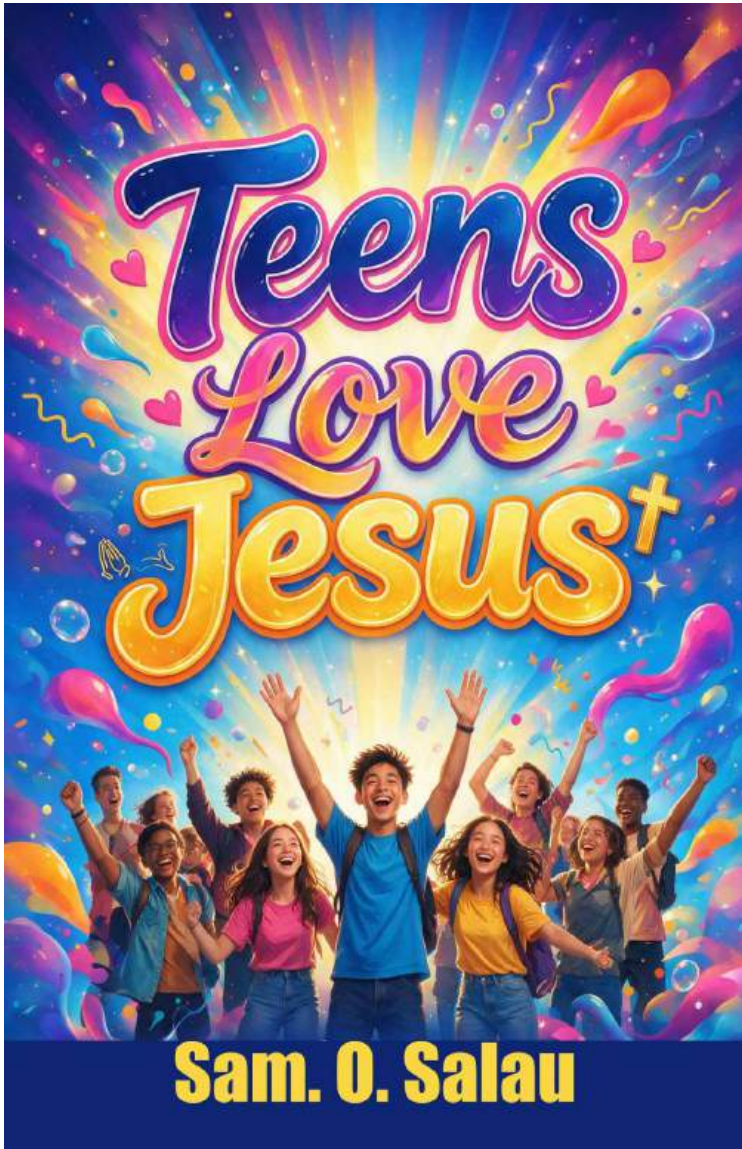




Teens Love Jesus⁺

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*** Teens Love Jesus ***

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TEENS
LOVE
JESUS
Encouraging Teenagers to Love Christ,
Live for Him, and Serve Him Fully

Sam. O. Salau

*** Teens Love Jesus ***

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Teens Love Jesus

by Sam. O. Salau

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Sam. O. Salau

Dedication

This book is dedicated to
Ifeoluwadarasimi.

As you grow into your teenage years,
I pray you will -

**Know the Lord,
Love the Lord, and
Serve the Lord.**

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Introduction

Hi dear,

Imagine yourself getting set for an exciting journey. You have all you need: energy, dreams, goals, aspirations, time, and endless possibilities stretching out right in front of you.

This is exactly where you are right now in your teenage years. These are not waiting years for you. They are not “practice” years either. You are already on the track field of the race of life. These are real moments for you. They are destiny-determining moments, powerfully shaping years that can either be spent chasing things that leave you empty or invested in the One who can truly satisfy the rest of your life with goodness.

This book is written for you, the teenager who wants more than just going through life like just every other average teenager. It is for the girl who lies awake at night wondering if her life will count for something. It is for the guy who feels pressure from friends, social media, and the world in general, but senses there is something deeper. It is for every teen who really loves Jesus.

Many adults look back and wish they had started following Jesus seriously when they were younger. They wasted their teenage years on things that did not last: popularity, money, relationships that eventually destroyed some part of their lives, or just living for fun. But you have a golden opportunity right now. The decisions you make as a teenager about your time, your heart, your friends, and your purity will shape the rest of your life. Why not let Jesus shape them?

