

GROWING IN THE GROVE

DEEP ROOTS

A 90-DAY JOURNAL FOR STUDENTS WHO ARE NEW IN CHRIST



PLEASANT GROVE BAPTIST CHURCH · RONDA, NORTH CAROLINA



DEEP ROOTS

A 90-Day Journal for Students Who Are New in Christ

So then, just as you have received Christ Jesus as Lord, continue to walk in him, being rooted and built up in him and established in the faith, just as you were taught, and overflowing with gratitude.

Colossians 2:6-7

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WELCOME TO DEEP ROOTS



You made the biggest decision of your life: you trusted Jesus as your Savior and Lord. The Bible says that when that happens, God makes you new on the inside and brings you into His family. Welcome.

New life is meant to grow, and growing takes roots. Over the next 90 days you will dig into what actually happened when you trusted Jesus, and you will build the habits that keep a Christian growing: reading the Bible, praying, belonging to a church, serving, and telling others. About fifteen minutes a day, one day at a time.

HOW THIS JOURNAL WORKS



Week Kickoff — Each week starts here. Read it on your own, learn the memory verse, and talk it over with a parent, youth leader, or mentor.



Read — Find the passage in your own Bible and read it first. The key verse in the box comes from that reading. Want more? Try the “Go further” reading.



Think — A short devotion that connects the passage to your life.



Your Move — Write, list, sketch, or plan what you will do with what you read.



Take This With You — One truth to carry with you all day.



Pray — Talk to God about it, in your own words or the ones on the page.



Talk It Out — Twice a week, a question to take to a parent, youth leader, or mentor.



Extra — A page at the end of each week to go further.



MAKE IT STICK

Pick a time and a place, like before school or before bed. Keep your Bible and a pen with this journal. Missed a day? Don't start over. Just pick up where you stopped, and bring your questions to someone you trust.

FOR PARENTS AND MENTORS



Thank you for walking alongside a student who is new in Christ. Whether you are a parent, youth leader, grandparent, or mentor, your conversations will matter more than anything printed here. Deep Roots helps a teenager understand what happened when they trusted Jesus and build the everyday habits of a growing Christian.

HOW IT WORKS

- Each of the 15 weeks begins with a Week Kickoff page. Students read it on their own, then talk it over with you. The three Talk It Over questions are written for that conversation.
- Six daily pages follow, two to a page, about 15 minutes each. Students work through them on their own with a Bible.
- Twice a week, a Talk It Out question sends them to a trusted adult. Make yourself easy to find.
- Each week ends with an extra page. The back of the book has memory verse cards, sermon notes, Bible study pages, and a short gospel summary they can use to share their faith.

HOW YOU CAN HELP

- Pray for them by name, and tell them you are doing it.
- Ask real questions and listen more than you talk. Doubts and hard questions are welcome.
- Check in once a week: What stood out to you? What is hard right now?
- Let them see your own Bible reading and prayer, including when it is hard.
- Missed days are normal. Help them pick back up without guilt.
- If they have not been baptized, talk with Pastor James about next steps.

If you have questions about your own faith as you walk through this with them, we would love to talk with you too. Call the church at (336) 984-3360 or email pastor@pgbcronda.com. We would love to hear from you.

THIS IS ME



Write down how your story with Jesus started, so you can look back on it.

My name: _____

My grade: _____

I trusted Jesus on: _____

Where I was: _____

People who helped me know Jesus: _____

I was baptized on: _____

My church: **Pleasant Grove Baptist Church**

I started this journal on: _____

How I came to trust Jesus, in my own words:

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90-DAY TRACKER

Check off each page when you finish it. Missed a day? Do not start over. Just pick up where you left off.

	WEEK KICKOFF	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	EXTRA
1 Made New	☐	☐	☐	☐	☐	☐	☐	☐
2 Saved and Secure	☐	☐	☐	☐	☐	☐	☐	☐
3 Getting to Know God	☐	☐	☐	☐	☐	☐	☐	☐
4 A Book Like No Other	☐	☐	☐	☐	☐	☐	☐	☐
5 From Reading to Rooted	☐	☐	☐	☐	☐	☐	☐	☐
6 Learning to Pray	☐	☐	☐	☐	☐	☐	☐	☐
7 Which Way, God?	☐	☐	☐	☐	☐	☐	☐	☐
8 You Belong Here	☐	☐	☐	☐	☐	☐	☐	☐
9 Water, Bread, and Cup	☐	☐	☐	☐	☐	☐	☐	☐
10 Worship Isn't Just Sunday	☐	☐	☐	☐	☐	☐	☐	☐
11 Greatness, Redefined	☐	☐	☐	☐	☐	☐	☐	☐
12 Fruit You Can't Fake	☐	☐	☐	☐	☐	☐	☐	☐
13 When You Blow It	☐	☐	☐	☐	☐	☐	☐	☐
14 Generous on Purpose	☐	☐	☐	☐	☐	☐	☐	☐
15 Too Good to Keep Quiet	☐	☐	☐	☐	☐	☐	☐	☐

MADE NEW



★ *When you trusted Jesus, God didn't just help you do better. He gave you a whole new life.*

👥 WEEK KICKOFF

OUT OF THE PIT

Read first: **Psalm 40:1-3**

Anyone who has ridden down a dirt road after a hard rain knows how fast red clay can grab a truck. Hit the gas, and the tires spin. Hit it harder, and they dig in deeper. Eventually you have to admit it: you're not getting out of this on your own. Somebody has to come with a tractor and a chain.

In Psalm 40, David describes being stuck like that, only worse. He had fallen into a pit and was sinking in muddy clay, with no way to climb out. All he could do was wait for the Lord and cry for help. God heard. God pulled him up, set his feet on solid rock, and made his steps secure. "He put a new song in my mouth," David says.

Your rescue looked a lot like that. Sin isn't just a few bad choices. It's a pit, and trying harder only spins the tires. Being good, going to church, or promising to do better can't pull anyone out. Jesus did what we couldn't. He died on the cross, paying the penalty for our sin, and three days later He rose again. When you trusted Him, God did the pulling. You're standing on rock now.

This week you'll dig into what God did the moment you trusted Jesus: a new birth, a new start, full forgiveness, a new family, God's Spirit living in you, and His promise to finish what He started. Those truths are the roots of everything else in this journal. And like David's rescue, your story is worth telling.

🏠 TRY THIS WEEK

Use this week's bonus page to write your story: your life before Jesus, how you came to trust Him, and what's different now. Keep it short and true. Then tell it to one person you trust before the week is over.

📖 MEMORY VERSE

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!

2 Corinthians 5:17

- ☐ I can say it from memory
☐ I said it to someone

☕ FOR PARENTS & MENTORS

This week your student looks at what happened when they trusted Christ. Let them tell their story in their own words, and listen more than you correct. Share yours too. If they aren't sure they have truly trusted Jesus, take that seriously and talk it through, or bring in Pastor James.

🗨️ TALK IT OVER

- 1 Before you trusted Jesus, what were you trying to fix or handle on your own?
- 2 How would you explain your decision to follow Jesus to a friend who has never been to church?
- 3 What still puzzles you about becoming a Christian? Nothing is off-limits.

🙏 PRAY

God, I was stuck, and I couldn't pull myself out. Thank You for rescuing me through Jesus. Put a new song in me, and grow my roots deep this week. Amen.

BORN OF THE SPIRIT



Read: John 3:1-8 **Go further:** John 1:12-13

“ Jesus replied, “Truly I tell you, unless someone is born again, he cannot see the kingdom of God.” **John 3:3**

Nicodemus came to Jesus after dark. He was a Pharisee and a respected leader who took God’s law seriously. If anyone seemed to have a place with God locked up, it was him. But Jesus didn’t hand him a list of things to do. He talked about being born. Nobody earns their own birth. It happens to you. Then Jesus pointed to the wind. You can’t see it, but you can see what it moves. The Spirit’s work in you is like that. It’s real, even on days you can’t feel it.

YOUR MOVE *Nicodemus brought Jesus his questions. What would you ask Him about your new life?*

★ **TAKE THIS WITH YOU**

I didn’t earn my new birth. God’s Spirit gave me life.



Pray: God, like Nicodemus, I bring You my questions. You gave me a life I couldn’t make myself. Keep working in me, even when I can’t feel it. Amen.

NOT JUST A MAKEOVER



Read: 2 Corinthians 5:17 **Go further:** Ezekiel 36:26-27

“ Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! **2 Corinthians 5:17**

Somebody can spend a whole summer fixing up an old truck. New paint, new seats, and it looks great. But it’s still the same old truck. What God did in you isn’t a fix-up job. Because you’re joined to Jesus, you’re a new creation, something only God can make. Your old habits won’t all vanish overnight. You’ll still be tempted, and you’ll still mess up. But the old you isn’t the real you anymore. When you fail, you’re not sliding back into who you were. You’re learning to live as who you are now.

YOUR MOVE *Where do you see God making you new? Where do you still need Him to?*

Old ways I’m leaving behind	New things God is growing in me

★ **TAKE THIS WITH YOU**

I’m not a better version of the old me. In Christ, I’m new.



Pray: God, I’m amazed that You made me new in Christ. Show me the old habits You want to change, and give me patience while You work on me. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: What changed quickly after you trusted Jesus, and what took years?

DAY
3

FORGIVEN FOR GOOD



Read: Psalm 103:8-12 **Go further:** Micah 7:18-19

“As far as the east is from the west, so far has he removed our transgressions from us.”
Psalm 103:12

Some people keep receipts. They save a screenshot of the worst thing you ever said and bring it up later. Maybe you do that to yourself, replaying something you wish you could take back. Psalm 103 describes a God who doesn't work that way. He has “not dealt with us as our sins deserve” because Jesus took the full weight of our sin on the cross. That doesn't make sin a small thing. It shows how big His love is. When God forgives, He doesn't keep a file. You can stop replaying what He has removed.

YOUR MOVE *Circle the phrases that match how Psalm 103:8-12 describes God. Star the one you need most today.*

Full of faithful love

Holds grudges

Removes my sin

Gracious

Slow to anger

Compassionate

Always accusing

Keeps a record

★ **TAKE THIS WITH YOU**

When God forgives me, He doesn't keep a file. Jesus paid it all.



Pray: Lord, thank You for not treating me the way my sins deserve. When I replay my failures, remind me that Jesus paid for every one of them. Amen.

DAY
4

A CHILD, NOT A GUEST



Read: Romans 8:14-17 **Go further:** 1 John 3:1

“For you did not receive a spirit of slavery to fall back into fear. Instead, you received the Spirit of adoption, by whom we cry out, “Abba, Father!” **Romans 8:15**

In the Roman world, an adopted son took his new father's name and had every right of a son born into the family, including a share of the inheritance. Paul uses that picture for you. You aren't a guest in God's house, trying not to break anything. You're His child and an heir alongside Jesus. Whatever your relationship with your own dad is like, God is a Father who won't walk out or give up on you. And on days you doubt it, His Spirit reminds you whose you are.

YOUR MOVE *If you really believed you're God's child and not just a guest, what would change this week?*

★ **TAKE THIS WITH YOU**

I'm not a guest in God's house. I'm His child, and He's my Father.



Pray: Father, You chose to adopt me. When I feel like an outsider, remind me by Your Spirit that I belong in Your family for good. Amen.

DAY
5

NEVER LEFT ALONE



Read: John 14:15-18 **Go further:** John 14:26

“ And I will ask the Father, and he will give you another Counselor to be with you forever. **John 14:16** ”

Jesus said this the night before He died. His friends were about to watch Him be arrested, and they were already troubled. So He promised He wouldn't leave them as orphans. The Spirit of truth would live in them. That promise is yours too. The Holy Spirit isn't a feeling or a force. He is God, living in you. He opens up the Bible to you, reminds you what Jesus said, and gives you strength to say no to sin. You're never facing a day on your own.

✍ YOUR MOVE

Where will you need the Spirit's help this week? Check any that fit, and add your own.

- | | |
|---|--|
| ☐ A test or big assignment | ☐ A conversation I'm dreading |
| ☐ Temptation on my phone | ☐ Feeling left out |
| ☐ Tension at home | ☐ Talking about my faith |
| ☐ _____ | |

★ TAKE THIS WITH YOU

God's Spirit lives in me, so I never face a day alone.



Pray: Holy Spirit, I'm grateful You're here with me. Open my eyes to the Bible, bring Jesus' words to mind, and help me say no to sin today. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: When have you clearly needed the Holy Spirit's help? What happened?

DAY
6

GOD FINISHES WHAT HE STARTS



Read: Philippians 1:3-6 **Go further:** Colossians 2:6-7

“ I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus. **Philippians 1:6** ”

Most of us have a pile of things we started and never finished: a sketchbook, a workout plan, a guitar gathering dust in the closet. Paul, writing from prison, thanked God for his friends in Philippi. He remembered the first day they believed, and he prayed for them with joy. He was sure God wasn't done with them. God isn't done with you either. Growth can feel slow, because a lot of it happens underground, in the roots. Your job is to keep showing up and staying close to Him. Finishing the work is His.

✍ YOUR MOVE

Sketch a simple tree. Label it with one thing you hope God grows in you by day 90.

draw here

★ TAKE THIS WITH YOU

God started His work in me, and He doesn't quit halfway.



Pray: God, I quit a lot of things, but You never quit. Keep working in me when growth feels slow, and help me keep showing up. Amen.

YOUR STORY, IN YOUR WORDS



When God pulled David out of the pit, David didn't keep quiet. He sang about it so others would trust the Lord too. You have a story, and it doesn't have to be dramatic to matter. Use these prompts to write yours. Keep it honest, and short enough to tell in about two minutes.

◆ BEFORE

What was your life like before you trusted Jesus? What did you think about God? What were you looking for? You don't have to share every detail.

◆ HOW I CAME TO TRUST JESUS

When and where did it happen? Who did God use? What did you come to understand about your sin and about Jesus' death and resurrection?

◆ SINCE THEN

What's different now? Be honest. If the changes feel small so far, that's okay. Roots grow before anything shows above ground.

◆ TIPS FOR TELLING IT

- Make Jesus the hero of the story, not yourself.
- Skip church words a friend might not know.
- Don't exaggerate. What God did is enough.
- Practice on a trusted adult first and ask for feedback.
- Not sure how to answer? Talk it over with a parent, youth leader, mentor, or Pastor James.

SAVED AND SECURE



★ *God saved you by His grace, not your effort, and nothing can pull you out of His hand.*

WEEK KICKOFF

RICH IN MERCY

Read first: **Ephesians 2:4-10**

Imagine spending a summer hauling hay in the heat for a paycheck. You earned every dollar, and nobody can say otherwise. That's how most of life works. Grades, starting spots, and followers seem to go to whoever works hardest or looks best. So it's easy to assume God works the same way.

Ephesians 2 says He doesn't. Paul says that before Christ, we were dead in our sins. Not weak or a little off track. Dead. And dead people can't help themselves. "But God, who is rich in mercy," made us alive with Christ because of His great love. Grace means God gives what we could never earn. Faith is trusting Him to do what we couldn't.

Paul says salvation is God's gift, not a reward for good works, "so that no one can boast." That's the best news there is on a bad day. Being good never earned your salvation, so a bad week can't cancel it. Your standing with God depends on Jesus' work, not your performance.

Then Paul adds something surprising. You are God's workmanship, made for good works He planned ahead of time. Good works don't get you saved. They grow out of being saved. This week you'll look at promise after promise showing that God holds on to His people. Your feelings will go up and down. His grip won't.

TRY THIS WEEK

Do one good thing this week for someone who can't pay you back, and don't post about it or mention it. Let it be a quiet thank-you to God for the gift He gave you.

MEMORY VERSE

I give them eternal life, and they will never perish. No one will snatch them out of my hand.

John 10:28

- ☐ I can say it from memory
- ☐ I said it to someone

FOR PARENTS & MENTORS

Many new believers quietly wonder whether they could lose their salvation, especially after a bad week. Point your student to God's promises, not to their feelings or performance. If they carry guilt over something specific, listen without shock and remind them of grace.

TALK IT OVER

- 1 Where do you feel pressure to earn your place: at school, on a team, online, or at home?
- 2 Why is it so hard to accept a gift you could never pay back?
- 3 Have you ever wondered if you could lose your salvation? What made you wonder, and what does God's Word say?

PRAY

God, Your mercy is richer than I can imagine. I didn't earn Your gift, and I can't pay You back. On days I feel shaky, help me trust Your grip more than my feelings. Amen.

DAY
1

WHEN KINDNESS SHOWED UP

 **Read:** Titus 3:4-7 Go further: Romans 6:23

“...he saved us—not by works of righteousness that we had done, but according to his mercy—through the washing of regeneration and renewal by the Holy Spirit.

Titus 3:5

These days, life can feel like one long application. Tryouts, auditions, job interviews, college forms: list your best stuff and hope it's enough. Paul says salvation doesn't work that way. God's kindness and love showed up in a person, Jesus. Through Him, God poured out His Spirit on us, not in a trickle but in a flood. Then Paul uses the word justified. It means God declares you not guilty and right with Him. You didn't apply for that. You received it, along with “the hope of eternal life.”

YOUR MOVE

Where do you try to earn God's approval? What would it look like to just receive it?

★ TAKE THIS WITH YOU

I didn't apply for God's grace. I received it as a gift.



Pray: God my Savior, thank You for Your kindness and love in Jesus. When I try to earn what You've already given me, remind me it's a gift. Amen.

DAY
2

HELD BY TWO HANDS

 **Read:** John 10:27-30 Go further: Psalm 121:1-8

“My Father, who has given them to me, is greater than all. No one is able to snatch them out of the Father's hand. **John 10:29**

At a climbing wall, everyone slips sooner or later. What keeps you safe isn't your grip. It's the rope and the person holding it. Jesus says His sheep are safe for a similar reason. They know His voice and follow Him, but their safety depends on His hold, not theirs. Eternal life is His gift to them, and no one can pry them loose. The Father holds them too, and Jesus says He and the Father are one. On days your grip feels weak, remember whose hands are holding you.

YOUR MOVE

Fill in this week's memory verse without looking. Then check yourself with John 10:28.

1. I give them eternal _____, and they will never _____.
2. No one will _____ them out of my _____.

★ TAKE THIS WITH YOU

My safety doesn't depend on my grip. It depends on His.



Pray: Jesus, You are my Shepherd. Help me know Your voice and follow You. When my grip feels weak, thank You that You're the one holding on. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Have you ever doubted your salvation? What helped you get steady again?

DAY
3

NO EXCEPTIONS



Read: Romans 8:38-39 **Go further:** Romans 8:31-37

“...nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord. **Romans 8:39**”

Paul didn't write this from an easy life. He had been beaten, shipwrecked, and thrown in jail. Still, he was completely convinced. He listed everything he could think of: death and life, angels and rulers, what's happening now and whatever comes next. Think about what that covers. The test you're dreading. A move, a breakup, a diagnosis, a family falling apart. Even you are a created thing, so your worst day can't cut you off either. Paul wanted you to be as sure as he was.

YOUR MOVE *Make Paul's list your own. What's weighing on you now, and what worries you about later?*

Right now: _____

Right now: _____

Coming up: _____

Coming up: _____

★ **TAKE THIS WITH YOU**

Nothing now and nothing later can pull me away from God's love.



Pray: Father, You know what worries me today and what scares me about tomorrow. Thank You that none of it can separate me from Your love in Jesus. Amen.

DAY
4

MORE THAN A MAYBE



Read: 1 John 5:11-13 **Go further:** John 5:24

“I have written these things to you who believe in the name of the Son of God so that you may know that you have eternal life. **1 John 5:13**”

Ask around about heaven, and a lot of people will say they hope they'll make it. What they mean is they're not sure they've been good enough. John wrote to settle that question. God has given His testimony, like a witness under oath: eternal life is found in His Son. “The one who has the Son has life.” It's not a prize for the best people. It's a gift for everyone who trusts Jesus. And it doesn't start when you die. It has already started. You don't have to cross your fingers.

