

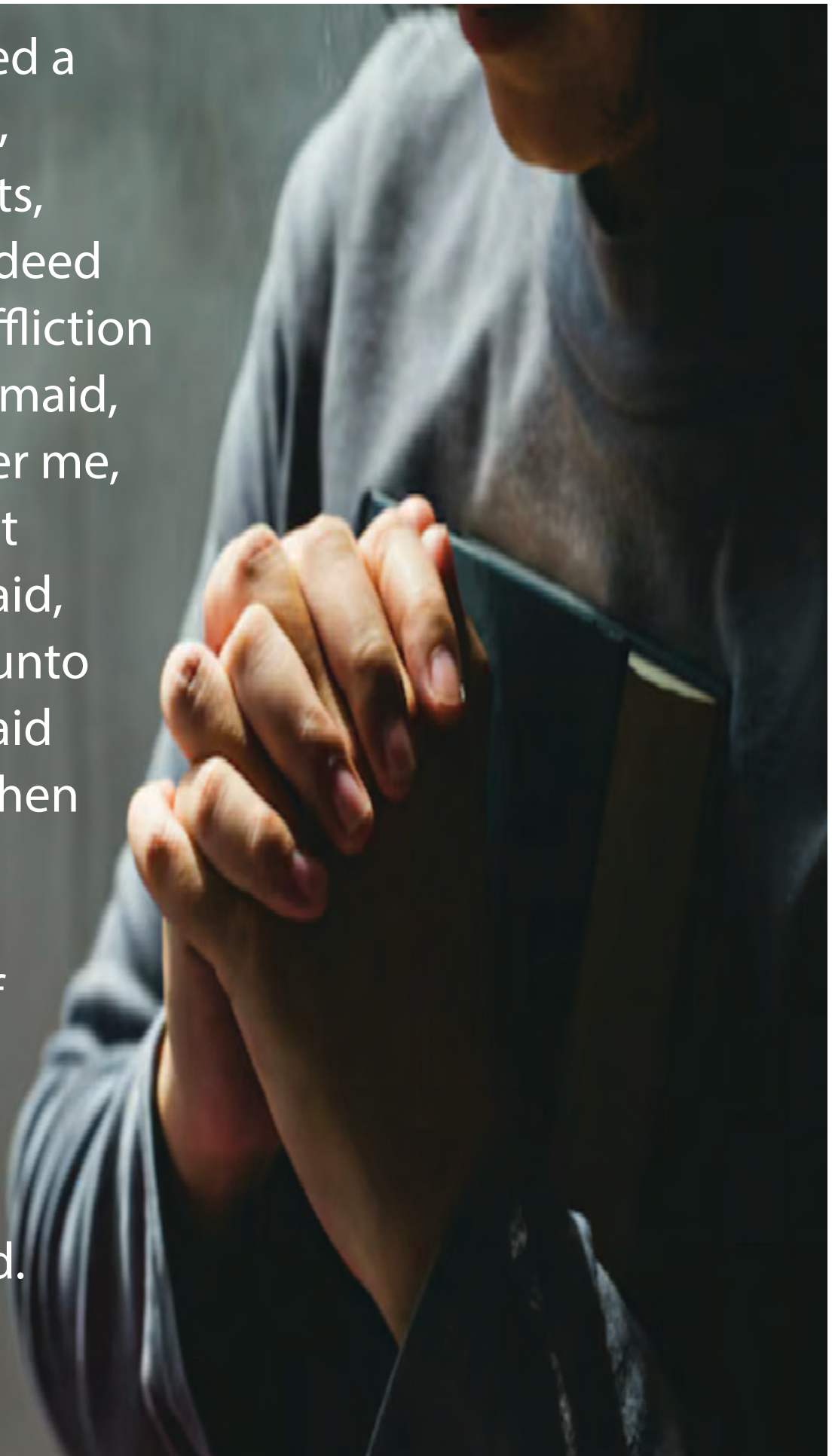
Asking  
God  
to Bless  
your  
Children

P  
A  
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E  
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S

for PRAYER

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And she vowed a  
vow, and said,  
O Lord of hosts,  
if thou wilt indeed  
look on the affliction  
of thine handmaid,  
and remember me,  
and not forget  
thine handmaid,  
but wilt give unto  
thine handmaid  
a man child, then  
I will give him  
unto the Lord  
all the days of  
his life, and  
there shall no  
razor come  
upon his head.  
1 Samuel 1:11



## 240 Bible Devotionals for Parents

*(from Genesis to Revelation in 30 day increments)*

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## Introduction: The Duty of Parents

(Deuteronomy 6:6–7)

“These words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.”

God does not leave parents to guess what is most urgent for the next generation. He commands it. He defines it. He ordains the shape of our homes. The central calling of every father and mother is this: to make the Word of God pulse through the rhythms of family life until Christ is seen as more precious than gold and sweeter than honey. This is not an option. This is not marginal. This is the very heart of covenant faithfulness, but it cannot be done without prayer.

Notice first: “these words shall be on your heart.” We cannot give to our children what we do not treasure ourselves. The Word must be more than information lodged in the mind; it must burn like fire in the soul. Parents are called not only to know the truth but to love it—to embrace God’s promises as their life and hope. Our children will discern whether the Bible is a textbook or a treasure. And where they see it loved, they will learn to love it.

Second: “You shall teach them diligently.” The Hebrew word paints a picture of engraving, pressing truth deeply and repeatedly. Teaching is not casual or occasional. It is intentional, serious, urgent. The souls of our sons and daughters are at stake. The world catechizes every day—with videos, songs, and peers relishing in the saturation of lust and self-exaltation. If parents are silent, the enemy will not be. Therefore, the call is not once-a-week church instruction but a daily saturation of truth.



Third: “when you sit... walk... lie down... rise.” The command stretches across the whole fabric of life. God ordains that teaching is not compartmentalized but woven into ordinary moments. At breakfast, speak of God’s mercies new every morning. On the way to school, declare that the earth is the Lord’s. At bedtime, remind them that He neither slumbers nor sleeps. When rising, proclaim that Christ is risen indeed. Every moment becomes a pulpit. Every parent is a preacher.

And why? Because our children are eternal beings. They will not stay small; they will not stay in our homes. But they will live forever—either with Christ in fullness of joy or apart from Him in everlasting sorrow. There is no neutrality. There is no greater stewardship.

Therefore, let us not grow weary. Fathers, rise up as shepherds. Mothers, take courage as nurturers of faith. The command to instruct is not a burden but a blood-bought privilege. Christ died to purchase for Himself a people zealous for good works. Our task is to pass on the knowledge of this Christ until every child tastes and sees His glory.

So, take up this holy calling. Saturate your own soul with the Word. Speak it over your children morning and night. And pray with unrelenting hope that God will write His law on their hearts, and raise up a generation who treasures Him above all.

## **Pray Your Children Into Christ**

(Ephesians 6:4)

Paul commands fathers to raise their children in the discipline and instruction of the Lord. But do not miss the deeper truth: no amount of discipline, no clarity of instruction, no parental wisdom can awaken dead

hearts. Only God gives life. Only the Spirit opens eyes to Christ. Which means prayer is not optional—it is essential.

Parents, you must be on your knees, or else you are presuming that you can do what only God can do. But if you pray, if you plead day and night, you are confessing that salvation is from God. This is the greatest act of love that you can do for your children.

When you feel weak, take courage: your weakness is the very stage upon which God delights to show His strength. Prayer is the cry of helplessness clinging to omnipotence. And God has promised to hear. He sees every tear. He hears every groan.

Fathers and mothers, discipline, instruct, guide—but never without prayer. Bathe your child in the waters of intercession. Add love to every correction, and trust that the God who gave His own Son will not fail to work in the hearts of your sons and daughters.

Word of Life



## Day 1 – Parenting in God’s Image

### Genesis 1:27–28

“So God created man in his own image; he created him in the image of God; he created them male and female. God blessed them, and God said to them, ‘Be fruitful, multiply, fill the earth, and subdue it.’”

At the dawn of creation, God made humans in His image. This truth frames how we see our adolescents—not just as our children, but as image-bearers of the Almighty. Their value isn’t based on performance, popularity, or behavior but on the divine imprint within them.

**Parents,** when conflict arises or immaturity shows, remind yourself: “My child carries God’s image.” Speak to them in ways that affirm that truth. Correction should aim to restore character of God, and not merely to enforce rules.

**Model** this by blessing your teen often. God began with blessing, and so should we. In a world that tears down, your words of blessing can help build them up as sons and daughters of God.

**Prayer:** Lord, help me to see my child as You do—an image-bearer of Your glory. Teach me to bless them, nurture them, and guide them into Your design.

**Question:** How can you affirm your adolescent’s identity as an image-bearer of God this week?

## Day 2 – Sin’s Consequences

### Genesis 3:6

“The woman saw that the tree was good for food and delightful to look at, and that it was desirable for obtaining wisdom. So she took some of its fruit and ate it; she also gave some to her husband, who was with her, and he ate it.”

Adam and Eve’s choice to disobey God brought sin into the world. Adolescents, too, are drawn to what looks good but leads to brokenness. Choices have consequences.

**Parents,** your role is not to shield your teen from every temptation, but to prepare them to recognize deception. Talk about the subtle lies of culture that promise pleasure but end in pain. Guide them toward God’s truth as their anchor.

**Model** repentance in your own life. Show them that sin is serious, but God’s grace restores.

**Prayer:** Lord, help my child see the danger of sin and the beauty of obedience. When they stumble, lead them quickly back to Your grace.

**Question:** How can you help your adolescent see that every choice carries consequences?



## Day 3 – Walking with God

### Genesis 5:24

“Enoch walked with God; then he was not there because God took him.”

Enoch’s life was summarized in one phrase: he walked with God. For adolescents, the challenge is not only believing in God but walking with Him daily.

**Parents,** teach your teen that faith is not just Sundays or prayers before meals. It is a daily walk—listening, obeying, and trusting God step by step.

**Model** this walk yourself. Let your teen see you pray about decisions, trust God in trials, and enjoy His presence.

**Prayer:** Lord, teach my child to walk with You every day. May their faith be real, steady, and close like Enoch’s.

**Question:** How can you help your adolescent see faith as a daily walk, not just a belief?

## Day 4 – Obeying God’s Call

### Genesis 12:1

“The Lord said to Abram: Go from your land, your relatives, and your father’s house to the land that I will show you.”

God called Abram to leave comfort for the unknown. Adolescents also face seasons of stepping into the unfamiliar. The key is learning to obey God’s call with trust.

**Parents,** encourage your teen to seek God’s direction, even in small choices. Remind them that obedience opens the door to blessing.

**Model** obedience in your own life. Share stories of times you trusted God’s call, even when it was hard.

**Prayer:** Lord, give my child courage to obey Your call. Teach them to trust You with their future and follow wherever You lead.

**Question:** How can you encourage your adolescent to trust God in uncertain steps?

## Day 5 – God’s Covenant Promises

### Genesis 15:6

“Abram believed the Lord, and he credited it to him as righteousness.”

Abram’s faith, not his works, made him righteous. Adolescents often strive for approval through performance. God’s Word reminds us: righteousness comes through faith.

**Parents,** teach your teen that God’s love is not earned but received. Encourage them to rest in His promises, not in their achievements.

**Model** faith by trusting God’s promises yourself. Show them that His Word is reliable in every season.

**Prayer:** Lord, help my child believe You deeply. May their faith rest not in themselves but in Your unfailing promises.

**Question:** How can you point your adolescent toward faith in God’s promises rather than performance?

## Day 6 – God Meant It for Good

### Genesis 50:20

“You planned evil against me; God planned it for good to bring about the present result—the survival of many people.”

Joseph’s life was marked by betrayal, false accusation, and suffering. Yet he saw God’s hand working good through it all. Adolescents need to learn that God uses even hardships for His purpose.

**Parents,** remind your teen that setbacks and disappointments are not wasted. God weaves every trial into His plan.

**Model** trust by sharing how God has brought good from pain in your own life.

**Prayer:** Lord, help my child see Your hand in their hardships. Teach them that You work all things for good.

**Question:** How can you help your adolescent trust God’s purpose in difficulties this week?

## Day 7 – God’s Deliverance

### Exodus 14:13–14

“Moses said to the people, ‘Don’t be afraid. Stand firm and see the Lord’s salvation that he will accomplish for you today... The Lord will fight for you, and you must be quiet.’”

At the Red Sea, Israel panicked, but God parted the waters. Adolescents face their own “impossible” situations. They need to know the Lord fights for them.

**Parents,** teach your teen to stand firm in God’s promises rather than give in to fear. Remind them that His power delivers where theirs cannot.

**Model** this by trusting God in your own Red Sea moments.

**Prayer:** Lord, fight for my child. Teach them to stand firm in faith and see Your salvation in their trials.

**Question:** What “Red Sea” situation could your adolescent trust God to fight for this week?

## Day 8 – God’s Presence Goes with Us

### Exodus 33:14

“My presence will go with you, and I will give you rest.”

God promised Moses His presence as Israel journeyed forward. Adolescents, too, need assurance that God is with them in every step.

**Parents,** remind your teen that God’s presence is their greatest treasure. Encourage them to lean on Him when they feel alone or overwhelmed.

**Model** awareness of His presence yourself. Speak of His nearness in daily life.

**Prayer:** Lord, let my child know Your presence. May Your nearness give them courage and rest.

**Question:** How can you reassure your adolescent that God’s presence is with them daily?



## Day 9 – God’s Law in Their Hearts

### Deuteronomy 6:6–7

“These words that I am giving you today are to be in your heart. 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.”

Moses commanded parents to pass on God’s Word to their children continually. Adolescents need God’s truth planted deep in their hearts.

**Parents,** teach Scripture naturally in daily life—not just in formal moments but in conversations, car rides, and meals. Let God’s Word become the rhythm of your home.

**Model** this by weaving Scripture into your own speech and decisions.

**Prayer:** Lord, write Your Word on my child’s heart. May it guide their steps and anchor their choices.

**Question:** How can you naturally speak God’s Word into your adolescent’s daily life?

## Day 10 – Choose Life

### Deuteronomy 30:19

“I call heaven and earth as witnesses against you today that I have set before you life and death, blessing and curse. Choose life so that you and your descendants may live.”

God set before Israel the choice between life and death. Adolescents also face daily choices that lead to blessing or brokenness.

**Parents,** teach your teen that every decision matters. Encourage them to choose life by loving and obeying God.

**Model** this by showing them what choosing life looks like in your priorities and values.

**Prayer:** Lord, help my child choose life each day. May their love and obedience bring blessing for generations.

**Question:** What choice could your adolescent make this week that leads to life and blessing?

## Day 11 – Be Holy, for I Am Holy

### Leviticus 19:2

“Speak to the entire Israelite community and tell them: Be holy because I, the Lord your God, am holy.”

God’s call to His people was simple and profound: be holy. For adolescents, holiness can feel old-fashioned or restrictive. Yet holiness is about reflecting God’s character and enjoying His presence.

**Parents,** teach your teen that holiness isn’t about perfection but about being set apart for God. Encourage them to guard their hearts, friendships, and habits so that their lives reflect His purity.

**Model** holiness yourself. Let your child see your integrity and faithfulness in everyday life.

**Prayer:** Lord, shape my child into a vessel of holiness. May they find joy in living set apart for You.

**Question:** How can you help your adolescent see holiness as joy, not restriction, this week?

## Day 12 – The Day of Atonement

### Leviticus 16:30

“On this day atonement will be made for you to cleanse you, and you will be clean from all your sins before the Lord.”

Israel’s most sacred day was the Day of Atonement—a picture of Christ’s ultimate sacrifice. Adolescents need to understand the seriousness of sin and the wonder of forgiveness.

**Parents,** remind your teen that sin separates but Christ reconciles. Encourage confession and repentance, pointing them to Jesus as their perfect atonement.

**Model** this by being honest about your own need for forgiveness and showing gratitude for Christ’s cross.

**Prayer:** Lord, let my child grasp the depth of Christ’s sacrifice. May they walk in the freedom of forgiveness and the joy of cleansing.

**Question:** How can you remind your adolescent that forgiveness through Christ is complete and freeing?

## Day 13 – Love Your Neighbor as Yourself

### Leviticus 19:18

“Do not take revenge or bear a grudge against members of your community but love your neighbor as yourself; I am the Lord.”

The command to love others is rooted in God’s law. Adolescents often struggle with grudges, cliques, and conflict. God calls them to love, not retaliate.

**Parents,** teach your teen that forgiveness and kindness reflect God’s heart. Help them see that love is stronger than bitterness.

**Model** love by showing grace to others yourself, even when wronged.

**Prayer:** Lord, teach my child to love as You love. Free them from grudges and fill them with compassion.

**Question:** How can you help your adolescent practice love over revenge this week?

## Day 14 – God Is with Us

### Numbers 9:15–16

“On the day the tabernacle was set up, the cloud covered the tabernacle... It appeared like fire at night.”

God’s presence was visible to Israel in a cloud by day and fire by night. Adolescents long to know God is near. The Pentateuch reminds us: He dwells with His people.

**Parents,** reassure your teen that God’s presence goes with them—in school hallways, on the field, and in the quiet of their room. Encourage them to look for His leading daily.

**Model** awareness of His presence by acknowledging Him in your routines and prayers.

**Prayer:** Lord, assure my child of Your presence. May they sense Your nearness and walk with You each day.

**Question:** How can you help your adolescent recognize God’s presence in their daily life?



## Day 15 – Trust God’s Report

### Numbers 13:30

“Then Caleb quieted the people in the presence of Moses and said, ‘Let’s go up now and take possession of the land because we can certainly conquer it!’”

Israel listened to the fearful spies instead of trusting God’s promise. Adolescents, too, face voices of fear and doubt. They need the courage to believe God’s report.

**Parents,** encourage your teen to filter challenges through God’s power, not human perspective. Remind them that faith chooses courage over fear.

**Model** this by trusting God’s promises yourself, especially when circumstances look daunting.

**Prayer:** Lord, give my child a Caleb-like faith. Help them trust Your promises above their fears.

**Question:** What “giant” in your adolescent’s life could be faced with God’s strength this week?

## Day 16 – Complaints or Contentment?

### Numbers 14:2

“All the Israelites complained about Moses and Aaron, and the whole community told them, ‘If only we had died in the land of Egypt, or if only we had died in this wilderness!’”

Israel grumbled despite God’s provision. Adolescents may also struggle with discontent—always wanting more or different. Complaining blinds us to blessings.

**Parents,** help your teen replace complaints with gratitude. Teach them to count God’s gifts daily.

**Model** contentment yourself. Let your child see you thank God even when things are not perfect.

**Prayer:** Lord, free my child from a complaining spirit. Teach them gratitude and joy in Your provision.

**Question:** How can you encourage your adolescent to choose gratitude instead of complaining?

## Day 17 – Lifted Up to Heal

### Numbers 21:8

“Then the Lord said to Moses, ‘Make a snake image and mount it on a pole. When anyone who is bitten looks at it, he will recover.’”

Israel was healed by looking at the bronze serpent—pointing to Christ lifted up on the cross. Adolescents need to learn that healing comes not from self-effort but from looking to Jesus.

**Parents,** point your teen to Christ when they’re hurting or guilty. Teach them to “look up” to the cross where healing flows.

**Model** this by fixing your gaze on Jesus in your own struggles.

**Prayer:** Lord, teach my child to look to Christ. May they find healing and hope in His cross alone.

**Question:** How can you remind your adolescent to look to Jesus in times of failure or pain?

## Day 18 – God Never Fails His Word

### Numbers 23:19

“God is not a man, that he might lie, or a son of man, that he might change his mind. Does he speak and not act, or promise and not fulfill?”

Unlike people, God always keeps His word. Adolescents may feel let down by friends or even parents, but God never fails.

**Parents,** teach your teen to anchor their hope in God’s promises. Encourage them to test every fear against His faithfulness.

**Model** trust in His Word. Let them see you stand on His promises when life is uncertain.

**Prayer:** Lord, convince my child of Your faithfulness. Teach them to trust that every word You speak is true and sure.

**Question:** How can you help your adolescent lean on God’s promises this week?

## Day 19 – Be Strong and Courageous

### Deuteronomy 31:6

“Be strong and courageous; don’t be terrified or afraid of them. For the Lord your God is the one who will go with you; he will not leave you or abandon you.”

As Israel prepared to enter the land, God reminded them not to fear—He was with them. Adolescents need this truth: courage comes from God’s presence, not self-confidence.

**Parents,** remind your teen that fear doesn’t have the last word. God’s presence makes them strong.

**Model** courage by trusting God in your own challenges, showing that He is faithful.

**Prayer:** Lord, give my child strength and courage. May they face fears knowing You will never leave them.

**Question:** What fear could your adolescent face with God’s courage this week?

## Day 20 – Choose Whom You Will Serve

### Deuteronomy 10:12

“And now, Israel, what does the Lord your God ask of you except to fear the Lord your God by walking in all his ways, to love him, and to worship the Lord your God with all your heart and all your soul?”

God asked Israel for wholehearted devotion. Adolescents, too, must choose whom they will serve. Half-hearted faith won't stand in the storms.

**Parents,** call your teen to wholehearted love for God. Encourage them to see obedience not as duty but as worship.

**Model** wholehearted devotion yourself. Show your teen that God has your full heart.

**Prayer:** Lord, capture my child's heart completely. Teach them to fear You, love You, and walk in Your ways with joy.

**Question:** How can you help your adolescent see obedience as an act of love and worship this week?



## Day 21 – Do Not Forget the Lord

### Deuteronomy 8:11

“Be careful that you don’t forget the Lord your God by failing to keep his commands, ordinances, and statutes that I am giving you today.”

Prosperity can dull devotion. God warned Israel not to forget Him when life was good. Adolescents often forget God when distracted by comfort, success, or peers.

**Parents,** help your teen develop spiritual habits that keep God first—prayer, Scripture, worship. Remind them that forgetting God leads to drifting from Him.

**Model** remembrance by giving thanks often, recounting God’s faithfulness in your life.

**Prayer:** Lord, guard my child from forgetting You. Plant deep habits that keep their heart focused on You in every season.

**Question:** How can you help your adolescent remember the Lord daily in practical ways?

## Day 22 – Teach Them Diligently

### Deuteronomy 6:7

“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.”

Moses urged parents to weave God’s Word into everyday life. Adolescents need truth reinforced consistently, not only in church or youth group.

**Parents,** speak Scripture naturally—in conversations, in car rides, at meals. Let God’s Word saturate the rhythms of your home.

**Model** this by quoting Scripture when making decisions or encouraging your teen. Show them the Bible is living and relevant.

**Prayer:** Lord, help me teach Your Word diligently to my child. May it shape their thoughts, choices, and heart daily.

**Question:** How can you make God’s Word part of your everyday conversations with your adolescent this week?

## Day 23 – Love the Lord with All Your Heart

### Deuteronomy 6:5

“Love the Lord your God with all your heart, with all your soul, and with all your strength.”

Faith isn't about rules—it's about love. Adolescents need to understand that God wants their hearts, not just their obedience.

**Parents,** show your teen that loving God is the foundation for everything else. Encourage them to express love for Him through prayer, worship, and obedience.

**Model** wholehearted love by letting them see your passion for God—singing, serving, and surrendering joyfully.

**Prayer:** Lord, capture my child's heart completely. Teach them to love You with all they are.

**Question:** What is one way your adolescent can express love for God this week?

## Day 24 – Do Not Turn Aside

### Deuteronomy 5:32

“Be careful to do as the Lord your God has commanded you; you are not to turn aside to the right or left.”

God told Israel to walk straight in His ways. Adolescents face constant detours—peer pressure, temptations, distractions. The call is to stay the course.

**Parents,** encourage your teen to keep their eyes fixed on Jesus. Help them see that compromise, even small, leads off the path.

**Model** steadfastness yourself. Let your life show consistency in faith.

**Prayer:** Lord, keep my child steady in Your ways. Guard them from drifting and help them walk straight with You.

**Question:** What “detour” could tempt your adolescent, and how can you help them stay the course?

## Day 25 – Blessings for Obedience

### Deuteronomy 28:2

“All these blessings will come and overtake you, because you obey the Lord your God.”

God promised blessings for obedience. Adolescents often see rules as restrictions, but obedience invites joy and favor.

**Parents,** teach your teen that obedience is not about earning love—it’s about aligning with God’s design, which brings blessing.

**Model** obedience joyfully yourself, showing that God’s commands lead to flourishing.

**Prayer:** Lord, bless my child as they obey You. May they see that Your ways bring life and joy.

**Question:** How can you help your adolescent see obedience as the pathway to blessing?

## Day 26 – Cursed Is the Path of Disobedience

### Deuteronomy 28:15

“But if you do not obey the Lord your God by carefully following all his commands and statutes I am giving you today, all these curses will come and overtake you.”