Your teenage years are full of energy, passion, and influence. You have the strength to stay up late dreaming

and the courage to try new things. Your mind is sharp and ready to learn. You care deeply about justice, friendship, and making a difference. These are not mere qualities which you need to outgrow; they are gifts God wants to use right now in your life to make you a better teenager.

Remember the story of David? He was a teenager when he faced Goliath. Jeremiah was young when God called him to speak to nations. Timothy was a young man when Paul entrusted him with leadership in the church. God is not waiting for you to become an adult before He can use you powerfully.

The world wants your teenage years. Social media wants your attention. Brands want your money. Friends want your loyalty. Culture wants you to follow its rules about success, beauty, and happiness. But none of them died for you. None of them can give you real peace, purpose, or eternal life. Jesus can, and He will.

Maybe you are thinking, “But my life is complicated. I have family issues. School is stressful. I keep messing up. I do not feel spiritual enough.” That is exactly why Jesus is the right choice. He does not call the perfect people. He calls the willing ones. He takes brokenness, confusion, and weakness and turns them into beautiful stories of grace.

The teenage years are always filled with mistakes and discoveries. What better time to learn how to walk with a Saviour who forgives, restores, and transforms?

When you choose to love Jesus now, something powerful happens. Your friendships become deeper. Your studies gain purpose. Your future becomes an adventure instead of a source of anxiety. You learn to say no to things that would harm you and yes to things that matter. You discover the joy of serving others instead of living for yourself. And best of all, you build a relationship with Jesus that will carry you through university, career,

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marriage, and every season that follows.

This is not just about becoming a “super Christian” who never struggles. It is about falling in love with Jesus and letting that love change how you live. It is about choosing to make Him the centre of your teenage story instead of a side character.

In the pages ahead, we will explore what it really looks like to love Christ, live for Him, and serve Him in your generation. We will talk honestly about school pressure, relationships, purity, social media, family drama, doubts, and finding your purpose. Every chapter of this book is written with you in mind. They are real, practical, and full of hope.

My prayer as you read this book is simple: that you will encounter Jesus in a fresh way. That your heart will burn with love for Him. That you will make bold decisions to live differently. And that years from now, you will look back at your teenage years and say with joy, “Those were the years I gave to Jesus, and they were the best decision I ever made.”

Are you ready?

Let us begin this journey together.

Your dear friend,

Sam O Salau

*** Teens Love Jesus ***

Part 1:

Falling In

Love With

Jesus



Chapter 1

Who Is Jesus? And Why Should I Care?

Let me start by asking you a simple question straight up. When you hear the name “Jesus,” what comes to your mind first? A newborn baby in a manger? A white guy with long hair and a white robe hanging on old paintings? A religious figure your parents or church talk about? A distant character from a story you have heard since you were little?

Whichever one of these is your answer, I understand. For so many of us, Jesus can feel a bit familiar but far away. He is like background noise in our lives. But here is one thing I have discovered after years of walking with Him and talking with teenagers like you: once you really see who Jesus is, everything starts to shift. He stops being just “church stuff” to you and becomes the most important person in your story.

So, who exactly is Jesus? Jesus is the God of heaven who decided to come close to us on earth. His coming was not in a distant, scary, thunder-and-lightning way, but in the most human way possible. He was born as a real baby to a teenage girl named Mary. He grew up in a small, unpopular town. He worked with His hands as a carpenter, learning in his father's workshop. He knows what it feels like to be tired, hungry, misunderstood by friends, and pressured by expectations.

The Bible says that even as a teenager, He faced temptation in every way, just like we are, yet He never sinned. That means when you are struggling with anger,

lust, jealousy, fear of the future, or feeling like you do not measure up, Jesus does not just look down on you from some holy cloud to blame you for your weakness. He understands what you are going through. He has been there. He can help you out.

But Jesus was not just a good man who lived on earth, or a wise teacher in a small town called Nazareth. Jesus is fully God. He is the One who spoke the universe into existence. The stars, the oceans, your DNA, He made all of it. And yet, out of love, He stepped into our broken world. Why? Because we were lost and separated from God because of sin. Not just the “big” sins we see on the news, but the everyday small sins we engage in when we choose ourselves over God by lying to look cool, hurting people with our words, or ignoring what we know is right. We all have those traits inside us.

The crazy part is that Jesus did not come to condemn us for it, as you would expect. Rather, He came to rescue us. He lived the perfect life we could never live, and then He willingly went to the cross, beaten, mocked, and nailed up there, for no offence of His. In those dark hours, He took every wrong thing you and I have ever done or will ever do. He paid the price so we do not have to be punished for it again. And three days later, He rose from the dead. That is not a fairy tale or a nice religious idea. It is history. It is the moment everything in the world changed.

