

HANDWRITTEN WITH LOVE

VERSES & PRAYERS FOR TEENS

There are familiar words our teens hear every day from friends, teachers, social media, and their own inner voices, but the words that shape them most deeply are those we offer in prayer. When we take pen in hand, our personalized, handwritten prayers (which can be carried with them for years to come) can become a tangible reminder of our love, God's presence, His promises, and His unwavering love.

YOU ARE ENOUGH

My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9a)

Lord, when [name] feels weak, remind them that they don't have to prove their worth to anyone. They were created on purpose for a purpose, and are loved simply because they are Yours. Amen.

YOU ARE GOD'S CHILD

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1)

Father, remind [name] often that they belong to You. Let that truth shape how they see themselves today. In Jesus' name, amen.

YOU ARE WONDERFULLY MADE

I praise You because I am fearfully and wonderfully made ... (Psalm 139:14)

God, thank You for creating [name] with great care and intention. Help them see themselves the way You see them—fearfully and wonderfully made. In Jesus' name, amen.

YOU ARE CHOSEN

You did not choose Me, but I chose you ... (John 15:16a)

Jesus, thank you for choosing [name] before the beginning of the world. Help them live confidently, knowing they are wanted and deeply loved by You. Amen.

YOU ARE FORGIVEN

God has forgiven those people who are united with Christ Jesus. God will never say they are guilty. (Romans 8:1 EASY)

Lord, thank You for forgiving [name] completely each time they ask. Help them to let go of any guilt or shame that remains, because in Jesus, they are already completely forgiven. Amen.

YOU ARE NOT ALONE

Be strong and courageous ... for the Lord your God goes with you; he will never leave you nor forsake you. (Deuteronomy 31:6)

God, remind [name] that they are never on their own. Help them feel Your presence, especially when they are afraid. You are with them always, everywhere, How amazing, Lord! Amen.

YOU ARE KNOWN BY GOD

Before I formed you in the womb I knew you, before you were born I set you apart ... (Jeremiah 1:5a)

Lord, You know everything about [name], and You love them completely. There is nothing they can do to make You love them more, and nothing they can do to make You love them less. They are simply and completely loved. Amen

YOU ARE LOVED

I have loved you with an everlasting love; I have drawn you with unfailing kindness. (Jeremiah 31:3)

God, thank You that Your love for [name] doesn't run out or depend on their performance. Help them rest in being loved by You, and give them Your perfect peace. Amen.

YOU ARE VALUABLE

You are precious to me, and I have given you a special place of honor. I love you. (Isaiah 43:4 ERV)

God, remind [name] that their value comes only from You, not from friends, accomplishments, sports, grades, social media, or body image. You have created them and they are precious and perfectly loved. Amen.

YOU ARE STRONG IN GOD

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him. (Psalm 28:7)

God, when [name] feels weak, remind them that Your strength is always available, for You are their strength, protector, and the source of all joy. Let [name]'s voice rise in praise, Lord. Amen.

YOU ARE CALLED TO SHINE

Let your light shine everywhere you go ... so men and women everywhere may see your good actions ... and may turn and praise your Father in heaven because of it. (Matthew 5:16 VOICE)

Lord, help [name] to shine Your light in this dark world through kindness, courage, and compassion, making a difference every day. In Your Son's name, amen.