Just as obedience brings blessing, disobedience brings consequences. Adolescents must understand that ignoring God’s ways leads to pain.

**Parents,** don’t shy from warning your teen about the cost of sin. Do so with love, pointing them back to grace.

**Model** this by sharing honestly about lessons learned through disobedience in your own life.

**Prayer:** Lord, impress on my child that sin leads to brokenness. May they choose Your way and walk in blessing.

**Question:** How can you help your adolescent take God’s warnings seriously without discouragement?

## Day 27 – God Is Their Life

### Deuteronomy 30:20

“Love the Lord your God, obey him, and remain faithful to him. For he is your life, and he will prolong your days...”

Moses declared that God Himself is life. Adolescents search for life in friends, hobbies, or achievements. True life is found only in Him.

**Parents,** point your teen to Christ as their life and source of joy. Encourage them to cling to Him more than anything else.

**Model** this truth by showing that your identity, purpose, and joy are rooted in God, not in circumstances.

**Prayer:** Lord, be my child’s life. May they find their identity, strength, and hope in You alone.

**Question:** How can you help your adolescent see that life is found in God, not in worldly pursuits?

## Day 28 – Remember His Faithfulness

### Deuteronomy 7:9

“Know that the Lord your God is God, the faithful God who keeps his gracious covenant loyalty for a thousand generations with those who love him and keep his commands.”

God’s faithfulness spans generations. Adolescents often wonder if God can be trusted. Scripture shouts yes! He is faithful forever.

**Parents,** remind your teen of God’s faithfulness in Scripture and in your family’s story. Encourage them to keep a journal of answered prayers.

**Model** gratitude by regularly recalling God’s past faithfulness.

**Prayer:** Lord, convince my child of Your faithfulness. May they trust you through every season of life.

**Question:** How can you remind your adolescent of God’s faithfulness this week?



## Day 29 – The Word Is Very Near

### Deuteronomy 30:14

“But the message is very near you, in your mouth and in your heart, so that you may follow it.”

God told Israel His Word was not distant but near. Adolescents may feel Scripture is too hard to understand, yet God makes His Word accessible.

**Parents,** remind your teen that God’s Word is for them. Encourage them to read, memorize, and speak it daily.

**Model** this by treasuring Scripture yourself, showing its nearness in your life.

**Prayer:** Lord, let Your Word be alive in my child’s heart. May they know it is near and guiding them always.

**Question:** How can you help your adolescent experience God’s Word as near and personal?

## Day 30 – Passing the Baton of Faith

### Deuteronomy 31:13

“Their children, who do not know the law, will listen and learn to fear the Lord your God as long as you live in the land you are crossing the Jordan to possess.”

Moses emphasized passing faith to the next generation. Adolescents are not just the church of tomorrow—they are the church of today. They must hear, learn, and grow in God’s fear now.

**Parents,** take your role seriously as the primary faith-shapers in your teen’s life.

**Model** this by teaching and pray faithfully, trusting God to raise them up.

**Model** a legacy mindset. Let your child see you live not just for today but to pass on faith for tomorrow.

**Prayer:** Lord, let faith take root in my child’s heart. May they grow to fear You and carry Your truth into the next generation.

**Question:** What step can you take this week to intentionally pass faith to your adolescent?

## Day 1 – Be Strong and Courageous

### Joshua 1:9

“Haven’t I commanded you: be strong and courageous? Do not be afraid or discouraged, for the Lord your God is with you wherever you go.”

When Joshua took over leadership after Moses, he faced an impossible task. Yet God didn’t ask him to rely on his own strength—He commanded Joshua to be strong and courageous because of His presence.

Adolescents today face battles of their own: peer pressure, shifting identities, academic stress, and questions about the future. The same God who promised to be with Joshua promises to be with them.

**Parents,** help your teen see that courage isn’t the absence of fear but trust in God’s presence. Share with them times you leaned on this promise yourself.

Your faith in action will **Model** what courage looks like.

**Prayer:** Lord, strengthen my child’s heart with courage that comes from Your presence. May they face their challenges knowing You are with them.

**Question:** What challenge could your adolescent face with courage this week, trusting God is with them?

## Day 2 – God’s Word for Success

### Joshua 1:8

“This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.”

God tied Joshua’s success not to military strategy but to obedience to His Word. Adolescents often measure success by grades, popularity, or achievements. God defines it differently: prosperity comes from knowing and obeying His Word.

**Parents,** remind your teen that the Bible is not optional—it is essential. Encourage daily engagement with Scripture, even if just a verse at a time.

**Model** this by showing how you personally depend on God’s Word. Let your teen see you meditate, apply, and live by it.

**Prayer:** Lord, root my child in Your Word. May they meditate on it, obey it, and find true success in You.

**Question:** How can you help your adolescent build a daily habit of engaging with Scripture?

## Day 3 – Choosing Whom to Serve

### Joshua 24:15

“But if it doesn’t please you to worship the Lord, choose for yourselves today: which will you worship...? As for me and my family, we will worship the Lord.”

Joshua challenged Israel to choose whom they would serve. Adolescents face the same decision daily—serve God or follow the world’s idols.

**Parents,** teach your teen that neutrality isn’t an option. Every choice reveals whom they serve. Encourage them to make personal faith decisions, not just borrow yours.

**Model** this choice boldly in your home. Declare and demonstrate: “We will worship the Lord.”

**Prayer:** Lord, draw my child to choose You. May they reject false gods and follow You wholeheartedly.

**Question:** How can you encourage your adolescent to make their own commitment to follow the Lord?

## Day 4 – Passing on Faith

### Joshua 4:6–7

“In the future, when your children ask you, ‘What do these stones mean to you?’ you should tell them, ‘The water of the Jordan was cut off...’ These stones will always be a memorial.”

God commanded Israel to set up stones of remembrance so future generations would know His faithfulness. Adolescents need stories of God’s work to anchor their faith.

**Parents,** share testimonies of God’s goodness in your life. Build “memorial stones” in your home—traditions, prayers, or stories that remind your teen of God’s faithfulness.

**Model** remembrance by frequently thanking God in front of your children for His past provision.

**Prayer:** Lord, help me pass on faith to my child. May they know Your faithfulness through my words and example.

**Question:** What “memorial stone” could you set up this week to remind your adolescent of God’s faithfulness?

## Day 5 – The Cost of Doing What’s Right in Their Own Eyes

### Judges 21:25

“In those days there was no king in Israel; everyone did whatever seemed right to him.”

Judges describes a cycle of sin: without godly leadership, people did what seemed right in their own eyes. Adolescents often believe they know best, but self-rule leads to brokenness.

**Parents,** lovingly guide your teen to see that God’s way leads to life while doing what seems right without Him leads to ruin.

**Model** submission to God’s authority yourself. Let your children see you surrender decisions to Him.

**Prayer:** Lord, protect my child from the trap of self-rule. Teach them the joy of following Your ways over their own.

**Question:** How can you show your adolescent that God’s way leads to life this week?

## Day 6 – God Raises Up Deliverers

### Judges 2:18

“Whenever the Lord raised up a judge for the Israelites, the Lord was with him and saved the people from the power of their enemies while the judge was still alive.”

God raised leaders to deliver His people when they cried out. Adolescents need to learn that God is always raising up people to guide, rescue, and help them return to Him.

**Parents,** encourage your teen to respect godly leadership and be willing to cry out to God themselves.

**Model** this by following godly leaders in your church and showing humility in being led.

**Prayer:** Lord, raise up godly influences in my child’s life. Deliver them from the enemy’s power and keep them close to You.

**Question:** Who could be a godly influence in your adolescent’s life right now?



## Day 7 – Gideon’s Weakness, God’s Strength

### Judges 6:15–16

“He said to him, ‘Please, Lord, how can I deliver Israel? Look, my family is the weakest in Manasseh, and I am the youngest in my father’s family.’ ‘But I will be with you,’ the Lord said to him. ‘You will strike Midian down as if it were one man.’”

Gideon saw his weakness; God saw His strength. Adolescents often feel inadequate or overlooked. God delights in using the weak for His glory.

**Parents,** remind your teen that their identity isn’t in their limitations but in God’s presence.

**Model** this by embracing your own weaknesses and testifying to how God’s strength carries you.

**Prayer:** Lord, remind my child that their weakness is the stage for Your strength. Be with them and make them bold in You.

**Question:** How can you help your adolescent see their weakness as an opportunity for God’s strength?

## Day 8 – Ruth’s Loyalty

### Ruth 1:16

“But Ruth replied: Don’t plead with me to abandon you or to return and not follow you. For wherever you go, I will go, and wherever you live, I will live; your people will be my people, and your God will be my God.”

Ruth’s devotion to Naomi showed loyalty rooted in love and faith. Adolescents live in a world of broken commitments. They need to learn the beauty of loyalty.

**Parents,** teach your teen that faithfulness matters—in friendships, promises, and especially to God.

**Model** loyalty in your marriage, friendships, and faith so your teen sees steadfast love in action.

**Prayer:** Lord, teach my child the value of loyalty. May they stay faithful to You and to the people You place in their lives.

**Question:** How can you help your adolescent practice loyalty in relationships this week?

## Day 9 – God’s Redeeming Hand

### Ruth 4:14

“The women said to Naomi, ‘Blessed be the Lord, who has not left you without a family redeemer today. May his name become well known in Israel.’”

Boaz redeemed Ruth and Naomi, foreshadowing Christ our Redeemer. Adolescents need to know that even in hardship, God’s redeeming hand is at work.

**Parents,** assure your teen that no situation is beyond God’s redemption. What feels like loss can become blessing in His hands.

**Model** trust in God’s redemption by sharing how He has turned pain into hope in your life.

**Prayer:** Lord, remind my child that You are their Redeemer. Redeem their struggles and weave their story for Your glory.

**Question:** What situation in your adolescent’s life could you remind them God is able to redeem?

## Day 10 – Hearing God’s Voice

### 1 Samuel 3:10

“The Lord came, stood there, and called as before: ‘Samuel, Samuel!’ Samuel responded, ‘Speak, for your servant is listening.’”

Young Samuel heard God’s voice and answered. Adolescents need to know that God speaks, and He calls them by name.

**Parents,** encourage your teen to quiet their hearts and listen for God. Remind them that prayer is not only speaking but also hearing.

**Model** this by practicing attentiveness to God’s voice yourself. Let your children see you seeking His guidance in prayer and the Word.

**Prayer:** Lord, open my child’s ears to hear Your voice. May their heart respond, ‘Speak, Lord, for I am listening.’

**Question:** How can you help your adolescent practice listening for God’s voice this week?

## Day 11 – A Heart After God

### 1 Samuel 16:7

“But the Lord said to Samuel, ‘Do not look at his appearance or his stature, because I have rejected him. Humans do not see what the Lord sees, for humans see what is visible, but the Lord sees the heart.’”

When Samuel anointed David, he was the least likely choice—young, overlooked, and unimpressive by human standards. But God saw his heart. Adolescents often struggle with image, but God values what’s within.

**Parents,** remind your teen that God looks beyond appearance and achievements. What matters most is a heart that beats for Him.

**Model** this by prioritizing inner character over outward success in your own life and in how you affirm your child.

**Prayer:** Lord, shape my child’s heart after Yours. Teach them to value what You see above what the world applauds.

**Question:** How can you encourage your adolescent to pursue a heart after God this week?

## Day 12 – Facing Giants

### 1 Samuel 17:45

“David said to the Philistine, ‘You come against me with a sword, spear, and javelin, but I come against you in the name of the Lord of Armies—the God of the ranks of Israel—you have defied him.’”

David faced Goliath not with weapons but with faith. Adolescents face “giants” too—peer pressure, self-doubt, addictions, or cultural voices. Their victory comes from trusting God’s power, not their own.

**Parents,** help your teen identify their giants and point them to God as their defender.

**Model** courage by testifying how God has fought for you in your own battles.

**Prayer:** Lord, give my child courage to face their giants in Your name. May they trust Your strength over their own.

**Question:** What “giant” does your adolescent need to face with God’s help this week?

## Day 13 – The Danger of Jealousy

### 1 Samuel 18:9

“So Saul watched David jealously from that day forward.”

Saul’s jealousy of David poisoned his life. Adolescents often wrestle with comparison—on social media, in school, or among friends. Jealousy destroys peace.

**Parents,** teach your teen that their worth isn’t measured against others but secured in God’s love. Help them celebrate others’ success without feeling diminished.

**Model** contentment yourself by resisting comparison and showing gratitude for God’s blessings.

**Prayer:** Lord, free my child from jealousy. Root their identity in Your love and fill their heart with gratitude.

**Question:** How can you help your adolescent resist comparison and jealousy this week?

## Day 14 – The Power of Friendship

### 1 Samuel 18:3

“Jonathan made a covenant with David because he loved him as much as himself.”

Jonathan’s loyalty to David is a picture of godly friendship. Adolescents crave belonging, but not all friendships are life-giving.

**Parents,** remind your teen that true friends sharpen faith and strengthen courage. Encourage them to seek Jonathan-like friends—and to be one themselves.

**Model** godly friendship in your own life, showing loyalty, honesty, and encouragement.

**Prayer:** Lord, bring Jonathan-like friends into my child’s life. Teach them to value loyalty and to give it in return.

**Question:** What friendship could your adolescent cultivate this week to strengthen their walk with God?



## Day 15 – Repentance Restores

### 2 Samuel 12:13

“David responded to Nathan, ‘I have sinned against the Lord.’ Then Nathan replied to David, ‘And the Lord has taken away your sin; you will not die.’”

David sinned grievously, yet when confronted, he confessed. Adolescents need to learn that repentance restores.

**Parents,** remind your teen that failure doesn’t disqualify them if they return to God. Teach them that confession brings freedom, not shame.

**Model** repentance yourself. Be willing to admit when you are wrong and seek forgiveness.

**Prayer:** Lord, teach my child the power of repentance. May they turn quickly from sin and experience Your mercy.

**Question:** How can you show your adolescent that repentance is a gift, not a burden?

## Day 16 – Solomon’s Request

### 1 Kings 3:9

“So give your servant a receptive heart to judge your people and to discern between good and evil.”

Solomon asked not for riches or power but for wisdom. Adolescents need to learn that the greatest gift they can seek is discernment from God.

**Parents,** encourage your teen to pray for wisdom in daily choices. Show them that true success is not in possessions but in a discerning heart.

**Model** wisdom-seeking in your life by turning to God in prayer before decisions.

**Prayer:** Lord, give my child a discerning heart. May they treasure Your wisdom above all else.

**Question:** How can you help your adolescent seek God’s wisdom in decisions this week?

## Day 17 – Divided Loyalties

### 1 Kings 11:4

“When Solomon was old, his wives seduced him to follow other gods. His heart was not completely with the Lord his God, as his father David’s heart had been.”

Solomon’s heart drifted because of divided loyalties. Adolescents are tempted to live with one foot in God’s kingdom and one in the world. But divided hearts lead to downfall.

**Parents,** urge your teen to give God their whole heart. Warn them that compromise erodes faith little by little.

**Model** wholehearted devotion by showing that God comes first in your priorities.

**Prayer:** Lord, keep my child’s heart wholly Yours. Guard them from divided loyalties and draw them closer to You.

**Question:** What area of your adolescent’s life might be pulling their heart away from full devotion to God?

## Day 18 – Elijah’s Boldness

### 1 Kings 18:21

“Then Elijah approached all the people and said, ‘How long will you waver between two opinions? If the Lord is God, follow him. But if Baal, follow him.’ But the people didn’t answer him a word.”

Elijah boldly confronted Israel’s wavering hearts. Adolescents also waver—torn between pleasing God and pleasing peers.

**Parents,** teach your teen that faith requires courage to stand alone if necessary. Help them see that choosing God is worth the cost.

**Model** boldness in your own faith by standing firm in your convictions with grace.

**Prayer:** Lord, give my child boldness like Elijah. May they stand firm for You even when others are silent.

**Question:** What situation might require your adolescent to stand boldly for God this week?

## Day 19 – God’s Gentle Whisper

### 1 Kings 19:12

“After the earthquake there was a fire, but the Lord was not in the fire. After the fire there was a voice, a soft whisper.”

Elijah expected God in the dramatic, but He came in a gentle whisper. Adolescents often look for God in big experiences but miss Him in the quiet.

**Parents,** encourage your teen to slow down and listen for God in prayer, Scripture, and silence.

**Model** attentiveness yourself by making space for God’s whisper in your life.

**Prayer:** Lord, teach my child to hear Your gentle whisper. May they find You not just in the big but in the quiet moments.

**Question:** How can you help your adolescent make space to hear God’s whisper this week?

## Day 20 – If My People Seek My Face

### 2 Chronicles 7:14

“And my people who bear my name, humble themselves, pray and seek my face, and turn from their evil ways, then I will hear from heaven, forgive their sin, and heal their land.”

God promised healing to His people if they humbled themselves and sought His face. Adolescents need to know that God responds to humility and prayer.

**Parents,** guide your teen to see prayer as more than asking for things—it’s seeking God’s face. Encourage humility in confession and dependence.

**Model** this by demonstrating a life of prayerful dependence yourself.

**Prayer:** Lord, teach my child to humble themselves before You. May they seek Your face and find forgiveness and healing.

**Question:** How can you encourage your adolescent to seek God’s face in prayer this week?

## Day 21 – Preparing Hearts for God’s Word

### Ezra 7:10

“Now Ezra had determined in his heart to study the law of the Lord, obey it, and teach its statutes and ordinances in Israel.”

Ezra modeled a threefold pattern: study, obey, teach. Adolescents need to learn that God’s Word isn’t just for information but for transformation and sharing.

**Parents,** encourage your teen to approach Scripture with a ready heart. Guide them to apply what they read and share it with others, even in small ways.

**Model** Ezra’s pattern yourself by living what you learn in the Word.

**Prayer:** Lord, help my child prepare their heart to study, obey, and share Your Word. Make their faith active and contagious.

**Question:** How can you help your adolescent both learn and live out God’s Word this week?

## Day 22 – Rebuilding the Walls

### Nehemiah 2:17

“So I said to them, ‘You see the trouble we are in. Jerusalem lies in ruins, and its gates have been burned. Come, let’s rebuild Jerusalem’s wall, so that we will no longer be a disgrace.’”

Jerusalem’s walls lay in ruins until Nehemiah inspired the people to rebuild. Adolescents often feel broken or vulnerable, like walls torn down. God calls them to rebuild through faith and perseverance.

**Parents,** remind your teen that God restores what is broken. Encourage them to rebuild habits, trust, and faith when failures come.

**Model** rebuilding by sharing how God has restored broken places in your life.

**Prayer:** Lord, strengthen my child to rebuild where things are broken. Teach them that You are their strong wall of protection.

**Question:** What “wall” in your adolescent’s life needs rebuilding with God’s help this week?



## Day 23 – The Joy of the Lord Is Your Strength

### Nehemiah 8:10

“Then he said to them, ‘Go and eat what is rich, drink what is sweet, and send portions to those who have nothing prepared, since today is holy to our Lord. Do not grieve, because the joy of the Lord is your strength.’”

After hearing God’s Word, the people wept, but Nehemiah reminded them: the joy of the Lord is your strength. Adolescents often look for strength in approval or achievements, but true strength comes from God’s joy.

**Parents,** teach your teen that joy is not shallow happiness but deep confidence in God’s goodness.

**Model** joy even in trials so your teen sees that strength flows from the Lord’s presence.

**Prayer:** Lord, fill my child with Your joy. May it be their strength in every circumstance.

**Question:** How can you help your adolescent find strength in God’s joy this week?

## Day 24 – For Such a Time as This

### Esther 4:14

“If you keep silent at this time, relief and deliverance will come to the Jewish people from another place, but you and your father’s family will be destroyed. Who knows, perhaps you have come to your royal position for such a time as this.”

Esther faced a defining moment of courage. Adolescents, too, will encounter moments where they must stand for truth, even at personal cost.

**Parents,** remind your teen that God has placed them where they are—school, friendships, family—for such a time as this. Encourage courage rooted in faith.

**Model** this by embracing your own God-given assignments with courage and faith.

**Prayer:** Lord, give my child courage to stand in their moment “for such a time as this.” May they fulfill the purpose You’ve given them.

**Question:** What opportunity might God be calling your adolescent to step into with courage this week?

## Day 25 – God’s Hidden Hand

### Esther 6:1

“That night sleep escaped the king, so he ordered the book recording daily events to be brought and read to the king.”

God’s name is never mentioned in Esther, yet His hand is everywhere—guiding, protecting, delivering. Adolescents may wonder where God is when He feels hidden.

**Parents,** teach your teen that even when God seems silent, He is active behind the scenes. Encourage trust in His unseen providence.

**Model** this by sharing how God worked in your life in ways you only saw clearly later.

**Prayer:** Lord, help my child trust Your hidden hand. Even when You seem silent, remind them You are at work.

**Question:** How can you remind your adolescent that God is working behind the scenes in their life?

## Day 26 – God Delivers His People

### Esther 9:1

“On the day when the Jews’ enemies had hoped to overpower them, just the opposite happened. The Jews overpowered those who hated them.”

When all seemed lost, God turned the tables for His people. Adolescents may feel overwhelmed by opposition, but God can flip the story in an instant.

**Parents,** assure your teen that no power can thwart God’s plan. Encourage them to trust that He delivers at the right time.

**Model** this by trusting God’s timing in your own challenges.

**Prayer:** Lord, remind my child that You deliver Your people. May they trust you to fight for them and turn situations around.

**Question:** What situation in your adolescent’s life could God turn around for His glory?

## Day 27 – Remember What God Has Done

### Joshua 23:14

“I am now going the way of the whole earth, and you know with all your heart and all your soul that none of the good promises the Lord your God made to you has failed. Everything was fulfilled for you; not one promise has failed.”

At the end of his life, Joshua reminded Israel of God’s unfailing promises. Adolescents need anchors of remembrance in their faith journey.

**Parents,** encourage your teen to keep track of answered prayers and God’s faithfulness. Build a history of trust together as a family.

**Model** this by testifying often of God’s promises kept in your own life.

**Prayer:** Lord, let my child see that none of Your promises fail. Build in them a record of Your faithfulness.

**Question:** How can you help your adolescent create a habit of remembering God’s faithfulness?

## Day 28 – God Honors Humility

### 2 Chronicles 34:27

“Because your heart was tender and you humbled yourself before God when you heard his words... I have heard you—this is the Lord’s declaration.”

King Josiah’s humility before God sparked revival. Adolescents often equate strength with pride, but God honors humility.

**Parents,** encourage your teen to approach God with a tender heart. Remind them that humility invites God’s mercy and presence.

**Model** humility yourself by admitting wrongs and living with a teachable spirit.

**Prayer:** Lord, give my child a tender heart. Teach them that humility before You is strength, not weakness.

**Question:** How can you help your adolescent practice humility this week?

## Day 29 – God’s Word Brings Renewal

### Nehemiah 9:3

“While they stood in their places, they read from the book of the law of the Lord their God for a fourth of the day and spent another fourth of the day in confession and worship of the Lord their God.”

When God’s Word was read, the people responded with confession and worship. Adolescents need to see Scripture as life-giving, not just a rulebook.

**Parents,** encourage your teen to approach the Bible expecting renewal. Teach them that God’s Word convicts, cleanses, and strengthens.

**Model** renewal by showing how God’s Word continues to change you.

**Prayer:** Lord, let Your Word bring renewal in my child’s life. May they respond with confession and worship.

**Question:** How can you help your adolescent experience renewal through God’s Word this week?

## Day 30 – Leaving a Legacy of Faith

### Joshua 24:31

“Israel worshiped the Lord throughout Joshua’s lifetime and during the lifetimes of the elders who outlived Joshua and who had experienced all the work the Lord had done for Israel.”

Joshua left a legacy of faith that influenced generations. Adolescents need to know that their choices impact not only themselves but future generations.

**Parents,** remind your teen that their faith today shapes their tomorrow—and others’ as well. Encourage them to build a legacy of obedience and devotion.

**Model** legacy living by prioritizing what truly lasts: faith, family, and God’s kingdom.

**Prayer:** Lord, help my child build a lasting legacy of faith. May their life influence generations for You.

**Question:** What step can your adolescent take this week to begin building their legacy of faith?



## Day 1 – Delighting in God’s Word

### Psalm 1:1–3

“How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers! Instead, his delight is in the Lord’s instruction, and he meditates on it day and night. He is like a tree planted beside flowing streams that bears its fruit in its season and whose leaf does not wither. Whatever he does prospers.”