I remember sitting with a guy named Tobi some years ago. He was in SS2; he used to be brilliant at football, but his life was falling apart at home. His dad had left; his mum was struggling to take care of him and his three other sisters. He was angry at the world. One night after a tournament, he looked at me with tears rolling down his eyes and said, “If Jesus is real, why does my life feel like this?” We talked for a long time. Not about rules or “you should pray more.” We talked about who Jesus really is, a Saviour who understands our pains, who cried at a friend's grave, who was rejected by His own family and

community. That night, Tobi did not just pray a prayer. He met a Person. Slowly, everything in his life started to find new meaning, even though the hard situations did not disappear overnight.

This is why Jesus is worth caring about. Because He offers what nothing and no one else can. He offers us real love. Not the conditional, shaky kind you see in relationships or the fake love on Instagram or TikTok. Jesus loves you on your worst days. He loves you when your grades are bad, even though your parents are angry at you for it. He loves you when you have disappointed your parents again. He loves you when you have looked at stuff online you should not have, although He is not happy about your actions. He loves you when you feel ugly or worthless. His love does not change based on your performance. It is steady. It is the kind of love that says, “I see all of you, and I still choose you.”

He offers us forgiveness that actually works. A lot of teenagers are carrying so much guilt on their backs like a heavy backpack. We always mess up, promise to do better, then mess up again. Jesus does not just say “It is okay.” He removes the guilt from us completely. The Bible says if we confess our sins, He is faithful and just to forgive us and cleanse us from all unrighteousness. That means you do not have to walk around with yesterday's mistakes hanging over you. He can deal with them for you.

Jesus offers purpose. So many teenagers that I know feel lost. It is like they are just moving from class to class, scrolling, eating, sleeping, and wondering what the point of being alive is. Jesus gives you a bigger story. You were created to know Him and to make Him known. Your life can count for something eternal. The talents you have, the friends around you, the school you attend, He wants to use all of it.

Most importantly, Jesus offers you the power to change

and become a better version of yourself. Trying to be good in your own strength is exhausting. While a teenager, I tried it for years but always got frustrated. I could not keep up with my own promise of becoming a good teenager until Jesus helped me. Jesus does not just tell you to be better. He comes to live inside you through His Spirit and gives you strength to say no to the things that are designed to destroy you and yes to the things that bring life to you.

Do not get me wrong, I am not saying that following Jesus will make your life super duper easy. It does not. You will still face pressure from friends like you always did. You will still have bad days. Some people might even mock you for taking your faith seriously. But here is what I have seen in the lives of teenagers who really go after Jesus: they have a peace that does not make sense. They have joy even when things are hard. They have hope for the future. And most importantly, they have a Friend who never leaves them.

So why should you care about Jesus? Simple. Because your teenage years are too important to waste away on things that do not have any real eternal value. You were made for more than just getting likes, increasing the number of followers, passing exams, and surviving until adulthood. You were made for a relationship with the God who knows you better than you know yourself.

If you have never really thought about Jesus this way before, that is okay. This book is not for perfect Christians. It is for honest seekers. My prayer is that as you read these pages, you will not just learn more about Jesus; you will actually meet with Him on these pages. That you will hear Him speaking to your heart, and that you will feel that gentle pull and have the courage to respond to Him positively!

Jesus is worth it. Your life is worth it. And these years you are living right now? They are some of the most beautiful years you will ever have to fall in love with Him.

Chapter 2

A Real Relationship, Not Just Religion

I was like you too. Burdened with religion. A regular church attendee. I can still vividly remember the first time I got tired of “church stuff.” I was around your age, sitting in the back row during a long service, staring at the clock, wondering why everything felt so dry. I knew all the right answers to Bible questions. I could quote Bible verses. I went to Teens' Camp and the likes. But deep inside me, it felt more like I was performing for God than actually knowing Him. And I really was a very good performer. I was good at what I did in church. Have you ever felt that way? Have you felt like Christianity is just a list of rules to keep and expectations to meet, and you are always one step away from failing?

If that is where you are, I can confidently tell you I was there too. I want you to hear this clearly: Jesus did not die so you could have another religion to follow. He came so you could have a real, living relationship with Him. There is a huge difference, and once you catch it, everything starts to feel more alive.

