**Sermon Notes**



**“The Spiritual Journey of Teens”**

**A Snapshot of Life in the Teens**

**What are the major spiritual challenges?**

1. **What is happening? (Big Picture)**

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ F\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **What is happening? (Ground Level)**

**The Bible and Teens**

Jesus and his (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) disciples

**Advice to Teens:**

**1. Eat your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Jeremiah 15:16

16 When your words came, I ate them; they were my joy and my heart’s delight

**2. Choose your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ wisely.**

Proverbs 13:12  
“Whoever walks with the wise becomes wise, but the companion of fools  
suffers harm.”

**3. Respect the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of your body.**

1 Corinthians 6:13  
The body, however, is not meant for sexual immorality but for the Lord

**4. Ditch “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”**

1 Corinthians 9:24–27

24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. 25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. 26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. 27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

1 Timothy 4:7 “Train yourself to be godly.”

**How to Train = Heart, Soul, Mind, Strength**

**How can we support teens in their spiritual journey?**

1. Affirm and celebrate them
2. Listen and cultivate empathy
3. Pray for them
4. Help nurture their passions
5. Show them “The Way”

**Questions for Discussion**

1. What fresh or “new to me” insight did you gain from Sunday’s message?

2. Which point from this sermon do you wish someone had impressed upon you during your teenage years?

3. From your personal experience, how can you illustrate a point from the sermon?

4. How does a reframing of the age of Jesus’ 12 apostles challenge you? Why do you think this was part of God’s kingdom game plan?

5. Who can share from experience either the positive results of heeding the message or the painful consequences of disregarding its truth?

6. What verse cited in the message do you most vividly recall? Why?

7. What emotional reactions did the message cause? Explain.