The psalmist paints a contrast that speaks into the lives of our teenagers. They are surrounded by the enticements to follow the ungodly. Although such relationships may feel good at the time, they lead only to emptiness. The way to blessedness is to find delight in the practice of God’s Word.

**Parents,** raising adolescents is the continual teaching, practice and display of God’s Word.

**Model** delight. Let your teen see you open your Bible not out of duty but because you love to hear from God. Joy in Scripture is contagious. Help your adolescent discover that Scripture is alive and relevant. Encourage them to read a psalm when discouraged, to pray verses when overwhelmed, and to memorize passages as weapons against temptation. As they learn to feed on God’s Word, they will grow into sturdy oaks of righteousness, fruitful in season, unshaken by storms.

**Prayer:** Lord, plant my child deep in Your Word. May their delight in Your instruction be stronger than the pull of peers.

**Question:** How can you bring joy into the way your adolescent engages with God’s Word this week?

## Day 2 – Trusting God in Fear

### Psalm 3:3–5

“But you, Lord, are a shield around me, my glory, and the one who lifts up my head. I cry aloud to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again because the Lord sustains me.”

David wrote these words while fleeing for his life from his own son, Absalom. He knew betrayal, fear, and danger in ways that resonate with our own anxieties. Yet, in his darkest moment, he declared the Lord as his shield, his glory, and the lifter of his head.

Our adolescents may not face armies, but they encounter fears that feel just as overwhelming: fear of rejection, failure, or the unknown future. Left unchecked, fear can paralyze them. But when they learn that God Himself is their shield and sustainer, they can rest secure.

**Parents,** your teen needs to see in you what it means to turn fear into faith. Pray aloud when you are afraid. Share how God has lifted your head in times of worry. Encourage them to call on the Lord, reminding them that He listens and answers. As they see you find rest in Him, they will learn to do the same.

**Prayer:** Father, be a shield around my child. Lift their head when fear weighs them down, and teach them to rest in Your sustaining care.

**Question:** What fear does your adolescent need to bring to God in prayer today?

## Day 3 – Teaching Your Child Their Worth

### Psalm 8:3–5

“When I observe your heavens, the work of your fingers, the moon and the stars, which you set in place, what is a human being that you remember him, a son of man that you look after him? You made him little less than God and crowned him with glory and honor.”

Standing under the night sky, David marveled that the Creator of galaxies would care for frail humanity. Not only does God notice us—He crowns us with glory and honor. For adolescents struggling with self-worth, this psalm is life-giving truth.

Our culture constantly measures teens by grades, appearances, followers, and performance. When they fail to measure up, they often feel worthless. Psalm 8 declares a different story: their value comes from being created and cared for by God Himself.

**Parents,** affirm your child’s identity in Christ. Remind them that their worth isn’t earned by achievement but given by God. Celebrate character and kindness more than performance. And when they stumble, reassure them that nothing can diminish God’s love.

**Prayer:** Lord, open my child’s eyes to see their worth in You. May they rest secure in being crowned with Your glory and honor.

**Question:** How can you affirm your adolescent’s God-given worth this week?

## Day 4 – Helping Your Teen Pray in Discouragement

### Psalm 13:1–2, 5–6

“How long, Lord? Will you forget me forever? How long will you hide your face from me? How long will I store up anxious concerns within me, agony in my mind every day? How long will my enemy dominate me? ... But I have trusted in your faithful love; my heart will rejoice in your deliverance. I will sing to the Lord because he has treated me generously.”

Psalm 13 begins with raw honesty: “How long, Lord?” David feels abandoned and overwhelmed. Yet by the end, his lament turns to trust and praise. He anchors himself not in circumstances but in God’s faithful love.

Adolescents often wrestle with discouragement—broken friendships, overwhelming schoolwork, unanswered prayers. They need to know it’s okay to bring their raw feelings to God. He welcomes honesty, and He can handle their “How longs.”

**Parents,** teach your teen to pray as David prayed: honestly, but always with a turn toward trust. Encourage them to journal prayers, voicing both their pain and their praise. Show them by example what it looks like to move from complaint to confidence in God.

**Prayer:** Father, when my child feels forgotten, remind them of Your faithful love. Teach them to turn discouragement into songs of trust.

**Question:** How can you help your adolescent bring their discouragement honestly before God?

## Day 5 – Raising a Child of Integrity

### Psalm 15:1–2

“Lord, who can dwell in your tent? Who can live on your holy mountain? The one who lives blamelessly, practices righteousness, and acknowledges the truth in his heart.”

Psalm 15 describes the person who enjoys fellowship with God: one who walks blamelessly, does what is right, and speaks truth from the heart. This is integrity—living consistently before God and others.

Adolescents live in a world that prizes image over substance. They are tempted to cut corners, shade the truth, or project a false self. Psalm 15 reminds us that God desires truth in the inward being. Integrity matters more than popularity.

**Parents,** model honesty and consistency in your own life. Admit when you’re wrong. Keep promises. Live the same in private as in public. Your example will teach your child more about integrity than lectures ever could.

**Prayer:** Lord, form in my child a heart of integrity. May they walk blamelessly before You, do what is right, and speak truth from within.

**Question:** In what area could your adolescent practice integrity this week?

## Day 6 – The Law of the Lord Is Perfect

### Psalm 19:7–8

“The instruction of the Lord is perfect, renewing one’s life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up.”

Psalm 19 celebrates God’s glory revealed in creation and His perfection revealed in His Word. The law of the Lord renews life, brings wisdom, gladdens the heart, and enlightens the eyes. Adolescents, bombarded with conflicting messages, need to know there is one source of truth that never fails.

**Parents,** your child doesn’t just need your advice; they need God’s Word. His instruction is not a burden but a gift. Teach your teen to see Scripture not as a list of restrictions but as a source of joy, wisdom, and light. Share stories of how God’s Word has refreshed your soul in times of trial.

Encourage your adolescent to turn to Scripture when they need clarity. Show them how to pray God’s Word back to Him, making it personal. As they see the life-giving power of Scripture in your life, they will learn to treasure it themselves.

**Prayer:** Lord, let Your Word renew my child’s life and make them wise. May they see Your commands as light and joy.

**Question:** How can you help your adolescent experience Scripture as life-giving this week?

## Day 7 – The Lord as Shepherd for Your Child

### Psalm 23:1–3

“The Lord is my shepherd; I have what I need. He lets me lie down in green pastures; he leads me beside quiet waters. He renews my life; he leads me along the right paths for his name’s sake.”

Psalm 23 is perhaps the most familiar of all psalms, yet its truths are fresh for every generation. For your adolescent, who faces insecurity and constant pressure, the reminder that the Lord is their Shepherd is life-giving.

Your child may think they lack what others have—looks, popularity, achievements. But when the Lord is their Shepherd, they truly lack nothing. He provides rest in green pastures, refreshment beside still waters, and renewal for the soul.

**Parents,** remind your teen that life’s valleys are not traveled alone. God’s staff guides, His rod protects, and His presence comforts. Encourage them to look to Jesus, the Good Shepherd, who laid down His life for His sheep.

**Model** reliance on the Shepherd in your own life. When your child sees you find peace and provision in Him, they will learn to do the same.

**Prayer:** Father, be my child’s Shepherd. Teach them to trust that in You they have all they need. Lead them in right paths and restore their soul.

**Question:** Where does your adolescent most need the assurance of the Shepherd’s care this week?

## Day 8 – Confidence in God Amid Peer Pressure

### Psalm 27:1

“The Lord is my light and my salvation—whom should I fear? The Lord is the stronghold of my life—whom should I dread?”

Adolescents face enormous peer pressure. The fear of rejection or ridicule can drive them to compromise convictions. Psalm 27 offers an antidote: confidence rooted in God as light, salvation, and stronghold.

**Parents,** teach your child that courage is not the absence of fear but the presence of God. Encourage them to make choices based on faith, not fear. David’s question—“Whom should I fear?”—points to the truth that when God is for us, no one can truly stand against us.

Remind your teen that God’s presence dispels darkness, His salvation secures eternity, and His strength protects their life. Encourage them to seek Him first, as David longed to “dwell in the house of the Lord” (v. 4).

Show them through your own life how to stand firm when it’s unpopular. Boldness in parents breeds courage in children.

**Prayer:** Lord, be my child’s stronghold. Teach them to fear You above all else and to walk boldly in Your light.

**Question:** Where is your adolescent most tempted to compromise out of fear of people, and how can you encourage them to trust God’s strength?



## Day 9 – Teaching Confession and Forgiveness

### Psalm 32:5

“Then I acknowledged my sin to you and did not conceal my iniquity. I said, ‘I will confess my transgressions to the Lord,’ and you forgave the guilt of my sin.”

Guilt is a heavy burden, and adolescents often carry it silently. Psalm 32 reminds us that unconfessed sin saps strength, but confession brings forgiveness and freedom.

**Parents,** teach your child that confession is not weakness but release. God already knows their struggles; confession is agreeing with Him and receiving His mercy. Encourage them to be honest before God, reminding them that forgiveness is secured through Christ.

**Model** confession in your own life. Admit when you’ve been wrong—to God, and even to your child. This demonstrates that grace is real and available. When your teen learns that sin doesn’t disqualify but can be forgiven, they will grow in both humility and hope.

**Prayer:** Lord, teach my child the joy of confession. May they never hide in guilt but run to You and receive forgiveness.

**Question:** How can you encourage your adolescent to see confession as a doorway to freedom, not shame?

## Day 10 – Taste and See That the Lord Is Good

### Psalm 34:8

“Taste and see that the Lord is good. How happy is the person who takes refuge in him!”

Faith is not just intellectual—it is experiential. Psalm 34 invites us to taste and see the goodness of God. Adolescents often rely on secondhand faith—their parents’ or church’s. But they must experience God for themselves.

**Parents,** encourage your teen to step out in small acts of faith—praying for a need, serving someone in Jesus’ name, trusting God with a decision. These experiences become tastes of His goodness that deepen their trust.

Share with them your own stories of God’s faithfulness. Testimonies whet the appetite for more of Him. Then, challenge them to keep track of their own encounters with God’s goodness.

**Prayer:** Father, let my child taste Your goodness in personal ways. May they find joy in taking refuge in You alone.

**Question:** What is one way your adolescent can “taste and see” God’s goodness this week?

## Day 11 – Do Not Fret Because of Evildoers

### Psalm 37:1–3

“Do not be agitated by evildoers; do not envy those who do wrong. For they wither quickly like grass and wilt like tender green plants. Trust in the Lord and do what is good; dwell in the land and live securely.”

Adolescents often compare themselves to peers who seem to prosper by cutting corners or rejecting God. Psalm 37 reminds us that the wicked’s success is only temporary, but those who trust the Lord endure.

**Parents,** teach your child not to envy what looks appealing but is rooted in sin. Guide them to “trust in the Lord and do what is good.” Real security and lasting blessing come from integrity and faithfulness, not from shortcuts.

**Model** patient trust in God’s timing. Share stories of how you’ve seen the long-term fruit of righteousness over fleeting success. Your testimony will strengthen their resolve to wait on the Lord.

**Prayer:** Lord, help my child resist envy. Teach them to trust Your goodness and to walk securely in Your ways.

**Question:** Where is your adolescent tempted to envy others who seem to succeed without God?

## Day 12 – Thirsting for God

### Psalm 42:1–2

“As a deer longs for flowing streams, so I long for you, God. I thirst for God, the living God. When can I come and appear before God?”

Psalm 42 expresses deep spiritual thirst. Adolescents often try to quench inner longing with acceptance, entertainment, or achievement—but none can satisfy like God.

**Parents,** help your teen recognize their thirst for what it is: a longing for God Himself. Encourage practices that stir hunger for His presence—prayer, worship, and reading His Word not as duty but as delight.

**Model** this thirst in your own life. Let your adolescent see you prioritize time with God out of desire, not obligation. Your hunger will inspire theirs.

**Prayer:** Lord, give my child a thirst for You that nothing else can quench. May they seek You with all their heart.

**Question:** How can you help your adolescent redirect their longings toward God this week?

## Day 13 – God Our Refuge in Times of Stress

### Psalm 46:1–2

“God is our refuge and strength, a helper who is always found in times of trouble. Therefore we will not be afraid, though the earth trembles and the mountains topple into the depths of the seas.”

Life as a teenager can feel overwhelming—pressure from school, friendships, and identity struggles. Psalm 46 anchors us: God is our refuge and strength, always present in trouble.

**Parents,** remind your teen that security doesn’t come from control or performance but from God’s unshakable presence. Teach them to run to Him when anxiety rises, to find shelter under His wings.

**Model** this by praying in stressful moments. When your adolescent sees you take refuge in God, they’ll learn to do the same.

**Prayer:** Father, be my child’s refuge and strength. Teach them to trust You when life feels uncertain.

**Question:** What stress in your adolescent’s life needs to be entrusted to God this week?

## Day 14 – A Heart of Repentance

### Psalm 51:10–12

“God, create a clean heart for me and renew a steadfast spirit within me. Do not banish me from your presence or take your Holy Spirit from me. Restore the joy of your salvation to me, and sustain me by giving me a willing spirit.”

After his sin, David cried out for cleansing and renewal. Adolescents will stumble too, but they need to know repentance restores fellowship with God.

**Parents,** teach your child that sin doesn’t have to define them. Encourage them to confess, knowing God is merciful. Repentance isn’t about shame but about renewal—God creates a clean heart and restores joy.

**Model** repentance in your own life. When you admit your wrongs and seek forgiveness, you show your teen that grace is real.

**Prayer:** Lord, give my child a repentant heart. Create in them a clean spirit and restore the joy of Your salvation.

**Question:** How can you show your adolescent that repentance is a gift, not a burden?

## Day 15 – Casting Burdens on the Lord

### Psalm 55:22

“Cast your burden on the Lord, and he will sustain you; he will never allow the righteous to be shaken.”

Adolescents often carry hidden burdens—academic stress, friendship struggles, private fears. Psalm 55 reminds them to cast those burdens on the Lord.

**Parents,** encourage your teen to bring their worries honestly to God in prayer. He doesn’t just listen; He sustains.

**Model** this in your own life. Let them see you release your cares to God rather than cling to them. Your peace will teach them trust.

**Prayer:** Father, teach my child to cast every burden on You. Sustain them and hold them firm in Your strength.

**Question:** What burden does your adolescent need to lay before God today?

## Day 16 – God Alone Is Their Rock

### Psalm 62:1–2

“I am at rest in God alone; my salvation comes from him. He alone is my rock and my salvation, my stronghold; I will never be shaken.”

Adolescents live in a shifting world—friendships change, emotions swing, pressures mount. Psalm 62 anchors us: God alone is the rock and stronghold.

**Parents,** help your child see that no relationship, achievement, or possession can provide lasting stability. Only God can. Encourage them to pour out their heart to Him, knowing He is both strong and loving (v. 8, 11–12).

**Model** this trust yourself. When shaken, show your teen what it means to stand firm on God’s rock.

**Prayer:** Lord, be the unshakable rock for my child. Teach them to rest in You alone.

**Question:** What shifting foundation does your adolescent need to replace with trust in God?



## Day 17 – Prayers for Youth and Old Age

### Psalm 71:17–18

“God, you have taught me from my youth, and I still proclaim your wondrous works. Even while I am old and gray, God, do not abandon me, while I proclaim your power to another generation, your strength to all who are to come.”

Psalm 71 bridges youth and old age with the same truth: God’s faithfulness endures. Adolescents need to know their faith is part of a larger story.

**Parents,** remind your teen that God has been faithful to you and will be faithful to them. Share testimonies of His guidance in your life. Show them that one generation proclaims His works to the next.

Invite them to see their own history with God—small but growing—as evidence of His care.

**Prayer:** Lord, may my child see Your faithfulness from youth into old age. Let them proclaim Your power to their generation.

**Question:** What story of God’s faithfulness could you share with your adolescent this week?

## Day 18 – Passing God’s Works to the Next Generation

### Psalm 78:4

“We will not hide them from their children, but will tell a future generation the praiseworthy acts of the Lord, his might, and the wondrous works he has performed.”

Faith is passed on not just through instruction but through storytelling. Psalm 78 calls us to recount God’s deeds to the next generation.

**Parents,** your adolescent needs to hear how God has worked in your life. Share stories of answered prayer, provision, and forgiveness. Testimonies make God real.

Encourage family rhythms of remembrance—writing down blessings, praying through old journals, or celebrating answered prayers. These practices root your child in God’s living story.

**Prayer:** Lord, help me faithfully tell of Your works. May my child see Your power in our family’s story and share it with others.

**Question:** What “praiseworthy act of the Lord” can you recount to your adolescent today?

## Day 19 – Longing for God’s Presence

### Psalm 84:10–11

“Better a day in your courts than a thousand anywhere else. I would rather stand at the threshold of the house of my God than live in the tents of wicked people. For the Lord God is a sun and shield. The Lord grants favor and honor; he does not withhold the good from those who live with integrity.”

Adolescents are surrounded by temptations that promise joy but lead to emptiness. Psalm 84 declares that true joy is found in God’s presence.

**Parents,** teach your teen that even the lowest place in God’s house is better than the highest place in sin. Encourage them to prioritize worship and integrity, knowing God withholds no good from the upright.

**Model** delight in God’s presence yourself. When your child sees you treasure worship, they’ll learn to do the same.

**Prayer:** Lord, give my child a longing for Your courts. Teach them to find joy in Your presence above all else.

**Question:** How can you help your adolescent taste the joy of God’s presence this week?

## Day 20 – God’s Protection Over Your Teen

### Psalm 91:1–2

“The one who lives under the protection of the Most High dwells in the shadow of the Almighty. I will say concerning the Lord, who is my refuge and my fortress, my God in whom I trust.”

Parents often worry about their adolescent’s safety—physically, emotionally, spiritually. Psalm 91 reminds us that ultimate protection is found under God’s covering.

Encourage your teen to make the Lord their refuge. Teach them that trusting Him doesn’t mean life will be trouble-free, but it does mean He is always with them.

Pray Psalm 91 over your child. Commit them daily to God’s sheltering care.

**Model** peace by entrusting them into His hands.

**Prayer:** Lord, cover my child with Your protection. May they rest in Your shadow and trust You as their refuge.

**Question:** What situation in your adolescent’s life most needs God’s protective presence right now?

## Day 21 – Enter His Gates with Thanksgiving

### Psalm 100:4–5

“Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name. For the Lord is good, and his faithful love endures forever; his faithfulness, through all generations.”

Gratitude shifts the heart. Adolescents often lean toward complaint, focusing on what they lack. Psalm 100 calls us to enter God’s presence with thanksgiving and praise.

**Parents,** cultivate gratitude in your home. Help your teen see God’s goodness in everyday moments: meals, friendships, answered prayers. Teach them to thank God even in difficulties, trusting His enduring love.

**Model** thanksgiving in your own words. Let your child hear you bless the Lord in prayer and conversation. Gratitude is contagious, and your joy will inspire theirs.

**Prayer:** Lord, give my child a thankful heart. May they learn to bless Your name in all circumstances.

**Question:** What is one way your adolescent can practice gratitude this week?

## Day 22 – Bless the Lord, O My Soul

### Psalm 103:1–3

“My soul, bless the Lord, and all that is within me, bless his holy name. My soul, bless the Lord, and do not forget all his benefits. He forgives all your iniquity; he heals all your diseases.”

Psalm 103 reminds us that worship begins with remembering God’s benefits. Adolescents often forget—they overlook blessings, take grace for granted, and focus on what’s wrong.

**Parents,** teach your teen to count their blessings. Remind them of forgiveness, healing, redemption, love, and compassion. Encourage them to worship not based on feelings but truth.

**Model** this by speaking often of God’s goodness in your own life. When they see you bless the Lord with all that is within you, they’ll learn to do the same.

**Prayer:** Lord, remind my child of Your benefits. Fill their soul with praise that overflows from gratitude.

**Question:** How can you help your adolescent remember God’s goodness today?

## Day 23 – Keeping Their Way Pure

### Psalm 119:9–11

“How can a young man keep his way pure? By keeping your word. I have sought you with all my heart; don’t let me wander from your commands. I have treasured your word in my heart so that I may not sin against you.”

Adolescents face constant temptation. Psalm 119 gives the answer: purity comes by keeping God’s Word, seeking Him wholeheartedly, and treasuring His Word in the heart.

**Parents,** help your teen see purity not as restriction but as freedom. God’s way guards them from regret and harm. Encourage them to memorize Scripture, using it as armor against sin.

**Model** integrity yourself. Show them how God’s Word directs your choices. Your consistency will give weight to your words.

**Prayer:** Lord, plant Your Word deep in my child’s heart. Keep their way pure and protect them from wandering.

**Question:** What verse could your adolescent memorize this week to guard their heart?

## Day 24 – The Lord Watches Over You

### Psalm 121:7–8

“The Lord will protect you from all harm; he will protect your life. The Lord will protect your coming and going both now and forever.”

Psalm 121 comforts us with God’s watchful care. Parents can’t be everywhere, but God never slumbers or sleeps. He sees every step our teens take.

Encourage your adolescent to trust God’s presence at school, with friends, online, and in quiet moments alone. Pray this psalm over them as a blessing of protection.

**Model** trust by releasing your child into God’s hands. Instead of anxious control, show peaceful faith in His care.

**Prayer:** Lord, watch over my child’s coming and going. Guard their life with Your faithful presence.

**Question:** How can you remind your adolescent of God’s watchful care in their daily routines?



## Day 25 – Children as God’s Heritage

### Psalm 127:3–4

“Sons are indeed a heritage from the Lord, offspring, a reward. Like arrows in the hand of a warrior are the sons born in one’s youth.”

Psalm 127 reframes children not as burdens but as blessings. Parenting teens is challenging, but God calls them heritage and reward.

**Parents,** remember your adolescent belongs to God first. He entrusted them to you for a season. Your role is to shape them like arrows, aimed toward God’s purposes.

Celebrate your child as God’s gift. Speak blessing over them, affirming their worth. Even in hard seasons, remember they are God’s reward.

**Prayer:** Lord, thank You for entrusting me with my child. Help me shape them as an arrow for Your glory.

**Question:** How can you affirm your adolescent as God’s heritage this week?

## Day 26 – The Blessing of a Godly Family

### Psalm 128:1–2

“How happy is everyone who fears the Lord, who walks in his ways! You will surely eat what your hands have worked for. You will be happy, and it will go well for you.”

Psalm 128 describes the blessings of a home rooted in the fear of the Lord. In a culture pulling families apart, this psalm offers hope for godly households.

**Parents,** your reverence for God sets the tone. Show your teen that fearing the Lord means walking in His ways with joy, not dread. Family rhythms of prayer, worship, and conversation about faith nurture children into strong olive shoots around your table.

**Prayer:** Lord, bless my family as we walk in Your ways. May my child grow in the fear of the Lord and flourish as a blessing in our home.

**Question:** How can you bring God’s presence more intentionally into your home this week?

## Day 27 – God’s Intimate Knowledge of Your Teen

### Psalm 139:1–2, 13–14

“Lord, you have searched me and known me. You know when I sit down and when I stand up; you understand my thoughts from far away... For it was you who created my inward parts; you knit me together in my mother’s womb. I will praise you because I have been remarkably and wondrously made.”

Adolescents often feel misunderstood. Psalm 139 reassures them that God knows them fully and loves them deeply. He created them fearfully and wonderfully.

**Parents,** remind your child their identity is rooted not in peers’ opinions but in God’s design. He knows every thought and still delights in them.

**Model** this by affirming God’s image in your teen. Speak words of life that echo their Creator’s view.

**Prayer:** Lord, remind my child that they are wonderfully made. May they rest secure in being fully known and fully loved by You.

**Question:** How can you affirm God’s design and care in your adolescent’s life this week?

## Day 28 – One Generation Commends His Works to Another

### Psalm 145:4–5

“One generation will declare your works to the next and will proclaim your mighty acts. I will speak of your splendor and glorious majesty and your wondrous works.”

Faith is passed down through testimony. Adolescents need to hear stories of God’s faithfulness, not just rules.

**Parents,** declare God’s works to your teen. Share how He has answered prayers, provided in need, and shown mercy. Invite your child to tell their own stories of God’s work to siblings or friends.

**Model** generational faith by praising God openly at home. Testimony strengthens faith across generations.

**Prayer:** Lord, let me faithfully tell my child of Your mighty acts. May they learn to declare Your works to the next generation.

**Question:** What story of God’s work can you share with your adolescent today?

## Day 29 – God Delights in Those Who Hope in His Love

### Psalm 147:10–11

“He is not impressed by the strength of a horse; he does not value the power of a warrior. The Lord values those who fear him, those who put their hope in his faithful love.”