Religion usually looks like this: you try your best to act like a good teenager, following all the rules, attending all the programs, and keep hoping that will be enough for God to accept you as a great teen. At times, you feel so close to God when you have had a “good” week, a week that you have read your Bible, prayed, and did not fight with your siblings. But when you slip off, you feel distant, guilty, or like you need to work harder to get back in His good books. As good as this is, it becomes exhausting. It

turns faith into a performance.

A real relationship with Jesus is completely different. It is not based solely on what you do for Him. It is based on what He has already done for you. It is a personal, daily and honest relationship with no pretence. See it as a relationship with a dear friend.

Think about your closest friendship. You do not need to put on any performance for your best friend to earn their love. You talk to them when you are happy, when you are angry, when you have messed up, or when you have nothing to say. You enjoy just being together. Even at times, when you can not confide in your parents because of the severity of the situation, you tend to open up easily to your friends, which in itself is not the best, but at least shows how vulnerable you can be when you are with a very close friend. That is the kind of connection Jesus wants with you.

Jesus wants to be your friend. He actually calls you His friend. He does not see you as a servant, a churchgoer, an ordinary teenager, or a distant follower. He sees you as a close friend and desires that you see him in the same light. In the Bible, Jesus told His disciples, "I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends."

I stumbled on the above scripture when I was a teenager, and it blew my mind. It still does today. It is unimaginable to me; the Creator of everyone and everything wants a friendship with me. What a rare privilege this is! He not only wants a relationship with me, but He also desires to have the same with you.

What does this relationship actually look like in real teenage life?

It starts with talking to Him like He is actually with you right where you are now, because He is. Just talk to Him

the same way you will talk to a friend. Prayer is not supposed to be some fancifully-coined-religious words that you repeat over and over again. It is about opening your heart up to a friend. It can be as simple as, “Jesus, today was quite a rough one. I got angry with my sibling and lied to my mum again. I need Your help.” Or “Lord, I really like this girl, but I do not want to do anything stupid. I want to be chaste for you. Show me how to honour You with my body.”

This, simply, is prayer. Opening up to Jesus, your new friend, can be the best form of prayer you can ever utter, and it does not take any serious procedure, especially your own personal prayer sessions. Some of my best moments with God as a teenager were in my room with headphones on, just pouring out my heart, or while walking to school and complaining to Him about a difficult teacher. As you grow older, you may begin to fine-tune the procedures.

So, the first part of prayer is confiding in your friend, letting Him into all the dark secrets of your life and asking for His help to get better.

Then there is the second part, which is listening to Him. You can not be talking without expecting your friend to respond back. If He values your friendship as much as you value His, then He must express it too, just the same way you express yours. This usually happens through the Bible. Jesus talks to us through the Bible.

Just before you complain, I know what is on your mind. Indeed, I do. Reading the Bible can sometimes feel boring at first. Sincerely, it was for me too, initially. But here is what changed it for me while growing up: I stopped treating the Bible like a textbook I had to finish hurriedly because I had an examination to write. I started reading it like messages from someone who loves me. When you read the Gospels and see how Jesus treated the people he met, how patient He was with those who kept falling, and how He stood up for the outsiders, it does something to

your heart. The words of the Bible will suddenly come alive to you.

A real relationship also means involving Jesus in your normal, everyday stuff. Most teenagers only engage Him in just the “spiritual” parts. He wants a deeper relationship than that. You can involve Him in everything. Talk to Him about your crush, your fear of failing WAEC, UME, or of not gaining admission, the pressure to post nude pictures, your financial needs, your troublesome sibling, or the fight you had with your best friend. He cares about all of it. I have learned that the more I bring my real life to Jesus, the more real He becomes to me.

Now, I need to be honest with you. This relationship will not always feel exciting like that of your other friends that you can see face-to-face. That is the challenge for most teenagers. Having a relationship with a real but invisible friend is somehow disturbing for them. There will be seasons when God feels quiet. You will pray, and it seems like nothing is happening. You will read the Bible, and your mind will wander to Facebook and WhatsApp Statuses and messages.

This does not mean your relationship with Jesus is broken. Even the best human relationships have their ordinary days where it seems nothing is happening; it does not mean the relationship has ended. Same with Jesus. You will also experience such ordinary days. What matters is that you keep showing up, even if you do not feel His presence. Believers are not moved by what we feel. Keep talking to Him. Keep trusting Him. The feelings may come and go, but the relationship grows deeper through faithfulness.

In my own journey towards adulthood, one thing that really helped me a lot was the realisation that I did not have to be a perfect teenager before I could come close to talking with Jesus. I approached Him in whatever state I was, good, bad, or ugly. In fact, the times I felt most

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distant from Him were usually the times I needed to run to Him the most.