YOUR MOVE *True or false? Let 1 John 5:11-13 decide.*

Eternal life starts after I die.

T F

Eternal life is found in Jesus.

T F

I can be sure I have eternal life.

T F

Being sure depends on how I feel today.

T F

Eternal life is a reward for good people.

T F

★ **TAKE THIS WITH YOU**

I have the Son, so I have life. I don't have to guess.



Pray: God, thank You that I don't have to wonder whether I'm good enough. Eternal life is in Jesus, and I have Him. Help me rest in that. Amen.

DAY
5

HOW LONG, LORD?



Read: Psalm 13:1-6 Go further: Lamentations 3:22-23

“ But I have trusted in your faithful love; my heart will rejoice in your deliverance.
Psalm 13:5

Four times in two verses, David asks God how long this will last. He feels forgotten. He goes to bed anxious and wakes up the same way. Maybe you know that feeling. Here's what's surprising: God put this prayer in the Bible. You're allowed to be that honest with Him. But David doesn't stop with his feelings. He turns to what he knows about God, and by the end he's singing. Feelings are real, but they don't get the final word. If the heaviness won't lift, or you've thought about hurting yourself, tell a trusted adult today.

YOUR MOVE *Pray like David. Be honest about what's hard, ask for help, then say what you trust about God.*

	My own Psalm 13
How long...	
Please, God...	
But I will trust...	

★ TAKE THIS WITH YOU

My feelings are real, but God's faithful love gets the final word.



Pray: Lord, You know how I really feel today. Thank You that I can be honest with You. Help me trust Your faithful love when my feelings don't. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: What do you do when God feels far away? What has helped you?

DAY
6

SEALED AND GUARANTEED



Read: Ephesians 1:13-14 Go further: 2 Corinthians 1:21-22

“ In him you also were sealed with the promised Holy Spirit when you heard the word of truth, the gospel of your salvation, and when you believed. **Ephesians 1:13**

In Paul's day, a seal pressed into wax marked a letter or package as genuine and owned. Paul adds a second picture. The Holy Spirit is the down payment on your inheritance, like a deposit on a truck that says the rest is coming. The Spirit living in you now is a first installment on everything God has promised. And God doesn't put money down and then back out of the deal. You belong to Him, and He will finish what He started, to the praise of His glory.

YOUR MOVE *Match each word from Ephesians 1:13-14 to its meaning.*

- | | | |
|-----------------|---|---|
| 1. Sealed | ● | ● A. Everything God promised His children |
| 2. Down payment | ● | ● B. A guarantee that more is coming |
| 3. Inheritance | ● | ● C. God's full rescue of His people |
| 4. Redemption | ● | ● D. Marked as God's own |

★ TAKE THIS WITH YOU

The Spirit in me is God's promise that the rest is coming.



Pray: Father, thank You for marking me as Yours with Your Holy Spirit. When I doubt, remind me that You never back out of Your promises. Amen.

PROMISES FOR SHAKY DAYS



Feelings shift, but God's promises don't. Look up each one in your Bible. On the lines, write when you'll need it most. Then come back to this page on the shaky days.

NO CONDEMNATION

Romans 8:1

If you are in Christ Jesus, God will never condemn you. Your guilt was dealt with at the cross. I need this when...

NEVER ABANDONED

Hebrews 13:5

God has promised He will never leave you or abandon you, no matter who else does. I need this when...

ALREADY CROSSED OVER

John 5:24

If you believe, you have eternal life right now. You have already crossed from death into life. I need this when...

CLEAN WHEN I CONFESS

1 John 1:9

When you confess your sins, God is faithful to forgive you and make you clean again. I need this when...

KEPT BY HIS POWER

1 Peter 1:5

God's power guards you through faith until your salvation is complete. You aren't the one holding it all together. I need this when...

NEVER TURNED AWAY

John 6:37

Anyone who comes to Jesus is welcome. He will never drive you away, no matter what you bring with you. I need this when...

GETTING TO KNOW GOD



★ *The God who rescued you is bigger than your mind can hold, and He invites you to know Him.*

WEEK KICKOFF

FULLY KNOWN

Read first: **Psalm 139:1-12**

Most people know the version of you that you choose to show them. You pick the photos, edit the captions, and decide who sees what. Even your closest friends don't know every thought that runs through your head. Nobody sees all of you.

In Psalm 139, David realizes that God does. God knows when he sits down and when he gets up. He understands David's thoughts "from far away" and knows his words before he speaks them. David can't get away from Him either. Up in the heavens, down in the grave, out past the western horizon: God is there. Even darkness hides nothing from Him.

That could sound terrifying. If God knows everything, He knows the worst about you, including things you'd never post. But David doesn't sound scared. He sounds amazed. God's hand is on him, and God's right hand holds on to him. The God who knows you best is the same God who sent Jesus to die for you. Nothing He finds in you surprises Him. He knows it all and loves you anyway.

This week you'll look at what this God is like: the Maker of everything, perfectly holy, present everywhere, all-knowing and all-powerful, full of love, and one God in three persons. You won't figure Him out in a week. Nobody ever has. But you can begin to know Him, and He wants you to.

TRY THIS WEEK

One clear night this week, step outside, away from bright lights, and look up for five minutes with your phone in your pocket. Then read Psalm 19:1-4 and thank God for what the sky says about Him.

MEMORY VERSE

*Acknowledge that the LORD is God.
He made us, and we are his—his
people, the sheep of his pasture.*

Psalm 100:3

- ☐ I can say it from memory
☐ I said it to someone

FOR PARENTS & MENTORS

This week your student explores what God is like, ending with the Trinity. Skip the common comparisons, like an egg or water; each one gets something wrong. It's fine to admit the truth is bigger than our minds. Welcome their hard questions, and look for answers in Scripture together.

TALK IT OVER

- 1 How is the real you different from the version of you people see online or at school?
- 2 Is it comforting or unsettling that God sees every part of you? Why?
- 3 What's one thing about God you've always wondered about or struggled to believe?

PRAY

God, You know me completely: my thoughts, my words, and the parts I hide. Thank You for loving me anyway. Help me know You better this week, not just know about You. Amen.

DAY
1

THE SKY IS TALKING

 **Read:** Psalm 19:1-4 **Go further:** Genesis 1:1-5

“ The heavens declare the glory of God, and the expanse proclaims the work of his hands. **Psalm 19:1**

Every sunrise over the ridge is a message, and so is every thunderstorm rolling across the valley. David says creation never stops talking. Day after day and night after night, it tells about God, and it doesn't need words. It speaks every language on earth. A sky full of color can't tell you God's name or explain the cross, but it shows how powerful and creative He is. Later in this psalm, David turns to God's Word, which says what the sky can't. Today, just look up and listen.

YOUR MOVE *Look around today. Write down three things God made and what each one shows about Him.*

What I noticed	What it shows about God

★ TAKE THIS WITH YOU

Creation is always talking about God. Today I'll stop and listen.



Pray: Creator God, the sky shows how great You are. Open my eyes to Your work around me today, and help me see You in it. Amen.

DAY
2

RUINED, CLEANSED, SENT

 **Read:** Isaiah 6:1-8 **Go further:** Revelation 4:8

“ And one called to another: Holy, holy, holy is the LORD of Armies; his glory fills the whole earth. **Isaiah 6:3**

Isaiah saw the Lord on a high throne. Even the seraphim, heavenly beings, covered their faces. The whole building shook, and smoke poured through it. Holy means God is completely pure and in a category all His own. Isaiah felt wrecked, because next to that holiness, his own sin was impossible to miss. But God didn't leave him there. A coal from the altar touched his lips, and his sin was removed and paid for. For you, that cleansing came through Jesus. Then God asked who would go, and Isaiah answered, “Here I am. Send me.”

YOUR MOVE *Which part of Isaiah's story fits you right now: awe, feeling wrecked, relief, or ready to go? Why?*

★ TAKE THIS WITH YOU

God is completely holy, and through Jesus He makes me clean.



Pray: Holy God, there is no one like You. You made me clean through Jesus when I couldn't do it myself. Send me wherever You want me. Amen.

DAY
3

NOWHERE HE ISN'T



Read: Jeremiah 23:23-24 **Go further:** Psalm 139:7-10

“Can a person hide in secret places where I cannot see him?”—the LORD’s declaration.
“Do I not fill the heavens and the earth?”—the LORD’s declaration. **Jeremiah 23:24**

God said these words to prophets who were lying in His name and assuming He wouldn’t notice. He reminded them He isn’t a local god who stays in one place. He fills heaven and earth. That truth cuts two ways. It’s a warning: there’s no private browsing with God, no secret He hasn’t seen. But it’s also deep comfort. He’s with you in the hospital waiting room, on the first day at a new school, and on the nights you feel most alone. You can’t get away from Him, and you’ll never have to.

YOUR MOVE *Where do you most need to remember that God is there? Check any that fit, and add your own.*

- | | |
|--|--|
| ☐ My room late at night | ☐ School hallways |
| ☐ Practice or a game | ☐ At work |
| ☐ Online | ☐ At home when it’s tense |
| ☐ _____ | |

★ TAKE THIS WITH YOU

I can’t hide from God, and I’ll never be alone. He’s everywhere.



Pray: God, You see everything, even what I try to hide. Thank You that You’re with me everywhere I go. Help me live like I believe that. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: When has it helped you to know God was there? When has it been a warning?

DAY
4

BIG ENOUGH, CLOSE ENOUGH



Read: Psalm 147:1-5 **Go further:** Jeremiah 32:17

“He counts the number of the stars; he gives names to all of them. Our Lord is great, vast in power; his understanding is infinite. **Psalm 147:4-5**

Astronomers estimate there are billions of galaxies, each holding billions of stars. Psalm 147 says God knows every one by name. That’s power beyond anything we can picture. But look at the verse just before it. The same God “heals the brokenhearted and bandages their wounds.” He doesn’t run the universe and ignore your pain. The hurt you haven’t told anyone about isn’t too small for Him, and the problem that feels impossible isn’t too big. He is great enough to handle it and close enough to care.

YOUR MOVE *Name one thing that feels too big to handle and one that feels too small to bring to God.*

Too big for me: _____

Too small to pray about: _____

★ TAKE THIS WITH YOU

God can handle my biggest problem and cares about my smallest hurt.



Pray: Lord, You name the stars and You heal broken hearts. I bring You the big things and the small ones today. Thank You for caring about both. Amen.

DAY
5

LOVE WENT FIRST



Read: 1 John 4:7-10 **Go further:** John 3:16

“ God’s love was revealed among us in this way: God sent his one and only Son into the world so that we might live through him. **1 John 4:9** ”

In one afternoon, people say they love pizza, a new song, and their best friend. The word gets stretched pretty thin. John pins it down with three words: “God is love.” Then he shows what that looks like. Love didn’t start with us reaching for God. It started with God sending His Son to take the punishment our sins deserved. So real love isn’t mainly a feeling. It’s choosing to move toward people who haven’t earned it. That’s how God loved you, and it’s how He calls you to love others.

YOUR MOVE *Who is hard for you to love right now? What’s one way you could move toward them this week?*

★ TAKE THIS WITH YOU

God loved me first, before I ever loved Him. Now I can love others.



Pray: Father, You loved me before I cared about You at all, and You sent Jesus for my sins. Teach me to love people the way You’ve loved me. Amen.

DAY
6

ONE GOD, THREE PERSONS



Read: Ephesians 4:4-6 **Go further:** Matthew 28:19

“ There is one body and one Spirit... one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. **Ephesians 4:4-6** ”

This passage names the Spirit, the Lord Jesus, and God the Father in three short verses. Scripture insists there is one God. It’s just as clear the Father is God, the Son is God, and the Holy Spirit is God. They aren’t three gods, and they aren’t one person switching roles. Christians call this the Trinity: one God in three persons. Every comparison falls short, and that’s okay. Some truths are bigger than our minds. Paul’s point: this one God makes His people one.

YOUR MOVE *True or false? Use today’s reading and what you’ve learned this week.*

There is only one God.

T F

The Father, Son, and Spirit are three gods.

T F

Jesus is fully God.

T F

The Holy Spirit is a force, not a person.

T F

God is one person playing three roles.

T F

★ TAKE THIS WITH YOU

One God, three persons. I can trust it even when I can’t explain it.



Pray: God, You are one, and You are Father, Son, and Spirit. I can’t fully understand You, but I can trust You and worship You. Amen.

TALK IT OUT: Ask a parent, youth leader, or mentor: What questions have you had about the Trinity?



Psalm 19 says creation never stops talking about God. For the next seven days, jot down one place you noticed Him: something in creation, an answered prayer, a verse that stuck, or someone’s kindness. Then write what it showed you about what He’s like.

- Look up at least once a day: sky, trees, water.
- Notice people. Kindness and care often point back to God.
- Watch for a verse from this week that comes back to mind.
- Small things count. So do hard days.

Date	Where I noticed God	What it shows about Him

A BOOK LIKE NO OTHER



★ *The Bible is God's own true Word. It points you to Jesus and shows you how to live.*

WEEK KICKOFF

WORDS WORTH TRUSTING

Read first: **Psalm 19:7-11**

Every day, words come at you from every direction: texts, videos, ads, feeds, and advice from people you've never met. Some of it is true. A lot of it isn't. Most of it is forgotten by lunch. And after an hour of scrolling, few people walk away wiser or more alive.

Psalm 19 describes words that work the opposite way. David says God's instruction is perfect and renews your life. It's trustworthy, and it makes inexperienced people wise. It's right, and it makes the heart glad. It's pure, and it lasts forever. He calls God's words "more desirable than gold" and sweeter than honey, and he says that keeping them brings a great reward.

That's because the Bible isn't just a book about God. It's God's own Word, written by human authors but coming from Him. It tells the true story of the world, shows you who God is, and points you to Jesus. It even warns you, as David says, before you walk into trouble.

This week begins the Trunk part of this journal: habits that help you grow strong with God, starting with His Word. Maybe your Bible mostly sits on a shelf. Maybe you have honest questions about whether it can be trusted. Both are fine places to start. Over the next six days you'll see where the Bible came from, why you can trust it, and how to find your way around it. Bring your questions. It can handle them.

TRY THIS WEEK

Trade fifteen minutes of scrolling for fifteen minutes in God's Word each day this week. Start with Psalm 19 or the Gospel of Mark. When you finish, write down one thing you noticed.

PRAY

God, thank You for speaking to us in Your Word. In a world full of noise, help me trust what You say, treasure it more than gold, and actually read it this week. Amen.

MEMORY VERSE

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work.

2 Timothy 3:16-17

- ☐ I can say it from memory
☐ I said it to someone

FOR PARENTS & MENTORS

This week is about the Bible: where it came from and why it can be trusted. Make sure your student has a Bible they can read and understand; the church can help if they need one. Let them see you reading yours, and don't brush off their questions about it.

TALK IT OVER

- 1 Where do you get most of your information about life? How do you decide what to trust?
- 2 What questions or doubts do you have about the Bible? Which would you most like answered?
- 3 Has a Bible verse ever stuck with you or helped at just the right time? What was it?

DAY
1

BREATHED OUT BY GOD



Read: 2 Timothy 3:14-17 **Go further:** 2 Peter 1:20-21

“...you know that from infancy you have known the sacred Scriptures, which are able to give you wisdom for salvation through faith in Christ Jesus. **2 Timothy 3:15**”

Paul wrote this near the end of his life to Timothy, a young leader he loved like a son. His advice was simple: keep going in what you've learned. Then he explained why the Scriptures deserve that trust. The word translated inspired means breathed out. People wrote the Bible, but God is its source, so it carries His authority. It teaches what's true, calls out what's wrong, corrects your direction, and trains you to live well. That's not a rulebook for passing a test. It's equipment for a whole life.

YOUR MOVE *Match each word from 2 Timothy 3:16 with what it does in your life.*

- | | | |
|---------------|---|---|
| 1. Teaching | ● | ● A. Puts me back on track |
| 2. Rebuking | ● | ● B. Calls out what is wrong |
| 3. Correcting | ● | ● C. Builds right habits over time |
| 4. Training | ● | ● D. Shows me what is true |

★ **TAKE THIS WITH YOU**

The Bible was written by people, but it comes from God.



Pray: God, Your Word came from You, and I'm grateful. Use it to teach me, correct me, and train me, even when it's hard to hear. Amen.

DAY
2

NOTHING ADDED, NOTHING FAKE



Read: Proverbs 30:5-6 **Go further:** John 17:17

“Every word of God is pure; he is a shield to those who take refuge in him. **Proverbs 30:5**”

Edited photos, fake accounts, and rumors in a group chat can make it hard to know what's real. Proverbs says every word God speaks is pure, like metal refined until nothing false is left. Then it adds a warning: don't add to what He says. People do that all the time. They put words in God's mouth to back up what they already wanted, or they pile on rules He never gave. The safest place to stand is on what God has actually said. His Word has been tested, and it holds.

YOUR MOVE *Bible or not? Circle T if the saying is in the Bible and F if it isn't.*

God helps those who help themselves.

T F

God is love.

T F

Money is the root of all evil.

T F

Cleanliness is next to godliness.

T F

Every word of God is pure.

T F

★ **TAKE THIS WITH YOU**

God's Word is true as it is. I don't need to add to it.



Pray: God, there's so much noise and so much fake around me. Your words are the one thing I never have to fact-check. Help me stand on them. Amen.

DAY
3

MISSING THE POINT



Read: John 5:39-40 **Go further:** Hebrews 1:1-2

“ You pore over the Scriptures because you think you have eternal life in them, and yet they testify about me. **John 5:39** ”

The religious leaders Jesus was talking to had studied the Scriptures their whole lives. They studied every line. Yet they refused to come to the very person the Scriptures were about. It's possible to know a lot of Bible facts and still miss the point. From its first pages to its last, the Bible tells one true story: God made a good world, people broke it with sin, and God promised a Rescuer. Jesus is that Rescuer. So when you read, don't just collect information. Look for Him, and come to Him.

YOUR MOVE

Number these big moments in the Bible's one story from 1 to 6.

- | | |
|---|--|
| ☐ Jesus dies and rises again | ☐ Adam and Eve disobey God |
| ☐ God promises to bless the world through Abraham | ☐ God creates a good world |
| ☐ Prophets promise a coming King | ☐ God rescues Israel from slavery in Egypt |

★ TAKE THIS WITH YOU

The whole Bible points to Jesus. When I read, I'm looking for Him.



Pray: Jesus, I don't want to know a lot about the Bible and still miss You. When I read, show me who You are. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Where do you see Jesus in the Old Testament? Which story shows Him best?

DAY
4

AN ACQUIRED TASTE



Read: Psalm 119:97-103 **Go further:** Psalm 19:9-10

“ How sweet your word is to my taste—sweeter than honey in my mouth. **Psalm 119:103** ”

Some tastes grow on you. Plenty of people hated coffee or turnip greens the first time they tried them. The writer of Psalm 119 spent so much time with God's Word that it filled his thoughts from morning to night. It made him wiser than his enemies and gave him more insight than his teachers. That doesn't mean school doesn't matter. It means God's Word gives a kind of wisdom no textbook can. If reading the Bible feels dry right now, don't quit. Keep coming back. The taste grows.

YOUR MOVE

Be honest. What makes Bible reading hard for you right now? Check any that fit.

- | | |
|--|--|
| ☐ I don't understand parts of it | ☐ I'm usually tired when I read |
| ☐ My phone keeps distracting me | ☐ I don't know where to start |
| ☐ It doesn't seem to connect to my life | ☐ I read fast and forget it |
| ☐ _____ | |

★ TAKE THIS WITH YOU

A taste for God's Word grows the more time I spend in it.



Pray: God, I want to love Your Word, not just read it because I should. Give me a real hunger for it, and keep me coming back. Amen.