Adolescents often strive for approval through achievement, strength, or performance. Psalm 147 reminds us that God delights not in outward success but in those who put their hope in His love.

**Parents,** teach your child that God’s delight is not earned. His love frees them from chasing empty validation.

**Model** this hope yourself. When your teen sees you rest in God’s love instead of performance, they’ll learn to do the same.

**Prayer:** Lord, teach my child to put their hope in Your faithful love. May they rest in the delight You freely give.

**Question:** How can you help your adolescent anchor their worth in God’s love this week?

## Day 30 – Raising a Teen Who Praises the Lord

### Psalm 150:6

“Let everything that breathes praise the Lord. Hallelujah!”

The Psalms end with a call for all creation to praise God. The ultimate goal of parenting is not just raising moral children but worshipers who praise the Lord with their whole lives.

**Parents,** guide your adolescent to see that every gift—sports, music, academics, creativity—can be an instrument of praise. Teach them that life’s purpose is to glorify God.

**Model** a lifestyle of worship. Fill your home with gratitude, songs of praise, and testimonies of God’s goodness. Your example will invite theirs.

**Prayer:** Father, let my child’s life be filled with praise. May every breath they take bring glory to You.

**Question:** How can you help your adolescent cultivate a lifestyle of praise this week?

## Day 1 – The Fear of the Lord Is the Beginning of Wisdom

### Proverbs 1:7

“The fear of the Lord is the beginning of knowledge; fools despise wisdom and discipline.”

Adolescence is full of questions—about identity, belonging, and choices. At the heart of Proverbs is this truth: wisdom begins with the fear of the Lord. For our teens, reverence for God is not optional; it is the foundation. Without it, their knowledge easily veers into pride. With it, even missteps become opportunities for growth.

**Parents,** you are your child’s living example of what fearing the Lord looks like. When you pray before making decisions, honor God’s Word in your home, and walk humbly with Him, your teen sees wisdom in action. Encourage your child to filter choices through one **Question:** “Does this honor the Lord?” Over time, that question becomes a compass that points them toward life.

**Prayer:** Lord, plant deep reverence for You in my child’s heart. Teach them to fear You, and through it, find true wisdom.

**Question:** How can you **Model** reverence for the Lord in a way your teen will notice this week?

## Day 2 – Listening to Wise Instruction

### Proverbs 1:8–9

“Listen, my son, to your father’s instruction, and don’t reject your mother’s teaching, for they will be a garland of favor on your head and pendants around your neck.”

Teenagers often push against parental guidance, but Proverbs calls them to listen. God designed the family so wisdom flows from parent to child. Instruction may not always feel like favor, but over time, it becomes the adornment of their character.

**Parents,** speak God’s wisdom with patience, not nagging. Remind your child that your counsel is not to stifle them but to strengthen them. And show them by example that you too live under authority—God’s Word.

When instruction is given in love and received with humility, it beautifies a young life with wisdom.

**Prayer:** Father, give my child a teachable spirit. Help me instruct with grace, and may they wear wisdom as a crown of favor.

**Question:** How can you remind your adolescent that your instruction is an act of love?



## Day 3 – Avoiding the Path of Sinners

### Proverbs 1:10

“My son, if sinners entice you, don’t be persuaded.”

Peer pressure is a powerful force. Adolescents are often invited onto paths that lead away from God. Proverbs are direct: do not be persuaded.

**Parents,** help your teen see that true courage is saying no when temptation whispers. Remind them that friends who lead them into sin are not friends at all. Encourage them to choose companions who strengthen, not sabotage, their faith.

**Model** wise boundaries yourself. Let your child see that you also resist enticement for the sake of obedience.

**Prayer:** Lord, strengthen my child against the pull of sin. Guard them from persuasion that leads away from You.

**Question:** What situation could tempt your adolescent to compromise, and how can you prepare them to resist?

## Day 4 – Wisdom Cries Out

### Proverbs 1:20

“Wisdom calls out in the street; she makes her voice heard in the public squares.”

Wisdom is not hidden—it calls out in the open. But many ignore her voice. Adolescents live amid noise—media, peers, culture—that can drown out wisdom’s cry.

**Parents,** help your child tune their ear to God’s wisdom through Scripture, prayer, and godly mentors. Wisdom is calling; they must learn to recognize her voice.

**Model** attentiveness by showing how God’s wisdom guides your daily decisions.

**Prayer:** Lord, open my child’s ears to hear Your wisdom above the noise of the world. Let them love Your voice.

**Question:** How can you help your adolescent quiet distractions and listen for wisdom this week?

## Day 5 – Trust in the Lord with All Your Heart

### 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.”

Adolescents wrestle with independence, often trusting their feelings over God’s truth. Proverbs calls them to trust the Lord wholeheartedly, not leaning on limited understanding.

**Parents,** guide your teen to surrender plans, worries, and choices to God. Encourage them to pray, “Lord, I trust You,” when life feels uncertain.

**Model** trust by releasing your own anxieties into God’s hands. Show them that faith is not passive but a daily act of reliance.

**Prayer:** Lord, teach my child to trust You fully. Straighten their path as they lean not on themselves but on Your wisdom.

**Question:** What area of life could your adolescent entrust to God this week?

## Day 6 – Guarding the Heart

### Proverbs 4:23

“Guard your heart above all else, for it is the source of life.”

The heart—our inner life of thoughts, feelings, and desires—shapes everything. Adolescents often guard appearances more than their hearts. Yet Proverbs says the heart is the wellspring of life.

**Parents,** teach your teen to guard what enters their heart—media, friendships, influences. Help them filter desires through God’s Word.

**Model** a guarded heart yourself. Let them see you choose purity and integrity, protecting the life God entrusted to you.

**Prayer:** Lord, guard my child’s heart from corruption. Fill it with Your truth so that their life flows with righteousness.

**Question:** What influence might be shaping your adolescent’s heart that needs God’s filter?

## Day 7 – Choosing the Right Path

### Proverbs 4:26

“Carefully consider the path for your feet, and all your ways will be established.”

Adolescents stand at crossroads daily. Small choices—what they watch, who they befriend, how they respond—shape their path. Proverbs urges careful consideration.

**Parents,** help your teen slow down and think before stepping. Teach them that each choice is a step toward wisdom or folly.

**Model** careful steps in your own life. Show them how prayer and discernment guide your decisions.

**Prayer:** Lord, guide my child’s steps. Establish their ways as they choose paths that honor You.

**Question:** How can you help your adolescent pause and pray before making choices this week?

## Day 8 – Honoring the Lord with Their Wealth

### Proverbs 3:9

“Honor the Lord with your possessions and with the first produce of your entire harvest.”

Adolescents may not have much money, but they do have resources—time, talents, energy. Proverbs teaches that honoring God with our best is an act of worship.

**Parents,** encourage your teen to give God their first and best—whether in tithing, serving, or offering their gifts. Teach them that generosity honors God and opens their life to blessing.

**Model** this by cheerfully giving yourself. Let them see that generosity flows from gratitude, not obligation.

**Prayer:** Lord, teach my child to honor You with their resources. May they give freely and joyfully from what You provide.

**Question:** How could your adolescent honor God with their time, talents, or treasures this week?

## Day 9 – The Value of Wisdom

### Proverbs 3:15

“She is more precious than jewels; nothing you desire can equal her.”

Adolescents are told to chase grades, sports, beauty, or popularity. Yet Proverbs reminds us that wisdom is more valuable than riches or recognition.

**Parents,** help your child treasure wisdom above achievement. Remind them that what they learn from God lasts forever, while worldly success fades.

**Model** this priority. Let them see you seek wisdom through God’s Word above career, possessions, or accolades.

**Prayer:** Lord, help my child value wisdom as treasure. May they desire it above all the world’s rewards.

**Question:** What practical way could your adolescent show that they value wisdom this week?

## Day 10 – Avoiding the Snare of Pride

### Proverbs 16:18

“Pride comes before destruction, and an arrogant spirit before a fall.”

Adolescents often wrestle with pride—confidence in looks, talents, or achievements. Proverbs warns that pride leads to downfall.

**Parents,** teach your child humility as strength, not weakness. Show them that dependence on God is the safest place to stand.

**Model** humility in your own life. Admit mistakes, give credit, and serve others joyfully. When your child sees humility in action, they’ll learn to value it.

**Prayer:** Lord, protect my child from pride. Teach them the beauty of humility and the safety of walking in dependence on You.

**Question:** Where might your adolescent need to trade pride for humility this week?



## Day 11 – The Power of Words

### Proverbs 18:21

“Death and life are in the power of the tongue, and those who love it will eat its fruit.”

Adolescents are learning just how powerful words can be. A careless insult can wound deeply; a kind word can heal. Proverbs reminds us that our tongues carry the power of life and death.

**Parents,** help your teen see that their speech reveals their heart. Encourage them to speak words that build up, not tear down. Gently correct sarcasm, gossip, or cruelty, and celebrate when they use words to encourage.

**Model** life-giving speech in your home. Let your children hear your words bless, not curse; affirm, not criticize. Your example will shape their understanding of what speech should be.

**Prayer:** Lord, guard my child’s tongue. May their words be instruments of life, not death, reflecting Your truth and grace.

**Question:** How can you encourage your adolescent to use their words for life this week?

## Day 12 – Choosing Friends Wisely

### Proverbs 13:20

“The one who walks with the wise will become wise, but a companion of fools will suffer harm.”

Friendships shape the course of adolescence more than most influences. Proverbs teaches that walking with the wise leads to wisdom, but foolish friends bring harm.

**Parents,** remind your teen that friends are like elevators—they either lift you up or drag you down. Encourage them to evaluate their companions by the fruit of their lives.

**Model** wise friendships in your own life. Let your children see that you choose companions who sharpen your faith and hold you accountable.

**Prayer:** Lord, guide my child to walk with the wise. Protect them from companions who would lead them into harm.

**Question:** What friendship could your adolescent evaluate this week in light of Proverbs 13:20?

## Day 13 – Honesty Matters

### Proverbs 12:22

“Lying lips are detestable to the Lord, but faithful people are his delight.”

Adolescents may be tempted to lie to avoid trouble or to impress peers. But Proverbs is clear: honesty delights the Lord; lying is detestable.

**Parents,** teach your teen that honesty builds trust and character. Even when truth is costly, it pleases God. Encourage confession and forgiveness instead of covering sin with deceit.

**Model** honesty yourself. Admit mistakes, keep promises, and tell the truth even in small things. Your integrity gives weight to your words.

**Prayer:** Lord, make my child faithful and truthful. May their honesty bring delight to You and trust to others.

**Question:** How can you encourage honesty in your adolescent, even when it’s difficult?

## Day 14 – Diligence Leads to Abundance

### Proverbs 10:4

“Idle hands make one poor, but diligent hands bring riches.”

Adolescents often wrestle with laziness. Proverbs warns that idleness leads to poverty, but diligence brings reward. Work is not punishment; it is part of God’s design.

**Parents,** encourage your child to see diligence as worship. Whether in school, chores, or serving, their effort honors God. Celebrate their hard work more than their results.

**Model** diligence yourself. Let them see you work faithfully and joyfully, not cutting corners but giving your best.

**Prayer:** Lord, give my child diligent hands and a faithful heart. Teach them to honor You in all their work.

**Question:** What task could your adolescent approach with greater diligence this week?

## Day 15 – Pursuing Purity

### Proverbs 6:27

“Can a man embrace fire and his clothes not be burned?”

Temptation in the area of purity is fierce during adolescence. Proverbs warns that playing with fire leads to burns. God’s call to purity is not to rob joy but to protect life.

**Parents,** talk openly with your teen about purity. Frame it as God’s good design, not a list of prohibitions. Teach them that integrity in their body and mind honors the Lord and blesses their future.

**Model** purity in your own life. Guard what you watch, listen to, and how you treat others. Your integrity speaks volumes.

**Prayer:** Lord, protect my child from temptation. Help them pursue purity with strength and joy, honoring You with their body and heart.

**Question:** How can you encourage your adolescent to see purity as God’s protection, not restriction?

## Day 16 – Pride vs. Humility

### Proverbs 11:2

“When arrogance comes, disgrace follows, but with humility comes wisdom.”

Adolescents may crave recognition, but Proverbs teaches that pride leads to disgrace, while humility brings wisdom. Humility is not weakness; it is strength under God’s authority.

**Parents,** help your teen see that boasting is hollow but humility invites blessing. Encourage them to serve quietly, give generously, and listen before speaking.

**Model** humility yourself. Admit when you are wrong, ask forgiveness, and show gratitude often.

**Prayer:** Lord, clothe my child with humility. Teach them to walk in wisdom, not arrogance.

**Question:** What is one area where your adolescent could practice humility this week?

## Day 17 – The Value of Counsel

### Proverbs 15:22

“Plans fail when there is no counsel, but with many advisers they succeed.”

Teens often want independence in decision-making, but Proverbs reminds us that wise counsel leads to success.

**Parents,** teach your adolescent that asking for advice is not weakness but wisdom. Encourage them to seek guidance from godly mentors, not just peers.

**Model** teachability yourself. Let them see you seek counsel in prayer, Scripture, and trusted believers.

**Prayer:** Lord, give my child a teachable spirit. Surround them with godly counsel that leads to wisdom and success.

**Question:** Who could your adolescent seek out this week for wise, godly counsel?

## Day 18 – Slow to Anger

### Proverbs 14:29

“A patient person shows great understanding, but a quick-tempered one promotes foolishness.”

Adolescents often wrestle with emotions, and anger can erupt quickly. Proverbs warns that quick temper leads to foolishness, but patience brings understanding.

**Parents,** help your teen learn to pause, breathe, and pray before reacting. Teach them that self-control honors God and preserves relationships.

**Model** patience yourself. Show restraint when frustrated, letting your teen see the strength of calmness.

**Prayer:** Lord, teach my child to be slow to anger. Fill them with patience and self-control that reflect Your Spirit.

**Question:** What situation might test your adolescent’s temper this week, and how can they prepare?



## Day 19 – Generosity Blesses All

### Proverbs 11:25

“A generous person will be enriched, and the one who gives a drink of water will receive water.”

Generosity is not just about money—it’s about living with open hands. Adolescents can learn that giving blesses both the receiver and the giver.

**Parents,** encourage your teen to share their time, talents, and resources. Teach them that generosity reflects God’s heart.

**Model** this by giving freely yourself—whether in hospitality, service, or finances. Let them see that blessing flows both ways.

**Prayer:** Lord, give my child a generous spirit. Teach them that giving enriches life and honors You.

**Question:** How can your adolescent practice generosity this week—in time, encouragement, or resources?

## Day 20 – Integrity Guides Them

### Proverbs 11:3

“The integrity of the upright guides them, but the perversity of the treacherous destroys them.”

Integrity is doing right even when no one sees. Adolescents face hidden choices daily—online, in friendships, in thought. Proverbs teaches that integrity becomes a guide, while deceit destroys.

**Parents,** stress that integrity is more valuable than reputation. Encourage your teen to be the same person in private as in public.

**Model** integrity in your life. Be honest in finances, faithful in promises, and consistent in character.

**Prayer:** Lord, may integrity guide my child. Keep them from deceit and lead them in uprightness that honors You.

**Question:** In what hidden area could your adolescent practice integrity this week?

## Day 21 – Discipline Shows Love

### Proverbs 3:11–12

“Do not despise the Lord’s instruction, my son, and do not loathe his discipline; for the Lord disciplines the one he loves, just as a father disciplines the son in whom he delights.”

Discipline is not punishment—it is love. Adolescents often resist correction, but Proverbs reminds us that discipline proves delight. Just as God disciplines His children, parents discipline to guide, not to harm.

**Parents,** don’t shrink back from discipline. Frame it as an act of love that points your teen to God’s heart. Explain that God’s correction brings growth, and so does yours.

**Model** teachability yourself. Accept God’s discipline with humility so your child sees correction as grace, not rejection.

**Prayer:** Lord, help my child see discipline as love. May my correction point them toward Your delight and holiness.

**Question:** How can you help your adolescent see discipline as love rather than rejection?

## Day 22 – A Soft Answer Turns Away Anger

### Proverbs 15:1

“A gentle answer turns away anger, but a harsh word stirs up wrath.”

Arguments are common in adolescence, as independence grows. Proverbs reminds us that gentleness can calm conflict, while harshness fuels it.

**Parents, Model** gentle answers in heated moments. Show your teen that kindness defuses anger. Encourage them to respond to conflict with grace, not escalation.

Your home can become a training ground where gentleness overcomes wrath and peace replaces strife.

**Prayer:** Lord, give my child a gentle tongue. Teach them to answer in ways that turn away anger and reflect Your Spirit.

**Question:** In what situation could your adolescent practice a gentle answer this week?

## Day 23 – Humility Before Honor

### Proverbs 15:33

“The fear of the Lord is what wisdom teaches, and humility comes before honor.”

Adolescents long for recognition, but Proverbs teaches that honor follows humility. Reverence for God leads to wisdom, and wisdom produces honor in due time.

**Parents,** teach your teen that greatness in God’s kingdom comes through humility. Help them see that pride hinders growth, but humility invites God’s blessing.

**Model** this by serving others joyfully and deflecting glory to God. Your example will teach more than lectures ever could.

**Prayer:** Lord, teach my child humility. May they seek honor only as it comes through reverence for You.

**Question:** What act of humility could your adolescent practice this week?

## Day 24 – Self-Control Is Strength

### Proverbs 25:28

“A person who does not control his temper is like a city whose wall is broken down.”

Adolescents are learning to navigate emotions, desires, and impulses. Proverbs says lack of self-control leaves life defenseless, like a city without walls.

**Parents,** help your child see that true strength is not indulgence but restraint. Teach them to ask the Spirit for self-control in anger, appetite, and temptation.

**Model** self-control yourself—in speech, habits, and reactions. Your discipline sets the tone for theirs.

**Prayer:** Lord, give my child self-control. May they rely on Your Spirit to guard their heart and mind from destruction.

**Question:** What area of life could your adolescent practice greater self-control this week?

## Day 25 – The Righteous Walk Securely

### Proverbs 10:9

“The one who lives with integrity lives securely, but whoever perverts his ways will be found out.”

Integrity brings security. Adolescents may try shortcuts or deceit, but Proverbs warns that dishonesty always comes to light.

**Parents,** stress that integrity is freedom—no fear of being exposed. Encourage your teen to choose honesty, even when it costs, because integrity builds a secure life.

**Model** this by walking transparently yourself. Your consistency will prove to them that integrity is worth it.

**Prayer:** Lord, guide my child in integrity. Keep them secure in truth and protect them from the shame of deceit.

**Question:** How can you encourage your adolescent to choose integrity even when it’s hard?

## Day 26 – The Upright Bring Joy

### Proverbs 23:24

“The father of a righteous son will rejoice greatly, and one who fathers a wise son will delight in him.”

Parents long for joy in their children. Proverbs shows us that righteousness and wisdom bring delight to a parent’s heart.

Adolescents may not see it, but their choices affect the joy of those who love them most. **Parents**, express this truth gently: when your child walks in wisdom, it brings joy not only to you but to God.

**Model** this by delighting openly in their wise choices. Celebrate when they honor God, however small the step.

**Prayer:** Lord, may my child bring joy through righteousness and wisdom. Let their life delight both You and us as their parents.

**Question:** How can you affirm your adolescent when they choose wisdom this week?



## Day 27 – The Value of Hard Work

### Proverbs 14:23

“There is profit in all hard work, but endless talk leads only to poverty.”

Adolescents dream big but sometimes resist effort. Proverbs teaches that work brings profit, but talk without action brings emptiness.

**Parents,** instill in your child the dignity of work. Encourage diligence in small tasks, reminding them that responsibility now builds character for later.

**Model** this by working with joy in your own calling. Show them that labor is worship when done unto the Lord.

**Prayer:** Lord, give my child a heart for diligence. May they find joy in hard work that honors You.

**Question:** What task this week could help your adolescent learn the blessing of hard work?

## Day 28 – Trusting the Lord with Their Future

### Proverbs 16:3

“Commit your activities to the Lord, and your plans will be established.”

Adolescents worry about the future—college, career, friendships. Proverbs offers peace: commit plans to God, and He will establish them.

**Parents,** guide your teen to entrust their dreams to the Lord. Encourage them to pray over goals, trusting God’s direction more than their own desires.

**Model** trust by committing your own activities to Him, showing that security comes from surrender, not control.

**Prayer:** Lord, establish my child’s steps as they commit their future to You. Give them peace to trust Your plan above their own.

**Question:** What plan could your adolescent surrender to God this week?

## Day 29 – A Good Name Is Better Than Riches

### Proverbs 22:1

“A good name is to be chosen over great wealth; favor is better than silver and gold.”

In a world obsessed with money and status, Proverbs reminds us that character outlasts possessions. A good name—integrity and reputation—is worth more than riches.

**Parents,** teach your teen to value honor above wealth. Encourage them to make choices that protect their name, not just their pocket.

**Model** this by living with honesty and generosity, showing them that true wealth is a legacy of faith and integrity.

**Prayer:** Lord, shape my child’s character so their name brings honor to You. May they value integrity above riches.

**Question:** How can you help your adolescent see that character is more valuable than wealth?

## Day 30 – Trust in the Lord Always

### Proverbs 29:25

“The fear of mankind is a snare, but the one who trusts in the Lord is protected.”

Adolescents crave approval, but Proverbs warns that fear of people traps us. True security is found in trusting the Lord.

**Parents,** help your teen break free from the trap of people-pleasing. Teach them to anchor their confidence in God’s approval, not others’ opinions.

**Model** this freedom yourself. Show that your choices are guided by faith, not fear of what people think.

**Prayer:** Lord, protect my child from the fear of people. Anchor their heart in trust for You alone.

**Question:** How can you encourage your adolescent to trust God instead of fearing people this week?

## Day 1 – Trusting God When Life Doesn’t Make Sense

### Job 1:20–21

“Then Job stood up, tore his robe, and shaved his head. He fell to the ground and worshiped, saying: Naked I came from my mother’s womb, and naked I will leave this life. The Lord gives, and the Lord takes away. Blessed be the name of the Lord.”

Parents long to shield their children from pain, but life doesn’t always make sense. Job’s world collapsed in a single day—loss beyond comprehension. And yet, Job worshiped. He blessed the Lord not because of circumstances, but because of who God is.

Our adolescents will face disappointments: rejection, failure, grief. They will ask, Why? When they see us bless God in hardship, they learn faith that transcends circumstances. Job teaches us that worship in suffering is not denial—it’s trust.

As you walk with your teen, remind them that life is fragile, but God is faithful. Teach them that even when they cannot trace God’s hand, they can trust His heart.

**Prayer:** Lord, help me to bless Your name in every season so my child will see You are worthy of worship even when life is hard.

**Question:** How can you **Model** faith for your adolescent when life feels unfair?

## Day 2 – The Hedge of Protection

### Job 1:9–10

“Satan answered the Lord, ‘Does Job fear God for nothing? Haven’t you placed a hedge around him, his household, and everything he owns? You have blessed the work of his hands, and his possessions have increased in the land.’”

Satan acknowledged something Job may not have realized: God had placed a hedge of protection around him and his household. **Parents,** this truth brings comfort. God watches over your children, even when you cannot.

Adolescents long for independence, but that doesn’t remove them from God’s care. His hedge is not always visible, but it is real. At times, He may allow trials, yet His sovereignty remains unshaken.

Pray daily for God’s hedge around your teen—their mind, friendships, choices. Ask Him to guard them from the enemy’s schemes. And trust that He loves them even more than you do.

**Prayer:** Father, place Your hedge of protection around my child. Guard their heart and mind, and keep them in Your care.

**Question:** How can you remind your adolescent that God’s protection is greater than any danger they fear?

## Day 3 – A Parent’s Sacrifice

### Job 1:5

“Whenever a round of banqueting was over, Job would send for his children and purify them, rising early in the morning to offer burnt offerings for all of them. For Job thought, ‘Perhaps my children have sinned, having cursed God in their hearts.’ This was Job’s regular practice.”

Job interceded for his children continually. He rose early, offering sacrifices on their behalf. **Parents**, this picture reminds us of the power of praying over our teens.

We cannot control every choice our children make, but we can cover them in prayer. Ask God to guard their hearts, forgive their sins, and draw them close to Him.

Prayer is sacrifice—it costs time, energy, and perseverance. But it is the greatest gift we can give our adolescents.

**Prayer:** Lord, like Job, help me intercede for my child faithfully. Cover them with Your mercy and grace, even when I cannot see what’s in their heart.

**Question:** How can you establish a regular rhythm of interceding for your adolescent?

## Day 4 – When Friends Speak Foolishly

### Job 2:11

“Now when Job’s three friends, Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite, heard about all this adversity that had happened to him, each of them came from his home... They sat on the ground with him seven days and nights, but no one spoke a word to him because they saw that his suffering was very intense.”

