

“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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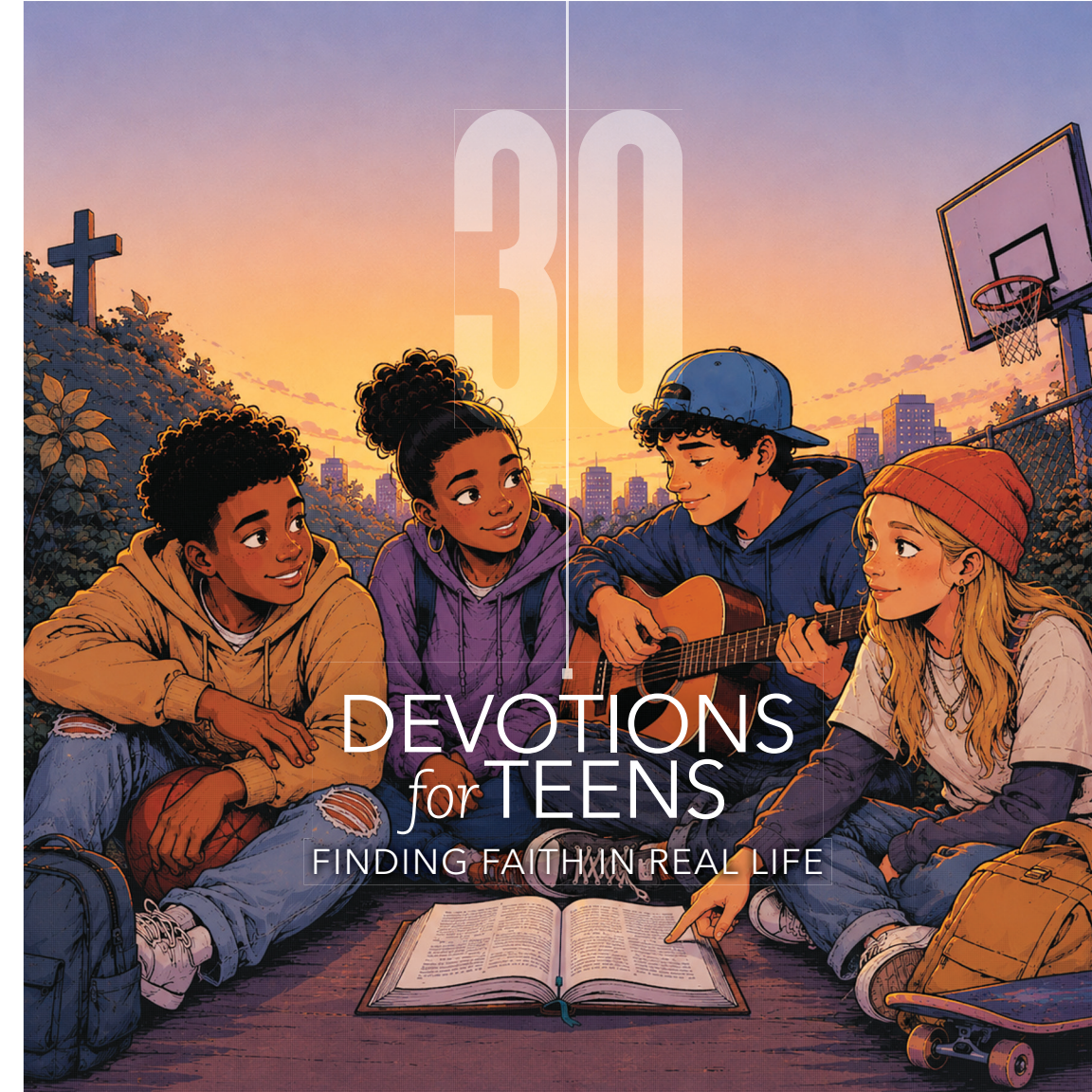
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**CHURCH
LEADERS**

P R E S S

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An illustration of four diverse teenagers sitting on a park bench at sunset. A boy on the left holds a basketball, a girl next to him looks at an open book, a boy on the right plays an acoustic guitar, and a girl on the far right points at the book. A cross is on a hill to the left, and a basketball hoop is on the right. The background shows a city skyline.

30

DEVOTIONS
for TEENS
FINDING FAITH IN REAL LIFE

TODAY...

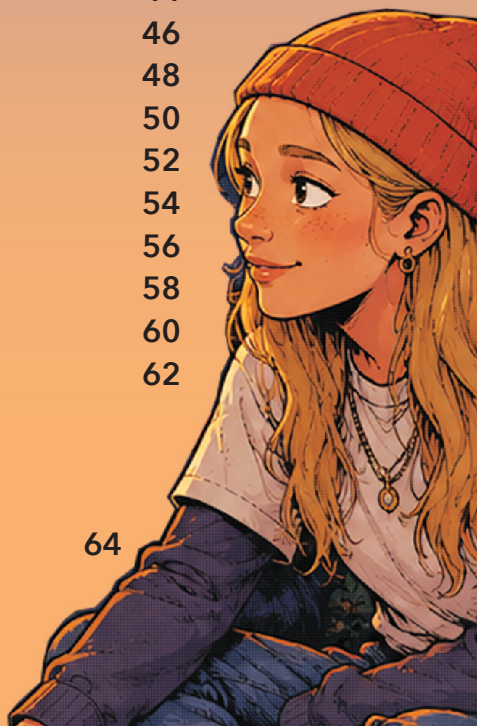


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BONUS DEVOTION:

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.

An illustration of a young woman with long dark hair, wearing a blue hoodie and grey sweatpants, sitting cross-legged on a bed at night. She is looking down at a smartphone in her hands, her expression is one of sadness or exhaustion. The room is dimly lit, with a warm orange light coming from a window or lamp on the left. On the wall behind her are several Polaroid photos and a sign that says "BE STRONG & COURAGEOUS". A desk lamp is visible on the right side of the bed.

DOOMSCROLLING

“Be still,
and know
that I am
God.”

PSALM 46:10



PROGRESS
NOT
PERFECTION

Loved.

Chosen.

Known.

Forgiven.

I choose
faith over
fear.

Child
of God.

I have
a
purpose.

I belong
to
Christ.

He's got
a plan
for me.

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