It is not right to run away from Jesus when you need Him most, and the time you need Him most is usually when you are at your lowest ebb in life. The time when you feel He should hate you the most for doing the wrongest of all things is the time when He wants to help you the most. The time you feel like running far away from Him is the time you need to come very close to Him.

Do not see Jesus like a referee on the football field who is watching out to catch you in error and serve you a red card. He is not waiting to punish you. He is waiting with open arms to welcome you back, just like the father in the story of the prodigal son. That boy messed up badly, but when he came back home, his father ran to meet him and threw a big Welcome Party for him. That is the heart of Jesus toward you. Always learn to run back to Him, especially when you feel like running away from Him.

Over the years, I have watched so many teenagers come alive when they finally moved from inherited religion to a relationship with Jesus. There is this girl, Ada, who used to run away from church services because it felt to her like an obligation and was putting pressure on her time. Then, after reaching out to her, I encouraged her to cultivate the habit of just saying 'good morning' to Jesus and narrating her fears to Him every morning before she leaves her room for lectures. This should not take two to three minutes. She agreed.

Ada started waking up ten minutes earlier just to talk to Jesus before school. Nothing dramatic at first. It was less than two minutes of chat with a friend.



Then it increased to five, and then seven minutes. Slowly, she began to notice the peace of God during examination periods when others were under pressure. She found herself wanting to be nicer to her younger brother. Even her friends started asking what was different about her.

She was not trying harder at being a “good Christian.” She was simply spending time with Jesus, and it was changing her from the inside. This change positively affected her response to the gathering of other friends of Jesus. She was not seeing fellowship as an obligation again. It is now a time to chit-chat with groups of friends with the same interests, teens that love Jesus!.

This is what I desire for you: a relationship with Jesus. I am not asking you to become a perfect religious performer, but one who is in a genuine friendship with the One who knows you best and loves you most. A relationship where you can be yourself, flaws, questions, dreams, and all.

As we go through the rest of this book together, we are going to talk about what this relationship looks like in different areas of your life: your school, your phone, your friendships, your aspirations, your dreams, and your future. But it all hangs on this one truth: Jesus wants your heart more than He wants your perfect behaviour.

If you have mostly known Him from a distance, or if your faith has felt more like a duty than a cherished delight, today can be a turning point. You do not need to have everything figured out. You just need to open the door of your heart a little wider and say, “Jesus, I want to know You for real. Be my friend, as I also promise to be Your friend”

Say it right where you are now, and mean it. This is all it takes to be His friend. He is already waiting for you.

Chapter 3

Encountering Jesus for Yourself

There is a big difference between knowing something about Jesus and actually encountering Him personally. I learned this the very hard way, and I will share my story with you.

As a teenager, I practically grew up in the church. There was something to attend to in church for everyday of the week, and compulsory, my family had to attend the services at least six days a week. Sunday was termed 'Worship Service'. Monday was for committing the week into God's hands. Tuesday was Bible Study, Thursday was Prayer Meeting, Friday was night vigil that denied me sleep all night, and Saturday was Choir Rehearsals and Evangelism. The only free evening I had to myself was Wednesday. Missing any of these days was like missing rapture.

Even if I had exams at 8 am the next day, it was not an excuse. In fact, it was the more reason I must go to pray in church and commit my ways into God's hands for examination success. Although my parents were not pastors, but I practically lived in church. That was enough for me to hate church, and truth be told, I did quietly in my heart, despite the fact that I was winning Bible competitions. I was the pride of the church among several teenagers, but I was far from a relationship with a dear Friend.

For a long time, I had a lot of head knowledge about Jesus, the Bible, and all that is related to both. I could possibly

answer any Bible quiz questions at my fingertips, sing all the worship songs ever composed in the languages I speak and some more in languages I will never understand, and even pray in public without feeling nervous. But deep down within me, I knew something was missing in my friendship with Jesus. Reading about him felt like I was reading about someone else's friend, instead of talking to my own.

Then one ordinary evening, everything changed. I was not in a big crusade or at a dramatic teens' camp. I was just in my room, frustrated with life, when I finally got honest with God. I told Him I was tired of pretending and that if He was real, I needed Him to prove it to me. That night, I did not hear an audible voice, but I felt an unusual peace in my heart, and I had a sense of being truly seen by a Friend I could not see with my physical eyes. It was an experience I had never had before, in all my days in church. It was like Jesus stepped out of the pages of the Bible and stepped into my actual life. He has remained there ever since, and my life has never remained the same.

