

UNSHAKEABLE

Teens

**BUILDING A SOLID
FOUNDATION IN CHRIST**

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Section 1

**Recognizing
God's Pursuit
and Love for Us**



WEEK 1

Knowing God: There Is No One Like Him

In this section, we will lay the foundation for following Christ. A foundation that God has provided for us. We can have all the information in the world, but it will crumble if we do not build on a firm foundation. As we read through the first five days, you will learn about the Triune God, His Word, and powerful prayer. Pray that these days will stick with you and begin growing you in your faith.

Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. Matthew 7:24-25

We can **rest in peace** knowing
our Heavenly Father is
in control of our lives.

God – Our Creator and Heavenly Father

Getting started:

In my career as a scientist, I (Mike) often helped create new products for the company I worked for. Some products were created quickly, but my favorite ones usually took years. These products were always of the highest quality and much more satisfying to produce. Similarly, God created many things, but His most incredible creation was human beings. He created the mountains, oceans, flowers, animals, and sunsets, which He described as “good,” but when He looked at His creation of man and woman, He said they were “very good!”

*So God created human beings in His own image. In the image of God He created them; male and female He created them... **Then God looked over all He had made, and He saw that it was very good!** (Genesis 1:27, 31)*

You made all the delicate, inner parts of my body and knit me together in my mother’s womb. (Psalm 139:13)

Pause & Reflect:

Based on the two verses above, how much do you think God loves you as part of His creation, and what makes you believe that?

God, the perfect Father

Throughout my teenage years, I (Mike) sometimes questioned if my father truly loved me and our family. Not because he didn’t try but because humans tend to be flawed and broken in their own ways. It was not until I came to know God that I discovered the true, perfect love of a Father. My father loved me as much as he had the capacity to, but my Heavenly Father loves me perfectly and endlessly. If you know Him as your Father, He loves you that way too.

In our world, many people try to ignore God and live however they want. Making that decision often comes with heartache, a yearning to be fulfilled, regret, shame, and confusion. We can stress and strive daily and still not achieve the peace and fulfillment we seek.

That’s because we yearn for the love of our Heavenly Father, who made us. We long for the peace that only He can give us, even when we don’t recognize where that longing comes from.

And, “I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.” (2 Corinthians 6:18 NIV)

...my Heavenly Father loves me perfectly and endlessly.

A Father who protects

Throughout the Old and New Testaments, the Bible tells us not to be afraid. It can be hard to put that truth into practice when faced with the fears of the world. War, hate, tragedy, loss, instability - all these realities can tempt us to lose heart. Why is God so confident that we shouldn’t be afraid when the world is so full of sin? The answer is simple: because He is our protector. The one who created the world also holds the world in His hands.

Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. (Isaiah 41:10)

We can rest in peace knowing that our Heavenly Father is in control of our lives and He does not make mistakes. He made you. This means you are NOT a mistake! It can be very easy to try to control every aspect of the things happening to us and around us; however, God wants us to trust Him with the details. This means we have to release control, turn to God, and let Him lead us. I know that I (Rachael) sometimes struggle with this. We may want to trust God, but it is only natural that our human urges don't always let that happen. A friend explained it to me like this: sometimes we are clenching our fists so tight, white-knuckling life and trying to hold everything in our control that we miss out on blessings God has for us. If your hand is tightly closed, you may not receive the blessings that God wants to give you. Open your hands.

**If your hand is tightly closed,
you may not receive the blessings
that God wants to give you.**

More from the Bible:

1 John 3:1; Romans 8:15; Galatians 4:6 *(These are some supplemental verses related to our topic that we will include in each day of the devotional to help you better understand the day's topic. We encourage you to read, write, memorize, or interact with them in the following activity!)*

See how very much our Father loves us, for He calls us His children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know Him. (1 John 3:1)

Activity:

Read 1 John 3:1 above. Underline, circle, or annotate the words in the verse that jumped out to you!

Question:

In what ways is it hard to trust that God is a perfect Father who is in control of our lives?

Authors' Prayer:

Dear Heavenly Father, thank You for creating and loving us. Please help the readers see themselves how You see them and help us all understand and accept Your love and peace. In Jesus' name, amen.

Your Prayer:

(This is a space for you to write out your own prayer. It can be about what was discussed in the day's devotional, or it can just be what is on your heart. This is just for you and God. No one else needs to see it. He wants you to talk to Him.)