Job’s friends began well—they sat silently with him in grief. But later, their words wounded rather than healed. Adolescents often encounter friends who give poor advice or speak without understanding.

Teach your teen to discern voices. Not every opinion deserves weight. Help them seek counsel rooted in God’s Word and love, not in judgment or assumptions.

**Model** wise friendship yourself. Show them how to listen with compassion and speak with grace.

**Prayer:** Lord, give my child discernment in friendships. Surround them with companions who encourage faith and speak truth in love.

**Question:** How can you help your adolescent recognize wise versus foolish counsel?



## Day 5 – Honest Lament

### Job 3:11

“Why was I not stillborn; why didn’t I die as I came from the womb?”

Job’s anguish pours out raw and unfiltered. He asks the questions of despair. **Parents**, this reminds us that God is not offended by honesty. He welcomes lament.

Adolescents often wrestle with heavy emotions—depression, anxiety, hopelessness. Teach them it’s safe to bring their darkest feelings to God. He would rather hear raw honesty than silent withdrawal.

Encourage your teen to pray psalms of lament, journal their struggles, or simply cry out to God. His shoulders are strong enough for their pain.

**Prayer:** Lord, when my child feels despair, teach them to cry out honestly to You. Meet them in their pain with Your presence.

**Question:** How can you reassure your adolescent that God welcomes their honest emotions?

## Day 6 – The Limits of Human Wisdom

### Job 5:8–9

“But if I were you, I would appeal to God and would present my case to him. He does great and unsearchable things, wonders without number.”

Job’s friends spoke partial truths, but often misapplied them. Eliphaz pointed Job toward God, but without compassion. **Parents**, we too can be tempted to offer quick fixes to our teen’s pain instead of leading them gently to God.

Remember that human wisdom is limited. Only God does great and unsearchable things. Teach your adolescent that true answers are found not in opinions but in seeking Him.

**Model** humility in your counsel. Sometimes the most powerful words are: “Let’s pray together and ask God.”

**Prayer:** Lord, keep me from relying on my own wisdom. Teach my child to seek You, the One who does wonders beyond number.

**Question:** How can you point your adolescent to God’s wisdom rather than your own advice this week?

## Day 7 – My Redeemer Lives

### Job 19:25–26

“But I know that my Redeemer lives, and at the end he will stand on the dust. Even after my skin has been destroyed, yet I will see God in my flesh.”

In the midst of pain, Job clung to hope: his Redeemer lives. This truth anchors us and our adolescents.

Teach your teen that hope is not in circumstances but in Christ, our living Redeemer. Even in despair, they can hold on to the certainty of His victory.

**Model** this hope. When your child sees you trust Christ in hardship, they will learn to anchor their own faith in Him.

**Prayer:** Lord, may my child know the living hope of Jesus. Let this truth steady them in trials.

**Question:** How can you remind your adolescent that their Redeemer lives today?

## Day 8 – The Fear of the Lord Is Wisdom

### Job 28:28

“He said to mankind, ‘The fear of the Lord—that is wisdom. And to turn from evil is understanding.’”

Job’s discourse on wisdom concludes with this truth: wisdom begins with fearing God. Adolescents are tempted to think wisdom comes from knowledge, experience, or peers. But real wisdom is reverence for God and turning from evil.

**Parents,** teach your teen that fearing God is not terror but awe and obedience. Guide them to see choices through the lens of honoring Him.

**Model** this by living with integrity and humility before God. Your reverence will teach more than your words.

**Prayer:** Lord, may my child learn that wisdom begins with fearing You. Help them turn from evil and walk in Your understanding.

**Question:** What decision this week could your adolescent view differently if they began with the fear of the Lord?

## Day 9 – God’s Majesty in Creation

### Job 37:14–16

“Listen to this, Job. Stop and consider God’s wonders. Do you know how God directs his clouds or makes their lightning flash? Do you understand how the clouds float, those wonderful works of him who has perfect knowledge?”

Elihu reminded Job of God’s majesty in creation. For adolescents, awe of creation can awaken awe of the Creator.

**Parents,** encourage your teen to see God’s fingerprints in the world—sunsets, stars, storms. Teach them that creation points to His power and wisdom.

**Model** wonder yourself. Take time to marvel at God’s works together. Wonder nurtures worship.

**Prayer:** Lord, open my child’s eyes to Your wonders in creation. Let awe lead them to worship You as Creator.

**Question:** How can you help your adolescent see God’s majesty in creation this week?

## Day 10 – When God Speaks

### Job 38:1–2

“Then the Lord answered Job from the whirlwind. He said: Who is this who obscures my counsel with ignorant words?”

When God finally spoke, He didn’t explain Job’s suffering—He revealed His greatness.

**Parents,** sometimes our teens don’t need explanations but encounters with God. Teach your child that God is not silent. He speaks through His Word, His Spirit, His creation. Help them listen for His voice.

**Model** attentiveness yourself. Share what God is teaching you. As they see you respond to His Word, they’ll learn to hear Him too.

**Prayer:** Lord, speak to my child through Your Word. Teach them to recognize Your voice above all others.

**Question:** How can you encourage your adolescent to listen for God’s voice this week?

## Day 11 – God’s Sovereignty in Suffering

### Job 42:2

“I know that you can do anything and no plan of yours can be thwarted.”

When God finished speaking, Job acknowledged God’s sovereignty. He realized that nothing—not even his suffering—was outside God’s control. Adolescents often struggle to trust God when life feels chaotic.

**Parents,** this verse anchors our faith: God can do anything, and His plans cannot be stopped. Teach your teen that setbacks are not the end of the story. God’s hand is steady even when life feels unstable.

**Model** trust in His sovereignty. When your child sees you rest in God’s plan instead of panicking, they’ll learn to do the same.

**Prayer:** Lord, remind my child that Your plans cannot be thwarted. Teach them to trust You even when they don’t understand.

**Question:** How can you point your adolescent to God’s unshakable sovereignty this week?

## Day 12 – Restored and Blessed

### Job 42:10

“After Job had prayed for his friends, the Lord restored his fortunes and doubled his previous possessions.”

Job’s story ends not in despair but in restoration. After his intercession for friends, God blessed him doubly. For our adolescents, this truth is vital: suffering is not the end. God brings renewal.

**Parents,** teach your child that obedience and forgiveness open the way to blessing. God may not always restore in material ways, but He redeems pain with purpose.

**Model** forgiveness and intercession in your home. Show your teen that grace releases both others and ourselves.

**Prayer:** Lord, restore my child when they are broken. Teach them to forgive and trust You for blessing in Your time.

**Question:** How can you help your adolescent see God’s ability to restore what feels lost?



## Day 13 – Fearing God and Shunning Evil

### Job 1:8

“Then the Lord said to Satan, ‘Have you considered my servant Job? No one else on earth is like him, a man of perfect integrity, who fears God and turns away from evil.’”

Job was commended by God for integrity, reverence, and purity.

**Parents,** isn’t that our desire for our adolescents? That they would fear God and shun evil.

Teach your teen that integrity matters more than image, and holiness matters more than popularity. Help them see that fearing God leads to protection and blessing.

**Model** integrity in your own life—honesty in speech, faithfulness in commitments, holiness in choices. What you live before them speaks louder than what you say.

**Prayer:** Lord, may my child be known as one who fears You and turns away from evil. Guard their integrity.

**Question:** What is one area where your adolescent could practice integrity this week?

## Day 14 – When Counsel Fails

### Job 16:2–3

“I have heard many things like these. You are all miserable comforters. Is there no end to your empty words?”

Job’s friends meant well but became “miserable comforters.”

**Parents,** our teens sometimes feel the same when we rush to lecture instead of listen.

Adolescents need compassionate ears more than constant correction. Wise counsel listens first, prays, and then gently speaks truth.

**Model** Christlike compassion in conversations. Ask your child questions, let them process, and then share wisdom.

**Prayer:** Lord, keep me from being a miserable comforter. Give me a listening ear and a gentle tongue for my child.

**Question:** How can you listen more patiently to your adolescent this week?

## Day 15 – The Value of Silence

### Job 2:13

“Then they sat on the ground with him seven days and nights, but no one spoke a word to him because they saw that his suffering was very intense.”

At first, Job’s friends ministered best by simply sitting with him.

**Parents,** sometimes silence speaks louder than words.

Your adolescent may not always want advice. Sometimes, they just need presence. Sitting quietly, offering a hug, or simply being there communicates love.

**Model** the ministry of presence. Let your teen know you’re available without pressing. God often uses silence to comfort in ways words cannot.

**Prayer:** Lord, teach me to be present with my child in silence when words are not enough.

**Question:** When could your adolescent benefit more from your presence than your words?

## Day 16 – Life Is a Vapor

### Ecclesiastes 1:2

“Absolute futility,” says the Teacher. “Absolute futility. Everything is futile.”

The Teacher’s stark words remind us: life apart from God is meaningless. Adolescents chase many things—grades, popularity, trends—that ultimately don’t satisfy.

**Parents,** help your child see that fulfillment comes not from the temporary but from fearing God. Ecclesiastes strips away illusions to point us toward eternity.

**Model** contentment. Let your teen see that your joy rests not in possessions or status but in Christ.

**Prayer:** Lord, teach my child that life apart from You is empty. May they seek meaning in You alone.

**Question:** What temporary pursuit could your adolescent surrender to focus on eternal things?

## Day 17 – A Time for Everything

### Ecclesiastes 3:1

“There is an occasion for everything, and a time for every activity under heaven.”

Adolescents often want everything now. Ecclesiastes reminds us God appoints times and seasons. Patience and trust are essential.

**Parents,** guide your teen to see that waiting is part of God’s design. He makes everything beautiful in its time (v. 11).

**Model** trust in God’s timing. Share stories of waiting seasons in your life that bore fruit.

**Prayer:** Lord, help my child trust Your timing. Teach them patience and faith in Your seasons.

**Question:** How can you help your adolescent embrace waiting as part of God’s plan?

## Day 18 – The Gift of Enjoyment

### Ecclesiastes 3:12–13

“I know that there is nothing better for them than to rejoice and enjoy the good life. It is also the gift of God whenever anyone eats, drinks, and enjoys all his efforts.”

God delights for us to enjoy His gifts. Adolescents often think God is restrictive, but Ecclesiastes shows He gives joy in simple blessings.

**Parents,** help your teen see joy in everyday gifts—meals, friendships, work. Teach them to thank God for pleasures instead of idolizing them.

**Model** gratitude by savoring God’s blessings without excess. Your example shows them how to enjoy life rightly.

**Prayer:** Lord, teach my child to enjoy Your gifts as blessings, not idols. Fill their life with gratitude.

**Question:** What good gift from God could you help your adolescent enjoy with thanksgiving today?

## Day 19 – Two Are Better Than One

### Ecclesiastes 4:9–10

“Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up.”

Friendship is God’s gift. Adolescents need godly companions to walk beside them. Ecclesiastes reminds us that two are better than one.

**Parents,** encourage your teen to choose friends who lift them up spiritually, not drag them down. Remind them that companions shape character.

**Model** healthy relationships yourself. Show them the value of accountability and encouragement in your own friendships.

**Prayer:** Lord, bring godly friends into my child’s life who will lift them up in faith and walk with them in trials.

**Question:** How can you help your adolescent cultivate friendships that strengthen their faith?

## Day 20 – The Futility of Riches

### Ecclesiastes 5:10

“The one who loves silver is never satisfied with silver, and whoever loves wealth is never satisfied with income. This too is futile.”

Wealth promises satisfaction but never delivers. Adolescents are tempted by materialism, thinking “more” equals happiness. Ecclesiastes unmasks the lie.

**Parents,** teach your child that money and possessions cannot satisfy. True joy comes from contentment in Christ.

**Model** financial integrity and generosity. Show your teen that giving brings more joy than accumulating.

**Prayer:** Lord, guard my child’s heart from love of money. Teach them contentment and joy in You alone.

**Question:** How can you help your adolescent practice contentment this week?



## Day 21 – The Futility of Popularity

### Ecclesiastes 6:9

“Better what the eyes see than wandering desire. This too is futile and a pursuit of the wind.”

Adolescents long to be noticed, to be popular. Yet Ecclesiastes teaches that chasing approval is like chasing the wind—never satisfying.

**Parents,** help your teen see that it’s better to be content with what God provides than to crave endless validation. True joy comes from knowing God, not from being admired by people.

**Model** this in your own life. Let your child see that you live to please God, not people.

**Prayer:** Lord, free my child from the trap of people-pleasing. Teach them the joy of contentment in You.

**Question:** How can you help your adolescent find peace in God’s approval rather than people’s praise?

## Day 22 – Wisdom Gives Strength

### Ecclesiastes 7:19

“Wisdom makes the wise person stronger than ten rulers of a city.”

Adolescents often think strength is physical or social power. Ecclesiastes reminds us that wisdom is true strength.

**Parents,** guide your teen to see that wisdom—godly perspective and discernment—equips them for life’s challenges better than popularity or power.

**Model** this by choosing wisdom over shortcuts. Let them see you pray, seek counsel, and lean on Scripture when making decisions.

**Prayer:** Lord, clothe my child with wisdom that gives strength beyond their years. May they rely on You, not their own power.

**Question:** What decision could your adolescent make this week that would display wisdom over strength?

## Day 23 – No One Is Without Sin

### Ecclesiastes 7:20

“There is certainly no one righteous on the earth who does good and never sins.”

Adolescents sometimes struggle with guilt or perfectionism. Ecclesiastes offers realism: no one is without sin. We all need grace.

**Parents,** remind your child that God knows their flaws and loves them anyway. They don’t need to hide or pretend. Grace covers.

**Model** this truth by being honest about your own need for forgiveness. Show them that dependence on God’s mercy is strength, not weakness.

**Prayer:** Lord, remind my child that they are not expected to be perfect, but forgiven. May they rest in Your grace.

**Question:** How can you reassure your adolescent that they are loved even when they fail?

## Day 24 – Guarding Their Words

### Ecclesiastes 10:12

“The words from the mouth of a wise person are gracious, but the lips of a fool consume him.”

Words can build or destroy. Adolescents often underestimate the power of their speech. Ecclesiastes reminds us that wise words are gracious.

**Parents,** teach your child to use words to bless, not wound. Help them see the cost of careless talk and the beauty of encouragement.

**Model** gracious speech at home. Let your words build up your teen, showing them how wisdom speaks.

**Prayer:** Lord, teach my child to use words with grace. Guard their lips from foolish talk and fill their mouth with encouragement.

**Question:** How can you help your adolescent practice gracious speech this week?

## Day 25 – Casting Their Bread on the Waters

### Ecclesiastes 11:1

“Send your bread on the surface of the water, for after many days you may find it.”

This proverb-like verse calls for faith-filled generosity and trust. Adolescents need to learn that giving and kindness bear fruit in God’s timing.

**Parents,** encourage your child to serve and give without expecting immediate return. God multiplies acts of faith in His way.

**Model** generosity yourself. Let your teen see you give sacrificially, trusting God to provide.

**Prayer:** Lord, teach my child to sow seeds of kindness and generosity in faith, trusting You with the harvest.

**Question:** How can you encourage your adolescent to practice generosity this week?

## Day 26 – Remember Your Creator in Your Youth

### Ecclesiastes 12:1

“So remember your Creator in the days of your youth. Before the days of adversity come and the years approach when you will say, ‘I have no delight in them.’”

Youth is the time to root faith deeply. Ecclesiastes urges the young to remember their Creator before life’s hardships increase.

**Parents,** impress on your adolescent the importance of knowing God now, not waiting until later. Faith built young endures through storms.

**Model** this by showing your own joy in walking with God over the years. Let them see the blessing of a lifelong relationship with Him.

**Prayer:** Lord, may my child remember You in their youth. Root their heart in You now for the days ahead.

**Question:** What habit of faith can your adolescent begin now that will strengthen them for years to come?

## Day 27 – The Duty of All Humanity

### Ecclesiastes 12:13

“When all has been heard, the conclusion of the matter is this: fear God and keep his commands, because this is for all humanity.”

After all the Teacher’s searching, he concludes: the meaning of life is to fear God and obey His commands. Adolescents need clarity in a confusing world—this is it.

**Parents,** guide your teen to see that life’s purpose is not achievement but reverence and obedience. This truth anchors them.

**Model** this by living under God’s authority joyfully. Show them that obedience is freedom, not bondage.

**Prayer:** Lord, write this truth on my child’s heart: to fear You and keep Your commands is life’s highest calling.

**Question:** How can you simplify faith for your adolescent to this core truth this week?

## Day 28 – Enjoying Life as a Gift

### Ecclesiastes 9:7

“Go, eat your bread with pleasure, and drink your wine with a cheerful heart, for God has already accepted your works.”

God desires us to enjoy His good gifts. Adolescents sometimes swing between indulgence and guilt. Ecclesiastes reminds us that joy is God’s gift when enjoyed rightly.

**Parents,** teach your teen that joy and holiness are not enemies. God blesses simple pleasures when received with gratitude.

**Model** balance. Show them how to enjoy life’s gifts while keeping God first.

**Prayer:** Lord, teach my child to enjoy Your gifts with a grateful heart, never forgetting the Giver.

**Question:** How can you help your adolescent experience joy in God’s everyday blessings this week?



## Day 29 – Wisdom Is Better Than Strength

### Ecclesiastes 9:16

“And I said, ‘Wisdom is better than strength, but the wisdom of the poor man is despised, and his words are not heeded.’”

Strength impresses, but wisdom saves. Adolescents are drawn to power and popularity, yet Ecclesiastes reminds us wisdom surpasses them.

**Parents,** guide your child to value wisdom even when the world ignores it. Remind them that God’s wisdom often looks foolish to people but leads to life.

**Model** wise choices yourself, especially when they’re unpopular. Show your child the quiet strength of God’s wisdom.

**Prayer:** Lord, give my child a heart that seeks wisdom over strength or popularity. May they treasure Your truth above all.

**Question:** What situation this week could your adolescent handle with wisdom instead of force?

## Day 30 – Living with Eternity in Mind

### Ecclesiastes 3:11

“He has made everything appropriate in its time. He has also put eternity in their hearts, but no one can discover the work God has done from beginning to end.”

God has placed eternity in our hearts. Adolescents often chase temporary thrills, but deep down, they long for eternal meaning.

**Parents,** help your child see that only God satisfies the longing for eternity. Remind them that life is short, but eternity is forever.

**Model** eternal perspective. Let your choices, priorities, and words reflect that heaven is your true home.

**Prayer:** Lord, awaken in my child a longing for eternity with You. Teach them to live now with forever in view.

**Question:** How can you encourage your adolescent to make choices this week with eternity in mind?

## Day 1 – A Vision of God’s Holiness

### Isaiah 6:1–3

“In the year that King Uzziah died, I saw the Lord seated on a high and lofty throne, and the hem of his robe filled the temple. Seraphim were standing above him... And one called to another: Holy, holy, holy is the Lord of Armies; his glory fills the whole earth.”

Isaiah’s call began with a vision of God’s holiness. Before he could confront the sins of his people, he had to be undone by God’s glory. As **parents**, we too must begin with a holy vision of God if we want to guide our adolescents.

Teens face a culture that diminishes God’s majesty. They are told He is optional, outdated, or irrelevant. But Isaiah shows us that God is holy—high, exalted, and glorious. When our children see Him this way, they learn that sin is serious, grace is amazing, and worship is essential.

**Parents**, show your teen God’s holiness through your reverence. Worship Him openly. Honor Him in your words and choices. Let your home echo with awe of the Holy One.

**Prayer:** Lord, open my child’s eyes to Your holiness. Let them be captured by Your glory and live with reverence for You.

**Question:** How can you demonstrate God’s holiness in a way your adolescent will notice this week?

## Day 2 – Trust in the Lord Alone

### Isaiah 26:3–4

“You will keep the mind that is dependent on you in perfect peace, for it is trusting in you. Trust in the Lord forever, because in the Lord, the Lord himself, is an everlasting rock!”

Adolescence is full of anxiety—about fitting in, achieving, and belonging. Isaiah gives us this promise: God keeps in perfect peace the mind fixed on Him.

**Parents,** teach your teen that peace is not found in popularity, success, or security, but in trusting the Lord. Help them anchor their mind to His Word when anxiety rises. Remind them that He is the everlasting rock, unshaken by storms.

**Model** this trust by laying your own worries before God. Let your child see you choose peace over panic.

**Prayer:** Lord, teach my child to trust You. Keep their mind in peace as they depend on You, the everlasting rock.

**Question:** How can you help your adolescent replace anxiety with trust in God this week?

## Day 3 – Here Am I, Send Me

### Isaiah 6:8

“Then I heard the voice of the Lord asking: Who will I send? Who will go for us? I said: Here I am. Send me.”

Isaiah responded to God’s call with willingness: “Here I am. Send me.” Adolescents need to know that God has a purpose for their lives, and He invites them to answer His call.

**Parents,** encourage your teen to say yes to God’s direction, even in small things. Opportunities to serve at church, to stand for truth, or to help a hurting friend are God’s training ground for bigger calls ahead.

**Model** readiness by being available to God’s nudges in your own life. When your child sees you respond, “Here I am, Lord,” they’ll learn to do the same.

**Prayer:** Lord, stir my child’s heart to be willing and available for Your call. May they say yes when You ask, “Who will go?”

**Question:** What small opportunity could your adolescent embrace this week to say yes to God?

## Day 4 – Wonderful Counselor, Mighty God

### Isaiah 9:6

“For a child will be born for us, a son will be given to us... He will be named Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.”

Isaiah pointed to the coming Messiah—Jesus, our Wonderful Counselor and Prince of Peace. Adolescents often wrestle with confusion, loneliness, and conflict. They need to know Jesus as counselor, father, and peace-giver.

**Parents,** remind your child that Christ is near. When they are unsure, He counsels. When they feel weak, He is mighty. When they feel alone, He is eternal Father. When they are restless, He is peace.

**Model** reliance on Jesus’ counsel in your own decisions. Show them that He is not just a Sunday name but a daily guide.

**Prayer:** Lord, reveal Jesus to my child as their Counselor, Father, and Prince of Peace. May they lean on Him in every season of adolescence.

**Question:** How can you help your adolescent see Jesus as their personal counselor and peace-giver this week?

## Day 5 – Waiting on the Lord

### Isaiah 40:31

“But those who trust in the Lord will renew their strength; they will soar on wings like eagles; they will run and not become weary, they will walk and not faint.”

Adolescents hate waiting, yet much of life involves it. Isaiah reminds us that those who wait on the Lord find strength. Waiting is not wasting; it is trusting.

**Parents,** teach your teen that renewal comes not by rushing but by resting in God. Encourage them to bring their impatience, goals, and questions to Him, believing His timing is perfect.

**Model** patient trust in your own waiting seasons. Let your teen see that God’s delays are not His denials.

**Prayer:** Lord, teach my child to wait on You. Renew their strength as they trust Your timing and soar with faith.

**Question:** What situation could your adolescent learn to wait on the Lord for this week?

## Day 6 – A Light in the Darkness

### Isaiah 60:1

“Arise, shine, for your light has come, and the glory of the Lord shines over you.”

Darkness covers the world, but Isaiah calls God’s people to shine. Adolescents may feel overwhelmed by cultural darkness, but God’s glory in them brings light.

**Parents,** remind your teen that their faith is not meant to be hidden. Encourage them to stand out, not blend in. They are called to shine, not by their own brilliance, but by reflecting Christ.

**Model** light-bearing in your community. Let your child see your faith influencing your words, choices, and actions.

**Prayer:** Lord, shine Your glory in my child. May they arise with courage and reflect Your light in dark places.

**Question:** How could your adolescent shine Christ’s light in their school or friendships this week?



## Day 7 – God’s Word Will Not Return Empty

### Isaiah 55:11

“So my word that comes from my mouth will not return to me empty, but it will accomplish what I please and will prosper in what I send it to do.”

God promises His Word is effective. Adolescents may wonder if reading Scripture matters, but Proverbs assures us it always accomplishes His purpose.

**Parents,** plant God’s Word in your child faithfully. Read it with them, pray it over them, and trust God to bring fruit in His time.

**Model** reliance on Scripture in your own decisions. Show your teen that His Word is living, active, and trustworthy.

**Prayer:** Lord, let Your Word take root in my child’s heart. Accomplish in them all You intend through Scripture.

**Question:** How can you encourage your adolescent to trust the power of God’s Word this week?

## Day 8 – A Fire in My Bones

### Jeremiah 20:9

“If I say, ‘I won’t mention him or speak any longer in his name,’ his message becomes a fire burning in my heart, shut up in my bones. I become tired of holding it in, and I cannot prevail.”