DAY
5

IT READS YOU BACK

 **Read:** Hebrews 4:12 **Go further:** Jeremiah 23:29

“ For the word of God is living and effective and sharper than any double-edged sword... **Hebrews 4:12**

Most books just sit there while you read them. The Bible is different. It's alive and at work, able to judge "the thoughts and intentions of the heart." In other words, as you read it, it reads you. It exposes motives you didn't know you had, like why you really said that, or why a friend's success bugs you. That can sting. But God doesn't cut to hurt you. Like a surgeon, He cuts to heal. So when a verse hits a nerve, don't close the book. Pay attention. God is at work.

YOUR MOVE *What's one attitude or motive you think God might want to work on in you? Be honest.*

★ TAKE THIS WITH YOU

When I read God's Word, it reads me too. That's how I grow.



Pray: God, Your Word sees right through me. When it shows me something I'd rather not see, help me listen instead of looking away. Amen.

DAY
6

CHECK IT FOR YOURSELF

 **Read:** Acts 17:10-12 **Go further:** Luke 4:16-17

“ The people here were of more noble character than those in Thessalonica, since they received the word with eagerness and examined the Scriptures daily to see if these things were so. **Acts 17:11**

The Bereans didn't just nod along when Paul preached. They checked his message against the Scriptures, even though he was an apostle. And checking didn't lead them away. It led many of them to believe. You can do the same with anything you hear about God, whether it's from a video, a friend, or even a sermon. To check, you need to find your way around. In John 3:16, John is the book, 3 is the chapter, and 16 is the verse. The contents page in the front of your Bible lists every book.

YOUR MOVE *Practice finding your way around. Look up each verse and write its first few words.*

Psalm 23:1

Proverbs 3:5

Matthew 6:33

Romans 3:23

★ TAKE THIS WITH YOU

I can check what I hear about God against what God has said.



Pray: God, make me eager to hear Your Word and careful to check what I'm told. Help me find my way around the Bible this week. Amen.



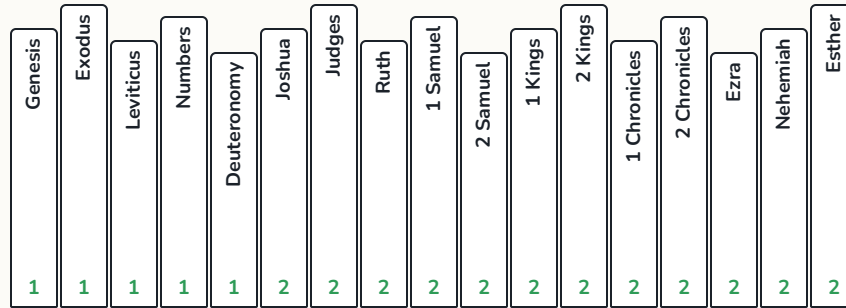
TALK IT OUT: Ask a parent, youth leader, or mentor: How do you check whether something you hear about God is true?

A LIBRARY IN ONE BOOK



The Bible is a library of 66 books: 39 in the Old Testament and 27 in the New, written by about 40 authors over about 1,500 years. Use the key to give each group of books its own shade. Then learn one group at a time until you can name its books in order.

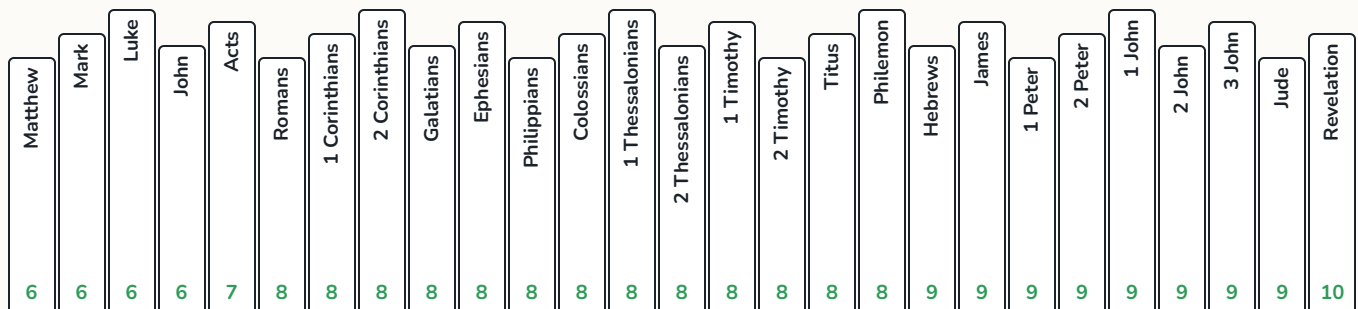
Old Testament



Old Testament (continued)



New Testament



COLOR KEY – PICK A CRAYON FOR EACH GROUP

- | | |
|--|--|
| ☐ 1 Law (5) | ☐ 2 History (12) |
| ☐ 3 Poetry & Wisdom (5) | ☐ 4 Major Prophets (5) |
| ☐ 5 Minor Prophets (12) | ☐ 6 Gospels (4) |
| ☐ 7 History (1) | ☐ 8 Paul's Letters (13) |
| ☐ 9 Other Letters (8) | ☐ 10 Prophecy (1) |

FROM READING TO ROOTED



★ *Reading, thinking about, memorizing, and obeying God's Word sends your roots deep, so you stay strong in dry seasons.*

WEEK KICKOFF

GREEN IN A DROUGHT

Read first: **Jeremiah 17:7-8**

During a dry August in Wilkes County, you can watch a hayfield turn brown in a week. Lawns crunch underfoot, and gardens droop by noon. But drive along the Yadkin, and the trees on the riverbank are still green. Nobody waters them. Their roots have already found the water.

Jeremiah says a person who trusts the Lord is like “a tree planted by water” that sends its roots toward the stream. Heat doesn’t scare it. Its foliage stays green, and the fruit keeps coming, drought or not.

Dry seasons will come for you too. A friendship falls apart. Someone you love gets sick. You don’t make the team, or things at home get tense. You might even go through a stretch when God feels far away. Christians aren’t promised a life without heat. But roots sunk deep in God reach water the heat can’t touch. He keeps you alive and growing while everything around you withers.

So how do roots grow deep? Mostly through time in God’s Word. Not just reading it, but thinking about it, remembering it, and doing what it says. This week gives you tools for all four. None of them is complicated. Start small; ten honest minutes beats an hour you never get to. Then keep showing up, day after day, like roots pushing toward the water.



TRY THIS WEEK

Choose when and where you’ll read your Bible each day this week, and tell someone your plan. Use the ROOT method on this week’s bonus page at least once. If you miss a day, just pick back up the next.

MEMORY VERSE

*Your word is a lamp for my feet
and a light on my path.*

Psalm 119:105

- ☐ I can say it from memory
☐ I said it to someone



FOR PARENTS & MENTORS

Your student meets the ROOT method this week (Read it, Observe, Own it, Talk to God), a simple way to study any passage. Try it together once. Then help them choose a realistic time and place to read, and check in later without nagging.



TALK IT OVER

- 1 What’s the driest season you’ve been through so far? What kept you going, or what do you wish had?
- 2 Reading, understanding, remembering, or obeying God’s Word: which comes hardest for you right now?
- 3 What time and place could realistically work for you to read the Bible? What usually gets in the way?



PRAY

Lord, I want to be like a tree planted by the water. Push my roots down into Your Word, so I stay green when life gets dry. Amen.

DAY
1

WALK, STAND, SIT

 **Read:** Psalm 1:1-3 **Go further:** Colossians 2:6-7

“ He is like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither. Whatever he does prospers. **Psalm 1:3**

Psalm 1 shows how a slow slide happens. First you walk along with advice from people who ignore God. Then you stand around where they hang out. Before long you're sitting with the mockers, laughing at the things you used to care about. Nobody plans that. It happens a little at a time. The happy person in Psalm 1 takes another road. God's Word is his joy, and he keeps turning it over in his mind, day and night. That doesn't mean everything goes his way. It means his life stays rooted and keeps bearing fruit.

YOUR MOVE *Who or what has the most influence on your thinking? Is it pulling you toward God or away?*

★ TAKE THIS WITH YOU

What I listen to shapes me. I want God's Word to be loudest.



Pray: God, I don't want to slide away from You a little at a time. Help me delight in Your Word and choose friends who help me grow. Amen.

DAY
2

BUILT INTO YOUR DAY

 **Read:** Deuteronomy 6:6-9 **Go further:** Mark 1:35

“ Repeat them to your children. Talk about them when you sit in your house and when you walk along the road, when you lie down and when you get up. **Deuteronomy 6:7**

Most people don't wake up and debate whether to brush their teeth. It's a habit. God wanted His words to become that kind of normal for His people. He told them to carry His words in their hearts, bind them on their hands, and write them on their doorframes and city gates. Faith wasn't meant for one day a week. Jesus had habits too. Early in the morning, He would go off alone to pray. What's the first thing you reach for when you wake up? A new habit starts with a time and a place.

YOUR MOVE *Make a plan you can actually keep. Fill in each line.*

When: _____

Where: _____

Phone plan: _____

Who will check on me: _____

★ TAKE THIS WITH YOU

Faith isn't just for Sundays. I want God's Word built into every day.



Pray: Lord, I want Your words in my heart, not just on a page. Help me build a habit of meeting with You every day. Amen.

DAY
3

SLOW DOWN AND CHEW



Read: Joshua 1:8 **Go further:** Psalm 1:2

“ This book of instruction must not depart from your mouth; you are to meditate on it day and night... **Joshua 1:8**

Joshua had just been handed Moses' job: leading a whole nation into a new land. God's plan for him wasn't a pep talk. It was a book. Think about it day and night, God said, so you'll carefully do what it says. Meditating isn't emptying your mind. It's filling it with God's Word and chewing on it slowly. Here's one way to do that, called ROOT. Read it twice, slowly. Observe the details and what they reveal about God. Own it by asking what God wants you to believe or do. Then Talk to God about it.

YOUR MOVE Try *ROOT* on Joshua 1:8. Read it twice, then fill in the other three steps.

Observe: _____

Own it: _____

Talk to God: _____

★ TAKE THIS WITH YOU

Meditating means chewing on God's Word slowly until it changes how I live.



Pray: God, I rush through everything. Teach me to slow down with Your Word, think it over, and do what it says. Amen.

DAY
4

STORED WHERE IT COUNTS



Read: Psalm 119:9-16 **Go further:** Colossians 3:16

“ I have treasured your word in my heart so that I may not sin against you. **Psalm 119:11**

Psalm 119 asks a question aimed right at young people: how can you keep your way pure? The answer isn't just trying harder. It's God's Word, stored in your heart. Temptation rarely shows up when your Bible is open in front of you. It shows up late at night, at a party, or while you're scrolling alone. That's when a verse you've memorized can surface right on time. When Jesus was tempted, He answered with Scripture from memory. Start small. One verse a week adds up to fifty-two in a year.

YOUR MOVE Pick at least two ways to learn Psalm 119:105 by heart. Check each one you try.

- | | |
|---|--|
| ☐ Set it as my lock screen | ☐ Repeat it out loud until it sticks |
| ☐ Write it from memory, then check it | ☐ Record myself saying it and replay it |
| ☐ Have a friend or family member quiz me | ☐ Turn it into a song |
| ☐ _____ | |

★ TAKE THIS WITH YOU

The verses I store in my heart are there when I need them most.



Pray: Lord, plant Your Word deep in my memory. When temptation shows up, bring the right verse to mind and give me strength to obey. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: What Bible verse do you have memorized? When has it helped you?

DAY
5

DON'T JUST LOOK

 **Read:** James 1:22-25  **Go further:** Luke 6:46-49

“ But be doers of the word and not hearers only, deceiving yourselves. **James 1:22**

Before you walk into school, you might check your reflection in your phone's camera. If you spotted food in your teeth, you'd fix it. Nobody looks, sees it, and walks off. But James says that's what we do when we hear God's Word and don't act on it. We see what needs to change and leave it there. James calls God's Word “the perfect law of freedom” because doing what it says doesn't trap you. It frees you. Reading gets you started. The blessing comes to the person who follows through.

 **YOUR MOVE** *For each verse, write its instruction and one way you'll put it into practice today.*

	What it says to do	How I'll do it today
Ephesians 4:29		
Philippians 2:14		
Colossians 3:23		

★ **TAKE THIS WITH YOU**

*Hearing God's Word is the start.
Doing it is where the blessing is.*



Pray: God, I don't want to hear Your Word and walk away unchanged. Show me one thing to do today, and help me follow through. Amen.

DAY
6

WHEN IT DOESN'T MAKE SENSE

 **Read:** Proverbs 2:1-6  **Go further:** James 1:5

“ For the LORD gives wisdom; from his mouth come knowledge and understanding. **Proverbs 2:6**

Some parts of the Bible will confuse you. You'll hit strange names, hard laws, or a story that makes you wonder why it's even in there. That doesn't mean you're doing it wrong. Proverbs says to search for wisdom the way miners search for silver. Nobody finds silver lying on top of the ground. You dig. So when a passage doesn't make sense, read the verses around it, ask God for wisdom, and bring your question to someone who knows the Bible well. Confusion isn't the end of understanding. It's often where it starts.

 **YOUR MOVE** *Write down a passage or question that has you confused. Who could help you dig into it?*

★ **TAKE THIS WITH YOU**

Confusion isn't failure. It's where digging starts, and God gives wisdom to those who ask.



Pray: Lord, You promise wisdom to anyone who asks for it. When Your Word confuses me, help me keep digging instead of giving up. Amen.



TALK IT OUT: Bring today's question to a parent, youth leader, or mentor. Ask them: How do you handle parts of the Bible that confuse you?

TRY ROOT ON YOUR OWN



ROOT is a simple way to dig into any Bible passage. Practice it here with this week's memory verse, Psalm 119:105. Set your phone aside, grab a pencil, and give it about fifteen minutes. There are no wrong answers here, just honest ones.

◆ R: READ IT

Read Psalm 119:105 slowly, twice. Say it aloud once, then copy it here in your own handwriting.

◆ O: OBSERVE

What does the verse actually say? What two pictures does it use? What does it reveal about God's Word, and about God Himself?

◆ O: OWN IT

What does this mean for you right now? Where do you need light for your next step: at school, at home, or in a decision you're facing?

◆ T: TALK TO GOD

Write a short, honest prayer. Thank God for His Word, and ask Him for light on one specific thing.

◆ KEEP GOING

A lamp shows your next step, not the whole road. God's Word often works that way too. Use ROOT with your daily readings, and turn to the Bible study pages in the back of this journal whenever you want more room.

LEARNING TO PRAY



★ *Prayer isn't a performance. It's honest, ongoing conversation with a Father who wants to hear from you.*

WEEK KICKOFF

WATCHING JESUS PRAY

Read first: **Luke 11:1-4**

The disciples watched Jesus heal the sick, feed a huge crowd, and calm a storm. But they also noticed how often He slipped away to pray. For Jesus, prayer wasn't an add-on to a busy life. It was the center of it. So one day, after He finished praying, one of them said, "Lord, teach us to pray," and Jesus gave them a short prayer they could carry anywhere.

Notice the first word He taught them: Father. You aren't calling a help line or trying to get the attention of a distant ruler. When you trusted Jesus, God adopted you, and now you get to talk with Him as His child. Whatever your experience with fathers has been, God is the perfect Father. You don't need special words or a certain place. You need to be honest.

Jesus' prayer is short, but it covers a lot. It honors God's name and asks for His kingdom to come. It asks for what you need today, for forgiveness, and for help when temptation pulls at you. This week you'll use it as a pattern, and you'll learn to hand God your worries, pray with thanks and for others, keep going when answers are slow, and pray anywhere.

This week's memory verse begins, "Don't worry about anything," which can sound impossible. But keep reading: bring everything to God in prayer, with thanks. That doesn't mean your worries vanish the moment you say amen. It means you don't carry them alone. Every worry can become a conversation with your Father.

TRY THIS WEEK

Pick a set time each day for five minutes of prayer, and protect it like an appointment. Use the prayer log at the end of this week to write down what you ask and any answers you notice.

MEMORY VERSE

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.

Philippians 4:6

- ☐ I can say it from memory
☐ I said it to someone

FOR PARENTS & MENTORS

Many teens feel awkward praying out loud, and some worry they're doing it wrong. This week, pray with them in plain, everyday words. Ask how you can pray for them, and check back in a few days. Hearing honest, unpolished prayer from you frees them to try it themselves.

TALK IT OVER

- 1 What makes prayer feel awkward, boring, or hard for you right now?
- 2 Jesus taught His followers to call God Father. What difference does that make when you pray?
- 3 Has God ever answered a prayer in a way you didn't expect? Ask the adult you're talking with too.

PRAY

Father, thank You that I can talk with You honestly, without fancy words. Teach me to pray. When I start to worry, remind me to bring it to You first. In Jesus' name, amen.

DAY

1

HAND IT OVER

 **Read:** 1 Peter 5:6-7  **Go further:** Jeremiah 33:3

“...casting all your cares on him, because he cares about you. **1 Peter 5:7**

Stress can feel like a backpack you never take off: grades, a fight with a friend, tension at home, questions about the future. You get so used to the weight that you forget you're carrying it. Peter ties two ideas together. First he says to humble yourself under God's mighty hand. Then he tells you what humble people do with their worries. Here's the link: pride says you can handle everything on your own. Humility admits you can't, and trusts that God can. Handing Him your worries isn't weakness. It's trust.

 YOUR MOVE

What are you carrying right now? Name it here, then hand each one to God in prayer.

At school: _____

At home: _____

With friends: _____

About the future: _____

★ **TAKE THIS WITH YOU**

*I wasn't made to carry everything alone.
God wants my worries.*



Pray: God, I've been carrying a lot on my own. Right now I hand You what's weighing on me. Thank You that You really care about me. Amen.



TALK IT OUT: Tell a parent, youth leader, or mentor one thing that's weighing on you. Ask them to pray about it with you.

DAY

2

A PATTERN, NOT A SCRIPT

 **Read:** Matthew 6:9-13  **Go further:** John 17:1

“Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. **Matthew 6:9**

You can pray these exact words, and Christians have for about two thousand years. But Jesus also gave you a pattern for your own prayers. Notice the order. The first half is about God: His name, His kingdom, His will. The second half brings our needs: food for today, forgiveness, and rescue from the evil one. Most of us jump straight to our wish list. Jesus starts with who God is, and that changes how we ask. When you pray “Your will be done” and mean it, you're trusting His plans over your own.

 YOUR MOVE

Use Jesus' pattern to write a prayer of your own. Keep each line short and honest.

	In my own words
Who God is	
His will, not mine	
What I need today	
Forgive me; help me forgive	

★ **TAKE THIS WITH YOU**

Prayer starts with who God is, not with my wish list.



Pray: Our Father in heaven, You are holy. I want Your will more than my own plans. Give me what I need today, and help me forgive like You forgive me. Amen.

DAY
3

ON REPEAT

 **Read:** Psalm 136:1-9 **Go further:** 1 Chronicles 16:34 Give thanks to the LORD, for he is good. His faithful love endures forever. **Psalm 136:1**

Psalm 136 has a chorus that comes back after every verse, twenty-six times in all. It was probably sung back and forth: one voice named something God had done, and everyone answered with the same words about His love. It's like a song you play on repeat until you know every word, and that's the point. Complaining comes naturally. Gratitude has to be practiced. When you name specific things God has done, from the stars overhead to something good that happened this week, your heart starts to remember how good He really is.

YOUR MOVE*Write your own lines for Psalm 136. After each one, say the chorus out loud.*

Something God made: _____

A person I'm thankful for: _____

Something from this week: _____

Something He rescued me from: _____

★ TAKE THIS WITH YOU

Thankfulness is a habit, and I can practice it today.**Pray:** God, You are good, and Your love never quits on me. Forgive me for complaining so easily. Open my eyes to all the good You keep giving. Amen.DAY
4

EVERYONE MEANS EVERYONE

 **Read:** 1 Timothy 2:1-4 **Go further:** James 5:16 First of all, then, I urge that petitions, prayers, intercessions, and thanksgivings be made for everyone... **1 Timothy 2:1**

Intercession is a church word for praying on someone else's behalf. Paul told Timothy to pray that way for everyone, including kings and all who are in authority. The emperor then was Nero, who became known for his cruelty to Christians, and Paul's command still covered him. Why? Because God "wants everyone to be saved" and to know the truth. So pray for your teachers, coaches, and bosses. Pray for leaders, even ones you disagree with. Pray for friends who don't know Jesus, and for the person who makes your life hard.