That is what this chapter is about: moving from second-hand faith to a personal encounter with Jesus. Because no matter how good your parents' faith is, how powerfully your pastor preaches, or how strong your teens' group is, at some point you need to meet Him for yourself.

So how does that happen? It often starts with honesty. Jesus does not need your polished prayers or perfect behaviour. He wants the real you. Some of the most powerful encounters I have seen in teenagers' lives came when they stopped performing and just told Jesus the truth. Truths like: "I do not even know if I believe in You anymore." "I am tired of trying to be good." "I feel empty, and I do not know why." Those kinds of raw prayers are not disrespectful. They are the beginning of something real. God is big enough to handle your doubts, your anger, your confusion, and your questions, if you will let Him.

For many teenagers, genuine encounter happens while reading the Bible with an open heart. I do not mean while they are rushing through the chapters of the Bible to tick a box, but while reading slowly and asking, “Jesus, what are You saying to me here?”

There was a time I was reading the story where Jesus meets the woman at the well. She had made so many mistakes in her life, but Jesus was not shocked or disgusted. He offered her the living water. As I read it, I suddenly realised He was offering the same thing to me. I sat there with tears in my eyes because I felt like He was speaking directly to my hidden struggles. That moment was not loud or emotional in a dramatic way, but it was deeply personal.

Sometimes encounters come during worship services in church or fellowship. Not just by singing the congregational songs, but by actually meaning the words of the song. As a struggling teenager, there have been several times when I would be alone with music playing in my room, and I would just stop singing and just sit in God's presence, with no fancy words or prepared prayer points. Just meaningfully uttering the words, “Jesus, I am here. I need You.” In those quiet moments, His presence would feel so close, so tangible, and so real. At other times, it would come like a gentle reminder, a scripture that jumps out of the scripture into my heart, or a sudden peace to calm my nerves at the time of anxiety.

I have also seen Jesus show up in hard situations. One of my favourite stories is about a girl named Chioma in our teens' club. Her dad passed away suddenly during her SS3 year. She was devastated and started pulling away from God. One night, she was troubled about life and could not sleep. She was the first girl and had four other siblings, with an ailing mother. How would she survive this? For want of something to do, she picked up her Bible and opened it. She landed on the verse where Jesus says, “Come to Me, all you who are weary and burdened, and I

will give you rest.” She told me later that in that moment she felt like Jesus was right there in her room, putting an arm around her and saying those words to her directly. She was really pacified. Although it did not remove all of her



pains and burdens immediately, but it gave her the strength to keep going. She encountered the Comforter, not just read about Him, and He made things easy for her in the days and years that followed.

In case you are like me, who grew up in church but do not know the Lord of the church as a personal Friend, or you have never been to church before, this may be your own moment too. You do not have to wait for a perfect moment to encounter Jesus. He meets us in the middle of our real lives, in the noisy hostel, during a boring class, on the football field, or while scrolling on your phone when you suddenly feel convicted. The key is having a heart that is open and willing to receive Him.

Maybe you are thinking, “I have been in church all my life, but I have never really encountered Him like that.” That is okay. Do not feel condemned. Many of us have been in that place. The good news is that Jesus is always ready to meet you where you are. You can pray something as simple as this right now:

“Jesus, I want to know You for myself. If You are real, please reveal Yourself to me. I am tired of this superficial surface-level faith. Help me encounter You in a personal way.”

Do not rush this prayer. Keep showing up where He desires to see you. Keep talking to Him at every available moment. Keep reading His Word with expectations that He will speak with you. Pay attention to the little things: the timely encouragement from a friend, the verse that speaks to your exact situation, the word from your pastor, the strange peace in the middle of stress and struggles. Those are often the ways He shows up.

Keep this in mind: over the years, I have learned that encountering Jesus is not usually a one-time dramatic event (though sometimes it is). More often it is a series of moments that builds up to something significant over time. Each time you respond to Him, the relationship grows deeper. You start recognising His voice more clearly. You begin to trust Him with bigger things. Your faith stops being something you inherited and becomes something that belongs to you.

This personal encounter is what makes everything else in the Christian life sustainable. When hard times come, and they surely will, you will not be relying on your teens' pastor's faith, your parents' prayers, or your counsellor's grace. You will be standing on your own encounters with the living God.

As we journey together in this book, I will be talking about what it looks like to live out this relationship in practical ways. But it all flows from knowing Jesus personally. Not just believing the right things about Him, but meeting Him, experiencing His love, and walking with Him every single day.

He is waiting to encounter you. Not the future version of you that has it all together. The you reading these words right now is the one He wants to meet.