Jeremiah tried to silence God’s Word but found it was a fire in his bones. Adolescents may be timid to share faith, yet God’s truth is too powerful to stay hidden.

**Parents,** encourage your teen to speak boldly for Christ. Help them see that faith is not just personal comfort but a message that must be shared.

**Model** boldness in your own witness. Show them that God’s Word cannot be contained.

**Prayer:** Lord, ignite a fire in my child’s heart for Your Word. May they boldly speak Your truth in love.

**Question:** How can you encourage your adolescent to share God’s truth with boldness this week?

## Day 9 – Plans for Hope and a Future

### Jeremiah 29:11

“For I know the plans I have for you—this is the Lord’s declaration—plans for your well-being, not for disaster, to give you a future and a hope.”

Adolescents often feel uncertain about the future. God reassures His people in exile that He has plans of hope and well-being.

**Parents,** remind your teen that God is weaving their future with purpose. Their mistakes don’t disqualify them, and His plans are always good.

**Model** trust in His providence. Share how God’s plans carried you through seasons of uncertainty.

**Prayer:** Lord, assure my child that their future is in Your hands. Give them hope and confidence in Your good plans.

**Question:** How can you help your adolescent rest in God’s plans rather than fear the future?

## Day 10 – New Mercies Every Morning

### Lamentations 3:22–23

“Because of the Lord’s faithful love we do not perish, for his mercies never end. They are new every morning; great is your faithfulness!”

Jeremiah wept over Jerusalem’s destruction but declared hope: God’s mercies are new every morning. Adolescents may feel crushed by failure, but God’s mercy renews daily.

**Parents,** teach your teen that no mistake puts them beyond God’s reach. Each morning is a new start with His mercy and faithfulness.

**Model** reliance on His mercy yourself. Share how God renews you day by day, not because of your perfection but His love.

**Prayer:** Lord, let my child wake each morning with confidence in Your mercy. Remind them that Your faithfulness never fails.

**Question:** How can you reassure your adolescent that God’s mercies are fresh for them each day?

## Day 11 – A New Heart and a New Spirit

### Ezekiel 36:26

“I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh.”

Adolescence can feel like tug-of-war—between selfishness and surrender, pride and humility. Ezekiel gives hope: God offers a new heart. He doesn’t just demand change—He transforms from the inside out.

**Parents,** you cannot force your teen’s heart to soften. But you can pray for God to do what only He can—replace stone with flesh. Encourage your child to ask God to shape their desires, not just their behavior.

**Model** this transformation in your life. Share how God has renewed you and continues to change you day by day.

**Prayer:** Lord, give my child a new heart. Soften what is hard, renew what is cold, and place Your Spirit within them.

**Question:** How can you encourage your adolescent to invite God to transform their heart this week?

## Day 12 – God’s Glory Restored

### Ezekiel 43:2

“I saw the glory of the God of Israel coming from the east. His voice sounded like the roar of a huge torrent, and the earth shone with his glory.”

Israel lost sight of God’s glory, but Ezekiel saw it return. Adolescents live in a culture that glorifies people and possessions, yet God’s glory alone fills the earth.

**Parents,** teach your teen that life is not about their own glory but God’s. Encourage them to make choices that reflect His greatness.

**Model** this by giving God glory in your words and actions. Let your teen see you deflect praise to Him.

**Prayer:** Lord, let my child see Your glory. May their life shine with Your presence and honor Your name above all.

**Question:** What practical step could your adolescent take to honor God’s glory this week?

## Day 13 – Each Person Is Responsible

### Ezekiel 18:20

“The person who sins is the one who will die. A son won’t suffer punishment for the father’s iniquity, and a father won’t suffer punishment for the son’s iniquity.”

Adolescents sometimes blame others for their choices. Ezekiel reminds us: each person is responsible before God.

**Parents,** guide your teen toward accountability. Help them see that faith is personal—no one can obey for them, and no one can answer to God in their place.

**Model** accountability yourself. Admit your sins, repent openly, and show that responsibility before God is freeing, not crushing.

**Prayer:** Lord, teach my child to take responsibility for their choices. Draw them into personal faith and obedience.

**Question:** How can you help your adolescent accept responsibility for their own walk with God?

## Day 14 – Standing in the Fire

### Daniel 3:17–18

“If the God we serve exists, then he can rescue us from the furnace... But even if he does not rescue us, we want you as king to know that we will not serve your gods or worship the gold statue you set up.”

Shadrach, Meshach, and Abednego stood firm when threatened with fire. Adolescents face their own “fires”—peer pressure, ridicule, temptation. Faith that says “even if not” is what sustains them.

**Parents,** encourage your teen to stand for truth, even when costly. Teach them that obedience to God is worth more than acceptance from peers.

**Model** courage in your own faith. Let your teen see you say no to compromise and yes to Christ.

**Prayer:** Lord, give my child courage to stand in the fire. May they trust You whether You deliver or sustain them.

**Question:** What situation this week might require your adolescent to stand firm in faith?



## Day 15 – God Shuts the Lions’ Mouths

### Daniel 6:22

“My God sent his angel and shut the lions’ mouths, and they haven’t harmed me, for I was found innocent before him.”

Daniel’s faith led him into the lions’ den, but God shut their mouths. Adolescents may fear consequences for obedience. Yet God’s protection is real, even in danger.

**Parents,** teach your teen that faithfulness sometimes invites trials, but God is able to deliver. Encourage them to trust His power more than their fear.

**Model** this by trusting God in your own challenges. Show them that His faithfulness holds in every den.

**Prayer:** Lord, protect my child as they walk in faith. Shut the mouths of the lions in their life and glorify Yourself in their obedience.

**Question:** How can you remind your adolescent that God is able to protect and sustain them in trials?

## Day 16 – Return to Me

### Hosea 14:1

“Israel, return to the Lord your God, for you have stumbled in your iniquity.”

Hosea’s message was one of love calling the wayward back. Adolescents stumble, sometimes badly. Yet God’s invitation is always: return to Me.

**Parents,** remind your teen that failure isn’t final. God’s arms remain open, ready to restore. Encourage repentance as the path back to joy.

**Model** repentance yourself. Let them see you return quickly to God when you stumble.

**Prayer:** Lord, when my child stumbles, draw them back to You. Show them Your mercy and restore their joy.

**Question:** How can you remind your adolescent that repentance is a gift, not a punishment?

## Day 17 – Pour Out Your Spirit

### Joel 2:28

“After this I will pour out my Spirit on all humanity; then your sons and your daughters will prophesy, your old men will have dreams, and your young men will see visions.”

Joel promised an outpouring of God’s Spirit on all generations—including the young. Adolescents need to know they are not sidelined in God’s kingdom.

**Parents,** encourage your teen to seek the Spirit’s filling. Remind them that God empowers them for witness, service, and vision now, not just later.

**Model** Spirit-dependence yourself. Pray openly for His filling, and invite Him into your decisions.

**Prayer:** Lord, pour out Your Spirit on my child. Empower them to walk in vision, boldness, and faith even in their youth.

**Question:** How can you help your adolescent depend on the Spirit’s power this week?

## Day 18 – Seek the Lord and Live

### Amos 5:4

“For the Lord says to the house of Israel: Seek me and live!”

Israel chased idols, but God’s call was simple: seek Me and live. Adolescents are tempted to seek life in achievements, relationships, or pleasures. Yet only God gives true life.

**Parents,** direct your teen’s heart to seek the Lord daily—in Scripture, prayer, and obedience.

**Model** this by showing that your life flows from seeking God, not from worldly pursuits.

**Prayer:** Lord, turn my child’s heart to seek You above all. May they find true life in You alone.

**Question:** What step could your adolescent take this week to seek the Lord first?

## Day 19 – Act Justly, Love Faithfulness, Walk Humbly

### Micah 6:8

“Mankind, he has told each of you what is good and what it is the Lord requires of you: to act justly, to love faithfulness, and to walk humbly with your God.”

Micah summarizes God’s call with clarity: justice, faithfulness, humility. Adolescents long for purpose; this verse gives them one.

**Parents,** remind your teen that God’s will is not complicated. He calls them to live rightly, love loyalty, and walk humbly.

**Model** this lifestyle in your home. Treat others fairly, keep promises, and walk humbly with God.

**Prayer:** Lord, shape my child to act with justice, love faithfulness, and walk humbly before You.

**Question:** Which of Micah’s three calls—justice, faithfulness, humility—does your adolescent most need to grow in this week?

## Day 20 – The Lord Rejoices Over You

### Zephaniah 3:17

“The Lord your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing.”

What an incredible picture: God delights over His people with singing. Adolescents often feel insecure, unwanted, or unseen. They need to know the Lord rejoices over them.

**Parents,** speak this truth over your teen: God is not just a distant judge but a loving Father who delights in them. Encourage them to rest in His joy.

**Model** joy in your own relationship with God. Let your child see that faith is not drudgery but delight.

**Prayer:** Lord, let my child know that You rejoice over them. Quiet their insecurities with Your love and fill them with Your joy.

**Question:** How can you reassure your adolescent this week that God delights in them?

## Day 21 – Consider Your Ways

### Haggai 1:5

“Now, the Lord of Armies says this: Think carefully about your ways.”

The people of Israel neglected God’s house while chasing their own comfort. Haggai’s call was clear: consider your ways. Adolescents often rush through life without pausing to reflect.

**Parents,** help your teen stop and think. Encourage them to evaluate their choices: “Does this please God?” or “Am I building my life on His priorities?”

**Model** yourself. Share with your teen how you evaluate your own ways before the Lord.

**Prayer:** Lord, teach my child to consider their ways. Help them live thoughtfully and align their steps with Your will.

**Question:** What area of life could your adolescent pause to evaluate before God this week?

## Day 22 – Be Strong, I Am with You

### Haggai 2:4

“Even so, be strong, Zerubbabel—this is the Lord’s declaration. Be strong, Joshua son of Jehozadak, high priest. Be strong, all you people of the land—this is the Lord’s declaration. Work! For I am with you.”

God encouraged His people to keep building the temple: “Be strong... for I am with you.” Adolescents often feel overwhelmed by pressures and responsibilities.

**Parents,** remind your teen that their strength comes from God’s presence, not from themselves. Encourage them to press on in school, friendships, and faith, knowing God is with them.

**Model** reliance on God’s presence in your own work. Let your child see that strength flows from Him.

**Prayer:** Lord, remind my child that You are with them. Give them strength to press on and courage to keep building their faith.

**Question:** How can you reassure your adolescent this week that God’s presence strengthens them?



## Day 23 – Not by Strength or Might

### Zechariah 4:6

“This is the word of the Lord to Zerubbabel: Not by strength or by might, but by my Spirit, says the Lord of Armies.”

God’s work isn’t accomplished by human power but by His Spirit. Adolescents need to know their strength is limited, but God’s Spirit is limitless.

**Parents,** teach your teen to rely on the Spirit in prayer and daily decisions. Encourage them to invite His power into their struggles.

**Model** Spirit-dependence in your own life. Share moments where God’s power carried you beyond your ability.

**Prayer:** Lord, show my child that Your Spirit is their strength. May they depend on You, not their own power.

**Question:** How can you encourage your adolescent to depend on the Spirit rather than their own strength this week?

## Day 24 – The Lord Rejoices to See the Work Begin

### Zechariah 4:10

“For who despises the day of small things? These seven eyes of the Lord, which scan throughout the whole earth, will rejoice when they see the ceremonial stone in Zerubbabel’s hand.”

God delights in small beginnings. Adolescents often feel that their efforts don’t matter. Yet the Lord rejoices to see the work begin.

**Parents,** encourage your child to take small steps of faith. A prayer prayed, a Scripture memorized, a kind act—all matter to God.

**Model** this by celebrating small beginnings in your own walk. Show your teen that God treasures progress, not perfection.

**Prayer:** Lord, remind my child that small beginnings matter to You. May they be faithful in little so You can trust them with much.

**Question:** What small step of faith could your adolescent take this week that would bring God joy?

## Day 25 – A Fountain for Cleansing

### Zechariah 13:1

“On that day a fountain will be opened... to wash away sin and impurity.”

Zechariah promised a fountain that cleanses sin—a picture fulfilled in Christ. Adolescents sometimes feel weighed by guilt or shame, yet God offers cleansing.

**Parents,** remind your teen that forgiveness flows freely from Jesus’ cross. They don’t have to carry stains—His fountain washes them clean.

**Model** this truth by sharing how you’ve experienced God’s cleansing. Let your child see that confession leads to joy.

**Prayer:** Lord, wash my child in the fountain of Your mercy. Free them from guilt and remind them that You cleanse completely.

**Question:** How can you help your adolescent experience God’s cleansing mercy this week?

## Day 26 – The Coming King

### Zechariah 9:9

“Rejoice greatly, Daughter Zion! Shout in triumph, Daughter Jerusalem! Look, your King is coming to you; he is righteous and victorious, humble and riding on a donkey.”

Zechariah foretold Jesus’ triumphal entry. Adolescents need to see Christ not only as Savior but as King—righteous, victorious, and humble.

**Parents,** remind your teen that Jesus rules not with arrogance but with humility. His kingship brings peace, not oppression.

**Model** joyful allegiance to Him. Show your child that following King Jesus is life’s greatest honor.

**Prayer:** Lord, reveal Jesus as King to my child. May they rejoice in His victory and bow gladly to His reign.

**Question:** How can you encourage your adolescent to honor Jesus as King this week?

## Day 27 – The Lord Will Be King Over the Earth

### Zechariah 14:9

“On that day the Lord will become King over the whole earth—the Lord alone, and his name alone.”

The prophets point us forward to the day when the Lord will reign visibly over all. Adolescents need this eternal perspective: the kingdoms of this world are temporary, but God’s reign is forever.

**Parents,** anchor your teen’s hope in the Lord’s unshakable kingdom. Teach them not to put ultimate trust in governments, trends, or leaders.

**Model** this by living with eternity in view. Show your child that your confidence rests in Christ’s coming reign.

**Prayer:** Lord, set my child’s hope on Your kingdom. Teach them to trust You as the only true King.

**Question:** How can you remind your adolescent this week that God’s kingdom outlasts every earthly one?

## Day 28 – Robbing God or Honoring Him

### Malachi 3:10

“Bring the full tenth into the storehouse so that there may be food in my house. Test me in this way, says the Lord of Armies. See if I will not open the floodgates of heaven and pour out a blessing for you without measure.”

Malachi confronted Israel’s failure to give God their best. Adolescents need to learn early that honoring God with their resources invites His blessing.

**Parents,** teach your teen that generosity is not loss but gain. God promises to provide abundantly when we trust Him with our first and best.

**Model** this by giving faithfully yourself. Let them see that your trust in God’s provision is lived out in real choices.

**Prayer:** Lord, teach my child to honor You with their resources. Show them the joy of generosity and the blessing of trust.

**Question:** How could your adolescent practice generosity to honor God this week?

## Day 29 – God’s Book of Remembrance

### Malachi 3:16

“At that time those who feared the Lord spoke to one another. The Lord took notice and listened. So a book of remembrance was written before him for those who feared the Lord and had high regard for his name.”

God noticed those who feared Him and wrote their names in a book of remembrance. Adolescents sometimes feel overlooked, but God remembers every act of faith.

**Parents,** encourage your teen that God sees their quiet obedience, their whispered prayers, and their choices to honor Him. Nothing is forgotten.

**Model** this truth by expressing confidence that your life, too, is remembered by God, even when unseen by others.

**Prayer:** Lord, remind my child that You see and remember their faith. May they live with confidence that their devotion matters to You.

**Question:** How can you encourage your adolescent to see their quiet acts of faith as valuable to God?

## Day 30 – The Sun of Righteousness

### Malachi 4:2

“But for you who fear my name, the sun of righteousness will rise with healing in its wings, and you will go out and playfully jump like calves from the stall.”

Malachi ends with hope: the sun of righteousness will rise with healing. For adolescents weighed by insecurity, brokenness, or sin, Jesus brings healing and joy.

**Parents,** point your teen to the hope of Christ. Remind them that the future is bright because He is righteous, He heals, and He restores.

**Model** this joy yourself. Let your life radiate hope, showing that Christ’s light changes everything.

**Prayer:** Lord, shine the sun of righteousness on my child. Heal their wounds and fill them with joy in You.

**Question:** How can you help your adolescent experience the healing joy of Christ this week?



## Day 1 – Blessed Are the Pure in Heart

### Matthew 5:8

“Blessed are the pure in heart, for they will see God.”

Jesus opened the Sermon on the Mount with promises that flip the world’s values upside down. Adolescents are surrounded by impurity—online, in conversations at school, in entertainment. Yet here is Jesus’ assurance: purity of heart brings the ultimate reward—seeing God.

**Parents,** help your teen understand that purity is not just avoiding wrong but loving what is right. It begins with the heart. Encourage them to invite the Lord to cleanse their desires, not just their actions.

**Model** this by guarding your own heart. Let them see you make choices about media, words, and habits that show purity matters. When you slip, confess it, showing that humility is part of a pure heart.

**Prayer:** Lord, create in my child a pure heart. May they see You clearly and love You above all else.

**Question:** What’s one way your adolescent can guard their heart this week?

## Day 2 – Salt and Light

### Matthew 5:14

“You are the light of the world. A city situated on a hill cannot be hidden.”

Jesus called His followers salt and light. Adolescents often want to blend in, not stand out. Yet Christ says their calling is to shine.

**Parents,** encourage your teen to live as light in dark places—not by drawing attention to themselves, but by pointing others to Jesus. Even small acts of kindness, honesty, or courage shine brightly.

**Model** light-bearing by living out your faith in your home and community. Let them see the gospel in action through your choices.

**Prayer:** Lord, make my child salt and light. May their faith shine boldly in their school, friendships, and world.

**Question:** How could your adolescent shine Christ’s light in a practical way this week?

## Day 3 – The Lord’s Prayer

### Matthew 6:9

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

Jesus taught His disciples how to pray—not with empty words but with sincerity. Adolescents need to know that prayer is a conversation with their heavenly Father.

**Parents,** guide your teen through the Lord’s Prayer. Teach them to honor God first, seek His kingdom, and trust Him for daily needs.

**Model** prayer yourself. Let your child hear you pray simply and authentically, not just in church but in the rhythms of daily life.

**Prayer:** Lord, teach my child to pray. May they know You as their Father and depend on You in everything.

**Question:** How can you encourage your adolescent to build a daily practice of prayer?

## Day 4 – Building on the Rock

### Matthew 7:24

“Therefore, everyone who hears these words of mine and acts on them will be like a wise man who built his house on the rock.”

Jesus said wisdom is not just hearing His words but acting on them. Adolescents need to build their lives on the rock of Christ, not the shifting sands of culture.

**Parents,** remind your teen that storms will come—temptations, doubts, pressures—but if they build on Jesus, they will stand.

**Model** this by applying God’s Word in your decisions. Show your teen that obedience is practical, not abstract.

**Prayer:** Lord, help my child build their life on You. May they stand strong when storms come.

**Question:** What choice this week could your adolescent make to build on Christ’s foundation?

## Day 5 – Come to Me and Rest

### Matthew 11:28

“Come to me, all of you who are weary and burdened, and I will give you rest.”

Teens today are exhausted—by school, activities, peer pressure, and constant connectivity. Jesus offers them rest, not in sleep or escape, but in Himself.

**Parents,** remind your child that they don’t have to carry their burdens alone. Teach them to bring worries to Jesus and trust His care.

**Model** this rest by releasing your own anxieties to Christ instead of clinging to them.

**Prayer:** Lord, give my child Your rest. May they find peace and renewal in You alone.

**Question:** How can you help your adolescent lay their burdens at Jesus’ feet this week?

## Day 6 – Take Up Your Cross

### Matthew 16:24

“Then Jesus said to his disciples, ‘If anyone wants to follow after me, let him deny himself, take up his cross, and follow me.’”

Following Jesus is costly. Adolescents must learn early that discipleship means self-denial and courage to stand apart from the world.

**Parents,** teach your teen that faith is more than words—it is daily choices to follow Christ, even when difficult.

**Model** this by taking up your own cross with joy. Let them see faith costing you something and producing deeper love for Christ.

**Prayer:** Lord, give my child courage to take up their cross daily. May they follow You with boldness and love.

**Question:** What does “taking up their cross” look like for your adolescent right now?

## Day 7 – The Greatest Commandment

### Matthew 22:37

“He said to him, ‘Love the Lord your God with all your heart, with all your soul, and with all your mind.’”

Jesus simplified the law into love: wholehearted devotion to God. Adolescents are pulled in many directions, but their greatest calling is to love Him fully.

**Parents,** encourage your teen to love God not half-heartedly but with all they are. Show them that love for God directs every part of life.

**Model** this by living passionately for Christ yourself. Let them see your love in action.

**Prayer:** Lord, capture my child’s heart. May they love You with everything in them.

**Question:** How can you help your adolescent express their love for God this week?

## Day 8 – Go and Make Disciples

### Matthew 28:19–20

“Go, therefore, and make disciples of all nations... teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.”

Jesus’ final command was to make disciples. Adolescents often feel too young or unqualified, but God calls them to share their faith.

**Parents,** encourage your teen to live missionally in their school, team, or circle of friends. Disciple-making begins with small steps of influence.

**Model** this by sharing your faith openly in your life. Let them see evangelism as natural, not forced.

**Prayer:** Lord, give my child boldness to share their faith. May they live as a disciple who makes disciples.

**Question:** How can your adolescent take one small step to share Christ this week?



## Day 9 – Immediately They Left Their Nets

### Mark 1:18

“Immediately they left their nets and followed him.”

When Jesus called His first disciples, they left everything immediately. Adolescents are learning what it means to prioritize Christ above other pursuits.

**Parents,** help your teen see that following Jesus may mean letting go of comfort, reputation, or plans.

**Model** this willingness in your own life by choosing obedience over convenience.

**Prayer:** Lord, teach my child to follow You immediately and fully. May they trust You more than their own plans.

**Question:** What “net” might your adolescent need to leave behind to follow Jesus more fully?

## Day 10 – Who Is This Man?

### Mark 4:41

“They were terrified and asked one another, ‘Who then is this? Even the wind and the sea obey him!’”

When Jesus calmed the storm, the disciples were awestruck. Adolescents need to encounter Christ not just as teacher but as Lord over creation and life.

**Parents,** remind your teen that Jesus is bigger than any storm they face. Encourage awe and reverence for Him.

**Model** this by worshiping Christ as Lord in your own storms.

**Prayer:** Lord, reveal Jesus to my child as the Lord over all. May they trust Him when life’s storms arise.

**Question:** How can you help your adolescent grow in awe of Jesus this week?

## Day 11 – Whoever Wants to Be First

### Mark 9:35

“Sitting down, he called the Twelve and said to them, ‘If anyone wants to be first, he must be last and servant of all.’”

In a world where adolescents are told to promote themselves, Jesus redefined greatness as serving others. True leadership begins with humility.

**Parents,** encourage your teen to find opportunities to serve—at home, in school, in church. Help them see that service is not weakness but strength in God’s eyes.

**Model** servant leadership in your family by doing small acts of service with joy, showing that no task is beneath you.

**Prayer:** Lord, shape my child into a servant-leader. May they find joy in serving others as You did.

**Question:** What act of service could your adolescent do this week to reflect Jesus’ heart?

## Day 12 – The Greatest Commandment

### Mark 12:30

“Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.”

When asked about the most important command, Jesus pointed to wholehearted love for God. Adolescents are pulled in many directions—sports, academics, friendships, media—but their greatest call is to love Him fully.

**Parents,** remind your teen that love for God is not compartmentalized. It involves the whole person: emotions, thoughts, actions, and energy.

**Model** wholehearted love by showing passion for God in your daily life. Let your children see your priorities reflect devotion.

**Prayer:** Lord, capture my child’s heart. May they love You with all their being, above everything else.

**Question:** What’s one way your adolescent can love God with all their heart and mind this week?

## Day 13 – Watch and Pray

### Mark 14:38

“Stay awake and pray so that you won’t enter into temptation. The spirit is willing, but the flesh is weak.”

In Gethsemane, Jesus urged His disciples to pray, but they fell asleep. Adolescents often underestimate temptation’s pull and overestimate their own strength.

**Parents,** help your teen see that vigilance and prayer are essential for resisting sin. Encourage them to pray specifically about the temptations they face.

**Model** alertness yourself by being honest about your own vulnerabilities and your need for prayer.

**Prayer:** Lord, teach my child to watch and pray. Guard them from temptation and strengthen their spirit.

**Question:** What temptation could your adolescent bring to God in prayer this week?

## Day 14 – He Came to Seek and Save

### Luke 19:10

“For the Son of Man has come to seek and to save the lost.”