YOUR MOVE*Put a real name on each line, and pray for each person by name every day this week.*

A leader: _____

A teacher, coach, or boss: _____

A friend far from God: _____

Someone hard to love: _____

★ TAKE THIS WITH YOU

Everyone I meet is someone God wants to save.**Pray:** God, I bring You the people on my list, even the one who is hard to love. Draw each of them closer to You. Amen.

DAY
5

WHEN THE ANSWER TAKES TIME



Read: Luke 18:1-8 **Go further:** Luke 11:9-10

“ Now he told them a parable on the need for them to pray always and not give up.
Luke 18:1

Jesus' story isn't saying God is like the judge. It's saying God is nothing like him. If a crooked judge who didn't care about anyone finally helped a widow just to get rid of her, how much more will your Father listen to His children who "cry out to him day and night"? Maybe you've prayed for months about a sick grandparent, a broken friendship, or a parent who doesn't know Jesus. Keep praying. God doesn't promise every answer will be yes. But He hears you, and He is never careless with your prayers.

YOUR MOVE

What have you been praying about for a long time? What are you learning while you wait?

★ **TAKE THIS WITH YOU**

I'll keep praying, because my Father is listening.



Pray: Father, You know what I've been asking for and how long I've waited. Help me keep praying and keep trusting You, whatever Your answer is. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Has God ever answered one of your prayers with no or wait? How did you handle it?

DAY
6

EVERY DAY, ANY MOMENT



Read: Daniel 6:6-11 **Go further:** Nehemiah 2:1-5

“ ...three times a day he got down on his knees, prayed, and gave thanks to his God, just as he had done before. **Daniel 6:10**

Daniel's rivals couldn't find anything wrong with him, so they used his faith against him. They talked the king into a law: for thirty days, pray to anyone but the king and you'll be thrown to the lions. Daniel didn't panic or make a scene. He kept the habit he had built long before the pressure came, and that habit held him steady. Nehemiah shows the other side. When a king asked him a big question, he prayed silently before answering. You need both: set times to pray, and quick prayers in the moment.

YOUR MOVE

Pick your prayer moments for this week. Circle the one that will be your daily set time.

- | | |
|---|--|
| ☐ When my alarm goes off | ☐ Before I check my phone |
| ☐ On the way to school or work | ☐ Before a test, game, or shift |
| ☐ When I'm anxious or angry | ☐ When I get good news |
| ☐ Before I fall asleep | ☐ _____ |

★ **TAKE THIS WITH YOU**

The habits I build on ordinary days hold me steady on hard ones.



Pray: God, I want to talk with You every day, not just in emergencies. Help me build a habit that holds when life gets hard. Amen.



Keep track of what you pray for and how God answers. Some answers come quickly. Others are no, or not yet. Writing them down helps you notice God at work, and it gives you a reason to keep praying. Stuck for words? Borrow Jesus’ pattern.

- Praise: Tell God who He is.
- Surrender: Ask for His will, not just yours.
- Ask: Bring Him what you need today.
- Confess: Admit your sin, and forgive others.
- Protect: Ask for help against temptation.

Date	What I’m praying for	What happened

WHICH WAY, GOD?



★ *God guides you one step at a time through Scripture, His Spirit, and wise believers.*

👥 WEEK KICKOFF

THE LONG WAY AROUND

Read first: **Exodus 13:17-22**

When God freed Israel from slavery in Egypt, there was a quick route to the promised land along the coast. God didn't lead them that way. That road ran through Philistine territory, and He knew what would happen at the first sign of war: "The people will change their minds" and run back to Egypt. So He led them the long way, through the wilderness toward the Red Sea.

They didn't have to guess which way to go, either. God went ahead of them in a pillar of cloud by day and a pillar of fire by night, and it "never left its place" in front of them. Whether or not they understood the route, He was right there, leading.

There's no pillar of cloud outside your window. But God still guides His people. He speaks through His Word. His Holy Spirit lives in every Christian and helps you understand and obey it. And He puts wise believers in your life. None of that means you'll get a map of your whole future. Usually you get enough light for the next step.

That's where this week's memory verse comes in. It says to trust the Lord with your whole heart rather than lean on your own understanding, especially when His way seems slower or stranger than yours. God's way isn't always the shortest. But He sees what you can't, and He can be trusted at every turn.

🏠 TRY THIS WEEK

Before you make a decision this week, big or small, run it through three questions: What does Scripture say? Would this honor God? Who could I ask for wise advice? Try it at least once, and tell someone what happened.

🙏 PRAY

Lord, I don't know everything that's ahead, but You do. Help me trust You with all my heart instead of leaning on my own understanding. Lead me, and I'll follow. Amen.

📖 MEMORY VERSE

Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.

Proverbs 3:5-6

- ☐ I can say it from memory
☐ I said it to someone

☕ FOR PARENTS & MENTORS

Teens face big decisions about friends, classes, jobs, and the future. When they bring one to you, hold off on answering. Ask questions instead: What does Scripture say about it? Who else could you ask? What are you afraid of? You're teaching them how to decide, not just what to decide.

💬 TALK IT OVER

- 1 God could have taken Israel the short way. Why didn't He? Has a delay ever turned out to be good for you?
- 2 What decision are you facing right now that you'd like wise advice about?
- 3 Ask the adult you're talking with about a time God guided them. How could they tell it was Him?

DAY
1

FOLLOWING THE SHEPHERD

 **Read:** Psalm 23:1-3 Go further: John 10:3-4 He renews my life; he leads me along the right paths for his name's sake. **Psalm 23:3**

David grew up taking care of his family's sheep. Sheep can't defend themselves, they wander off, and they panic easily. A shepherd in David's world walked ahead of the flock and called, and the sheep followed his voice. David knew he needed that kind of leading as much as any sheep. So do we. Everybody follows something: friends, feelings, whatever is popular. But when the Lord is your shepherd, you can say with David, "I have what I need." You can trust the One out in front to know the way.

YOUR MOVE *Be honest: what has been leading you lately? What would it look like to follow Jesus instead?*

★ TAKE THIS WITH YOU

Everybody follows something. I choose to follow my Shepherd.



Pray: Lord, You are my Shepherd. I wander after other voices so easily. Lead me along the right paths, and keep me close to You. Amen.

DAY
2

THE VOICE BEHIND YOU

 **Read:** Isaiah 30:21 Go further: Psalm 119:130-133 ...whenever you turn to the right or to the left, your ears will hear this command behind you: "This is the way. Walk in it." **Isaiah 30:21**

In Isaiah's day, God's people kept running to Egypt for help instead of asking God. Even so, He promised that when they turned back to Him, He would guide them so clearly it would be like hearing a voice right behind them at every turn. God still guides His people, and the main way He speaks today is through the Bible. The more you read it, the better you'll recognize His voice. That matters, because plenty of other voices are talking too: the crowd, your feelings, your fears. His Word helps you tell the difference.

YOUR MOVE *Circle what God uses to guide you. Cross out what can't be trusted.*

Whatever feels right

A wise believer

Prayer

The Holy Spirit

The loudest friend

God's Word

My worst fears

Whatever's popular

★ TAKE THIS WITH YOU

The more I read God's Word, the better I know His voice.



Pray: God, there are so many voices around me. Teach me to know Yours through the Bible, and give me courage to walk the way You show me. Amen.

DAY
3

A GUIDE WHO LIVES IN YOU



Read: John 16:13 **Go further:** Romans 8:14

“ When the Spirit of truth comes, he will guide you into all the truth. **John 16:13**

Jesus made this promise to His apostles the night before He died, and the Spirit guided them as they preached and wrote much of the New Testament. That same Spirit lives in every Christian today. Notice that He doesn't make things up. Jesus said the Spirit “will speak whatever he hears.” So the Spirit will never lead you to do what the Bible calls wrong. When you feel an inner tug to tell the truth, apologize, or walk away from something, pay attention. It may be the Spirit reminding you of what God has already said.

YOUR MOVE *True or false? Mark each one.*

The Holy Spirit lives in every Christian.

T F

The Spirit might lead me to break a clear command in Scripture.

T F

The Spirit helps me understand and obey God's Word.

T F

If something feels right, it must be from the Spirit.

T F

★ **TAKE THIS WITH YOU**

The Spirit never contradicts God's Word. He helps me live it.



Pray: Spirit of truth, thank You that You live in me. Lead me into what's true, remind me of what God has said, and give me courage to obey. Amen.

DAY
4

WHO YOU WALK WITH



Read: Proverbs 13:20 **Go further:** Proverbs 15:22

“ The one who walks with the wise will become wise, but a companion of fools will suffer harm. **Proverbs 13:20**

In Proverbs, a fool isn't someone with bad grades. A fool is someone who ignores God and won't take correction. This verse is blunt: you become like the people you spend time with. That doesn't mean dropping every friend who doesn't know Jesus. He was called a friend of sinners, and your friends need to see Him in you. But be careful who has the most influence on you. And make sure you have at least one older, wise believer to go to when a choice is hard. God often guides you through people like that.

YOUR MOVE *Who helps you grow wise? Write their names, then a question you could ask one of them this week.*

A wise adult I trust: _____

A friend who sharpens me: _____

A question to ask them: _____

★ **TAKE THIS WITH YOU**

I become like the people I walk with, so I'll choose carefully.



Pray: Lord, I don't want to figure out life alone. Thank You for the wise believers around me. Give me humility to listen, and wisdom to choose my friends. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Who were the wise voices in your life as a teenager? What did you learn from them?

DAY
5

RUNNING THE OTHER WAY



Read: Jonah 1:1-3 **Go further:** Jonah 3:1-5

“ Jonah got up to flee to Tarshish from the LORD’s presence. **Jonah 1:3**

Nineveh was the capital of Assyria, Israel’s brutal enemy. When God sent Jonah there to preach, Jonah headed for the coast and paid for a ship going the opposite way. Later he admitted why: he knew God was merciful and might forgive his enemies, and he didn’t want that. The story keeps saying Jonah went down: down to the port, down into the ship. Running from God always takes you down. We run too, by ignoring a nudge or dodging a hard conversation. But God came after Jonah and gave him a second chance.

YOUR MOVE *Is there something you know God wants you to do that you’ve been avoiding? What would turning around look like?*

★ **TAKE THIS WITH YOU**

God gives second chances, so I can stop running and turn back.



Pray: God, I confess the times I’ve run from what You asked. Thank You for not giving up on me. Help me turn around and obey. Amen.

DAY
6

YOU DON’T NEED THE WHOLE MAP



Read: Psalm 32:8 **Go further:** Isaiah 41:10

“ I will instruct you and show you the way to go; with my eye on you, I will give counsel. **Psalm 32:8**

Psalm 32 starts with David’s relief at being forgiven after he finally stopped hiding his sin. Then comes a promise of guidance for anyone who comes back to God. You may feel pressure to have your whole future figured out: classes, college or work, where you’ll live. God rarely hands anyone the whole map. He shows you the next step, and He keeps watching over you while you take it. You don’t have to know everything about tomorrow. You just need to know the One who does, and stay close enough to hear Him.

YOUR MOVE *List what worries you about the future. Next to each, write something true about God.*

What worries me about the future	What I know about God

★ **TAKE THIS WITH YOU**

I don’t need the whole map when I’m following the One who has it.



Pray: Lord, the future feels big and unclear. Thank You that You see all of it and keep Your eye on me. Show me the next step. Amen.



TALK IT OUT: What’s the biggest decision you’ll face this year? Talk it over with a parent, youth leader, or mentor, and ask them to pray for you.



Some decisions are easy. Others keep you up at night. God doesn't usually write the answer in the sky, but He hasn't left you to guess, either. Run a hard choice through the questions below, then try them on the cases. Some have a clear right answer. Others take more thought.

◆ QUESTIONS TO ASK

- Does the Bible speak to this directly? If God has already said it, that settles it.
- Would this help me love God and people, or pull me away?
- Is it honest? Is it kind?
- Would I be glad to talk with Jesus about this choice?
- What would a wise Christian I respect tell me?
- Am I looking for God's will, or for permission to do what I already want?
- Have I prayed about it and given myself time to think clearly?

◆ CASE 1: THE SCREENSHOT

Someone in your group chat posts a screenshot that makes a classmate look ridiculous. Everyone is piling on. Nobody would notice if you added a laughing reply. Which questions apply? How do you respond?

◆ CASE 2: THE COVER STORY

A friend asks you to cover for them if their family asks where they were Friday night. They won't tell you where they really were. What do you say?

◆ CASE 3: TWO GOOD OPTIONS

You have to choose between two good things, like a job and a sport, or two different paths after graduation. Neither one is wrong. How can the questions above help you decide?

◆ A PROMISE FOR HARD CALLS

Feeling stuck? James 1:5 says that if you lack wisdom, you can ask God, who gives generously and gladly to everyone who asks. So before you decide, pray.

YOU BELONG HERE



★ *When you trusted Jesus, you joined His church, a family where you belong and a body that needs you.*

WEEK KICKOFF

HOW IT ALL STARTED

Read first: [Acts 2:41-47](#)

About fifty days after Jesus rose from the dead, Peter preached to a huge crowd in Jerusalem. Some three thousand people put their trust in Jesus and were baptized that day. Just like that, thousands of strangers became family. So what does a brand-new family of three thousand do?

They “devoted themselves” to four things: the apostles’ teaching, fellowship (sharing life together), breaking bread, and prayer. Awe filled the place as God worked wonders through the apostles. They met at the temple and shared meals in each other’s homes “with joyful and sincere hearts” and praised God. When someone had a need, others sold what they owned to help. This wasn’t a club they visited once a week. It was a family they belonged to.

The church still looks like that. We open the Bible, pray, sing, share meals, and carry each other through hard seasons. And God is still adding to it. Luke says the Lord added new believers every day. When you trusted Jesus, He added you, and now these people are your brothers and sisters, from preschoolers to people in their nineties.

This week’s memory verse says you are the body of Christ, and each believer is a part of it. You aren’t a spectator watching from the back row. You’re a member right now, not someday when you’re older, and your church needs what God has given you. Following Jesus was never meant to be a solo project.

TRY THIS WEEK

Learn the names of three people at church who are at least twenty years older than you, and one who is younger. Ask one of them how they came to follow Jesus.

MEMORY VERSE

Now you are the body of Christ, and individual members of it.

1 Corinthians 12:27

- ☐ I can say it from memory
☐ I said it to someone

FOR PARENTS & MENTORS

Many teens feel invisible at church, as if it were built for kids and adults but not for them. Help them find a place. Introduce them to believers of all ages, and look for a real job they can do. Teens stick around where they’re needed, not just welcomed.

TALK IT OVER

- 1 Which of the four things the first church devoted themselves to comes easiest for you? Which is hardest?
- 2 Do you feel like you belong at church right now? What would help?
- 3 Ask the adult you’re talking with: When has a church family helped you through something hard?

PRAY

Lord Jesus, thank You for adding me to Your family. Help me stop watching from the edges and start belonging. Show me where I fit, and help me love Your people well. Amen.

DAY
1

A HOUSE MADE OF PEOPLE



Read: 1 Peter 2:4-5 Go further: Ephesians 2:19-22

“...you yourselves, as living stones, a spiritual house, are being built to be a holy priesthood to offer spiritual sacrifices acceptable to God through Jesus Christ.
1 Peter 2:5

Peter calls Jesus a living stone, “rejected by people” but chosen and treasured by God. If you’ve ever felt rejected, He knows how that feels. Then Peter says something surprising about you: you’re a living stone too, and God is building you into His house. One stone sitting alone isn’t much of a house. It has to be set in place with others. That’s why church isn’t just a place you go. It’s a people God fits together around Jesus. You weren’t saved to be a loose rock. You were saved to belong.

YOUR MOVE *Sketch a simple stone wall. Label some stones with names of people at church, and one with yours.*

draw here

★ TAKE THIS WITH YOU

I’m not a loose stone. God is building me in with His people.



Pray: Jesus, You know what it’s like to be rejected. Thank You that God chose me and is building me into His house. Help me belong. Amen.

DAY
2

EVERY PART MATTERS



Read: 1 Corinthians 12:12-20 Go further: Romans 12:4-5

“But as it is, God has arranged each one of the parts in the body just as he wanted.
1 Corinthians 12:18

Paul pictures a foot looking at a hand and deciding it doesn’t belong to the body. It sounds silly, but we do it all the time. You scroll past people who sing better or seem more spiritual and decide you have nothing to offer. Paul says that’s not how bodies work. A body that was all eye couldn’t hear, and one that was all ear couldn’t smell. The church needs people who teach and people who notice, people up front and people behind the scenes. You aren’t less important because you’re different. You’re needed because you’re different.

YOUR MOVE *Check the ways you could serve your church. Circle one to try this month.*

- | | |
|---|---|
| ☐ Greeting people at the door | ☐ Helping with younger kids |
| ☐ Helping with music or sound | ☐ Setting up or cleaning up |
| ☐ Visiting or writing to people who are sick | ☐ Praying for people by name |
| ☐ Helping at church meals | ☐ _____ |

★ TAKE THIS WITH YOU

I don’t have to be someone else to matter. The body needs me.



Pray: God, I compare myself to others way too much. Thank You for placing me in Your body right where You wanted me. Show me my part, and help me play it well. Amen.

DAY
3

WHY SHOW UP?



Read: Hebrews 10:24-25 **Go further:** Psalm 133:1

“...not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching. **Hebrews 10:25**”

You probably know how to provoke someone: a teammate, a classmate, a friend in the group chat. Hebrews uses that same word in a surprising way. It tells believers to think hard about how to “provoke love and good works” in each other. That’s a big reason to show up. Church isn’t only about what you get out of it. It’s where you nudge other believers toward love and good deeds, and where they do the same for you. Pull one log away from a campfire and watch how fast it cools. Faith works the same way.

YOUR MOVE Write a short message to encourage someone at church. Then actually send it or hand it to them.

★ TAKE THIS WITH YOU

Showing up isn’t just for me. Someone else needs me there.



Pray: God, thank You for the people who keep my faith warm. Help me show up, and show me someone I can encourage this week. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Who kept you going in your faith when it was hard? How did they help?

DAY
4

WHAT TO WEAR



Read: Colossians 3:12-14 **Go further:** 1 John 4:11-12

“Above all, put on love, which is the perfect bond of unity. **Colossians 3:14**”

Here’s something nobody tells you about church: it’s full of real people, and real people will annoy you. Paul knew that, so he lists what believers should put on each day, like clothes: compassion, kindness, humility, gentleness, and patience. He says to bear with one another, which means putting up with each other, and to forgive, because the Lord forgave you. But first he reminds you that you are “holy and dearly loved” in God’s eyes. You don’t dress this way to earn that love. You dress this way because you already have it.

YOUR MOVE Pick three things from verses 12-14 to put on this week. Next to each, write who needs to see it.

What I’ll put on	Who needs to see it

★ TAKE THIS WITH YOU

I put on love because I’m already loved, not to earn it.



Pray: Lord, You’ve forgiven me for so much. Help me put on patience and kindness today, especially with people who test me. Clothe me in Your love. Amen.

DAY
5

PASTORS, DEACONS, AND YOU



Read: Acts 6:1-6 **Go further:** 1 Peter 5:2-3

“ Brothers and sisters, select from among you seven men of good reputation, full of the Spirit and wisdom, whom we can appoint to this duty. **Acts 6:3**

The church in Jerusalem was growing fast, and some widows who spoke Greek were being skipped when the church handed out food each day. A problem like that could have split the church. The apostles took it seriously, but they couldn't drop prayer and preaching to run the food line. Their answer was to have the church pick seven men with solid reputations. Many Bible teachers see these seven as the pattern for deacons, a title that means servant. Pastors shepherd God's flock. God gives churches both. And you don't need a title to serve.

