

Family Devotions for Teens 7

honest conversations

These family devotions for teens are written for parents and teenagers to do together, not as a lecture but as a conversation. Seven days, seven things teenagers face every day: what they are worth, pressure and anxiety, friends, what they scroll, temptation, being taken seriously, and what it costs to follow Jesus.

Each day has a short Bible passage, a talk to read aloud (a teen can read it), honest questions and a simple challenge for the week. The last question often asks parents to go first. Teenagers open up more when parents share their own struggles, so be ready to answer, and then listen more than you talk.

DAY 1

You are not an accident

READ

For You formed my inmost being; You knit me together in my mother's womb. I praise You, for I am fearfully and wonderfully made. Marvelous are Your works, and I know this very well. My frame was not hidden from You when I was made in secret, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all my days were written in Your book and ordained for me before one of them came to be.

— Psalm 139:13-16 (BSB)

TALK

Every day you are told what you are worth: by likes, grades, looks, followers and who texts you back. Psalm 139 gives a different answer. God formed you and knit you together before anyone else saw you. David says, “I am fearfully and wonderfully made.” Your worth was settled before you were born, by the One who made you and wrote all your days in His book. Nobody’s opinion can cancel that.

ASK

- Where do people your age look to find out what they are worth?

- What does verse 16 say God knew about you before you were born?
- Parents: share a time you measured yourself by the wrong thing.

DO

Each person writes verse 14 on a sticky note and puts it on a mirror or inside a phone case for the week.

PRAY

God, You formed me and knit me together. Thank You that I am fearfully and wonderfully made. Help me believe it when the world says otherwise. Amen.

DAY 2

When the pressure is on

READ

Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

– Philippians 4:6-7 (BSB)

TALK

Tests, college, sports, friendships, the news, the future: it is a lot. Paul wrote these words from prison, so he knew pressure. He does not say, just stop feeling anxious. He says bring everything to God, “by prayer and petition, with thanksgiving.” And God promises His peace will guard your heart and mind. If anxiety ever feels overwhelming, telling a parent, pastor or counselor is part of God’s care for you too.

ASK

- What is the biggest pressure you feel right now?
- What does Paul tell us to do with our worries, and what does God promise (vv. 6–7)?
- Why do you think thanksgiving is part of the instruction?

DO

Everyone writes down one worry and one thing they are thankful for. Swap papers and pray for each other’s worry every day this week.

PRAY

Father, You know what is pressing on me. I bring You my worries, and I thank You for all You have given me. Guard my heart and mind with Your peace. Amen.

DAY 3

Choose your people

READ

He who walks with the wise will become wise, but the companion of fools will be destroyed.

— Proverbs 13:20 (BSB)

TALK

You become like the people you spend the most time with. Proverbs puts it bluntly: “He who walks with the wise will become wise, but the companion of fools will be destroyed.” That is not permission to be unkind to anyone; Jesus ate with outsiders and loved them. But the friends you lean on most will shape who you become. Wise friends point you toward God. Foolish ones pull you away.

ASK

- Who are the three people you spend the most time with, in person or online?
- What is the difference between being kind to everyone and being close to everyone?
- Parents: tell about a friend who helped or hurt your walk with God when you were young.

DO

Text or write a note to one friend who has been a good influence on you, and thank them this week.

PRAY

Lord, give me wise friends, and make me a wise friend to others. Help me love everyone and choose carefully who shapes me. Amen.

DAY 4

What fills your mind

READ

Therefore I urge you, brothers, on account of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God.

— Romans 12:1-2 (BSB)

TALK

Paul writes, “Do not be conformed to this world, but be transformed by the renewing of your mind.” The world shapes us through whatever we feed our minds, and most of us carry the world in our pocket for hours a day. God wants to renew our minds so we can know His will. Paul also says to think on whatever is true, honorable, right and pure (Philippians 4:8). What we watch and scroll matters.

