

NEW

365 BIBLE READINGS

YEAR

AND PRAYERS

NEW

FOR TEENS

YOU

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For my little ones, Eden and Ezra.

I pray your bedtime prayer stays on your lips for the rest of your days: “Thank You for loving me. Help me love You.”

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INTRODUCTION



Hey friends! If your life is anything like mine was as a Christian teenager, it's filled with distractions pulling my attention from God: drama with friends, social media, relationships, peer pressure, and a thousand other things. I found it really hard to spend intentional time with God, wondering, *If prayer is the way I talk to God, why don't I want to do it more? Why am I so distracted?*

The good news is, God has given us an amazing tool as we learn how to communicate with Him: the Bible! In this book, you'll find a daily Scripture passage that tells us something about God and His character followed by a short prayer. You may take the whole year to read this book or you may work through it in a matter of months. You may get three pages into the book and then realize a month has gone by without opening it. There's lots of grace. Just turn to the day's date, and keep going.

I pray this little book begins a lifetime of reading what God has spoken in His Word and responding to Him with honesty, praise, and confidence—that it creates a habit of prayer in a world of distractions. I also hope the prayers found in this book are your starting point, but not the final destination. I pray these prayers draw you toward God and His truths for all the days of your life.

With love,
Lauren

JANUARY 1

JEREMIAH 31:3

*I have loved you with an everlasting love;
therefore, I have continued to extend
faithful love to you.*

Dear God, thank You that as this new year begins, I remember Your love is forever! Before I was even born, You knew me and loved me. While I know Your love is perfect, I still look to other things and people for contentment. I try to satisfy myself with possessions—new clothes or technology or games—but I know those things won't last. I fill the empty places in my heart with people's approval, but I know that even the kindest people will let me down. You are the only one who has been completely faithful in the past and will be completely faithful in the future. Help me look to You as the central source of love in my life. Thank You for being with me throughout this year and every year to follow, and for never letting me down.

JANUARY 2

2 TIMOTHY 2:13

*If we are faithless, he remains faithful,
for he cannot deny himself.*

Jesus, thank You that even when I am having a hard time believing in You, You don't abandon me. There are so many times I doubt You. I wonder if there really is a God, and if there is, how do I know if I am following the right one? I know it's normal to doubt, but God, I wonder if my doubts change the way You feel about me. But they don't. You are faithful! Thank You for reminding me that Your feelings for me never change. Will You give me faith when I doubt You? Help me to trust You even when my heart is unsure. Give me faith when I am faithless.

YEAR

JANUARY 3

ROMANS 14:19

So then, let us pursue what promotes peace and what builds up one another.

Father in heaven, the Bible tells me it takes commitment and effort to love others with Your love. In a world that says people should constantly fight with one another, it feels weird to work toward peace and build others up. People expect me to be hateful when someone disagrees with me. But You have done so much to show Your love for me! I want to show Your love to others, too. Will You give me a love for others that makes no sense to the rest of the world? Help me seek peace even when I disagree with others. Help me encourage people even when I am being torn down. Thank You, God, for giving me strength to run after peace, even when it doesn't make sense to people around me.

NEW

JANUARY 4

1 Chronicles 16:29

Ascribe to the LORD the glory of his name; bring an offering and come before him. Worship the LORD in the splendor of his holiness.

God, You are holy! You are set apart from everything in this world. Your Word reminds me there is amazing splendor and beauty in Your holiness. It's so easy to look around and become obsessed with the world's definition of beauty. It tells me I have to be the right size or wear the right clothes—that I have to have the perfect skin and hair or that I should have my own look but not stand out too much. I look for others people's approval by looking in a mirror. But God, that leaves me feeling empty. Will You help me reflect Your beautiful holiness? Give me confidence to stop obsessing over the world's beauty standards and start chasing holiness. Thank You for setting me apart and for helping me look more and more like You.