Jesus’ mission was clear: to seek and save the lost. Adolescents need to know they are never beyond His reach, no matter how far they wander.

**Parents,** remind your teen that Jesus pursues them in love. When they fail, don’t shame them—point them back to the Savior who seeks and saves.

**Model** grace by demonstrating patience and forgiveness in your parenting.

**Prayer:** Lord, reassure my child that You are the One who seeks and saves. May they never doubt Your relentless love.

**Question:** How can you remind your adolescent that Jesus pursues them even when they stumble?

## Day 15 – The Prodigal Son

### Luke 15:20

“So he got up and went to his father. But while the son was still a long way off, his father saw him and was filled with compassion. He ran, threw his arms around his neck, and kissed him.”

The prodigal son wandered, but his father ran to meet him with compassion. Adolescents will make mistakes, some big ones. This parable assures them of the Father’s heart.

**Parents,** emulate God’s heart of grace. Discipline is necessary, but never withhold love. Keep the door open for return and reconciliation.

**Model** compassion in your responses, showing that love is not dependent on perfection.

**Prayer:** Lord, when my child wanders, draw them back to You. Give me the heart of the Father to welcome them with grace.

**Question:** How can you reflect the Father’s compassion to your adolescent this week?

## Day 16 – The Good Samaritan

### Luke 10:33

“But a Samaritan on his journey came up to him, and when he saw the man, he had compassion.”

Jesus’ parable showed love that crosses boundaries. Adolescents may struggle with cliques, prejudice, or indifference. Jesus calls them to compassion.

**Parents,** encourage your teen to notice and care for those others ignore. Compassion grows when we see people as God does.

**Model** this by serving those in need yourself, letting your teen see compassion in action.

**Prayer:** Lord, grow compassion in my child’s heart. May they love others, even those different from themselves.

**Question:** What opportunity could your adolescent have this week to show compassion like the Good Samaritan?



## Day 17 – Teach Us to Pray

### Luke 11:1

“He was praying in a certain place, and when he finished, one of his disciples said to him, ‘Lord, teach us to pray, just as John also taught his disciples.’”

The disciples saw Jesus pray and longed to learn. Adolescents need to be taught prayer not as ritual but as relationship.

**Parents,** encourage your teen to ask Jesus, “Teach me to pray.” Guide them into honest, simple conversations with Him.

**Model** this by letting them see you pray authentically—praising, confessing, asking, and thanking.

**Prayer:** Lord, teach my child to pray. May their prayer life be real, rich, and rooted in Your love.

**Question:** How can you help your adolescent grow in prayer this week?

## Day 18 – Persistence in Prayer

### Luke 18:1

“Now he told them a parable on the need for them to pray always and not give up.”

Jesus encouraged persistent prayer, illustrated by the widow who kept pleading. Adolescents can grow discouraged when prayers aren’t answered quickly.

**Parents,** remind your teen that persistence isn’t nagging God—it’s trusting Him continually. Encourage them to keep praying even when they don’t see results.

**Model** perseverance by sharing prayers you’ve carried for years and how God has answered in His timing.

**Prayer:** Lord, give my child persistence in prayer. May they not give up but trust Your timing and faithfulness.

**Question:** What prayer could your adolescent commit to bringing before God daily this week?

## Day 19 – Forgive as You Have Been Forgiven

Luke 6:37

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”

Adolescents face daily opportunities to forgive or to hold grudges. Jesus reminds us that forgiven people must forgive.

**Parents,** teach your teen that forgiveness frees their heart. Holding on to bitterness only chains them.

**Model** forgiveness by extending it in your own relationships and showing grace at home.

**Prayer:** Lord, teach my child to forgive as You have forgiven them. Free them from bitterness and fill them with Your grace.

**Question:** Who might your adolescent need to forgive this week?

## Day 20 – Seeking the Kingdom First

### Luke 12:31

“But seek his kingdom, and these things will be provided for you.”

Jesus assured His disciples that when they sought God’s kingdom first, their needs would be met. Adolescents are tempted to chase popularity, possessions, or success. Jesus calls them to different priorities.

**Parents,** remind your teen that seeking God’s kingdom—His rule, His will, His glory—must come first.

**Model** this by showing how your family’s decisions reflect kingdom values.

**Prayer:** Lord, help my child seek Your kingdom first. May they trust that You will provide all they need.

**Question:** What’s one way your adolescent could seek God’s kingdom first this week?

## Day 21 – Zacchaeus Comes Down

### Luke 19:5

“When Jesus came to the place, he looked up and said to him, ‘Zacchaeus, hurry and come down because today it is necessary for me to stay at your house.’”

Zacchaeus was small, despised, and hiding in a tree, yet Jesus called him by name. Adolescents sometimes feel overlooked or insignificant. Jesus notices them and calls them close.

**Parents,** remind your teen that Christ sees them fully—weaknesses, mistakes, and all—and still chooses to dwell with them.

**Model** this truth by noticing your child. Call out their worth, not just their flaws.

**Prayer:** Lord, let my child know You see them and call them by name. May they welcome You into their life with joy.

**Question:** How can you remind your adolescent this week that Jesus notices and values them?

## Day 22 – The Road to Emmaus

### Luke 24:32

“They said to each other, ‘Weren’t our hearts burning within us while he was talking with us on the road and explaining the Scriptures to us?’”

On the road to Emmaus, two discouraged disciples encountered Jesus, and their hearts burned as He explained the Scriptures. Adolescents often wrestle with doubt and disappointment. Jesus meets them on their journey and ignites faith through His Word.

**Parents,** encourage your teen to bring doubts to Jesus, not hide them. His Word has power to set hearts aflame.

**Model** this by sharing how Scripture stirs your own heart and keeps your faith alive.

**Prayer:** Lord, ignite my child’s heart with Your Word. Meet them on their road and make their faith burn with passion for You.

**Question:** How can you help your adolescent experience Jesus personally through Scripture this week?

## Day 23 – The Word Became Flesh

### John 1:14

“The Word became flesh and dwelt among us. We observed his glory, the glory as the one and only Son from the Father, full of grace and truth.”

Jesus, God’s eternal Word, became flesh and lived among us. Adolescents need to grasp that Jesus is not a distant figure but God with us, full of grace and truth.

**Parents,** remind your teen that Christ is both approachable and authoritative. He is grace when they fail and truth when they wander.

**Model** this balance in your own parenting—extend grace while holding to truth.

**Prayer:** Lord, reveal Jesus to my child as both grace and truth. May they know His presence as real and near.

**Question:** How can you help your adolescent see Jesus as both grace and truth this week?

## Day 24 – The Good Shepherd

John 10:14

“I am the good shepherd. I know my own, and my own know me.”

Jesus described Himself as the Good Shepherd who knows His sheep. Adolescents long to be known and cared for. In Christ, they are never anonymous or forgotten.

**Parents,** remind your teen that Jesus knows them intimately—their struggles, dreams, and fears.

**Model** shepherding by being attentive to your child, reflecting the Good Shepherd’s care.

**Prayer:** Lord, let my child know You as their Good Shepherd. May they follow Your voice with trust and security.

**Question:** How can you help your adolescent grow in recognizing and following the Shepherd’s voice this week?



## Day 25 – I Am the Vine

### John 15:5

“I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me.”

Jesus used a simple picture: life flows from Him like branches connected to a vine. Adolescents often strive in their own strength, but apart from Christ they can do nothing.

**Parents,** encourage your teen to stay connected to Jesus daily—through prayer, Scripture, and obedience.

**Model** abiding by showing your own dependence on Christ for strength and fruitfulness.

**Prayer:** Lord, keep my child connected to You. May their life bear much fruit as they remain in You.

**Question:** What practice could help your adolescent stay connected to Christ this week?

## Day 26 – Greater Love

### John 15:13

“No one has greater love than this: to lay down his life for his friends.”

Jesus defined love as sacrifice. Adolescents often equate love with feelings, but true love costs something.

**Parents,** teach your teen that Christ’s love was proven on the cross. Encourage them to love others sacrificially, not selfishly.

**Model** sacrificial love in your home—serving willingly, forgiving quickly, giving generously.

**Prayer:** Lord, fill my child with Your love. Teach them to lay down their life for others as You did.

**Question:** How can your adolescent practice sacrificial love in a relationship this week?

## Day 27 – Peace Be with You

### John 20:19

“When it was evening of that first day of the week, the disciples were gathered together with the doors locked because they feared the Jews. Jesus came, stood among them, and said to them, ‘Peace be with you.’”

The disciples were hiding in fear when the risen Christ brought peace. Adolescents often battle anxiety, insecurity, and fear. Jesus still speaks peace into locked hearts.

**Parents,** remind your teen that Christ’s resurrection means fear never has the last word.

**Model** peace by trusting God in anxious times, showing your child that His presence calms.

**Prayer:** Lord, speak peace into my child’s heart. May Your presence quiet their fears and strengthen their faith.

**Question:** How can you help your adolescent receive Christ’s peace this week?

## Day 28 – Doubt to Faith

John 20:27

“Then he said to Thomas, ‘Put your finger here and look at my hands. Reach out your hand and put it into my side. Don’t be faithless, but believe.’”

Thomas struggled with doubt, but Jesus met him with evidence and grace. Adolescents may wrestle with questions of faith. Jesus invites them to bring doubts honestly.

**Parents,** don’t shame your teen for questions. Instead, walk with them patiently, pointing them back to Christ.

**Model** this by sharing how God has strengthened your own faith in times of doubt.

**Prayer:** Lord, meet my child in their doubts. Turn their questions into deeper faith in You.

**Question:** How can you create a safe space for your adolescent to bring their doubts to Jesus?

## Day 29 – Feed My Sheep

### John 21:17

“He asked him the third time, ‘Simon, son of John, do you love me?’ Peter was grieved that he asked him the third time, ‘Do you love me?’ He said, ‘Lord, you know everything; you know that I love you.’ ‘Feed my sheep,’ Jesus said.”

After Peter’s failure, Jesus restored him and gave him purpose. Adolescents need to know that failure is not the end—God restores and recommissions.

**Parents,** reassure your teen that God can use them despite mistakes. Encourage them to respond to His call with love and obedience.

**Model** restoration in your own life by showing how God has repurposed your failures for His glory.

**Prayer:** Lord, restore my child when they fall. Give them courage to rise again and follow You with renewed purpose.

**Question:** How can you remind your adolescent that failure doesn’t disqualify them from God’s plan?

## Day 30 – Follow Me

### John 21:19

“After saying this, he told him, ‘Follow me.’”

At the end of John’s Gospel, Jesus gave Peter the same call He gave at the beginning: follow Me. Adolescents need this simple yet profound reminder—faith is about following Jesus daily.

**Parents,** encourage your teen to make their faith practical. Following Jesus means surrendering control, trusting His lead, and obeying His Word.

**Model** this by showing that your own life is marked by following Jesus, step by step.

**Prayer:** Lord, call my child to follow You daily. May they walk in Your footsteps with joy and faithfulness.

**Question:** What step of obedience could your adolescent take this week to follow Jesus more closely?

## Day 1 – Transformed Minds

### Romans 12:2

“Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.”

Paul urged believers not to be shaped by the world but transformed by God’s renewing work. Adolescents live in a culture pressing them to conform—to trends, pressures, and distorted values. But God calls them to be set apart.

**Parents,** help your teen see that real transformation begins in the mind. What they watch, read, and think about shapes who they become. Encourage habits that renew their minds—Scripture, worship, prayer—so they can discern God’s will.

**Model** this by showing your own renewal in Christ. Share decisions you’ve made by filtering them through His Word.

**Prayer:** Lord, renew my child’s mind. Protect them from conformity to the world and shape them to reflect Your will.

**Question:** What’s one practical way your adolescent can renew their mind this week?

## Day 2 – Justified by Faith

### Romans 5:1

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.”

Adolescents often wrestle with guilt, insecurity, or feeling “not enough.” Paul reminds us: we are justified—made right with God—through faith, not performance. That brings peace.

**Parents,** remind your teen that their worth isn’t based on grades, appearance, or popularity but on Christ’s finished work.

**Model** peace yourself by resting in your justification. Let them see you living from grace, not striving for God’s approval.

**Prayer:** Lord, anchor my child in the truth that they are justified by faith. May they live with confidence and peace in You.

**Question:** How can you remind your adolescent that peace with God comes from faith, not performance?



## Day 3 – Hope That Does Not Disappoint

### Romans 5:5

“This hope will not disappoint us, because God’s love has been poured out in our hearts through the Holy Spirit who was given to us.”

Adolescents put hope in friendships, goals, or dreams—and sometimes feel crushed when these disappoint. But hope in God’s love never fails.

**Parents,** teach your teen to place their ultimate hope in Christ, not temporary things. Encourage them to trust the Spirit’s presence within them.

**Model** this by showing hope that perseveres in hardship. Share stories of God’s love sustaining you.

**Prayer:** Lord, pour Your love into my child’s heart. Give them hope that will never disappoint.

**Question:** Where is your adolescent tempted to put their hope other than Christ?

## Day 4 – More Than Conquerors

### Romans 8:37

“No, in all these things we are more than conquerors through him who loved us.”

Paul declared that nothing can separate us from God’s love. Adolescents often feel defeated by pressures, temptations, or failures. But in Christ, they are conquerors.

**Parents,** remind your teen that victory is not their own strength but Christ’s love. Encourage them to see struggles as opportunities to experience His power.

**Model** victory by sharing how God has carried you through overwhelming situations.

**Prayer:** Lord, help my child live as more than a conqueror in Your love. May they trust that nothing can separate them from You.

**Question:** How can you remind your adolescent this week that God’s love makes them victorious?

## Day 5 – God’s Power in Weakness

### 2 Corinthians 12:9

“But he said to me, ‘My grace is sufficient for you, for my power is perfected in weakness.’ Therefore, I will most gladly boast all the more about my weaknesses, so that Christ’s power may reside in me.”

Paul discovered God’s power in weakness. Adolescents often hide flaws or feel crushed by them. Yet weakness is the stage for God’s strength.

**Parents,** teach your teen to lean on God’s grace when they feel inadequate. Weakness is not failure—it’s opportunity.

**Model** this by admitting your own need for grace and showing reliance on God’s strength.

**Prayer:** Lord, let my child see that Your grace is enough. May they boast in weakness, knowing Your power rests on them.

**Question:** How can you help your adolescent see weakness as an opportunity for God’s strength?

## Day 6 – Love Is the Greatest

### 1 Corinthians 13:13

“Now these three remain: faith, hope, and love—but the greatest of these is love.”

Paul’s famous words remind us that love is greater than any talent or achievement. Adolescents crave significance, but without love, even success is empty.

**Parents,** teach your teen that love is the defining mark of a believer. Encourage them to love God and others above accomplishments.

**Model** sacrificial love in your home—serving, forgiving, and showing kindness daily.

**Prayer:** Lord, let love define my child’s life. May they grow in faith and hope, but above all in love.

**Question:** How can your adolescent choose love over achievement this week?

## Day 7 – Integrity Matters

### 2 Corinthians 8:21

“Indeed, we are giving careful thought to do what is right, not only before the Lord but also before people.”

Paul stressed integrity—doing what is right before God and others. Adolescents face temptations to cut corners or compromise for approval. Integrity honors God.

**Parents,** remind your teen that character counts, even when no one is watching. God values faithfulness.

**Model** integrity yourself by keeping promises, telling the truth, and admitting mistakes.

**Prayer:** Lord, shape my child’s integrity. May they do what is right before You and others.

**Question:** How can you help your adolescent choose integrity in a difficult situation this week?

## Day 8 – Called to Freedom

### Galatians 5:13

“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.”

Freedom in Christ is not license to sin but liberty to serve. Adolescents crave independence, but true freedom is found in love and service.

**Parents,** help your teen understand that God’s grace frees them to live fully, not selfishly. Encourage them to serve others joyfully.

**Model** this freedom by living in grace yourself and using your freedom to bless others.

**Prayer:** Lord, teach my child the joy of serving in freedom. May they use their liberty to love others well.

**Question:** How can your adolescent use their freedom in Christ to serve this week?

## Day 9 – Walk by the Spirit

### Galatians 5:16

“I say, then, walk by the Spirit and you will certainly not carry out the desire of the flesh.”

Paul urged believers to walk by the Spirit. Adolescents battle strong desires and impulses. Victory comes not through willpower but through the Spirit’s power.

**Parents,** teach your teen to depend on the Spirit daily. Encourage them to pray for guidance in choices big and small.

**Model** Spirit-dependence by showing how you seek His leading in your own life.

**Prayer:** Lord, teach my child to walk by the Spirit. Lead them away from temptation and into Your will.

**Question:** How can your adolescent practice walking by the Spirit in one decision this week?

## Day 10 – God’s Masterpiece

### Ephesians 2:10

“For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do.”

Paul declared believers are God’s workmanship—His masterpiece. Adolescents often struggle with self-image or insecurity. Yet in Christ, they are God’s intentional creation.

**Parents,** remind your teen they were made on purpose, for purpose. God prepared good works uniquely for them.

**Model** this truth by affirming your teen’s gifts and showing how you pursue God’s call in your life.

**Prayer:** Lord, let my child know they are Your masterpiece. May they walk in the works You’ve prepared for them.

**Question:** How can you remind your adolescent this week that they are God’s masterpiece?



## Day 11 – Strength in the Lord

### Ephesians 6:10

“Finally, be strengthened by the Lord and by his vast strength.”

Paul knew believers couldn’t fight spiritual battles in their own strength. Adolescents may look strong on the outside but often feel fragile inside. Their real strength comes from the Lord.

**Parents,** remind your teen that they don’t need to rely on willpower alone. Teach them that God’s strength is available for every temptation, stress, or fear.

**Model** this by leaning on God’s strength openly. Let your child see you pray for help, depend on His Word, and testify to His power.

**Prayer:** Lord, strengthen my child with Your mighty power. May they know Your strength is greater than their weakness.

**Question:** How can your adolescent turn to God’s strength instead of their own this week?

## 12 – Putting on God’s Armor

### Ephesians 6:11

Day

“Put on the full armor of God so that you can stand against the schemes of the devil.”

Paul compared spiritual protection to armor. Adolescents face invisible battles—temptations, lies, discouragement—that require God’s armor.

**Parents,** walk through each piece of armor with your teen: truth, righteousness, readiness, faith, salvation, the Word, prayer. Help them see this isn’t theory—it’s daily equipment.

**Model** armor-wearing by showing how you use Scripture, prayer, and faith to fight daily battles.

**Prayer:** Lord, clothe my child in Your armor. Teach them to stand firm in truth and righteousness against the enemy’s schemes.

**Question:** What piece of God’s armor could your adolescent focus on using this week?

## Day 13 – Rejoice Always

### Philippians 4:4

“Rejoice in the Lord always. I will say it again: Rejoice!”

Paul wrote from prison yet commanded believers to rejoice. Adolescents often tie joy to circumstances—grades, friends, or achievements. But joy in Christ is unshakable.

**Parents,** remind your teen that rejoicing is not pretending problems don’t exist but choosing to rest in the Lord’s goodness.

**Model** joy in your own trials. Show your teen that Christ is enough, even when life is hard.

**Prayer:** Lord, fill my child with Your joy. May they learn to rejoice in You in every circumstance.

**Question:** How can you encourage your adolescent to practice joy in Christ this week, regardless of circumstances?

## Day 14 – Content in All Things

### Philippians 4:12

“I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content.”

Paul had faced plenty and poverty, yet he found contentment in Christ. Adolescents live in a world of comparison—always wanting more. Contentment is a secret they must learn early.

**Parents,** teach your teen that true satisfaction isn’t found in stuff, approval, or success but in Christ.

**Model** contentment by showing gratitude and resisting the pull of envy or complaint.

**Prayer:** Lord, teach my child the secret of contentment. May they find their satisfaction in You alone.

**Question:** How can you help your adolescent practice gratitude and contentment this week?

## Day 15 – Christ, Our Life

### Colossians 3:4

“When Christ, who is your life, appears, then you also will appear with him in glory.”

Paul reminded believers that Christ is not just part of life—He is life. Adolescents often define themselves by activities, friends, or identity struggles. Christ must be their center.

**Parents,** remind your teen that everything flows from Jesus. He is not an accessory but the source of life and purpose.

**Model** Christ-centered living by showing that your decisions, values, and joy revolve around Him.

**Prayer:** Lord, be my child’s very life. May they find their identity and purpose in You alone.

**Question:** How can you point your adolescent to Christ as the center of their identity this week?

## Day 16 – Hold On to What Is Good

### 1 Thessalonians 5:21

“But test all things. Hold on to what is good.”

Paul urged the church to discern wisely. Adolescents are bombarded with messages—online, in classrooms, from peers. They must learn to test everything against God’s truth.

**Parents,** encourage your teen to ask, “Does this align with Scripture?” Help them cling to what is good, rejecting what is harmful.

**Model** discernment by filtering your own choices through God’s Word and explaining why.

**Prayer:** Lord, give my child discernment. Teach them to test everything and cling to what is good in Your eyes.

**Question:** How can you help your adolescent practice discernment this week?

## Day 17 – God’s Will for You

### 1 Thessalonians 5:16–18

“Rejoice always, pray constantly, give thanks in everything; for this is God’s will for you in Christ Jesus.”

Adolescents often wonder about God’s will for their future. Paul simplifies it: rejoice, pray, give thanks. God’s will begins with present obedience.

**Parents,** teach your teen that God’s will isn’t just about career or marriage someday—it’s about faithful living today.

**Model** this by rejoicing, praying, and giving thanks consistently in your own life.

**Prayer:** Lord, show my child that Your will is found in daily faithfulness. Teach them to rejoice, pray, and give thanks always.

**Question:** How can your adolescent live out God’s will today in simple, practical ways?

## Day 18 – Set an Example

### 1 Timothy 4:12

“Don’t let anyone despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.”

Paul urged Timothy, a young leader, to be an example despite his youth. Adolescents may feel too young to make an impact, but God calls them to lead by example.

**Parents,** remind your teen that age is no barrier to influence. Their speech, conduct, and purity can point others to Christ.

**Model** this by affirming their efforts when they live faithfully. Celebrate their example.

**Prayer:** Lord, help my child set an example in speech, conduct, love, faith, and purity. May their life inspire others to follow You.

**Question:** How can you encourage your adolescent to see their life as an example to others?



## Day 19 – Training for Godliness

### 1 Timothy 4:8

“For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come.”

Physical training is valuable, but Paul emphasized godliness training. Adolescents may prioritize sports, studies, or hobbies, but godliness has eternal value.

**Parents,** teach your teen to practice spiritual disciplines—prayer, Scripture, serving. These are workouts for the soul.

**Model** training yourself by showing diligence in spiritual practices and joy in pursuing godliness.

**Prayer:** Lord, train my child in godliness. May they value eternal strength over temporary pursuits.

**Question:** What spiritual “training” could your adolescent begin or deepen this week?

## Day 20 – Doing Good Works

### Titus 3:8

“This saying is trustworthy. I want you to insist on these things, so that those who have believed God might be careful to devote themselves to good works. These are good and profitable for everyone.”

Paul urged believers to devote themselves to good works—not to earn salvation but to live it out. Adolescents need to see faith expressed in action.

**Parents,** encourage your teen to serve others as an overflow of faith. Good works reveal God’s goodness to the world.

**Model** service yourself, letting your child see you joyfully helping others.

**Prayer:** Lord, inspire my child to devote themselves to good works. May their faith bear fruit that blesses others.

**Question:** How can your adolescent put their faith into action through good works this week?

## Day 21 – Faith Is the Reality

### Hebrews 11:1

“Now faith is the reality of what is hoped for, the proof of what is not seen.”

Faith is trusting God when we cannot see the outcome. Adolescents live in a world obsessed with proof, results, and instant answers. Yet faith requires believing what God has promised even when it’s unseen.

**Parents,** help your teen see that faith is not blind—it’s anchored in God’s character and Word. Share how faith has carried you through uncertain seasons.

**Model** active faith by stepping forward in obedience even before you see the results.

**Prayer:** Lord, grow my child’s faith. May they trust You for what they cannot yet see, knowing Your Word is sure.

**Question:** How can your adolescent practice trusting God in an unseen area this week?

## Day 22 – Run with Endurance

### Hebrews 12:1

“Let us run with endurance the race that lies before us, keeping our eyes on Jesus.”

The Christian life is a marathon, not a sprint. Adolescents can grow weary or impatient, wanting instant results. Endurance comes from fixing our eyes on Jesus.

**Parents,** remind your teen that faith takes perseverance. Encourage them not to give up when life gets hard or when growth feels slow.

