

“Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”

1 TIMOTHY 4:12

PRESENTED TO:

30 DEVOTIONS for TEENS

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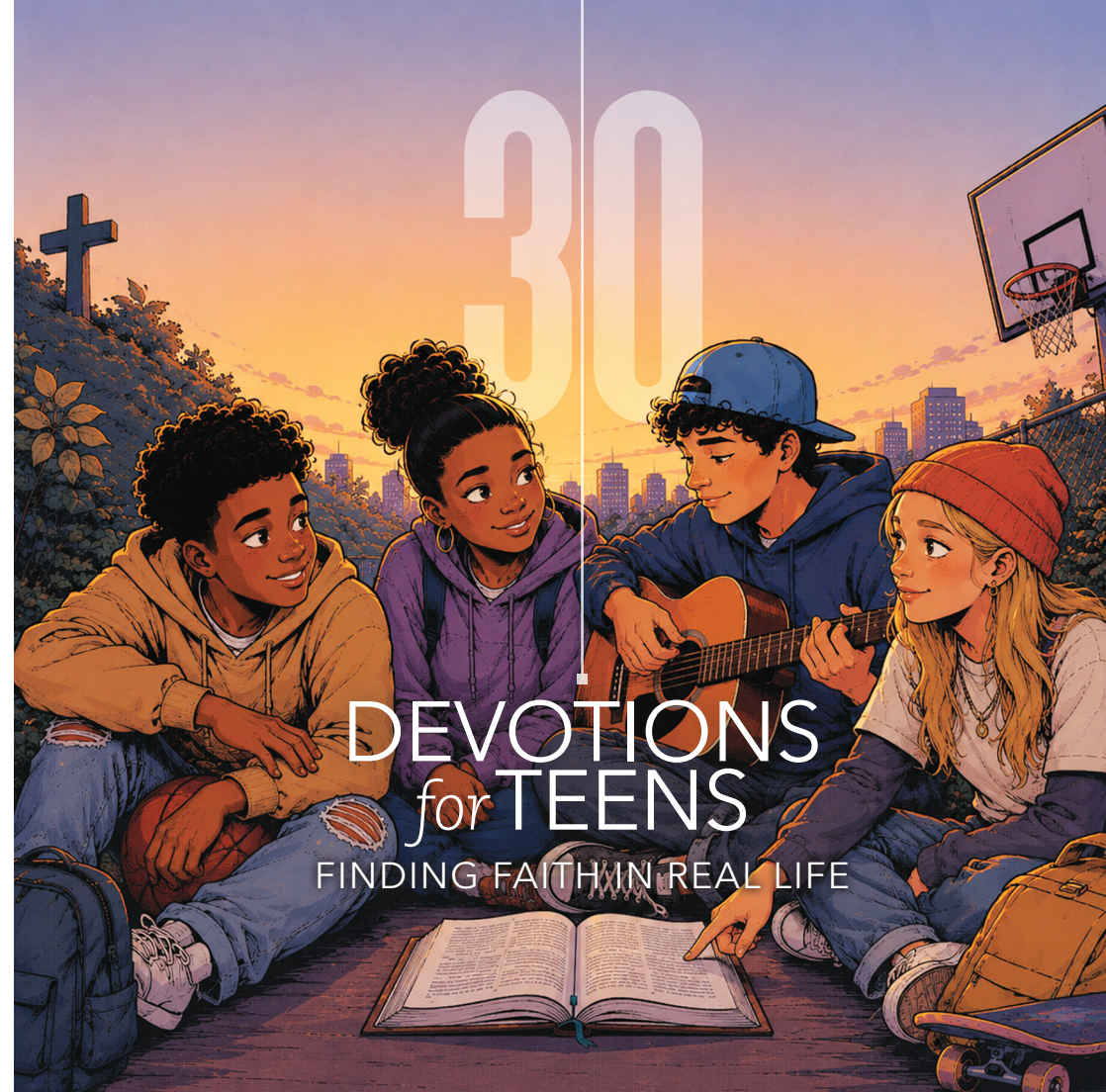
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LEADERS**

