

# DIY TEEN BIBLE STUDY

## BUILDING FAITH & DEALING WITH WORRY

We need faith to live a happy life. This study will look at how to deal with worry and respond with faith.



[Read Romans 10:17](#)

So **faith** comes from **hearing** the message. And the message that is heard is the message about Christ.

### KEY QUESTIONS

- Q. Why does having faith give us a happier life?
- Q. Where does faith come from?

### THINK ABOUT IT:

- Trusting and believing in God gives us peace and purpose for our life.
- Faith comes from **hearing** the word.
- Reading, listening, and obeying give us faith.

### WRITE ABOUT IT:

What are some different examples of ways that we can “hear” the word? What are ways you enjoy learning about God?

We will give you some ideas at the end of this study for very practical ways to hear more!



[Read Matthew 4:4 NIV](#)

[4] Jesus answered, "It is written, 'Man must not live only on bread. **He must also live on every word** that comes from the mouth of God.'"



DIY Listen

Listen to the first 10 minutes of this podcast from Deep Spirituality,

“Coming Home: Part One” - <https://deepspirituality.net/podcasts/>

(iTunes access found here:

<https://itunes.apple.com/us/podcast/deep-spirituality/id1432249626?mt=2&i=1000418462199>)

Teacher's Note: Listen to the first 10 min together. Make sure they know how to get the podcast when they are on their own. .

### THINK ABOUT IT:

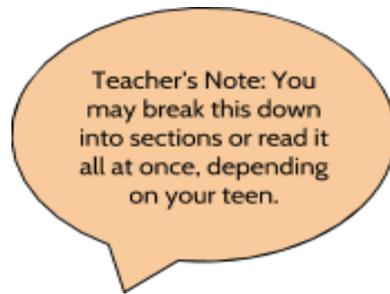
- We need the Bible to live a happy life.
- Nothing else can satisfy us.



[Read Matthew 6:25, 31-34 NIV](#)

[25] "I tell you, **do not worry**. Don't worry about your life and what you will eat or drink. And don't worry about 'your body' and what you will wear. Isn't there more to life than eating? Aren't there more important things for the body than clothes?

31] So don't worry. Don't say, 'What will we eat?' Or, 'What will we drink?' Or, 'What will we wear?' 32] People who are ungodly run after all those things. **Your Father who is in heaven knows that you need them.** 33] But put God's kingdom first. Do what he wants you to do. **Then all those things will also be given to you.** 34] **So don't worry about tomorrow.** Tomorrow will worry about itself. Each day has enough trouble of its own.



### THINK ABOUT IT:

- Doing what God wants us to do helps us not to worry about empty things.
- God knows what we need. If we seek him and obey his Word he will satisfy us.



DIY Watch

Deep Spirituality: "Surrender Anxiety" <https://www.youtube.com/watch?v=DIPv9fOwSig>



Review or Reflect

What are some things you worry about? How will you take your worries to God this week?



DIY How to Start Praying

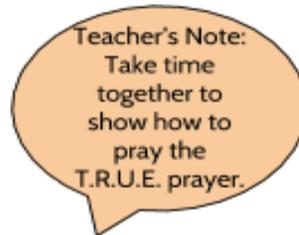
T.R.U.E. Prayer is an acronym that can help you start learning to pray.

T = Thanksgiving

R = Requests/Needs

U = Uncovering Sin

E = Emotions



DIY For Further Study

- 1.) Listen to the rest of the podcast from Deep Spirituality "Coming Home" <https://deepspirituality.net/podcasts/>
- 2.) Download the app "Dwell" on your iPad or iPhone for an audio bible <https://dwellapp.io/>
- 3.) Download the bible app "Tcarta" for instant bible access <https://tecartabible.com/>
- 4.) Look up Deep Spirituality and pick out a quiet time for the week <https://deepspirituality.net/>
- 5.) Do a topical study on Biblegateway <https://www.biblegateway.com/>

- 6.) Read a chapter in a paperback bible & highlight verses that stand out to you
- 7.) Have someone teach you to pray through the T.R.U.E. prayer