YOUR MOVE *Who serves your church, up front or behind the scenes? Find out their names and pray for them this week.*

Pastor: _____

A deacon: _____

A teacher: _____

Someone who serves quietly: _____

★ TAKE THIS WITH YOU

Church leaders are servants, and I can serve without a title.



Pray: God, thank You for Pastor James, our deacons, and everyone who serves quietly. Keep them strong and glad in their work. Show me where I can serve too. Amen.

DAY
6

A CHURCH THAT SENDS



Read: Acts 13:1-3 **Go further:** Romans 10:14-15

“ Then after they had fasted, prayed, and laid hands on them, they sent them off. **Acts 13:3**

Look who led the church in Antioch: a man from North Africa, a close friend of a ruler named Herod, and Saul (later called Paul), who used to hunt Christians. Only Jesus could build a team like that. While they worshiped and fasted, the Holy Spirit said to set apart Barnabas and Saul for a new work. So the church sent off two of its best leaders as missionaries. Missionaries still go out today, carried by the prayers and gifts of churches at home. And every Christian is sent somewhere, even if it's down the hall at school.

YOUR MOVE *You're sent too. Where do you spend your week? Write one person in each place you can pray for.*

At school: _____

At home or nearby: _____

At practice, work, or club: _____

★ TAKE THIS WITH YOU

My church sends missionaries, and God sends me too, right where I am.



Pray: Lord, thank You for missionaries who carry the good news far from home. Protect them and give them courage. Help me share Jesus right where You've put me. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Which missionaries does our church pray for or support? How could you help?

BELONG, DON'T JUST ATTEND



- ☐ Learn the names of five people at church who aren't your age.
- ☐ Ask Pastor James how he came to follow Jesus.
- ☐ Thank someone who serves behind the scenes.
- ☐ Ask an older believer to pray for you, and pray for them.
- ☐ Invite a friend to come with you on a Sunday.
- ☐ Tell someone at church one way God is growing you.
- ☐ Sit with someone older, or someone new, at a church meal or event.
- ☐ Ask a deacon what deacons do at Pleasant Grove.
- ☐ Volunteer for one job, like greeting, setting up, or cleaning up.
- ☐ Go to Wednesday night Bible study at least once.
- ☐ Bring your Bible on Sunday and follow along with the sermon.
- ☐ Ask a longtime member to tell you some of our church's history.

MY NOTES

i Sunday School is at 9:45 AM, and worship begins at 11:00 AM. Wednesday Bible study meets at 6:00 PM. If you don't know where to begin, Pastor James would love to help you find your place.

WATER, BREAD, AND CUP



✦ *Baptism and the Lord's Supper don't save anyone. They point to the Savior who does.*

WEEK KICKOFF

A ROADSIDE BAPTISM

Read first: **Acts 8:26-39**

A high official from Ethiopia, in charge of the queen's entire treasury, was riding home after worshipping in Jerusalem. He was reading the prophet Isaiah out loud, and he was stuck. God sent Philip to run up beside his chariot and ask, "Do you understand what you're reading?" The official's answer was honest: how could he, unless someone guided him?

The passage described a man who suffered in silence, like a lamb, and whose life was taken. Isaiah had written it roughly seven centuries before Jesus came. Philip began with that very passage and explained the good news about Jesus. When their road passed some water, the official said, "Look, there's water." He didn't want to wait. Philip baptized him, and he "went on his way rejoicing."

The order matters. He heard the gospel, believed it, and then was baptized. You'll see that pattern all through the New Testament. Baptism doesn't make anyone a Christian. We're saved by grace through faith in Jesus, and nothing we do adds to that. But baptism is how a new believer goes public, showing everyone they belong to Jesus now.

Baptism and the Lord's Supper are called ordinances: practices Jesus Himself told His church to keep. Baptism happens once, near the start of the Christian life. The Lord's Supper comes around again and again to help us remember. This week's memory verse shows what baptism pictures: being buried with Christ and raised to "walk in newness of life."



TRY THIS WEEK

If you've been baptized, write down the story of that day and tell it to someone this week. If you haven't, write down your questions and ask a parent or mentor to help you set up a time to talk with Pastor James.

MEMORY VERSE

Therefore we were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may walk in newness of life.

Romans 6:4

- ☐ I can say it from memory
☐ I said it to someone



FOR PARENTS & MENTORS

If your student hasn't been baptized, this week may raise the question. Welcome it without pressure, and make sure they understand that baptism follows faith and does not save. Then help them talk with Pastor James, who is also the one to ask about the Lord's Supper.



TALK IT OVER

- 1 What do you think made the official so eager to be baptized, right there by the road?
- 2 Have you been baptized? If not, what questions or hesitations do you have?
- 3 If the adult you're talking with has been baptized, ask them about that day. What did it mean to them?



PRAY

Jesus, You gave Your life for me and rose again. Teach me what baptism and the Lord's Supper mean, and give me courage to follow You where people can see. Amen.

DAY
1

WHY WAS JESUS BAPTIZED?



Read: Mark 1:9-11 **Go further:** Matthew 28:19

“ And a voice came from heaven: “You are my beloved Son; with you I am well-pleased.” **Mark 1:11**

John was baptizing people who were turning from their sins. Jesus never sinned, so why did He step into the water? His reasons: to obey His Father, to stand with the people He came to save, and to lead the way for His followers. As He came up, heaven tore open. The Spirit descended like a dove, and the Father’s voice sounded from heaven. The Father, the Son, and the Holy Spirit were all there at once: one God in three persons. When a believer is baptized today, it’s in that same name: Father, Son, and Holy Spirit.

YOUR MOVE *Jesus chose to obey His Father in the water. What’s one step of obedience you’ve been putting off?*

★ **TAKE THIS WITH YOU**

*Jesus led the way into the water.
I’m following Him.*



Pray: Jesus, You obeyed the Father in everything. Thank You for showing me the way. Help me follow You, one step of obedience at a time. Amen.

DAY
2

FAITH COMES FIRST



Read: Acts 2:37-41 **Go further:** Acts 18:8

“ So those who accepted his message were baptized, and that day about three thousand people were added to them. **Acts 2:41**

Peter’s sermon hit the crowd hard. Stung with guilt, they asked, “Brothers, what should we do?” Peter’s answer: repent, which means turning away from sin and toward God, and be baptized in Jesus’ name. Baptism was never what saved them. The whole Bible teaches that we are saved by grace through faith in Jesus, not by anything we do (Ephesians 2:8-9). Look at who was baptized that day: the people who had already accepted the message. Faith came first. Baptism followed, as a public way to say, I belong to Jesus now.

YOUR MOVE *True or false? Mark each one.*

In Acts 2, people believed first and were baptized after.

☐ T ☐ F

Getting baptized is how a person gets saved.

☐ T ☐ F

To repent means turning away from sin and toward God.

☐ T ☐ F

Baptism is a public way to show you belong to Jesus.

☐ T ☐ F

You have to be good enough before you can be baptized.

☐ T ☐ F

★ **TAKE THIS WITH YOU**

*Faith comes first. Baptism follows.
Jesus is the one who saves.*



Pray: Lord, I can’t earn what You’ve given me. Thank You for saving me by grace. Help me follow You gladly, wherever obedience leads. Amen.

DAY
3

BURIED AND RAISED



Read: Romans 6:3-4 Go further: Colossians 2:12

“ Or are you unaware that all of us who were baptized into Christ Jesus were baptized into his death? **Romans 6:3**

Paul was answering a question: if God's grace covers all our sin, why not keep sinning? His answer points to baptism. When a believer goes under the water, it pictures Jesus' death and burial. Coming up pictures His resurrection. But it pictures your story too. The old you, ruled by sin, was “buried with him by baptism into death,” as Paul puts it, and the new you was raised to live a different life. You'll still stumble sometimes. But you aren't that old person anymore, so going back to the old life doesn't fit.

YOUR MOVE *Baptism tells two stories at once: Jesus' and yours. Fill in both columns.*

	What it shows about Jesus	What it shows about me
Going under the water		
Coming up out of the water		

★ **TAKE THIS WITH YOU**

My old life is buried. I'm living a new one with Jesus.



Pray: Jesus, You died, were buried, and rose again for me. Thank You that my old life is buried with You. Help me live the new one well. Amen.



TALK IT OUT: Explain what baptism pictures to a parent, youth leader, or mentor. Ask them to fill in anything you missed.

DAY
4

MIDNIGHT IN A JAIL CELL



Read: Acts 16:25-34 Go further: Romans 10:9-10

“ They said, “Believe in the Lord Jesus, and you will be saved—you and your household.” **Acts 16:31**

Beaten and locked up, Paul and Silas were still praying and singing at midnight. Then an earthquake shook every door open. The jailer, sure his prisoners had escaped, was about to take his own life when Paul shouted that everyone was still there. Trembling, the jailer asked, “Sirs, what must I do to be saved?” That same night he and his whole household heard the gospel, believed, and were baptized. He went from despair to rejoicing in a few hours. If you ever feel that hopeless, don't keep it to yourself. Tell a trusted adult right away.

YOUR MOVE *Who needs to hear that you follow Jesus? Write their names, and pray for a chance to tell them.*

1. _____
2. _____
3. _____

★ **TAKE THIS WITH YOU**

Following Jesus isn't a secret I keep. It's news I share.



Pray: Jesus, You turned a jailer's worst night into his best one. Thank You for rescuing me too. Make me bold to tell my story. Amen.

DAY
5

DO THIS TO REMEMBER



Read: 1 Corinthians 11:23-26 **Go further:** Luke 22:19-20

“ For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes. **1 Corinthians 11:26** ”

On the night Jesus was betrayed, knowing exactly what was coming, He took bread, gave thanks, and broke it. He said, “This is my body, which is for you.” Later He lifted the cup and called it the new covenant in His blood. That’s a binding agreement in which God promises to forgive His people completely. Every time a church shares the Lord’s Supper, it looks back to the cross and ahead to Jesus’ return. At Pleasant Grove, we share it about once a quarter. Ask Pastor James about taking part.

YOUR MOVE Fill each blank from the word bank.

Word bank: cross covenant return body

1. The bread points to Jesus’ _____, given for me.
2. The cup points to the new _____ in His blood.
3. Taking it looks back to the _____.
4. Doing it until He comes looks ahead to His _____.

★ **TAKE THIS WITH YOU**

Jesus gave His body for me. I never want to forget it.



Pray: Jesus, You gave Your body and blood for me. Help me never treat that lightly. I’m looking forward to the day You come back. Amen.

DAY
6

BEFORE THE BREAD AND CUP



Read: 1 Corinthians 11:27-28 **Go further:** Psalm 139:23-24

“ Let a person examine himself; in this way let him eat the bread and drink from the cup. **1 Corinthians 11:28** ”

The church in Corinth had turned the Lord’s Supper into a mess. Some people ate and drank too much while others went hungry. Paul warned that taking it “in an unworthy manner” is serious. He meant taking it carelessly, without honoring Jesus. But that doesn’t mean you have to be good enough first. Nobody is. It means coming honestly: examining yourself, confessing sin, and making things right with people when you can. God is quick to forgive. Whether or not you take part yet, that kind of honest check-in with God is a healthy habit.

YOUR MOVE Write down anything about baptism or the Lord’s Supper that still puzzles you. Take your list to Pastor James.

1. _____
2. _____
3. _____

★ **TAKE THIS WITH YOU**

God doesn’t want me perfect. He wants me honest with Him.



Pray: God, look at my heart and show me what You see. If there’s sin I need to confess or a wrong to make right, help me do it. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor how they prepare their heart before the Lord’s Supper.



If you've trusted Jesus but haven't been baptized yet, this page is for you. Baptism won't save you, and it isn't a finish line. It's a public way to obey Jesus and tell everyone you belong to Him. Here's what to know.

◆ WHAT BAPTISM IS

Baptism is for people who have already trusted Jesus. At Pleasant Grove, we baptize by immersion, which means going all the way under the water. Going under pictures Jesus' death and burial, and your old life buried with Him. Coming up pictures His resurrection and your new life.

◆ WHAT BAPTISM ISN'T

- It isn't what saves you. Jesus does, by grace through faith.
- It isn't proof that you're good enough. Nobody is.
- It isn't just for adults. What matters is faith, not age.

◆ QUESTIONS TO THINK THROUGH

- Have I trusted Jesus as my Savior and Lord?
- Can I explain in my own words what He did for me?
- Am I ready to follow Him publicly, even if it costs me something?

◆ YOUR NEXT STEPS

- Talk with a parent, youth leader, or mentor.
- Set up a time to talk with Pastor James, and bring your questions.
- Invite people who matter to you to be there.

◆ THE LORD'S SUPPER

At Pleasant Grove, the church shares the Lord's Supper about once a quarter. The bread and cup point back to the cross and forward to Jesus' return. Ask Pastor James when and how you can take part.

◆ MY STORY

Already baptized? Write the date and what it meant to you. Not yet? Write what's drawing you toward it, or what's holding you back.

WORSHIP ISN'T JUST SUNDAY



★ *Worship means treating God as worth more than anything, in what you sing and in how you live.*

WEEK KICKOFF

AN INVITATION TO WORSHIP

Read first: **Psalm 95:1-7**

Psalm 95 starts loud. “Come, let’s shout joyfully to the LORD,” it says, calling God’s people to celebrate together. Then it gives reasons. God is “a great King above all gods.” The deepest places on earth and the highest peaks belong to Him. He made the sea, so it’s His. Think of the Blue Ridge on a clear day, or the Yadkin River after a hard rain.

Then the tone shifts. After all that shouting comes the hush of this week’s memory verse, where God’s people bow low and kneel before their Maker. Joyful noise and humble silence both belong in worship. And why can we come close to Someone so great? Because He is our God, and we belong to Him like “the sheep under his care.”

In old English, worship was worth-ship: declaring what something is worth. To worship God is to treat Him as worth more than anything else, including your reputation, your plans, your phone, and your weekend. We do that on Sunday when we sing, pray, give, and listen to God’s Word together. But worship doesn’t clock out when church ends.

Worship is a whole-life response to a God who deserves it. This week you’ll look at what worship is, why we gather, how to listen to a sermon, and what worship looks like on an ordinary Monday. You’ll also face a hard question: is anything competing with God for first place in your heart?

TRY THIS WEEK

Go somewhere outside this week where you can see a big piece of God’s creation: a ridge, a field, the river, the night sky. Put your phone away for ten minutes. Read Psalm 95:1-7 out loud, and thank God for what you see.

MEMORY VERSE

Come, let’s worship and bow down; let’s kneel before the LORD our Maker.

Psalm 95:6

- ☐ I can say it from memory
☐ I said it to someone



FOR PARENTS & MENTORS

Teens can tell whether adults worship or just attend. Let them see you engage on Sunday: singing, listening, praying. Afterward, ask what stood out to them and share what stood out to you. During the week, point out everyday obedience as worship too.



TALK IT OVER

- 1 When do you feel most drawn to worship God: singing with others, alone outdoors, or somewhere else?
- 2 What do people your age tend to put ahead of God?
- 3 Ask the adult you’re talking with: What song or hymn has carried you through a hard time?



PRAY

Lord, You are greater than anything I could chase. You made the mountains and the sea, and You made me. I bow before You. Take first place in my heart. Amen.

DAY

1

GIVE GOD WHAT HE'S DUE

 **Read:** Psalm 29:1-2 Go further: Revelation 5:11-13

“Ascribe to the LORD the glory due his name; worship the LORD in the splendor of his holiness. **Psalm 29:2**

Ascribe is an old word that means to credit or to give. We hand out credit all the time. We praise athletes, musicians, and people with huge followings, and sometimes we quietly take the credit for our own success. Psalm 29 even calls the “heavenly beings,” the angels themselves, to honor God as He deserves. In Revelation 5, John sees countless angels around God’s throne praising Jesus, the Lamb. If beings who stand in God’s presence give Him everything, He deserves our praise too. Worship is giving God credit for who He really is.

YOUR MOVE

Give God credit. Write two things about who He is and two things He has done.

Who He is: _____

Who He is: _____

What He has done: _____

What He has done: _____

★ TAKE THIS WITH YOU

Worship is giving God the credit He's due.



Pray: God, You deserve all the glory, more than anyone I admire and more than I do. Forgive me for giving my praise to smaller things. Amen.

DAY

2

NOT JUST FOR GOOD SINGERS

 **Read:** Psalm 96:1-4 Go further: Colossians 3:16

“Sing a new song to the LORD; let the whole earth sing to the LORD. **Psalm 96:1**

Maybe you love to sing. Maybe you'd rather do anything else. Either way, the invitation in Psalm 96 goes out to the whole earth, and that includes you. God isn't grading your pitch. He cares about your heart. Notice that singing here is also telling. The psalm says to “proclaim his salvation from day to day” and to declare His glory to every nation. When you sing true words about God, you're preaching to your own heart and to everyone around you. So next Sunday, don't just mouth the words. Mean them.

YOUR MOVE

Think of a worship song or hymn you love. Which line tells the truth about God that you need this week?

★ TAKE THIS WITH YOU

God isn't grading my voice. He's listening to my heart.



Pray: God, when I sing to You, I want to mean every word. Put a new song in my heart, and help me tell others how good You are. Amen.

DAY
3

WHY SUNDAY MATTERS



Read: Psalm 122:1 Go further: Acts 2:46-47

I rejoiced with those who said to me, "Let's go to the house of the LORD." **Psalm 122:1**

Pilgrims probably sang Psalm 122 as they climbed toward Jerusalem for the great festivals. The trip was long and dusty, but they were glad to go, because they were going to worship God together. Christians gather on Sunday because it's the day Jesus rose from the dead. Some Sundays you'll want to sleep in. Go anyway, if you can. Singing, praying, giving, hearing Scripture read and preached, and responding to God aren't just a routine. They're how God's people meet with Him as a family. At Pleasant Grove, that happens every Sunday at 11:00 AM.

YOUR MOVE Take this journal to worship on Sunday and mark each part as it happens. Add anything else you notice.

- | | |
|--|--|
| ☐ Singing together | ☐ Prayer |
| ☐ Scripture reading | ☐ The offering |
| ☐ The sermon | ☐ A time to respond |
| ☐ _____ | |

★ TAKE THIS WITH YOU

Sunday worship isn't a routine. It's meeting God with His people.



Pray: God, I want to be glad to go to Your house. When I don't feel like it, remind me why I go, and meet me there. Amen.

DAY
4

ASLEEP IN CHURCH



Read: Acts 20:7-12 Go further: Nehemiah 8:5-6

...a young man named Eutychus was sitting on a window sill and sank into a deep sleep as Paul kept on talking. **Acts 20:9**

Here's a story every tired student can relate to. Paul was leaving town the next day, so he kept teaching until midnight in a warm upstairs room full of lamps. A young man named Eutychus dozed off in a window and fell from the third floor. He was picked up dead. But Paul went down, wrapped his arms around him, and said, "Don't be alarmed, because he's alive." God had restored his life! Then everyone went back upstairs and listened until dawn. Hearing God's Word mattered that much to them. Listening well takes effort, and it's worth it.

YOUR MOVE Take notes during Sunday's sermon. There are more note pages at the back.

Bible passage: _____

Main point: _____

Something new I learned: _____

What I'll do about it: _____

★ TAKE THIS WITH YOU

Listening to God's Word takes effort, and it's worth staying awake for.



Pray: God, thank You for Pastor James and everyone who teaches Your Word. Help me listen closely on Sunday and put into practice what I hear. Amen.

TALK IT OUT: Ask a parent, youth leader, or mentor: What helps you stay focused in worship?