JANUARY 5

Romans 8:16–17

The Spirit himself testifies together with our spirit that we are God's children, and if children, also heirs—heirs of God and coheirs with Christ—if indeed we suffer with him so that we may also be glorified with him.

Holy Spirit, by trusting in Jesus, You help me experience joy! Thank You so much. I sometimes doubt that truth. Different lies whisper in my head. Some say following Jesus will suffocate me and I won't be truly free unless I walk away. Other times, they ask if I should depend on Jesus. If I do, the lies whisper, *I won't be able to ever do what I want.* If I'm being honest, I'm sometimes tempted to believe those lies. But I know what You have for me is far greater than anything I could ever want for myself. I am a child of God! Because my trust is in Christ, I can experience joy now and for eternity. Help me remember those truths when I am tempted to put my hope in anything other than Jesus. I love You.

JANUARY 6

LUKE 7:6

Jesus went with them, and when he was not far from the house, the centurion sent friends to tell him, “Lord, don’t trouble yourself, since I am not worthy to have you come under my roof.”

Lord, the Bible tells me all have sinned. No one is worthy of Your love. I know this is true of everyone, but when I am with other Christians, I sometimes feel like the worst sinner—the most unworthy to be around You. But Jesus, You came to earth. You chose to be with us. I know I’m unworthy of Your love, but You made it possible for me to come to You freely, even when I feel like the worst sinner in the room. Help me come to You in full confidence—without being ashamed. Thank You for choosing me and for making me confident in Your love.

YEAR

JANUARY 7

JEREMIAH 17:7–8

The person who trusts in the LORD, whose confidence indeed is the LORD, is blessed. He will be like a tree planted by water: it sends its roots out toward a stream, it doesn't fear when heat comes, and its foliage remains green. It will not worry in a year of drought or cease producing fruit.

Dear God, I know I can trust You when I am afraid. As long as I am living in this world, I know fear will come. Because of sin, there is so much to be afraid of—death, disease, or losing the people I love most. But Lord, You can be trusted even if I face all those things. I can run to You when fear suffocates me. Please remind me that when I draw close to You, I can grow into a stronger Christian—like a tree planted by water. I want to be rooted in You, trusting You in every circumstance, no matter what comes. Thank You so much for giving me the opportunity to come close to You in my fear.

NEW

JANUARY 8

JOHN 17:17

*Sanctify them by the truth;
your word is truth.*

Father, arguing and disagreements are all around me. Everyone tells me I have to take a stand on every single topic. If I don't, I am weak and unstable. But You tell me that when arguments surround me, I can focus on truth: Your truth. Will You help me stand firm on Your Word when I am unsure about an issue? Will You give me confidence to trust You for answers when I simply don't know? Thank You for being the one who holds all truth and for giving me a sure place to stand.

JANUARY 9

COLOSSIANS 1:9–10

We are asking that you may be filled with the knowledge of his will in all wisdom and spiritual understanding, so that you may walk worthy of the Lord, fully pleasing to him: bearing fruit in every good work and growing in the knowledge of God.

God, it seems like there are a thousand things I need to do in a day. The pressure is so heavy! I want to do it all, and I want to be the best at everything I try. I don't want my weaknesses to ever show. But Your Word says the one who is weak can become strong by Your power. When I try to be strong in my own power, no matter how hard I try, I can't walk in Your ways. Help me grow in Your strength instead of relying on mine. I want to grow so much in You that everyone around me sees You through me. Thank You for being my reliable strength. You are truly the best at everything. I love You, Lord.

IN THE NEW YEAR, LOOK TO JESUS FOR A NEW YOU!

Start the year off right by talking to God.

This Scripture-based book of prayers offers teens a truth about God for each day of the year. As you pray, you'll apply that truth to your own life, kickstarting lifelong, Bible-based conversations with Him.

No matter what you face this year, talk to Jesus, the One who holds every day in His hands. And as you do, watch how He makes all things new—including you!

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