

## 21 Meditations for Teens

Use the 6 Steps for Bible Meditation to reflect on these scriptures. You can find the 6 steps in the *Bible Meditation & Mindfulness Journal*. Visit [BibleMeditation.com](http://BibleMeditation.com) for more resources.

1 Peter 5:6-7 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

1 Timothy 4:12 Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

2 Samuel 22:31 As for God, his way is perfect: The LORD's word is flawless; he shields all who take refuge in him.

2 Timothy 2:22 Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.

Colossians 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Deuteronomy 31:8 The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Ephesians 6:2-3 "Honor your father and mother"—which is the first commandment with a promise— 3 "so that it may go well with you and that you may enjoy long life on the earth."

Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

James 1:22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

John 8:12 When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Luke 14:11 For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

Luke 12:15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."

Matthew 4:4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 6:34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Proverbs 3:5-6 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

Proverbs 14:29 Whoever is patient has great understanding, but one who is quick-tempered displays folly.

Proverbs 13:10 Where there is strife, there is pride, but wisdom is found in those who take advice.

Proverbs 11:25 A generous person will prosper; whoever refreshes others will be refreshed.

Psalms 18:30 As for God, his way is perfect: The LORD's word is flawless; he shields all who take refuge in him.

Romans 12:9 Love must be sincere. Hate what is evil; cling to what is good.

Romans 12:16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

---

Lighting the Way to a Deeper Relationship with God  
BibleMeditation.com