DAY
5

WORSHIP ON AN ORDINARY DAY



Read: Romans 12:1-2 **Go further:** Colossians 3:17

“...I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. **Romans 12:1**”

Paul spends eleven chapters of Romans explaining God’s mercy: how He saves sinners by grace. Then comes the word therefore. In view of all that mercy, give God your whole self, every day. Worship isn’t only singing. It’s how you treat your family, what you do when no one’s watching, how honestly you work, and what you let into your mind. Verse 2 warns against letting this age shape you into whatever everyone around you calls normal. Instead, “be transformed by the renewing of your mind” as God’s Word reshapes how you think.

YOUR MOVE *Pick three to try on Monday. Mark each one when you’ve done it, and add your own.*

- | | |
|---|--|
| ☐ Thank God before I check my phone | ☐ Do my schoolwork or job as if for Jesus |
| ☐ Be honest, even when it costs me | ☐ Sit with someone who is often alone |
| ☐ Help at home without being asked | ☐ Guard what I watch and listen to |
| ☐ Speak kindly about someone who isn’t there | ☐ _____ |

★ TAKE THIS WITH YOU

Worship isn’t just what I sing on Sunday. It’s how I live on Monday.



Pray: God, because of Your mercy, I give You my whole self today: my words, my choices, my mind. Change how I think, and make me more like Jesus. Amen.

DAY
6

WHO GETS FIRST PLACE?



Read: Exodus 20:1-6 **Go further:** 1 John 5:21

“Do not have other gods besides me. **Exodus 20:3**”

Before God gave a command, He reminded Israel who He was: the God who brought them out of slavery. The commands came after the rescue, not before. The first two are about worship. No other gods. No idols. Today an idol isn’t usually a statue. It’s anything you trust or love more than God: approval, grades, a relationship, a sport, your phone. God calls Himself jealous, but not in a petty or insecure way. It’s the rightful, protective love of the One who made and rescued you. He won’t share your heart with things that can’t love you back.

YOUR MOVE *What competes with God for first place in your life right now? Be honest. What’s one way to put Him first this week?*

★ TAKE THIS WITH YOU

Anything I love more than God will let me down. He never will.



Pray: God, You rescued me, and You deserve first place. If something has crowded You out, show me, and help me put it back where it belongs. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: What are the idols adults struggle with most? How do you guard against them?

A PSALM IN YOUR WORDS



Psalm 95 has a shape you can borrow. It calls people to worship, gives reasons, bows low, remembers who we belong to, and then listens. Use the same shape to write a psalm of your own. It doesn't have to rhyme or sound impressive. It just has to be honest.

◆ COME: CALL YOURSELF TO WORSHIP

Verses 1-2 are an invitation. Invite your own heart, or your friends, to praise God.

◆ BECAUSE: GIVE THE REASONS

Verses 3-5 say why God deserves praise. Name what makes Him great and what He has made or done.

◆ BOW: HUMBLE YOURSELF

Verse 6 bows and kneels. Tell God what you're surrendering to Him right now.

◆ BELONG: REMEMBER WHOSE YOU ARE

Verse 7 says we are His sheep. Thank Him for how He cares for you.

◆ LISTEN: HEAR HIM TODAY

The end of verse 7 turns to listening. What has God been showing you in His Word lately? How will you respond?

GREATNESS,
REDEFINED

★ *In God's family, greatness means serving, and He has given you gifts to do it.*

👥 WEEK KICKOFF

TWO BROTHERS, ONE BIG ASK

Read first: [Mark 10:35-45](#)

Everybody keeps score somehow. Followers and likes. Starting spots and class rank. Who got invited and who didn't. Without anyone saying it out loud, we learn that the people on top get noticed and the people on the bottom get ignored.

Jesus' own disciples kept score too. One day the brothers James and John came to Him with a bold request. When Jesus sat on His throne in glory, they wanted the two best seats, one at His right and one at His left. Jesus told them they had no idea what they were asking. His road to glory would run straight through suffering. The other ten were furious when they found out, maybe because they wanted those seats too.

So Jesus gathered all twelve. In the world, He said, people with power throw their weight around. "But it is not so among you." In His kingdom, the great ones are the servants, and the one who wants to be first serves everybody else. Then Jesus pointed to His own life. He didn't come to be waited on. He came to serve, and "to give his life as a ransom" for many. In that world, a ransom was the price paid to free a prisoner. At the cross, the King of everything paid that price for you.

This week you'll look at the gifts God built into you: abilities and passions He planned for you to use. They aren't for climbing over people or for earning His love. You already have that. They're for serving at home, at school, and in your church family, often where nobody is clapping.



TRY THIS WEEK

Do one act of hidden service every day this week, something no one asked you to do. Don't mention it. Take out the trash, text someone who's struggling, stay late to clean up. By Sunday, notice what changed in you.

MEMORY VERSE

Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God.

1 [Peter 4:10](#)

- ☐ I can say it from memory
☐ I said it to someone



FOR PARENTS & MENTORS

This week, serve beside your student instead of just sending them, and let them lead where they can. Name the gifts you see in them. Hearing it from an adult they trust can shape how they see their place in the church.



TALK IT OVER

- 1 Where do you see people competing to be first or most important? At school, online, on a team?
- 2 Jesus is King of everything, yet He came to serve. What does that say about what He values?
- 3 Who has served you in a way you still remember? What about the adult you're talking with?



PRAY

Jesus, You could have demanded to be served, but You served me instead and gave Your life for me. Show me where to serve this week, even when no one notices. Amen.

DAY
1

POWER USED FOR OTHERS

 **Read:** Philippians 2:5-8 Go further: John 13:12-15

“ Instead he emptied himself by assuming the form of a servant, taking on the likeness of humanity. **Philippians 2:7** ”

Most people with power use it to get ahead. Jesus had more power than anyone who ever lived, because He has always been God. Yet Paul says He didn't use that for His own advantage. He humbled Himself and obeyed the Father all the way to death on a cross. Then Paul turns to you: "Adopt the same attitude." Serving isn't just something Jesus did. It's the mindset He wants to grow in you, whether you're the team captain or the new kid nobody knows.

YOUR MOVE *Where do you have some influence: at home, on a team, with friends, online? How could you use it to serve?*

★ TAKE THIS WITH YOU

Jesus used His power to serve. I can use mine the same way.



Pray: Jesus, You never used Your power to serve Yourself. Give me that same attitude, and show me how to use what I have for others. Amen.

DAY
2

DIFFERENT ON PURPOSE

 **Read:** Romans 12:4-8 Go further: 1 Corinthians 12:4-7

“ According to the grace given to us, we have different gifts... **Romans 12:6** ”

It's easy to look at someone else's gifts and wish they were yours. She can sing. He can lead. They always know what to say. Paul says the church works like a body. A body made only of eyes couldn't walk anywhere. So God spreads different gifts through His people: serving, teaching, encouraging, giving, leading, showing mercy. Paul even says how to use them. Give generously. Lead with diligence. Show mercy cheerfully. Your gifts aren't trophies for a shelf. They're tools God put in your hands so His family can grow.

YOUR MOVE *Circle any gifts you might have. Star the ones other people have noticed in you.*

Showing mercy

Leading

Teaching

Not sure yet

Encouraging

Serving

Giving

★ TAKE THIS WITH YOU

My gifts aren't for showing off. They're for building up God's family.



Pray: God, thank You for making me on purpose. Help me stop comparing my gifts to everyone else's and start using them to serve Your people. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: What gifts do you see in me? Where could I start using them?

DAY
3

PEOPLE NOBODY NOTICES



Read: Matthew 25:34-40 **Go further:** Matthew 10:42

“ And the King will answer them, “Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” **Matthew 25:40**

Jesus described the day He returns as King. He thanks His people: they fed Him when He was hungry, took Him in as a stranger, and visited Him in prison. They're surprised. When did they do that? Notice two things. First, they inherit the kingdom. An inheritance is a gift for family, not a paycheck for good deeds. Second, they weren't serving to get noticed. They simply cared for people everyone else walked past. The kid eating alone. The new student. The neighbor nobody checks on. Jesus takes that personally.

YOUR MOVE *Who gets overlooked in each of these places? Write one small way you could care for them.*

	Who gets overlooked?	One thing I could do
School		
Online		
Church		

★ TAKE THIS WITH YOU

When I care for someone others overlook, I'm caring for Jesus.



Pray: Jesus, open my eyes to the people I usually walk past. Help me see them the way You do, and give me the courage to care. Amen.

DAY
4

WHO YOU'RE REALLY WORKING FOR



Read: Colossians 3:23-24 **Go further:** Colossians 3:17

“ Whatever you do, do it from the heart, as something done for the Lord and not for people... **Colossians 3:23**

Think about the jobs nobody applauds. Unloading the dishwasher. Finishing a group project after your partners disappeared. Stocking shelves after closing. Running sprints when the coach isn't looking. For a Christian, the real question isn't who's watching. It's who you're working for. If you belong to Jesus, every task, even the boring ones, can become a way to serve Him. That changes how you do homework, chores, practice, and your job. You don't have to live for applause. Your reward comes from the Lord, and nothing done for Him is wasted.

YOUR MOVE *Pick a few to do this week without being asked. Check them off as you go.*

- | | |
|---|---|
| ☐ Do a chore before anyone asks | ☐ Clean up a mess that isn't mine |
| ☐ Give full effort on my least favorite assignment | ☐ Help someone younger with homework |
| ☐ Thank someone whose work usually goes unnoticed | ☐ Show up early and help set up |
| ☐ _____ | |

★ TAKE THIS WITH YOU

Even when no one notices, I'm working for Jesus.



Pray: Lord, I want my work to honor You, even the boring parts. Help me give my best today, because I'm really doing it for You. Amen.

DAY
5

WHAT FREEDOM IS FOR



Read: Galatians 5:13-14 **Go further:** Philippians 2:14-15

“ For you were called to be free, brothers and sisters; only don’t use this freedom as an opportunity for the flesh, but serve one another through love. **Galatians 5:13** ”

Freedom is a big deal when you’re a teenager: a license, a later curfew, money of your own. In Christ you’re free in the deepest way. Sin doesn’t own you, and you never have to earn God’s love. So what is that freedom for? Not living for yourself. It’s the freedom to love. The whole law, Paul says, comes down to one command: love your neighbor as yourself. A truly free person doesn’t have to win every argument or grab the last slice. They can put others first and mean it.

YOUR MOVE

Where do you tend to serve with an eye roll or a sigh? What would serving in love look like there?

★ TAKE THIS WITH YOU

My freedom in Christ isn’t for pleasing myself. It’s for loving others.



Pray: Jesus, thank You for setting me free. Don’t let me waste that freedom on myself. Teach me to love the people around me the way You love me. Amen.

DAY
6

WHAT PEOPLE REMEMBER



Read: Acts 9:36-42 **Go further:** Hebrews 6:10

“ In Joppa there was a disciple named Tabitha (which is translated Dorcas). She was always doing good works and acts of charity. **Acts 9:36** ”

When Dorcas died, her friends didn’t talk about how popular she was. They held up the robes and clothes she had sewn for them. Many of them were widows, women who had lost their husbands and often had no one to provide for them. Dorcas noticed them and used what she had. Peter came, prayed, and God raised her to life. The news spread across Joppa, and many believed in the Lord. A needle, some thread, and a caring heart pointed a whole town to Jesus. What ordinary skill has He put in your hands?

YOUR MOVE

Make a plan to use one ordinary skill for someone this week.

Something I can do: _____

Someone it could help: _____

When I’ll do it: _____

★ TAKE THIS WITH YOU

God can use ordinary things in my hands to point people to Jesus.



Pray: God, Dorcas used what she had, and You used her. Take the skills You’ve given me and use them to show someone Your love this week. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: Who in our church quietly serves like Dorcas? How could we thank them?



Serving isn't something you graduate into. You can start now, right where you are. Try a few of these over the next month. Check off each one you do, and star the one that stretched you most.

- ☐ Set up chairs or wash dishes after a church meal
 ☐ Help in the nursery or a kids' class (ask first)
- ☐ Ask Pastor James where the church could use an extra hand
 ☐ Write a note to a church member who can't get out much
- ☐ Mow, rake, or shovel for an older neighbor
 ☐ Tutor a younger student in a subject you're good at
- ☐ Sit with someone who's eating alone
 ☐ Teach an older adult something on their phone
- ☐ Offer free babysitting to a parent who needs a break
 ☐ Help with a food drive, clothing closet, or community meal
- ☐ Give part of a paycheck or birthday money to missions
 ☐ Pray for Pastor James daily for a week, and tell him you did
- ☐ Greet visitors at church and help them find their way
 ☐ Ask the Baptist Men or WMU which missions projects students can join

MY NOTES

i Not sure where to start? Ask Pastor James or a youth leader where help is needed most. And whatever you do, remember who you're really serving.

FRUIT YOU CAN'T FAKE



★ *Good fruit can't be forced. As you keep in step with the Spirit, He grows Jesus' character in you.*

WEEK KICKOFF

KEEPING IN STEP

Read first: **Galatians 5:16-17, 22-25**

You can fake a lot of things. A smile in a photo. A good attitude when a teacher is watching. Interest in a conversation you've already checked out of. But you can't fake fruit for long. Tie plastic apples to a dead tree and it might fool someone from the road. Up close, everyone can tell. Real fruit only grows from something alive.

In Galatians 5, Paul describes a fight inside every believer. The flesh, the old selfish pull in us, wants one thing. The Spirit wants another. That's why you can love Jesus and still feel the tug toward jealousy, anger, or getting even. Feeling that fight doesn't mean you aren't really a Christian. It's a sign the Spirit is at work in you, and He isn't leaving you the way you were.

Then Paul lists what the Spirit grows instead: nine qualities that, together, look a lot like Jesus. He calls this fruit, not rules or goals. Fruit can't be forced. It grows from being connected to the source of life. So Paul says to "keep in step with the Spirit," like a marching band moving to the drum major's beat. You stay in step through His Word, prayer, and obeying what He shows you.

Over the next six days, you will zoom in on that fruit one piece at a time. Don't grade yourself too harshly. Fruit takes seasons, not days. Stay connected to Jesus, and watch for the small signs of growth along the way.



TRY THIS WEEK

Pick one part of the fruit you want God to grow in you this week. Put it where you'll see it every morning, like your mirror or lock screen. Each night, jot down one moment you saw it growing, or wished you had it.

MEMORY VERSE

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.

Galatians 5:22-23

- ☐ I can say it from memory
☐ I said it to someone



FOR PARENTS & MENTORS

Students can hear the fruit of the Spirit as a checklist to perform. Help them see it as the Spirit's work, not a grade. Point out real growth you notice, even when it's small. Be honest about the fruit you're still waiting on in your own life.



TALK IT OVER

- 1 Where do you feel the tug-of-war between what the Spirit wants and what your old self wants?
- 2 What's the difference between trying to act patient and actually becoming patient?
- 3 Where have you noticed the Spirit's fruit in each other lately? Which part do you each want more of?



PRAY

Holy Spirit, You live in me, and I'm grateful. I can't fake the fruit You want to grow. Keep me close to Jesus, and make me more like Him one day at a time. Amen.

DAY
1

LOVE ISN'T JUST A FEELING

 **Read:** 1 Corinthians 13:4-7 Go further: Nehemiah 8:10

“ Love is patient, love is kind. Love does not envy, is not boastful, is not arrogant...
1 Corinthians 13:4

Songs describe love as a feeling that sweeps you off your feet. Paul describes it as a set of choices. Love isn't rude or self-seeking. It isn't easily irritated. It doesn't keep a running list of wrongs. Try reading verses 4-7 with your own name in place of the word love. It gets uncomfortable fast. That's the point. Nobody loves like this on their own. This is the love the Spirit grows in you. With it comes joy, a gladness rooted in God that doesn't vanish when your day goes sideways.

YOUR MOVE *Reread verses 4-7 with your name in place of love. Which line is hardest to say honestly? Why?*

★ TAKE THIS WITH YOU

Real love is a choice the Spirit helps me make, again and again.



Pray: Holy Spirit, my love runs out fast. Grow Your patient, kind love in me, and fill me with joy that comes from You, not my circumstances. Amen.

DAY
2

PEACE IN THE MIDDLE OF IT

 **Read:** John 14:27 Go further: Isaiah 26:3

“ Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful. **John 14:27**

Jesus said these words at supper on the night before He died. His friends were shaken. He had just told them He was leaving, and nothing made sense. He didn't promise them an easy week. He knew what was coming. Instead He gave them His own peace. The world's version of peace means everything going your way, or scrolling until you stop thinking. Jesus' peace is different. It can hold you steady in the middle of a hard test, a tense house, or an uncertain future, because He is with you in it.

YOUR MOVE *What's stealing your peace right now? Name it honestly, then write it again as a prayer.*

★ TAKE THIS WITH YOU

Jesus' peace doesn't need a perfect day. It holds me steady in hard ones.



Pray: Jesus, You know what's worrying me today. I'm handing it to You. Trade my anxious thoughts for Your peace, and remind me that You're here. Amen.

TALK IT OUT: Ask a parent, youth leader, or mentor: What do you do when worry won't let go?

DAY
3

LEARNING TO WAIT WELL



Read: James 5:7-8 **Go further:** Psalm 27:14

“ See how the farmer waits for the precious fruit of the earth and is patient with it until it receives the early and the late rains. **James 5:7** ”

Waiting might be the hardest part of being a teenager. Waiting to drive. Waiting to hear back from a coach or a college. Waiting for a hard season at home to end. James wrote to Christians who were tired of waiting, for their suffering to end and for Jesus to come back. He pointed them to farmers, who can't rush a crop but keep working while it grows. Then he told them to strengthen their hearts. Patience isn't pretending you don't care. It's trusting that God is at work before anything sprouts.

YOUR MOVE *What are you waiting on? What can you do faithfully while you wait?*

What I'm waiting on	What I can do while I wait

★ **TAKE THIS WITH YOU**

Waiting isn't wasted. God is working before I see anything grow.



Pray: Father, some days I'm tired of waiting. Strengthen my heart while I wait, and help me trust Your timing more than my own. Amen.

DAY
4

MAKE ROOM FOR KINDNESS



Read: Ephesians 4:31-32 **Go further:** Micah 6:8

“ And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ. **Ephesians 4:32** ”

Before Paul says what to put on, he says what to get rid of. Bitterness. Anger that simmers. Shouting. Slander, which means tearing someone down with words. Malice, wanting someone to get hurt. A lot of that happens on screens now. A group chat. A screenshot passed around. A comment someone reads at midnight. The Spirit wants to clear that out and grow kindness and goodness in its place. Goodness is choosing what's right when you could get away with less. It's harder than it sounds, and it looks a lot like Jesus.

YOUR MOVE *Choose two or three to try this week. Check them off when you do.*

- | | |
|--|--|
| ☐ Stay out of a conversation tearing someone down | ☐ Stand up for someone who isn't there |
| ☐ Encourage someone who's having a hard week | ☐ Let go of a grudge I keep replaying |
| ☐ Do the right thing when nobody would know | ☐ Be kind to someone who's hard to like |
| ☐ _____ | |

★ **TAKE THIS WITH YOU**

I'll clear out bitterness so kindness has room to grow.



Pray: Holy Spirit, root out the bitterness I've been holding on to. Make me kind, even online, and help me do right when nobody's watching. Amen.

DAY
5

FAITHFUL IN THE SMALL STUFF



Read: Luke 16:10 **Go further:** Proverbs 15:1

“Whoever is faithful in very little is also faithful in much, and whoever is unrighteous in very little is also unrighteous in much. **Luke 16:10**”

Jesus said this after telling a story about a manager and his master's money, but His point reaches much further. The way you handle small things shows who you really are. Returning what you borrowed. Showing up on time for practice. Being honest when a cashier hands you too much change. Keeping a friend's private words private, unless someone's safety is at risk. Then you tell a trusted adult. Faithfulness grows in those unglamorous moments. Gentleness grows beside it. Gentle doesn't mean weak. It means strength under control, like answering calmly when you'd rather snap.

YOUR MOVE *What small thing have you been trusted with lately? Honestly, how faithful have you been with it?*

★ TAKE THIS WITH YOU

How I handle small things shows who I really am.



Pray: Lord, make me someone people can count on, in small things and big ones. When I'm tempted to snap, put calm words in my mouth. Amen.