Are you ready to meet Him?

Chapter 4

Learning to Love Jesus Daily

I wish someone had told me earlier that loving Jesus is not something that just happens automatically because you raised your hand in children's church or got baptised in teens' camp. It is something you must learn to do, day after day, in the middle of ordinary life.

Some days it will feel very natural and beautiful. You are very elated and in high spirits. Other days it feels like a serious burden. But irrespective of how you feel, every consistent step you take toward Him makes the relationship sweeter and takes it deeper.

The truth is, displaying real love for Jesus does not usually begin with massive emotional experiences. It grows through the small, repeated choices we make on a daily basis. Just like any meaningful relationship in your life, whether it is with your best friend, your favourite teacher, or even your parents, it deepens when you invest time and attention consistently.

So how do you actually learn to love Jesus daily without it becoming another religious chore? It starts with the understanding that love is both a feeling and a decision. Some mornings, you will wake up and feel close to God. Other mornings, you will feel nothing at all. That also is very normal. The beautiful part is that you can still choose to love Him and turn your heart towards Him, even when your feelings are not right about it. Those are often the moments when your love for Him grows the most, because you are not just riding on emotion. You are

choosing Him on purpose.

One of the simplest but most powerful ways to learn to love Him is to begin your day with Him. I am not saying you have to wake up at 4 a.m. every day and pray for three straight hours. As good as that may sound, it may not be ideal for someone like you who is just starting a relationship with Him. That kind of pressure is not sustainable and has discouraged more teenagers than it has helped.

You can start small. Maybe it is five or ten minutes when you first wake up. Right before you pick up your phone, before you start thinking about school or following up on the dramas from yesterday, just say good morning to Jesus. Thank Him for a new day. Tell Him what is on your mind today and what is on the table to be accomplished. Ask Him to walk with you through whatever is coming your way.

I know a guy called Emeka who used to scroll Instagram the moment he opened his eyes. His mind was always filled with unhealthy comparisons of himself with others, and he was always under undue pressure before he even got out of bed. When he started giving Jesus the first ten minutes instead, he told me it felt like resetting his heart every morning. This soft reset did not really make his problems disappear, but it changed how he faced them. He now faced them with a Friend who is ready to help, and that made all of the difference.

Throughout the day, learn to talk to Him about everything. This is what I call “practising the presence of God.” You do not have to close your eyes to pray or use any special languages. While you are in class and feeling anxious about an upcoming test, you can quietly ask Him, “Jesus, I am scared I am going to fail. Please help me remember what I studied.” When someone annoys you in the hostel and you feel like doing something nasty, you can say, “Lord, I do not like this feeling. Help me respond

as You would.” These short, honest prayers throughout the day can keep your heart connected to Him.

Another important part is spending time in His Word regularly. You do not need to read five chapters every day. Sometimes reading just one story, one chapter, or even one verse and really thinking about it is more powerful. Ask yourself questions like: What does this show me about who Jesus is? How does this apply to my life right now? Is there something He is asking me to do or stop doing?

I remember a time I was struggling with impure thoughts as a teenager. There were always things around me to always cause my mind to wander; the scantily dressed ladies around my campus in Unilag who seemed to be competing for the award going to the lady that can show the most uncovered skin, the flyers, posters and bill boards with images that can generate sinful desires, and the ads of the uncensored porn sites that always pop up when you are innocently browsing for solution to an assignment in a cafe. It was indeed a big struggle.

One day I came across the Bible verse that says to “take every thought captive and make it obedient to Christ.” This was the answer I have been looking for; it was the solution to my problems. Instead of just feeling guilty, I started bringing those thoughts to Jesus immediately. “Lord, this thought just came. I do not want it. Help me think about what is pure.” Over time, that simple daily practice began to change me. It did not change me perfectly overnight, but it genuinely gradually made me a better person who is now in control of what he allows to flow through his mind.

Worship is another way to love Him daily. Put on a song that reminds you of who He is and sing it from your heart while doing chores or on your way somewhere. Teenagers like music generally. They are always seen with an earpiece 24/7, listening to God knows what. But you can

be more intentional in the kind of music you listen to. The lyrics of a song are as important as the rhythms. Ensure that you play only songs that your heavenly Friend is comfortable with. Sometimes I just play soft worship music in my room and sit quietly. There is something about reminding your soul of how good and worthy Jesus is that stirs up your love for Him.

