go as planned, but it reminds readers that God's purposes include hope beyond hardship.

**REFLECT** What kind of person do you hope to become, beyond grades or achievements?

**TRY THIS** Name one value you want to practise this week, such as patience, honesty or care.

### 10 Rest

**READ** Matthew 11:28

Jesus invites people who are tired and carrying heavy burdens to come to him. He offers rest for the weary, welcoming people who need help rather than asking them to pretend they are fine.

**REFLECT** What is draining your energy, and what kind of rest would actually help?

**TRY THIS** Make space for a short, screen-free pause, and tell someone you trust if you feel overwhelmed.

### 11 Temptation

**READ** 1 Corinthians 10:13

Paul says temptation is part of human experience and that God is faithful. He describes God providing a way through so people can endure rather than being trapped by the temptation.

**REFLECT** What situation makes it harder for you to choose what you believe is right?

**TRY THIS** Plan one safe way to step away, ask for help or change the situation when pressure rises.

### FINISH WITH HOPE

### 12 Forgiveness

**READ** Colossians 3:13

Paul asks believers to be patient with one another when there are disagreements. He calls them to forgive as the Lord forgave them, while recognising that forgiveness can take time and support.

**REFLECT** Is there a hurt you need to talk about with someone safe and wise?

**TRY THIS** If it is safe, consider one small step towards a calm conversation or seeking help.

### 13 Gratitude

**READ** 1 Thessalonians 5:18

Paul encourages the church to give thanks in every circumstance, as part of life in Christ Jesus. Gratitude does not mean pretending that painful things are good; it means noticing what can still be received with thanks.

**REFLECT** What is one ordinary thing that brought you comfort or joy today?

**TRY THIS** Write down three small things you are thankful for, without judging how important they seem.

### 14 Trust

**READ** Proverbs 3:5–6

The proverb calls people to trust God wholeheartedly rather than relying only on their own understanding. As they acknowledge God in their choices, God will guide their paths.

**REFLECT** What decision could you bring to God and discuss with someone you trust?

**TRY THIS** Pause before one decision today, pray for wisdom and consider the next good step.

### A NOTE ON SCRIPTURE

A note on the Scripture: the verse summaries in this guide are plain-English paraphrases, not quotations from a particular Bible translation. Read each passage in your preferred Bible for its full wording and context.

**Need someone to talk to? Childline is free to call on 0800 1111.**

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