

# Rooted, Resilient, and Ready!

A 7-Day Devotional Journey for Teens

## Day 1: Rooted in Christ

*Scripture: Colossians 2:6-7*

Being rooted means having a strong foundation. Just like a tree stands tall because its roots go deep, your faith stands strong when it's rooted in Christ. This means spending time in His Word, prayer, and choosing His way every day.

### Prayer:

Lord, help me to stay rooted in You. Keep me grounded in truth when life gets confusing.

### Challenge:

Spend 5 minutes today reading your Bible and writing down what God is teaching you.

### Reflection Space:

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## Day 2: Resilient in Trials

*Scripture: James 1:2-4*

Life won't always be easy, but God uses every challenge to build your strength. Being resilient doesn't mean you never struggle-it means you trust God enough to keep going.

### Prayer:

God, when things get hard, help me to lean on You. Make me strong in the storm.

### Challenge:

Write down one trial you're facing and ask God to show you how He's growing you through it.

### Reflection Space:

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## Day 3: Ready to Stand

*Scripture: Ephesians 6:11*

God doesn't want you walking through life unarmed. He gives you spiritual armor-truth, righteousness, faith, and more-so you can stand strong against temptation and peer pressure.

### Prayer:

Father, help me suit up with Your armor each day and stand for what's right.

### Challenge:

Pick one piece of God's armor and memorize a verse about it.

### Reflection Space:

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## Day 4: Rooted in Identity

*Scripture: 1 Peter 2:9*

You are not defined by likes, grades, or opinions-you are defined by God. You are chosen and loved. Root yourself in who He says you are.

### Prayer:

God, remind me who I am in You, especially when the world tries to tell me otherwise.

### Challenge:

Write a list of "I am" statements from Scripture (e.g., I am chosen, forgiven, loved).

### Reflection Space:

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## Day 5: Resilient in Faith

*Scripture: Hebrews 11:1*

Faith is believing God even when you can't see the full picture. When you're uncertain or afraid, resilience means choosing to trust anyway.

### Prayer:

Lord, build my faith. Help me to trust Your promises even when I don't understand.

### Challenge:

List 3 things you're believing God for. Speak faith over each one today.

### Reflection Space:

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## Day 6: Ready to Serve

*Scripture: 1 Timothy 4:12*

You don't have to wait to be older to make a difference. You are ready now to lead by example-in how you love, serve, and speak truth.

### Prayer:

Jesus, use me right now. Help me to serve others and represent You well.

### Challenge:

Find a way to serve someone today-with a kind word, a helping hand, or a prayer.

### Reflection Space:

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## Day 7: Rooted, Resilient, and Ready!

*Scripture: Psalm 1:3*

When you're rooted in Christ, resilient in faith, and ready to act, your life produces fruit. God will use you in powerful ways because your heart is grounded, strong, and willing.

### Prayer:

God, I want to grow. Help me to stay rooted, be resilient, and be ready for every good work You have planned for me.

### Challenge:

Reflect on the past 7 days. Which area has God grown you in most? Share what you've learned with a friend or youth leader.

### Reflection Space:

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