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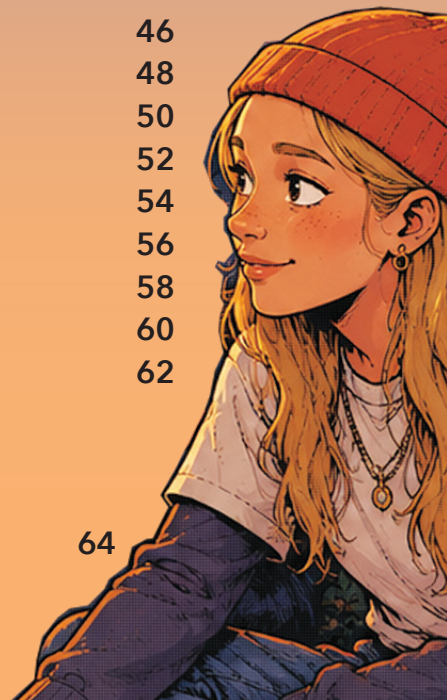
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BONUS DEVOTION:

PERSON OF FAITH: You



HEY YOU

Yes, you holding this book while juggling school, friendships, stress, expectations, social media, family stuff and probably about 47 unanswered notifications.

Life as a teenager can feel amazing one minute and completely overwhelming the next. Some days you feel confident and hopeful. Other days you wonder if anybody really understands what's going on inside your head or heart.

God does.

That's what this book is about.

These devotions aren't here to guilt you, lecture you, or pretend life is easy. They're here to remind you that God is present in the middle of your *real* life—the messy, funny, confusing, stressful, beautiful life you're living right now.

He cares about your anxiety before exams. Your friendships. Your loneliness. Your

dreams. Your doubts. Your future. Your questions. Your mistakes.

All of it.

ALL OF IT

Maybe you've followed Jesus for years. Maybe you're still figuring out what you believe. Maybe faith feels strong one day and shaky the next. That's OK. God isn't scared off by questions or imperfect people. If He were, nobody would qualify. Really. Nobody.

Each devotion in this book is designed to help you pause for a few minutes each day and reconnect with the God who knows you completely and loves you deeply. You'll find encouragement, truth from Scripture, reminders of His grace and practical ways to walk through everyday life with faith and courage.

You don't have to have everything figured out right now. You're still growing. Still becoming. Still learning who God created you to be.

Through every high and low, every cringey moment and every victory, God walks with you. Take a breath. Turn the page. And let today be another step toward Him.

TURN
THE
PAGE



STOPSTOPSTOP

Your brain was not designed to absorb every terrible thing happening in the world 24 hours a day. And yet here we are. One minute you're checking basketball scores or watching dog videos, and suddenly you're deep into a spiral of bad news, arguments, celebrity drama and people yelling at each other in the comments.

No wonder so many teens feel anxious and exhausted.

Today, step away from the noise for a little while.

Not forever. Just long enough to breathe. Long enough to remember God is still on the throne, still good, still present. The world has always been messy. But God has always been faithful.

Instead of endlessly scrolling today, put down your phone and spend five minutes talking with Him. Sit outside. Listen to worship music. Read one Psalm. Text a friend something encouraging.

You don't have to carry the entire internet on your shoulders. God never asked you to.

DOOMSCROLLING



“Be still,
and know
that I am
God.”

PSALM 46:10



REMEMBER WHO YOU ARE

“See what great love the Father has lavished on us, that we should be called children of God!”

1 JOHN 3:1

Popular. Weird. Athletic. Nerdy. Pretty. Lame. Successful. Forgettable.

People hand out labels constantly, and sometimes we start believing them.

But God has already told you who you are: *Loved. Chosen. Known. Forgiven. His.*

That means your identity isn't based on likes, followers, grades, your relationship status or whether you made varsity. None of those things are permanent anyway.

God's love is.

Today, when insecurity creeps in, remind yourself whose voice matters most. The Creator of the universe says you matter deeply. And honestly? That settles it.

DON'T FAKE IT

One exhausting thing about growing up today is feeling pressure to pretend you're OK when you're absolutely not.

You smile at school, joke with friends, post something funny.

Meanwhile, inside you're anxious, lonely or struggling with stuff nobody knows about.

Here's something important: God cannot heal the version of you that only exists online.

He meets the real you. When you're tired, hurt, confused, lonely or at your very worst. And He loves you right there where you are.