DAY
6

KEEPING THE WALLS UP



Read: Proverbs 25:28 **Go further:** Titus 2:11-12

“A person who does not control his temper is like a city whose wall is broken down. **Proverbs 25:28**”

In the ancient world, walls kept a city safe. A wall that wasn't kept up didn't usually collapse overnight. It crumbled one loose stone at a time, until an enemy could walk right in. Self-control is lost the same way, in small moments: one more episode, one more scroll, one sharp comeback you can't take back. Here's the good news. Self-control is fruit of the Spirit, not just willpower. Paul told Titus that God's grace itself coaches us to turn away from what's ungodly and live with self-control. You aren't rebuilding the wall by yourself.

YOUR MOVE *Circle the areas where your self-control slips most. Then ask the Spirit for help in one of them.*

Spending

Sleep

My phone

Temper

My words

Procrastinating

What I watch

Food

Gossip

Gaming

★ TAKE THIS WITH YOU

Self-control grows from the Spirit, one small choice at a time.



Pray: Holy Spirit, You know where my walls are weak. Help me turn down what pulls me away from You and choose what honors You. Amen.

TALK IT OUT: Ask a parent, youth leader, or mentor: What's an area where you've had to grow in self-control? What helped?



The Spirit's fruit has nine parts. Keep this page handy all week. When you see one of them growing in you, or realize you need it, write down what happened. Growth is often easier to see looking back.

LOVE

1 Corinthians 13:4-7

Choosing what's best for someone else, even when it costs me.

JOY

Nehemiah 8:10

Gladness in God that runs deeper than my mood or my circumstances.

PEACE

John 14:27

Steadiness that comes from knowing Jesus is with me, even when life isn't calm.

PATIENCE

James 5:7-8

Trusting God's timing, and giving people room to grow.

KINDNESS

Ephesians 4:32

Noticing what someone needs and doing something about it.

GOODNESS

Micah 6:8

Integrity: being the same person in private that I am in public.

FAITHFULNESS

Luke 16:10

Being someone God and others can count on, in small things too.

GENTLENESS

Proverbs 15:1

Strength under control: a calm answer when I'd rather snap.

SELF-CONTROL

Titus 2:11-12

Pausing before I act, and letting the Spirit steer instead of my impulses.

WHEN YOU BLOW IT



★ *Christians still stumble, but you never have to hide. God forgives, restores, and helps you stand.*

👥 WEEK KICKOFF

THE WEIGHT OF KEEPING QUIET

Read first: **Psalm 32:1-5**

Maybe it was a lie that snowballed, a message you wish you hadn't sent, or something you promised yourself you'd never do. Nobody found out. But it follows you to practice, to class, and into the quiet at night when you can't sleep. Keeping sin hidden is exhausting.

David, Israel's king, had been there. In Psalm 32 he looks back on a season of hiding his sin: "When I kept silent, my bones became brittle." He groaned all day. Day and night God's hand felt heavy on him, and his strength drained away like a creek in a summer drought. That heavy hand wasn't God rejecting him. It was God refusing to let His child stay stuck.

Finally David came clean. He told God exactly what he had done, with no more cover-up, and God forgave the guilt of his sin. He didn't have to earn his way back. No wonder the psalm begins by calling the forgiven person joyful. The weight was gone.

Following Jesus doesn't make you sinless, but sin can't cancel your place in God's family. Confessing isn't getting saved all over again. It's being honest with a Father who already knows everything, about sin that was paid for in full at the cross. This week you'll look at temptation, confession, making things right, and forgiving others. You never have to carry that weight alone.



TRY THIS WEEK

Each night this week, take two minutes before bed to look back over your day with God. Ask Him to show you anything you need to confess. Tell Him honestly, thank Him for His forgiveness, and go to sleep without carrying it.



PRAY

God, I don't want to hide from You anymore. You already see everything, and You still love me. Make me quick to confess and quick to believe I'm forgiven, because of Jesus. Amen.

MEMORY VERSE

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

- ☐ I can say it from memory
- ☐ I said it to someone



FOR PARENTS & MENTORS

Many teenagers would rather hide a failure than risk letting down an adult they respect. This week, make honesty the safest option. If your student admits something, respond first with gratitude for the truth, then deal with what needs fixing. Share how God has forgiven you, too.



TALK IT OVER

- 1 Why is it so tempting to hide what we've done wrong, even from God, who already sees it?
- 2 David felt worn out while he kept quiet. Have you ever felt that kind of weight?
- 3 Is it hard for you to believe God completely forgives you? Why or why not?

DAY

1

NO MORE PRETENDING

 **Read:** 1 John 1:8-10 **Go further:** Romans 7:18-19

“ If we say, “We have no sin,” we are deceiving ourselves, and the truth is not in us.
1 John 1:8

There's a lot of pressure to look like you have it all together, especially once people know you're a Christian. John refuses to play that game, and he includes himself. Here's the freeing part. Struggling with sin doesn't mean you were never really saved. It means you're a real person who's still growing. Even Paul admitted he did the things he hated. And God doesn't meet honesty with a lecture. When we confess, He forgives and cleans us up. Not because we've earned it, but because He is faithful and Jesus already paid.

YOUR MOVE

Mark each statement true or false, based on what you've learned about God's forgiveness.

Real Christians don't struggle with sin anymore.

T

F

Confessing means being honest with God about what I did.

T

F

When I sin, I stop being God's child.

T

F

God forgives me because I've felt bad enough.

T

F

God is faithful to forgive when I confess.

T

F

★ **TAKE THIS WITH YOU**

I don't have to pretend. God forgives me when I'm honest with Him.



Pray: Father, thank You for loving the real me, not the version I show everyone else. Help me be honest about my sin and keep growing. Amen.

DAY

2

LOOKING FOR THE EXIT

 **Read:** 1 Corinthians 10:13 **Go further:** Hebrews 2:18

“ ...with the temptation he will also provide the way out so that you may be able to bear it. **1 Corinthians 10:13**

Temptation has a way of making you feel alone, like nobody else struggles with what you're facing. Paul says that's a lie. What you face is common to people everywhere. Being tempted isn't the same as sinning, either. Jesus faced temptation too, without ever sinning, so He knows exactly how to help you. God is faithful, and He puts a limit on how hard temptation can push you. The exit usually shows up early. Close the app. Leave the room. Change the subject. Text a friend. The longer you linger, the harder it gets.

YOUR MOVE

Circle the exits you already use. Star one you want to start using this week.

Close the app

Go to bed

Change the subject

Text a friend

Quote a verse

Walk away

Do something else

Tell an adult

Pray right then

★ **TAKE THIS WITH YOU**

Being tempted isn't sinning, and God never leaves me without an exit.



Pray: Jesus, You were tempted and never gave in. When I'm tempted, help me spot the way out early and take it. Thank You for being faithful. Amen.

DAY
3

DECIDE BEFORE THE PRESSURE



Read: Daniel 1:8-16 **Go further:** Psalm 119:9-11

“ Daniel determined that he would not defile himself with the king’s food or with the wine he drank. **Daniel 1:8**

Daniel was probably a teenager when he was carried off to Babylon. The king’s plan was to reshape him: new name, new schooling, new menu. Daniel went along with a lot, but he drew a line where obeying God was at stake, and he drew it ahead of time. He didn’t throw a fit or sneak around. He asked respectfully and offered a ten-day test, and God gave him favor. Pressure is easier to face when you’ve already decided. Settle it now, before the party, the test, or the late-night message.

YOUR MOVE Write two or three decisions you want to settle now, before the pressure hits.

★ TAKE THIS WITH YOU

I’ll decide now to obey God, so pressure doesn’t decide for me.



Pray: God, give me Daniel’s courage. Help me settle now what I will and won’t do, and help me stay respectful and wise when I stand firm. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: What’s a decision you made ahead of time that protected you?

DAY
4

COMING CLEAN WITH GOD



Read: Psalm 51:1-12 **Go further:** Proverbs 28:13

“ God, create a clean heart for me and renew a steadfast spirit within me. **Psalm 51:10**

David wrote this prayer after the lowest point of his life. He had taken another man’s wife, then arranged that man’s death to cover it up. When the prophet Nathan confronted him, David finally stopped hiding. No excuses. No blaming. He owns what he did and begs God to wash him. Then notice what he asks for near the end: “Restore the joy of your salvation to me.” Not a new salvation. The joy of it. Sin can drain the joy out of a Christian’s life. Honest confession is how God brings it back.

YOUR MOVE Write a short, honest prayer of confession. A word or two is enough; God knows the details.

★ TAKE THIS WITH YOU

Sin can steal my joy, but never my salvation. Confession brings the joy back.



Pray: Father, no excuses today. I was wrong. Wash me, make my heart new, and restore the joy of belonging to You. Amen.

DAY
5

GO MAKE IT RIGHT

 **Read:** Matthew 5:23-24  Go further: Luke 19:8



“ First go and be reconciled with your brother or sister, and then come and offer your gift. **Matthew 5:24**

Jesus described someone about to give an offering who suddenly remembers that a friend has something against them. His instruction is surprising: that relationship comes first. Worship doesn't cover up a mess we refuse to face. A real apology doesn't say, 'Sorry if you were offended.' It names what you did, admits it was wrong, and asks for forgiveness without excuses. Sometimes it means paying back or replacing something, like Zacchaeus did when he met Jesus. You can't control how the other person responds. But you can do your part, and you can go first.

 **YOUR MOVE** *Is there someone you owe an apology? Plan what you'll say.*

Who (initials): _____

What I did: _____

What I'll say: _____

How I'll make it right: _____

★ TAKE THIS WITH YOU

God cares how I treat people, so I'll go make things right.



Pray: Jesus, show me anyone I need to make things right with. Give me the humility to apologize without excuses and the courage to go first. Amen.

DAY
6

FORGIVING WHEN IT HURTS

 **Read:** Colossians 3:13  Go further: Matthew 18:21-22



“ Just as the Lord has forgiven you, so you are also to forgive. **Colossians 3:13**

Peter wanted to know the limit. How many times do you have to forgive the same person? Seven sounded generous. Jesus answered with a number so big it meant stop counting. That's hard when the hurt is real. So be clear about what forgiveness is. It isn't saying what happened was okay or pretending it didn't hurt. It doesn't mean trusting them again right away. It means handing the debt to God instead of making them pay, remembering how much He has forgiven you. And if someone is hurting you now, tell a trusted adult today.

 **YOUR MOVE** *Who is hardest for you to forgive right now? Use initials, and write God an honest prayer.*

★ TAKE THIS WITH YOU

I've been forgiven so much. With God's help, I can forgive too.



Pray: Lord, You forgave me completely. Help me release the people I'm holding grudges against. Heal what still hurts, and show me what to do next. Amen.

 **TALK IT OUT:** Ask a parent, youth leader, or mentor: What helped you forgive someone who hurt you?



Following Jesus means you're in a real fight, with temptation, lies, and an enemy who wants you to quit. God doesn't send you in unprotected. After reading Ephesians 6:13-17, match every piece to what it looks like in real life.

Write the letter of the matching answer in the blank.

ARMOR

IN REAL LIFE

_____ 1. Belt of truth

A. Being ready to explain why I follow Jesus

_____ 2. Armor of righteousness

B. Knowing and using God's Word when temptation hits

_____ 3. Shoes of the gospel

C. Living honestly and holding on to what God says is true

_____ 4. Shield of faith

D. Holding on to what God has promised when doubts come flying

_____ 5. Helmet of salvation

E. Doing what's right because I belong to Jesus

_____ 6. Sword of the Spirit

F. Guarding my mind with the truth that I'm saved for good

GENEROUS ON PURPOSE



✦ *Generosity grows from a thankful heart, not a big bank account, because it all came from God first.*

WEEK KICKOFF

THE GIFT JESUS NOTICED

Read first: **Mark 12:41-44**

Jesus once took a seat across from the temple treasury and simply watched people give. Wealthy worshipers dropped in large amounts, and you could probably hear the coins clatter. If you wanted your generosity noticed, this was the place to do it.

Then a poor widow walked up. In that culture, a woman whose husband had died often had no one to provide for her. Her whole offering was two tiny coins. Nobody else would have given it a second thought. But Jesus gathered His disciples. That widow, He told them, had given more than all the others.

How? The others gave out of their extra, money they would never miss. She gave out of her poverty. It was “all she had to live on.” Jesus doesn’t measure a gift by its size but by what it costs the giver and the trust behind it. She was placing her whole life in God’s hands.

This week is about generosity. Maybe you have a job, maybe you get birthday money, or maybe you have almost nothing right now. Generosity isn’t about the amount. It’s about a heart that trusts God and gives gladly, with money, time, and attention. It’s not a deal to get rich, and it’s not guilt. It’s a response to the God who gave first when He gave us Jesus.

TRY THIS WEEK

Give something this week that actually costs you: part of a paycheck, a free Saturday morning, an afternoon with someone who’s lonely. Do it quietly and gladly. Afterward, write down what it taught you about trusting God.

PRAY

God, everything I have come from You. Thank You for giving me Jesus. Make me generous like that widow: trusting You, giving gladly, and not worried about who notices. Amen.

MEMORY VERSE

Each person should do as he has decided in his heart—not reluctantly or out of compulsion, since God loves a cheerful giver.

2 Corinthians 9:7

- ☐ I can say it from memory
☐ I said it to someone

FOR PARENTS & MENTORS

Money can be an awkward topic with teenagers, but the habits they form now tend to last. Talk openly about how and why you give. If your student earns or receives money, help them sketch out a simple giving plan. Praise their generosity, whatever the amount.

TALK IT OVER

- 1 The widow’s gift was the smallest in the room. Why did Jesus say it was the biggest?
- 2 What makes generosity hard at your age? Money, time, fear of missing out, something else?
- 3 Who is the most generous person you know? What makes them that way?

DAY
1

BORROWED, NOT OWNED

 **Read:** Psalm 24:1-2 **Go further:** Haggai 2:8

“ The earth and everything in it, the world and its inhabitants, belong to the LORD...
Psalm 24:1

Think about the first time someone trusted you with something valuable: a set of car keys, a borrowed tool, the cash register at work. It was yours to use, but it wasn't yours. Psalm 24 says everything works like that, because God is the one who built the world. Your phone, your paycheck, your talents, your time, even your body are His, trusted to you. The Bible's word for someone in that position is steward. Stewards don't ask how much they get to keep. They ask what the Owner wants.

YOUR MOVE *List four things God has trusted you with. Star the one that's hardest to hold loosely.*

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

★ TAKE THIS WITH YOU

It all belongs to God. I'm just managing what He's entrusted to me.



Pray: Lord, everything I have is Yours. Forgive me for acting like it's all mine. Help me take care of what You've trusted me with and use it well. Amen.

DAY
2

FIRST, NOT LEFTOVERS

 **Read:** Proverbs 3:9-10 **Go further:** 2 Corinthians 8:1-5

“ Honor the LORD with your possessions and with the first produce of your entire harvest... **Proverbs 3:9**

Israel's farmers offered God the earliest crops of the season, before they knew how the rest of the harvest would go. Giving first said something: God comes first, and I trust Him with the rest. Giving leftovers says something too. Many Christians practice this by giving a tithe, a tenth of what they receive, through their church. If you earn or receive any money, you can start that habit now. And Proverbs 3:10 isn't a promise that giving makes you rich. It's a picture of God's faithfulness to people who put Him first.

YOUR MOVE *Where do you tend to give God your leftovers: money, time, attention? What would giving first look like?*

★ TAKE THIS WITH YOU

God gets my first and best, not whatever happens to be left.



Pray: Lord, You deserve my first and best, not my leftovers. Give me the faith to put You first with my money, time, and attention. Amen.

DAY
3

GLAD TO GIVE



Read: 2 Corinthians 9:6-8 **Go further:** Acts 20:35

“ And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work. **2 Corinthians 9:8** ”

Paul borrows a picture from farming. Plant a handful of seed and you'll get a small crop. Plant generously and the harvest is bigger. In God's hands, giving is more like planting than losing. Then Paul says something freeing: decide in your own heart what to give. Not because someone is guiltting you. Not so people will be impressed. God isn't after grudging gifts. He loves a cheerful giver, someone who gives gladly because they've seen how generous He is. Jesus Himself said giving is more blessed than receiving.

YOUR MOVE

Remember a time giving felt good instead of forced. What made the difference?

★ TAKE THIS WITH YOU

God doesn't want grudging gifts. He loves it when I give gladly.



Pray: God, You've given me so much. Take away my stingy, grudging heart, and make me a glad giver who trusts You to supply what I need. Amen.

DAY
4

GIVING BACK WHAT'S HIS



Read: 1 Chronicles 29:10-14 **Go further:** 1 Peter 4:10

“ For everything comes from you, and we have given you only what comes from your own hand. **1 Chronicles 29:14** ”

Near the end of his life, King David gathered gold, silver, and stone for a temple his son would build. The people gave so freely that David stood up and praised God in front of everyone. He doesn't brag about the size of the offering. He's amazed that God would let them take part at all. Greatness, power, riches, and honor all belong to God. That changes how you see your own time, talents, and money. They're not yours to protect. They're His to use, and He invites you to join Him.

YOUR MOVE

Brainstorm two ways to put each of these to work for God this month.

Time	Skills	Money

★ TAKE THIS WITH YOU

Everything I have to give came from God in the first place.



Pray: God, greatness, power, and every good gift come from You. Show me how to use my time, talents, and money for Your purposes this week. Amen.

TALK IT OUT: Ask a parent, youth leader, or mentor: What's a way you serve with your skills? Could I help you do it sometime?

DAY
5

WHERE YOUR HEART GOES



Read: Matthew 6:19-21 **Go further:** 1 Timothy 6:17-19

“ But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves don’t break in and steal. **Matthew 6:20** ”

Remember the thing you wanted more than anything a few years ago? It’s probably in a closet now, broken, or forgotten. Jesus said earthly treasure always ends that way. It wears out, goes out of style, or disappears. Then He added a twist: where your treasure is, your heart follows. We assume our money follows our heart. Jesus says it also works the other way. Invest your money and time in what matters to God, like people and His kingdom, and your heart will grow more attached to Him.

YOUR MOVE *Circle where your money and time mostly went this week. Star anything that will still matter in 100 years.*

Friends

Food

My phone

Helping someone

Shows

Church

Games

Clothes

Sports

Saving

★ **TAKE THIS WITH YOU**

My heart follows my treasure, so I’ll invest in what lasts.



Pray: Jesus, I don’t want to love things that won’t last. Pull my heart toward You, and teach me to invest in what matters forever. Amen.

DAY
6

THE GIFT TOO BIG FOR WORDS



Read: 2 Corinthians 9:11-15 **Go further:** James 1:17

“ Thanks be to God for his indescribable gift! **2 Corinthians 9:15** ”

Paul was gathering an offering from churches like the one in Corinth to help struggling believers in Jerusalem. He describes what happens when God’s people give. Needs get met, but that’s only the start. The people who receive help thank God and pray for the ones who gave. Gratitude spreads in every direction. Then Paul’s thoughts turn to the greatest gift of all. He’s thinking of Jesus. That’s where real generosity starts. You don’t give to earn God’s approval. You give because He already gave you His Son, and gratitude has to go somewhere.

YOUR MOVE *Write God a thank-you note for Jesus. Be specific about what He has done for you.*

★ **TAKE THIS WITH YOU**

Every gift I give is a thank-you for the gift of Jesus.



Pray: Thank You, God, for Jesus, the gift too big for words. Let my gratitude spill over into generosity that makes others thank You too. Amen.



TALK IT OUT: Ask a parent, youth leader, or mentor: When has someone’s generosity made you thank God? What happened?

A PLAN FOR EVERY DOLLAR



This week's memory verse talks about deciding in your heart what to give. That's what a plan is for. Whether you have a job, get birthday money, or have almost nothing right now, you can decide ahead of time how you'll handle what God gives you.