ASK

- How many hours a day do you spend on screens? Parents too!
- What does it mean to be conformed to the world? To be transformed?
- What is one thing you watch, play or follow that does not help your mind?

DO

Check your screen time together, parents included. Agree on one change as a family for this week, such as no phones at meals or in bedrooms at night.

PRAY

God, I do not want to be conformed to this world. Renew my mind. Help me fill it with what is true, right and pure, so I can know Your will. Amen.

DAY 5

Keeping your way pure

READ

How can a young man keep his way pure? By guarding it according to Your word. With all my heart I have sought You; do not let me stray from Your commandments. I have hidden Your word in my heart that I might not sin against You.

— Psalm 119:9-11 (BSB)

TALK

The psalmist asks a question every young person faces: “How can a young man keep his way pure?” His answer is God’s word, treasured in the heart: “I have hidden Your word in my heart that I might not sin against You.” The question is for young women too. Temptation is normal, and Paul promises that God will always provide a way out (1 Corinthians 10:13). Purity starts with what we love most.

ASK

- What temptations do people your age face most?
- How does knowing God’s word help when you are tempted (v. 11)?

- What way out could you plan ahead of time for a temptation you face?

DO

Choose one verse to memorize this week as a family, such as 1 Corinthians 10:13. Quiz each other at dinner.

PRAY

Lord, I want to keep my way pure. Hide Your word in my heart. When I am tempted, show me the way out and give me strength to take it. Amen.

DAY 6

Don't wait to lead

READ

Let no one despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, in purity.

— 1 Timothy 4:12 (BSB)

TALK

Timothy was a young church leader, and some people looked down on him. Paul told him, “Let no one despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, in purity.” You do not have to wait until you are older to matter in God’s kingdom. Teenagers can be the example in a family, a youth group or a school. That is a high calling.

ASK

- What are the five areas Paul lists?
- Which of the five is hardest for you? Which is easiest?
- Where could you set an example this week?

DO

Each person picks one of the five areas and one specific way to set an example in it this week. Share how it went at the end of the week.

PRAY

Jesus, thank You that my age does not limit what You can do through me. Make me an example in speech, conduct, love, faith and purity. Amen.

What following Jesus costs

READ

Then Jesus called the crowd to Him along with His disciples, and He told them, “If anyone wants to come after Me, he must deny himself and take up his cross and follow Me. For whoever wants to save his life will lose it, but whoever loses his life for My sake and for the gospel will save it. What does it profit a man to gain the whole world, yet forfeit his soul?”

— Mark 8:34-36 (BSB)

TALK

Jesus never pretended following Him was easy: “If anyone wants to come after Me, he must deny himself and take up his cross and follow Me.” Then He asks a question for every generation: “What does it profit a man to gain the whole world, yet forfeit his soul?” Popularity, success and comfort are not worth your soul. And whoever loses his life for Jesus’ sake will save it.

ASK

- What does it mean to deny yourself and take up your cross?
- What might following Jesus cost someone your age?
- Answer Jesus’ question in verse 36 in your own words.

DO

Parents, tell your teen how and when you decided to follow Jesus. Then ask your teen where they are on that journey, and listen without lecturing.

PRAY

Lord Jesus, I want to follow You, whatever it costs. Help me deny myself and take up my cross. Nothing in the world is worth more than You. Amen.

Tips for family devotions

Go first. Teenagers open up when parents are honest about their own struggles, past and present.

Listen more than you talk. If your teen says something surprising, ask a follow-up question before you correct anything.

Pick the right moment. A drive, a late-night snack or a walk can work better than a formal sit-down.

Let them lead. Ask your teen to read the passage and the talk, or to choose which day to do next.

More family devotions

Family Dinner Devotions · 10 days

Holy Week Family Devotions · 8 days

Thanksgiving Family Devotions · 7 days

Advent Family Devotions · 25 days

Bible study on identity in Christ

Bible reading plan for teens

Bible memory verses for teens

Prayer points for youth

All family devotions

Questions