You don't need to impress God with a perfect image. You don't need fancy prayers or flawless faith. Just bring Him honesty.

Tell Him the truth today about what's going on in your heart. He can handle it.



“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

PSALM 34:18

PERSON
OF FAITH

CARLO ACUTIS

“All people are born as
originals, but many die as
photocopies.”

CARLO ACUTIS

Carlo Acutis was a teen who loved video games, soccer and technology. He was also deeply devoted to Jesus.

Carlo reminds us following God doesn't mean becoming boring or disconnected from the world around us. It means becoming fully who God created us to be.

Don't spend your life trying to copy everyone else.
God made you an original.

GOD MADE YOU AN ORIGINAL





“Your Father,
who sees what
is done in secret,
will reward
you.”

MATTHEW 6:4

YOU DON'T NEED TO GO VIRAL

Social media can make it seem like your life only matters if people notice it.

Big platform. Big personality. Big reactions.

But Jesus changed the world while spending most of His life in a tiny town most people had never heard of.

Faithfulness matters more than fame. Maybe nobody sees you being kind to the lonely kid at school. Maybe nobody notices how hard you're trying to honor God.

God notices.

And the things you do quietly for Him are never wasted. Today, stop worrying so much about being impressive. Focus on being faithful.

PRAY BEFORE YOU PANIC

Bad grades.
Friend drama.
Family stress.
Unexpected messages.
Sometimes life goes sideways

fast. And when it does, panic usually shows up first.

What if, before spiraling, you prayed?

Not because prayer magically erases problems, but because it reminds you God is with you inside them. Prayer recenters your heart. It slows racing thoughts. It shifts your focus from fear to faith.

So before you assume the worst today, pause.

Breathe.

Talk to God.

He's already aware of what's happening—and He's already in it with you.



“Cast all your anxiety on him because he cares for you.”

1 PETER 5:7



BE KIND ONLINE

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs.”

EPHESIANS 4:29

People say things online they would never say face-to-face.

Cruel comments. Sarcasm. Public humiliation.

And because everyone else seems harsh, kindness can feel weak.

It isn't.

In a culture fueled by outrage, kindness stands out.

Before you comment, repost or pile onto someone today, ask yourself a simple question: Would Jesus say this? If not, *don't*.

Use your words to encourage instead of destroy. You never know how badly someone might need grace and kindness today.

TAKE SHOT

“Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

JOSHUA 1:9

Fear of failure stops a lot of people from trying, whether it's vying for a spot on the team, auditioning for the play, applying for the job, or even just starting a conversation.

Sometimes we'd rather protect ourselves from embarrassment than risk falling short.

But you know what guarantees failure? Never trying at all.

Peter stepped out of the boat because Jesus called him. Sure, Peter got scared halfway across the water. Sure, he started sinking. But he still experienced something the other disciples *never did*.

He walked toward Jesus.

Today stop letting fear make your decisions for you. Take the shot. Trust God with the outcome.



PERSON
OF FAITH

SADIE ROBERTSON HUFF

One reason people connect with speaker Sadie Robertson Huff is because she talks openly about her faith, struggles and insecurity.

Authenticity matters.

People are exhausted by fake perfection. Why? Because we all know it's not real. Perfection is not attainable. Yet we strive endlessly for it, defeating ourselves in the effort.

Give yourself permission to be real with God and with the people who genuinely care about you.

“Remember how I said I tend to struggle with perfectionism? That's why I really need grace. Grace is an essential part of my relationship with God, because without it I would constantly feel the shame of not being enough. With it I know I am radically loved, just as I am.”

SADIE ROBERTSON HUFF





“People look
at the outward
appearance, but
the LORD looks at
the heart.”

1 SAMUEL 16:7

GOD ISN'T GRADING YOUR COOL FACTOR

School can feel like one giant popularity contest. Who's dating. Who isn't. Who got invited. Who didn't. Who wore the right thing. Who didn't. Who got ignored. Who didn't.

But God doesn't look at us and think, *Wow, she's incredibly cool*. Instead He cares about our hearts.

Character.

Compassion.

Integrity.

All the stuff that lasts long after trends disappear and the popular people fade away. Today, don't waste energy trying to impress people who will constantly change their standards anyway.

Focus on becoming someone who reflects Jesus. That kind of life never goes out of style.