**Model** endurance by showing consistency in your walk with Christ, even in struggles.

**Prayer:** Lord, help my child run with endurance. Fix their eyes on Jesus, their goal and prize.

**Question:** How can you encourage your adolescent to persevere in faith when they feel weary?

## Day 23 – Wisdom from Above

### James 3:17

“But the wisdom from above is first pure, then peace-loving, gentle, compliant, full of mercy and good fruits, unwavering, without pretense.”

James contrasted earthly wisdom with heavenly wisdom. Adolescents are bombarded with advice from peers, influencers, and media. They need wisdom that comes from God.

**Parents,** help your teen seek wisdom marked by purity, peace, and mercy—not selfish ambition. Encourage them to pray for wisdom daily.

**Model** godly wisdom by showing patience, humility, and reliance on God’s Word in decision-making.

**Prayer:** Lord, fill my child with wisdom from above. May their choices reflect Your peace, purity, and mercy.

**Question:** What decision could your adolescent bring before God to seek His wisdom this week?

## Day 24 – Doers of the Word

### James 1:22

“But be doers of the word and not hearers only, deceiving yourselves.”

James warned that hearing without doing is self-deception. Adolescents often know what is right but struggle to live it out. Obedience proves faith’s reality.

**Parents,** teach your teen that God’s Word is not for information but transformation. Encourage them to put faith into practice in daily life.

**Model** this by applying Scripture visibly in your own choices.

**Prayer:** Lord, make my child a doer of the Word. May their obedience reflect true faith in You.

**Question:** What step of obedience could your adolescent take this week to live out God’s Word?

## Day 25 – Be Holy

### 1 Peter 1:15–16

“But as the one who called you is holy, you also are to be holy in all your conduct; for it is written, Be holy, because I am holy.”

Peter echoed God’s call for holiness. Adolescents often fear standing out. Yet holiness means being set apart for God’s glory.

**Parents,** remind your teen that holiness is not isolation but dedication. Encourage them to pursue purity in relationships, choices, and words.

**Model** holiness in your home—not perfection, but reverence and surrender.

**Prayer:** Lord, make my child holy as You are holy. May their life reflect Your purity and love.

**Question:** How can your adolescent pursue holiness in a specific area this week?

## Day 26 – Cast All Your Cares

### 1 Peter 5:7

“Casting all your cares on him, because he cares about you.”

Peter urged believers to give their anxieties to God. Adolescents often carry hidden worries—grades, friendships, identity struggles. God invites them to cast it all on Him.

**Parents,** encourage your teen to pray honestly about their worries, knowing God cares deeply.

**Model** trust by releasing your own cares in prayer, showing them how to cast, not carry.

**Prayer:** Lord, teach my child to cast their cares on You. May they rest in the truth that You care for them.

**Question:** What specific care could your adolescent hand over to God this week?



## Day 27 – Walk in Love

### 1 John 4:7

“Dear friends, let us love one another, because love is from God, and everyone who loves has been born of God and knows God.”

John emphasized that love is the mark of those who know God. Adolescents long for love but often confuse it with acceptance or approval. True love flows from God.

**Parents,** teach your teen that love is the evidence of real faith. Encourage them to show love at home, school, and church.

**Model** God’s love yourself—patient, kind, sacrificial.

**Prayer:** Lord, pour Your love into my child’s heart. May they love others as You have loved them.

**Question:** How can your adolescent demonstrate God’s love to someone specific this week?

## Day 28 – Walk in Truth

### 2 John 1:4

“I was very glad to find some of your children walking in truth, in keeping with a command we have received from the Father.”

John rejoiced to see believers walking in truth. Adolescents live in a culture that bends truth, yet God’s Word is firm. Walking in truth means living consistently with God’s commands.

**Parents,** encourage your teen to love truth and resist compromise.

**Model** truth by being honest, transparent, and faithful to Scripture.

**Prayer:** Lord, guide my child to walk in truth. May their life reflect faithfulness to Your Word.

**Question:** How can your adolescent walk in truth in a practical way this week?

## Day 29 – Contend for the Faith

### Jude 1:3

“Dear friends, although I was eager to write you about the salvation we share, I found it necessary to write, appealing to you to contend for the faith that was delivered to the saints once for all.”

Jude called believers to contend for the faith—to defend and live it boldly. Adolescents need courage to stand firm in a world hostile to truth.

**Parents,** remind your teen that contending is not about arrogance but about loving truth and standing faithfully.

**Model** contending by graciously holding to biblical convictions in your own life.

**Prayer:** Lord, give my child courage to contend for the faith. May they stand firm with grace and truth.

**Question:** How can you help your adolescent stand strong for their faith this week?

## Day 30 – Living Sacrifices

### Romans 12:1

“Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship.”

Paul urged believers to live as sacrifices—set apart for God’s glory. Adolescents need to see that faith is not part of life; it is life. True worship is daily surrender.

**Parents,** encourage your teen to see obedience not as duty but as worship. Every choice can honor God.

**Model** living sacrifice by surrendering your time, energy, and plans to Christ.

**Prayer:** Lord, make my child a living sacrifice. May their whole life be holy, pleasing, and worshipful to You.

**Question:** What area of life could your adolescent surrender to God as worship this week?

## Day 1 – A Vision of Jesus

### Revelation 1:17–18

“When I saw him, I fell at his feet like a dead man. He laid his right hand on me and said, ‘Don’t be afraid. I am the First and the Last, and the Living One. I was dead, but look—I am alive forever and ever, and I hold the keys of death and Hades.’”

John’s vision of Jesus revealed Him in overwhelming glory. Yet this majestic Christ reached out and said, “Don’t be afraid.” Adolescents live with fear—of failure, rejection, or the unknown future. But Christ’s authority over life and death assures them they are secure.

**Parents,** remind your teen that their fears don’t define them—Jesus does. He is the Living One, the First and the Last. Encourage them to rest in His eternal presence.

**Model** this by showing courage in your own trials, pointing to Christ’s victory.

**Prayer:** Lord, calm my child’s fears with the truth that You are alive forever and hold all things in Your hands.

**Question:** How can you help your adolescent turn their fears over to Christ this week?

## Day 2 – First Love

### Revelation 2:4

“But I have this against you: You have abandoned the love you had at first.”

The church at Ephesus had truth but lost love. Adolescents may know about God yet let their love for Him fade under distractions.

**Parents,** help your teen cultivate love for Jesus, not just duty. Encourage them to spend time with Him out of delight, not obligation.

**Model** first love by showing joy in your relationship with Christ. Let them see passion in your worship and devotion.

**Prayer:** Lord, renew my child’s first love for You. May their heart be captivated by Jesus above all.

**Question:** How can you encourage your adolescent to return to their first love for Christ?

## Day 3 – Faithful Until Death

### Revelation 2:10

“Be faithful to the point of death, and I will give you the crown of life.”

The church at Smyrna faced persecution. Jesus urged faithfulness even to death. Adolescents may not face martyrdom but will face pressures to compromise.

**Parents,** teach your teen that following Christ requires courage and loyalty. Faithfulness is costly but rewarded with eternal life.

**Model** endurance by showing consistency in your faith under pressure.

**Prayer:** Lord, give my child courage to remain faithful to You no matter the cost. May they fix their eyes on the crown of life.

**Question:** How can your adolescent practice faithfulness to Christ in small daily choices this week?

## Day 4 – Holding Fast

### Revelation 2:25

“Only hold on to what you have until I come.”

Jesus urged His people to hold fast until His return. Adolescents can feel overwhelmed by cultural pressures and tempted to let go of their faith.

**Parents,** remind your teen that perseverance matters. Holding tightly to Christ and His truth will carry them through.

**Model** holding fast by standing firm on Scripture even when unpopular.

**Prayer:** Lord, strengthen my child to hold fast to You until You come. Keep their heart steadfast in truth and love.

**Question:** What truth from Scripture can your adolescent hold onto tightly this week?



## Day 5 – Awake and Strengthen

### Revelation 3:2

“Be alert and strengthen what remains, which is about to die, for I have not found your works complete before my God.”

The church at Sardis had a reputation for life but was spiritually dead. Adolescents may look fine outwardly while their faith weakens inside.

**Parents,** encourage your teen to stay spiritually alert. Help them strengthen weak areas through prayer, Scripture, and accountability.

**Model** alertness by guarding your own heart and keeping your spiritual life vibrant.

**Prayer:** Lord, awaken my child’s faith. Strengthen what is weak and make their walk with You alive and real.

**Question:** How can your adolescent strengthen their faith in one specific way this week?

## Day 6 – The Open Door

### Revelation 3:8

“Look, I have placed before you an open door that no one can close, because you have but little power. Yet you have kept my word and have not denied my name.”

Jesus commended the church in Philadelphia for faithfulness despite weakness. Adolescents may feel small or powerless, but Christ opens doors no one can shut.

**Parents,** remind your teen that obedience, not strength, matters. God honors faithfulness and provides opportunities for His glory.

**Model** trust in God’s open doors by walking through them courageously in your own life.

**Prayer:** Lord, help my child see the doors You open. May they walk through them in faith, even when they feel weak.

**Question:** What “open door” might God be setting before your adolescent right now?

## Day 7 – Lukewarm Faith

### Revelation 3:16

“So, because you are lukewarm, and neither hot nor cold, I am going to vomit you out of my mouth.”

Jesus rebuked the church of Laodicea for lukewarmness. Adolescents may waver between passion and apathy, content with surface faith. Christ desires wholehearted devotion.

**Parents,** urge your teen not to settle for half-hearted Christianity. Challenge them to pursue Christ passionately.

**Model** zeal in your own faith, showing that God deserves your best.

**Prayer:** Lord, set my child’s heart on fire for You. Deliver them from lukewarmness and fill them with passion for Christ.

**Question:** What step could help your adolescent move from lukewarm to passionate faith this week?

## Day 8 – Overcomers’ Reward

### Revelation 3:21

“To the one who conquers I will give the right to sit with me on my throne, just as I also conquered and sat down with my Father on his throne.”

Jesus promised reward to overcomers. Adolescents face battles—temptation, doubt, peer pressure—but victory in Christ leads to eternal reward.

**Parents,** encourage your teen that overcoming is possible through Christ. Remind them that His promises are worth every struggle.

**Model** overcoming faith by sharing victories Christ has won in your life.

**Prayer:** Lord, strengthen my child to overcome. May they hold fast to You and receive the reward You promise.

**Question:** What area of struggle could your adolescent trust God to overcome this week?

## Day 9 – Worship Around the Throne

### Revelation 4:11

“Our Lord and God, you are worthy to receive glory and honor and power, because you have created all things, and by your will they exist and were created.”

John saw worship around God’s throne. Adolescents often worship what is unworthy—status, possessions, people. But only God deserves worship.

**Parents,** teach your teen that worship is more than singing—it is living to honor God.

**Model** true worship by giving God glory in your daily choices.

**Prayer:** Lord, awaken in my child a heart of worship. May they honor You as Creator and Lord of all.

**Question:** How can your adolescent worship God practically in their daily life this week?

## Day 10 – The Worthy Lamb

### Revelation 5:12

“They said with a loud voice, ‘Worthy is the Lamb who was slaughtered to receive power and riches and wisdom and strength and honor and glory and blessing!’”

Heaven erupts in praise to the Lamb, worthy because He was slain. Adolescents need to know that Jesus’ sacrifice gives Him ultimate worth.

**Parents,** remind your teen that following Christ is about honoring the Lamb who gave everything.

**Model** devotion by living with gratitude for Jesus’ sacrifice.

**Prayer:** Lord, let my child see Jesus as the worthy Lamb. May their life bring Him honor and glory.

**Question:** How can you help your adolescent see Jesus’ worth and respond with worship this week?

## Day 11 – The Lamb Opens the Seals

### Revelation 6:1

“Then I saw the Lamb open one of the seven seals, and I heard one of the four living creatures say with a voice like thunder, ‘Come!’”

John saw the Lamb breaking open the seals of God’s plan. Even in judgment and chaos, Christ was in control. Adolescents often feel life is out of control—uncertain about friendships, the future, or their place in the world. But Jesus is sovereign over all.

**Parents,** reassure your teen that Christ reigns over history and their personal story. No storm or struggle escapes His authority.

**Model** this trust by resting in God’s sovereignty when circumstances shake you.

**Prayer:** Lord, remind my child that You hold the scroll of history. Teach them to trust Your control over their life.

**Question:** How can you remind your adolescent this week that Jesus is in control even when life feels uncertain?

## Day 12 – The Cry of the Martyrs

### Revelation 6:10

“They cried out with a loud voice, ‘Lord, the one who is holy and true, how long until you judge those who live on the earth and avenge our blood?’”

John heard the souls of martyrs crying out for justice. Adolescents long for fairness but often feel the world is unjust. Revelation reminds us that God sees, hears, and will bring justice in His time.

**Parents,** help your teen understand that while injustice exists now, God’s holiness assures that wrong will not win forever.

**Model** faith in God’s justice by trusting Him instead of holding onto bitterness.

**Prayer:** Lord, assure my child that You are holy and true. May they rest in Your promise to make all things right.

**Question:** How can you encourage your adolescent to trust God’s justice instead of seeking revenge?



## Day 13 – Sealed by God

### Revelation 7:3

“Don’t harm the earth or the sea or the trees until we seal the servants of our God on their foreheads.”

Before judgment, God sealed His people as His own. Adolescents struggle with identity—asking, “Who am I?” Revelation affirms: those in Christ are marked as God’s forever.

**Parents,** remind your teen that their identity isn’t in popularity, appearance, or achievements but in belonging to Christ.

**Model** confidence in your own identity in Christ, living with security in His ownership of your life.

**Prayer:** Lord, seal my child with Your Spirit. May they know they are Yours—chosen, protected, and loved.

**Question:** How can you help your adolescent anchor their identity in Christ this week?

## Day 14 – Salvation Belongs to Our God

### Revelation 7:10

“They cried out in a loud voice: Salvation belongs to our God, who is seated on the throne, and to the Lamb!”

John saw a great multitude worshiping the Lamb, proclaiming salvation belongs to God alone. Adolescents often feel pressure to earn approval—from peers, teachers, or even parents. But salvation is God’s work, not ours.

**Parents,** teach your teen that grace means they don’t have to perform for God’s love. Salvation is a gift from His hand.

**Model** this by resting in God’s grace yourself, not striving for perfection.

**Prayer:** Lord, let my child rejoice that salvation belongs to You. Free them from striving and fill them with gratitude.

**Question:** How can you remind your adolescent this week that salvation is a gift, not something earned?

## Day 15 – Silence in Heaven

### Revelation 8:1

“When he opened the seventh seal, there was silence in heaven for about half an hour.”

Amid thunder and trumpets, heaven paused in silence before God’s plan unfolded. Adolescents live in constant noise—social media, music, chatter. But silence before God is powerful.

**Parents,** encourage your teen to make space for silence—listening for God’s whisper. Teach them that stillness is not emptiness but an invitation to His presence.

**Model** this by practicing quiet in your own walk.

**Prayer:** Lord, teach my child the gift of silence. May they find rest and strength in quiet moments with You.

**Question:** How can your adolescent carve out quiet space to listen for God this week?

## Day 16 – The Prayers of the Saints

### Revelation 8:4

“The smoke of the incense, with the prayers of the saints, went up in the presence of God from the angel’s hand.”

John saw prayers rising like incense before God. Adolescents may feel their prayers are small or unheard, but heaven treasures them.

**Parents,** remind your teen that every prayer matters. Their whispered cries reach the throne of God.

**Model** confidence in prayer by consistently bringing your needs to God and thanking Him for answers.

**Prayer:** Lord, let my child know their prayers rise before You. Teach them persistence and trust in prayer.

**Question:** How can you encourage your adolescent to see prayer as precious to God this week?

## Day 17 – The Kingdom of Our Lord

### Revelation 11:15

“The kingdom of the world has become the kingdom of our Lord and of his Christ, and he will reign forever and ever.”

The seventh trumpet declared Christ’s reign. Adolescents see chaos in the world and may wonder if God is really in charge. Revelation promises—He will reign forever.

**Parents,** give your teen hope by reminding them that earthly kingdoms rise and fall, but Christ’s reign is eternal.

**Model** this hope by speaking with confidence about God’s sovereignty, not fear about the future.

**Prayer:** Lord, let my child trust that Your kingdom is forever. May they live with courage, knowing Christ reigns eternal.

**Question:** How can your adolescent live with hope in Christ’s eternal kingdom this week?

## Day 18 – The Ark of the Covenant

### Revelation 11:19

“God’s temple in heaven was opened, and the ark of his covenant appeared in his temple.”

John saw the ark of the covenant, symbolizing God’s promises and presence. Adolescents need assurance that God keeps His word and remains near.

**Parents,** remind your teen that God’s promises are unbreakable. Encourage them to cling to His Word in uncertain times.

**Model** trust in His promises by sharing how you’ve seen Him fulfill them in your own life.

**Prayer:** Lord, anchor my child in Your promises. May they trust Your covenant love and faithfulness always.

**Question:** What promise of God could your adolescent hold onto this week?

## Day 19 – The Blood of the Lamb

### Revelation 12:11

“They conquered him by the blood of the Lamb and by the word of their testimony; for they did not love their lives to the point of death.”

Believers overcome the enemy through Christ’s blood and their testimony. Adolescents often feel powerless, but victory is found in Jesus’ sacrifice.

**Parents,** teach your teen that their testimony matters. Even small words of faith declare Christ’s victory.

**Model** this by sharing your testimony of God’s saving work.

**Prayer:** Lord, give my child courage to trust the blood of the Lamb and to speak boldly of Your work in their life.

**Question:** How can you encourage your adolescent to share their testimony this week?

## Day 20 – Patient Endurance

### Revelation 13:10

“This calls for endurance and faithfulness from the saints.”

Revelation calls believers to endure through trials. Adolescents want quick fixes, but faith often requires patient perseverance.

**Parents,** help your teen see endurance as faith’s strength. Teach them that God grows character through perseverance.

**Model** endurance by pressing on in faith through your own hardships, pointing them to Christ’s sustaining grace.

**Prayer:** Lord, strengthen my child with patient endurance. May their faith hold firm no matter the trial.

**Question:** What challenge could your adolescent face with patient faith this week?



## Day 21 – Follow the Lamb Wherever He Goes

### Revelation 14:4

“They follow the Lamb wherever he goes.”

John saw a group marked by loyalty to Christ—they followed the Lamb wherever He went. Adolescents are often tempted to follow trends, friends, or feelings. But the call is to follow Jesus above all.

**Parents,** encourage your teen to anchor their choices in Christ’s leading, not peer approval. Teach them that following Him is always worth it.

**Model** this by living a surrendered life yourself, showing them what it looks like to follow the Lamb.

**Prayer:** Lord, guide my child to follow You faithfully. May they walk in Your steps, wherever You lead.

**Question:** What’s one way your adolescent can follow Jesus more closely this week?

## Day 22 – The Eternal Gospel

### Revelation 14:6

“Then I saw another angel flying high overhead, with the eternal gospel to announce to the inhabitants of the earth.”

The angel proclaimed the eternal gospel—good news that never changes. Adolescents live in a culture of shifting values, but God’s gospel stands unshaken.

**Parents,** remind your teen that truth isn’t relative. The gospel is eternal—Jesus saves, redeems, and reigns.

**Model** confidence in the gospel by centering conversations and decisions on its truth.

**Prayer:** Lord, ground my child in the eternal gospel. May they trust Your Word and proclaim Your truth boldly.

**Question:** How can you help your adolescent hold firmly to the eternal gospel this week?

## Day 23 – Blessed Are the Dead Who Die in the Lord

### Revelation 14:13

“Then I heard a voice from heaven saying, ‘Write: Blessed are the dead who die in the Lord from now on.’ ‘Yes,’ says the Spirit, ‘so they will rest from their labors, since their works follow them.’”

John was told those who die in the Lord are blessed, for they rest and their works follow them. Adolescents often think only of the here and now, but eternity matters most.

**Parents,** teach your teen that life’s choices echo in eternity. Encourage them to live in light of forever.

**Model** eternal perspective by making decisions that value the lasting over the temporary.

**Prayer:** Lord, give my child an eternal perspective. May they live today with their eyes on eternity with You.

**Question:** How can your adolescent begin to see their choices in light of eternity this week?

## Day 24 – The Song of Moses and the Lamb

### Revelation 15:3

“They sang the song of God’s servant Moses and the song of the Lamb: Great and awe-inspiring are your works, Lord God, the Almighty; just and true are your ways, King of the nations.”

Heaven resounds with worship of God’s justice and truth. Adolescents need to learn that worship is not confined to church but should flow from hearts in awe of God.

**Parents,** encourage your teen to make worship a lifestyle. Teach them to praise God in music, words, and actions.

**Model** worship by expressing joy and reverence for God in everyday life.

**Prayer:** Lord, put a song of worship in my child’s heart. May they delight in Your greatness and truth.

**Question:** How can your adolescent express worship to God outside of church this week?

## Day 25 – The Rider on the White Horse

### Revelation 19:11

“Then I saw heaven opened, and there was a white horse. Its rider is called Faithful and True, and with justice he judges and makes war.”

John saw Jesus returning as the conquering King. Adolescents need hope that Christ will set all things right.

**Parents,** remind your teen that Jesus is not only the gentle Shepherd but also the Faithful and True Judge. His justice will prevail.

**Model** trust in Christ’s return by living in readiness and hope.

**Prayer:** Lord, let my child trust You as Faithful and True. May they live with hope in Your coming victory.

**Question:** How can you help your adolescent look to Christ’s return with hope this week?

## Day 26 – The Books Were Opened

### Revelation 20:12

“I also saw the dead, the great and the small, standing before the throne, and books were opened.”

John saw all people standing before God’s throne for judgment. Adolescents need to understand accountability—our choices matter before God.

**Parents,** teach your teen that life isn’t random. God sees, remembers, and will judge with perfect justice.

**Model** accountability by living transparently before God, confessing your sins and seeking His mercy.

**Prayer:** Lord, impress on my child the seriousness of standing before You. May they find refuge in Christ and live responsibly before You.

**Question:** How can you help your adolescent live with accountability before God this week?

## Day 27 – No More Tears

### Revelation 21:4

“He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away.”

John saw the promise of a world without tears. Adolescents carry hidden pain—loss, rejection, loneliness. God promises ultimate healing in His presence.

**Parents,** comfort your teen with hope in Christ’s future restoration. Remind them that pain and sorrow are temporary.

**Model** hope by holding onto God’s promises through your own griefs.

**Prayer:** Lord, comfort my child with the hope of Your coming kingdom. Wipe away their tears and fill them with Your peace.

**Question:** How can your adolescent find comfort in God’s promise of no more tears this week?

## Day 28 – The Lamb Is the Light

### Revelation 21:23

“The city does not need the sun or the moon to shine on it, because the glory of God illuminates it, and its lamp is the Lamb.”

The new Jerusalem shines with God’s glory—Jesus Himself the light. Adolescents often look for light in success, relationships, or popularity, but only Christ satisfies.

**Parents,** point your teen to Jesus as their true light, guiding every step.

**Model** this by walking in His light, showing them how His presence illumines your path.

**Prayer:** Lord, shine Your light on my child’s life. May they walk in the radiance of Jesus, the Lamb.

**Question:** How can your adolescent look to Christ as their guiding light this week?



## Day 29 – The River of Life

### Revelation 22:1

“Then he showed me the river of the water of life, clear as crystal, flowing from the throne of God and of the Lamb.”

John saw a river flowing from God’s throne, symbolizing eternal life and refreshment. Adolescents thirst for meaning, love, and satisfaction, but only Christ quenches that thirst.

**Parents,** teach your teen to drink deeply from Jesus, the living water. Encourage them to seek Him daily for renewal.

**Model** this by showing your own refreshment in Christ’s presence.

**Prayer:** Lord, quench my child’s thirst with Your living water. May they drink deeply of You and be satisfied.

**Question:** How can you help your adolescent seek refreshment in Christ this week?

## Day 30 – Come, Lord Jesus

### Revelation 22:20

“He who testifies about these things says, ‘Yes, I am coming soon.’  
Amen! Come, Lord Jesus!”

The Bible closes with the longing cry: “Come, Lord Jesus!” Adolescents often dream about the future—college, careers, relationships—but the greatest hope is Christ’s return.

**Parents,** nurture in your teen a hope that lifts their eyes beyond this life. Teach them to long for His coming more than for earthly success.

**Model** this hope by living with joyful anticipation, not fear, of Christ’s return.

**Prayer:** Lord Jesus, come quickly. Prepare my child’s heart to long for You above all else.

**Question:** How can you encourage your adolescent to live in joyful expectation of Christ’s return this week?

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