◆ GIVE FIRST

Set aside your giving before you spend anything, for the church offering or for someone in need. A tithe, one tenth, is a common place to start. Out of every \$10 that comes in, I'll give:

◆ SAVE SOME

Saving is planning ahead. It keeps a surprise expense from becoming a crisis, and it lets you work toward something bigger. Out of every \$10, I'll save:

◆ SPEND WISELY

Spending isn't wrong. It's part of managing well. Before you buy, ask: Do I need this? Will I still care about it in a month? Out of every \$10, I'll spend:

◆ WHERE THE OFFERING GOES

Offerings from the whole church add up to more than any one person could do. Pastor James can tell you where our church's giving goes. It helps:

- Teach God's Word to every age
- Care for hurting people in our community
- Send missionaries to share Jesus around the world

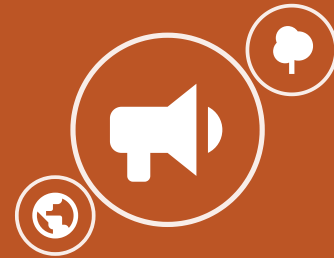
◆ MORE THAN MONEY

Your time and skills are gifts too. One way I'll give my time or talents this month:

◆ MY COMMITMENT

Write your plan in a sentence or two. Talk it over with a parent or mentor, then sign it.

TOO GOOD TO KEEP QUIET



★ *You don't need all the answers to share Jesus. Tell what He has done for you, and keep growing.*

WEEK KICKOFF

ONE SENTENCE THAT CHANGED EVERYTHING

Read first: **2 Kings 5:1-14**

Naaman seemed to have it all. He led the armies of Aram, his king trusted him, and he had won battle after battle. Yet one problem followed him everywhere: a skin disease that no rank or riches could cure.

A young Israelite girl worked in Naaman's household. Soldiers from Aram had carried her off in a raid. Now she waited on Naaman's wife. She had every reason to be bitter, or at least to keep her head down. Instead she took a risk. If only her master could meet the prophet in Samaria, she said. God's prophet could cure him.

Naaman made the trip, expecting a grand ceremony. Elisha didn't even come to the door. He sent a messenger instead: go wash in the Jordan, seven times. Naaman stormed off, insulted. But his servants reasoned with him. If the prophet had asked for something hard, wouldn't he have done it? Why not do this, when the prophet only says, "Wash and be clean"? So Naaman went down to the river, dipped seven times, and came up with skin as healthy as a child's.

God used one sentence from a servant girl to change a powerful man's life. The news you carry is even bigger: Jesus forgives sin and gives life that never ends. You don't need a title or a perfect answer for every question. Just be honest about what He has done for you. That's how Deep Roots ends. Not with a finish line, but with you growing and helping others grow.



TRY THIS WEEK

Invite one friend to join you at church this week: Sunday School (9:45 AM), worship (11:00 AM), or Bible study on Wednesday (6:00 PM). Offer to sit together so they don't walk in alone, and pray for them daily.

MEMORY VERSE

Go home to your own people, and report to them how much the Lord has done for you and how he has had mercy on you.

Mark 5:19

- ☐ I can say it from memory
- ☐ I said it to someone



FOR PARENTS & MENTORS

This is the last week of Deep Roots. Celebrate what God has done in your student. Share how you came to faith, and help them practice telling their own story. Talk about next steps: a Bible reading plan, the Follow Me journal, and, if they haven't been baptized, a conversation with Pastor James.



TALK IT OVER

- 1 The servant girl had every reason to stay quiet. Why do you think she spoke up anyway?
- 2 Think about the person who first pointed you to Jesus. What did they say or do that mattered?
- 3 What makes talking about Jesus hard for you? What would make it easier?



PRAY

God, You used someone to point me to Jesus. Give me the servant girl's courage to speak up, and keep me growing long after this journal ends. Amen.

DAY

1

SOMEBODY HAS TO TELL THEM

 **Read:** Romans 10:13-15  **Go further:** Romans 1:16



“ How, then, can they call on him they have not believed in? And how can they believe without hearing about him? And how can they hear without a preacher?

Romans 10:14

Paul starts with a promise wide enough for anyone: everyone who calls on the name of the Lord will be saved. Then he asks a string of questions, and they all land in the same place. People can't trust a Jesus they've never heard about. Somebody told you. A parent, a coach, a friend, a preacher. Now you're part of that chain. Paul calls the feet of messengers beautiful, not because of how they look but because of where they go. God doesn't need you to be a pastor. He wants you ready to speak.

 **YOUR MOVE** *Who in your life needs to hear about Jesus? Use initials if you like, and note how you will pray for each.*

Name or initials	How I will pray for them

★ TAKE THIS WITH YOU

Someone told me about Jesus. Now it's my turn to tell someone else.



Pray: Lord, You love each person I wrote down even more than I do. Soften their hearts toward You, and give me the right moment to speak. Amen.

DAY

2

YOUR STORY IS WORTH TELLING

 **Read:** Mark 5:18-20  **Go further:** 1 Peter 3:15



“ So he went out and began to proclaim in the Decapolis how much Jesus had done for him, and they were all amazed. **Mark 5:20**

This man's life had been a nightmare. Tormented by demons, he lived among the tombs, and no chain could hold him. Then Jesus set him free. No wonder he begged to climb into the boat and follow Jesus anywhere. But Jesus said no: "Go home to your own people." Home is often the hardest place to talk about Jesus, because they knew the old you. That's why your story matters there. You don't need a dramatic past or perfect words. You just need to tell the truth about what He has done.

 **YOUR MOVE** *Outline your story in a few quick notes. Keep it short enough to tell in a minute.*

Life before Jesus: _____

How I trusted Him: _____

What's changed since: _____

★ TAKE THIS WITH YOU

I don't need a dramatic story. I just need to tell the true one.



Pray: Jesus, thank You for the mercy You've shown me. Give me courage to tell my story, starting with the people who know me best. Amen.



TALK IT OUT: Practice your story with a parent, youth leader, or mentor. If they follow Jesus, ask how they came to trust Him.

DAY
3

SHINING IN THE DARK



Read: Philippians 2:14-16 **Go further:** Matthew 5:14-16

“ Do everything without grumbling and arguing, so that you may be blameless and pure, children of God... **Philippians 2:14-15**

On a clear night out in the country, away from the lights, the sky fills with stars you never notice in town. They were there all along. It took darkness to show them off. Paul uses that picture for believers: we “shine like stars in the world.” Not by being preachy, but by living differently: honest when others shade the truth, kind when everyone’s complaining, steady when things get ugly. And by “holding firm to the word of life.” Your life can’t save anyone. Only Jesus saves. But how you live can make people curious about Him.

YOUR MOVE *Choose a few ways to shine this week. Put a check by each one you try.*

- | | |
|--|--|
| ☐ Go a whole day without complaining | ☐ Tell the truth when a lie would be easier |
| ☐ Include someone who usually gets left out | ☐ Say something encouraging in a negative conversation |
| ☐ Invite a friend to church with me | ☐ Mention God naturally when someone asks about my week |
| ☐ _____ | |

★ TAKE THIS WITH YOU

My life can make people curious about Jesus.



Pray: Lord, the world feels dark sometimes. Let my words and choices shine, so the people around me get curious about You. Amen.

DAY
4

COURAGE WHEN IT'S AWKWARD



Read: Acts 4:18-20 **Go further:** 2 Timothy 1:7

“ ...we are unable to stop speaking about what we have seen and heard. **Acts 4:20**

Peter and John had spent a night in jail for preaching about Jesus. The top religious leaders ordered them to stop. Their reply was respectful but firm: you decide whether it's right to listen to you instead of God. This was the Peter who once swore he didn't know Jesus. What changed? He had seen Jesus alive again, and the Holy Spirit filled him with courage. You probably won't face a courtroom. But you might face an awkward silence, a raised eyebrow, or a joke at your expense. The Spirit who made Peter brave lives in you too.

YOUR MOVE *Circle what makes talking about Jesus hard for you. Then ask God for courage in that area.*

My family's reaction

Feeling like a hypocrite

Awkwardness

Hard questions

Losing friends

Nothing, I'm ready

Finding the words

Being labeled

★ TAKE THIS WITH YOU

The Spirit who made Peter brave lives in me too.



Pray: Holy Spirit, You know what makes me nervous. Fill me with the courage You gave Peter, and help me speak with love and respect. Amen.

DAY
5

A CROWD NO ONE CAN COUNT



Read: Revelation 7:9-10 **Go further:** Psalm 96:3

“ After this I looked, and there was a vast multitude from every nation, tribe, people, and language, which no one could number, standing before the throne and before the Lamb. **Revelation 7:9**

John was given a glimpse of heaven's worship. Listen to what the crowd shouts together: "Salvation belongs to our God" and to Jesus, the Lamb. Nobody in that crowd saved themselves. Every one of them was rescued by the same Savior. That's where history is headed, and it's why Christians pray for, give to, and go to places where people have never heard of Jesus. Maybe God will send you someday. For now, you can learn about a country, pray for its people, and give to send missionaries.

YOUR MOVE *Choose a country to pray for all week. Write its name, then your prayer for the people who live there.*

★ TAKE THIS WITH YOU

Every nation will be there. I can pray, give, and maybe go.



Pray: Lord, You're gathering people from every nation to Yourself. Send workers where Jesus isn't known yet, and show me my part: praying, giving, or going. Amen.

DAY
6

KEEP WALKING, KEEP GROWING



Read: Colossians 2:6-7 **Go further:** Philippians 1:6

“ ...being rooted and built up in him and established in the faith, just as you were taught, and overflowing with gratitude. **Colossians 2:7**

When you started this journal, the first question was simple: what happened when I trusted Jesus? Since then you've dug into God's Word, learned to pray, found your place in His church, and watched Him grow fruit in you. Paul's instruction is simple too. Keep going the same way you started. You received Jesus by faith, not by effort, and you'll grow the same way, trusting Him one day at a time. Finishing this book isn't the finish line. Deep roots take years. Keep reading, keep praying, keep showing up. God isn't finished with you.

YOUR MOVE *Flip back to week 1. What has God changed in you? Where do you want to keep growing?*

★ TAKE THIS WITH YOU

This journal is ending, but my growing isn't. I'll keep walking with Jesus.



Pray: Jesus, thank You for everything You've grown in me these weeks. Sink my roots deeper into You, and keep me walking with You wherever life takes me. Amen.

TALK IT OUT: Ask a parent, youth leader, or mentor: Where have you seen me grow?

**EXTRA**

LOOKING BACK, GROWING FORWARD

You made it to the end of Deep Roots. Flip back through and read what you wrote in the early weeks. Then use this page to remember what God has done and decide where you're headed next.

◆ A VERSE I'M KEEPING

Pick one of the memory verses you learned. Write it from memory, then write why it matters.

◆ HABITS TAKING ROOT

Bible, prayer, church, serving, giving, telling others: which habits are growing? Which needs the most attention?

◆ QUESTIONS I STILL HAVE

Hard questions are welcome. Write yours down and bring them to Pastor James, a youth leader, or a mentor.

◆ THE PEOPLE GOD USED

Who helped you grow these weeks? Write their names, then thank each one this week.

◆ NEXT STEPS

Growing doesn't stop here. Circle the steps you'll take next:

- Keep reading your Bible daily, starting with the plan for Mark at the back of this journal
- Start Follow Me, a 90-day journey through the life of Jesus
- If you haven't been baptized, talk with Pastor James
- Ask a mature Christian to meet with you regularly
- Tell someone this month how Jesus has changed your life

◆ A NOTE TO FUTURE ME

Write a short note to yourself one year from now. What do you hope is true of you then?

MEMORY VERSE CHALLENGE



Check a box each time you can say a verse without looking: **1** to a parent or friend, **2** to your youth leader or Pastor James, and **3** a month later. Do you still know it?

- | | | 1 | 2 | 3 |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | 2 Corinthians 5:17 — Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! | ☐ | ☐ | ☐ |
| 2 | John 10:28 — I give them eternal life, and they will never perish. No one will snatch them out of my hand. | ☐ | ☐ | ☐ |
| 3 | Psalms 100:3 — Acknowledge that the LORD is God. He made us, and we are his—his people, the sheep of his pasture. | ☐ | ☐ | ☐ |
| 4 | 2 Timothy 3:16-17 — All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work. | ☐ | ☐ | ☐ |
| 5 | Psalms 119:105 — Your word is a lamp for my feet and a light on my path. | ☐ | ☐ | ☐ |
| 6 | Philippians 4:6 — Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. | ☐ | ☐ | ☐ |
| 7 | Proverbs 3:5-6 — Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight. | ☐ | ☐ | ☐ |
| 8 | 1 Corinthians 12:27 — Now you are the body of Christ, and individual members of it. | ☐ | ☐ | ☐ |
| 9 | Romans 6:4 — Therefore we were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may walk in newness of life. | ☐ | ☐ | ☐ |
| 10 | Psalms 95:6 — Come, let's worship and bow down; let's kneel before the LORD our Maker. | ☐ | ☐ | ☐ |
| 11 | 1 Peter 4:10 — Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God. | ☐ | ☐ | ☐ |
| 12 | Galatians 5:22-23 — But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things. | ☐ | ☐ | ☐ |
| 13 | 1 John 1:9 — If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. | ☐ | ☐ | ☐ |
| 14 | 2 Corinthians 9:7 — Each person should do as he has decided in his heart—not reluctantly or out of compulsion, since God loves a cheerful giver. | ☐ | ☐ | ☐ |
| 15 | Mark 5:19 — Go home to your own people, and report to them how much the Lord has done for you and how he has had mercy on you. | ☐ | ☐ | ☐ |

MEMORY VERSE CARDS

Cut these out. Keep one in your Bible, tape one to your mirror, or snap a photo for your lock screen.

WEEK 1

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!

2 Corinthians 5:17

WEEK 2

I give them eternal life, and they will never perish. No one will snatch them out of my hand.

John 10:28

WEEK 3

Acknowledge that the LORD is God. He made us, and we are his—his people, the sheep of his pasture.

Psalms 100:3

WEEK 4

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work.

2 Timothy 3:16-17

WEEK 5

Your word is a lamp for my feet and a light on my path.

Psalms 119:105

WEEK 6

Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.

Philippians 4:6

WEEK 7

Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.

Proverbs 3:5-6

WEEK 8

Now you are the body of Christ, and individual members of it.

1 Corinthians 12:27

MEMORY VERSE CARDS

Cut these out. Keep one in your Bible, tape one to your mirror, or snap a photo for your lock screen.

WEEK 9

Therefore we were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may walk in newness of life.

Romans 6:4

WEEK 10

Come, let's worship and bow down; let's kneel before the LORD our Maker.

Psalms 95:6

WEEK 11

Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God.

1 Peter 4:10

WEEK 12

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. The law is not against such things.

Galatians 5:22-23

WEEK 13

If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:9

WEEK 14

Each person should do as he has decided in his heart—not reluctantly or out of compulsion, since God loves a cheerful giver.

2 Corinthians 9:7

WEEK 15

Go home to your own people, and report to them how much the Lord has done for you and how he has had mercy on you.

Mark 5:19

MY FAVORITE VERSE

Preacher:

Sermon title:

Preacher: _____

Sermon title: _____

Preacher:

Sermon title:

Preacher: _____

Sermon title: _____

ROOT BIBLE STUDY



Use these four steps with any passage. Print more copies of this page anytime.

Date: _____ I read: _____

R

READ IT

Read the passage slowly, twice. What words, people, or questions stand out?

O

OBSERVE

What happens? What does it show you about God, about Jesus, or about people?

O

OWN IT

What does God want you to believe, change, or do because of this passage?

T

TALK TO GOD

Write a short prayer about what you read. Thank Him, confess, and ask for help.

ROOT BIBLE STUDY



Use these four steps with any passage. Print more copies of this page anytime.

Date: _____ I read: _____

R

READ IT

Read the passage slowly, twice. What words, people, or questions stand out?

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OWN IT

What does God want you to believe, change, or do because of this passage?

T

TALK TO GOD

Write a short prayer about what you read. Thank Him, confess, and ask for help.

THE GOOD NEWS



Five truths you can share with anyone, each with a verse. Learn them well enough to explain them in your own words.

- 1 GOD LOVES YOU.**
God made you, knows you completely, and loves you more than you can imagine.
"For God loved the world in this way: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life." [John 3:16](#)
- 2 SIN SEPARATES.**
Everyone has sinned. We choose our own way instead of God's, and sin cuts us off from Him.
"For all have sinned and fall short of the glory of God." [Romans 3:23](#)
- 3 JESUS SAVES.**
Jesus, God's Son, died on the cross to pay for our sin, and He rose from the dead.
"But God proves his own love for us in that while we were still sinners, Christ died for us." [Romans 5:8](#)
- 4 TRUST HIM.**
Turn from your sin and trust Jesus as your Savior and Lord. Salvation is a gift you receive, not something you earn.
"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved." [Romans 10:9](#)
- 5 FOLLOW HIM.**
Following Jesus is a new life, lived one day at a time, with His Spirit and His people.
"So then, just as you have received Christ Jesus as Lord, continue to walk in him." [Colossians 2:6](#)

YOUR STORY IN THREE PARTS

Before I knew Jesus...

How I came to trust Him...

What's different now...



HAVE YOU TRUSTED JESUS?

If you're not sure, or you want to talk about it, talk with a parent, your youth leader, or Pastor James Safrit. We would love to talk with you.

WHAT'S NEXT?



You made it through 90 days. Here's how to keep going:



KEEP MEETING WITH GOD EVERY DAY.

Read the Gospel of Mark, one chapter a day. Mark is the shortest Gospel: fast-moving and full of action. Check off each chapter:

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16



TAKE YOUR NEXT STEP: BAPTISM.

If you haven't been baptized since you trusted Jesus, talk with a parent or youth leader, and then with Pastor James Safrit.



SHOW UP.

Your church family needs you, and you need them. Sunday School: Sundays, 9:45 AM · Worship: Sundays, 11:00 AM · Bible Study: Wednesdays, 6:00 PM.



TRY FOLLOW ME NEXT.

It's a 90-day journey through the life of Jesus for students. Download it free at pgbcronda.com/resources.



KEEP STUDYING.

Use the ROOT Bible Study and Sermon Notes pages again and again. Print more copies anytime.



TELL YOUR STORY.

Use The Good News page to tell a friend what Jesus has done for you.

ANSWER KEY

WEEK 1: MADE NEW

Day 3: Circle: Compassionate, Gracious, Slow to anger, Full of faithful love, Removes my sin

WEEK 2: SAVED AND SECURE

Day 2: life / perish; snatch / hand

Day 4: 1 F, 2 T, 3 T, 4 F, 5 F

Day 6: 1-D, 2-B, 3-A, 4-C

WEEK 3: GETTING TO KNOW GOD

Day 6: 1 T, 2 F, 3 T, 4 F, 5 F

WEEK 4: A BOOK LIKE NO OTHER

Day 1: 1-D, 2-B, 3-A, 4-C

Day 2: 1 F, 2 T, 3 F, 4 F, 5 T

Day 3: 6, 2, 3, 1, 5, 4 (top to bottom)

WEEK 7: WHICH WAY, GOD?

Day 2: Circle: God's Word, The Holy Spirit, A wise believer, Prayer

Day 3: 1 T, 2 F, 3 T, 4 F

WEEK 9: WATER, BREAD, AND CUP

Day 2: 1 T, 2 F, 3 T, 4 T, 5 F

Day 5: body; covenant; cross; return

WEEK 13: WHEN YOU BLOW IT

Day 1: 1 F, 2 T, 3 F, 4 F, 5 T

Bonus: Armor for the Fight: 1-C, 2-E, 3-A, 4-D, 5-F, 6-B

Preacher: _____

Sermon title: _____



Deep Roots is one of the **Growing in the Grove** journals—free resources from Pleasant Grove Baptist Church for students who are new in Christ.

Sunday School · Sundays, 9:45 AM

Worship · Sundays, 11:00 AM

Bible Study · Wednesdays, 6:00 PM

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