Of course, there will be days when you will miss an opportunity to show love to Jesus. You will forget. You will get distracted. You may even feel too tired or too busy. But do not be too hard on yourself because of this. Do not beat yourself up. That is where many teenagers get discouraged and quit. Remember that Jesus understands your weakness. Just come back to Him the next day. His mercy is new every morning. The goal is not perfect consistency. It is growing faithfulness over time.

One thing that has helped me tremendously is finding little ways to remember Him during normal activities. I have encouraged some teenagers to set their phone wallpaper to a meaningful Bible verse. Others put a small note in their school bag or set reminders on their phone to remind them of times they need to talk to Jesus. These are not magical tricks; they are just gentle nudges to turn your heart back to the One you love.

As you learn to love Jesus daily, you will start noticing something beautiful happening in your life. Your love for Him begins to influence everything else around you. You start caring more about what pleases Him, as against what pleases you. You become more patient with your siblings. You find yourself wanting to be honest even when it is hard to do so. You will begin to feel a growing desire to tell others about Him. This will not just happen because you are trying to become a better Christian, but because you are falling more in love with the Person of Jesus who makes your life better.

This daily love is not always easy, especially in a world

that pulls your attention in a thousand directions. But it is worth it. There is nothing like the joy of waking up knowing that the God of the universe is with you, for you, and deeply interested in your life.

My encouragement to you is this: do not wait until you “feel ready” or more spiritual. Start where you are, with whatever time is available to you and the sincerity you can offer right now. Jesus is not keeping a score of your performance. He is delighted by every small step you take toward Him.

Learning to love Jesus daily is one of the most important habits you can build in your teenage years. It will anchor your life when you get to the stormy season. It will fill you with purpose when things feel empty. And best of all, it will prepare you for a lifetime of walking closely with the One who deserves all of your love.



Part 2:

Living for Jesus



Chapter 5

Giving Jesus Your Whole Heart (Not Just Sundays)

There is something I have noticed about many teenagers. They often live with this invisible demarcation line in their lives. On one side is the “church version” of the teenager. This is the version who sings worship songs, raises hands during prayers, and tries to be on their best behaviour on Sundays or during teens fellowships. On the other side is the “regular version”. This is the version who chats with friends, scrolls endlessly on their phone, handles school pressure, deals with family drama, and makes everyday decisions. The problem is that these two versions of teenagers do not always match. One is always the exact opposite of the other. While one is godly and has a desire to serve God, the other is far away from such descriptions. Over time, this double-standard life starts to wear down the soul.

Jesus does not want just the Sunday version of you. He wants all of you; your heart, your mind, your time, your ambitions, your relationships, your entertainments, your future plans. He wants the whole heart, not just the religious parts, and He wants it every day, Monday to Sunday.

I remember when this truth finally hit me as a teenager. I was fresh out of secondary school, awaiting my WAEC result and doing quite well in the church by many people's definition, but secretly living a double life in some areas of my life. I would pray passionately in meetings but then

go home and watch things online I knew were not honouring God. I would encourage other teenagers to trust God, but I was anxiously controlling my own future without caring at all about what God's plans are. I would even engage in unhealthy communication when in the midst of friends who are not believers.

My heart (or some part of it) was really for Jesus, and that was obvious to all who knew me, but there were still some dark patches on it, which I could not let Him access. One day during my personal devotion, I read the verse where Jesus says the greatest commandment is to “love the Lord your God with all your heart, with all your soul, and with all your mind.” The word “all” kept jumping out at me from the Bible. This was not long after my encounter with Jesus as a close Friend, as shared in the previous chapter. Now, my friend wants all of me. Not some. Not most. Not the convenient parts. He wants all of me. All, without any reservation.

That was a turning point for me. I realised I had been treating Jesus like an important guest in my life instead of giving Him full authority as the rightful owner. I was giving Him the living room on Sundays but keeping the rest of the house for myself.

Giving Jesus your whole heart does not mean you suddenly become perfect or stop being a normal teenager. It means you willingly invite Him into every area of your life and let Him have the final say in all that has to do with you. It is a daily surrender that actually leads to true freedom, and not one that restricts you.

Think about your school life, for example. Giving Jesus your whole heart means studying not just to pass exams and get a good result, but being honest during tests, even when everyone else is cheating. It means treating your teachers and classmates with respect, not because you are trying to impress anyone, but because you belong to Jesus. It changes the way you approach assignments,

group projects, and even how you handle failure.

The same applies to your relationships. When Jesus has your whole heart, you start seeing people differently. You become more careful about who you get close to romantically. You value purity not because it is a rule to be kept, but because your heart belongs to Him first. You learn to forgive your parents when they disappoint you, because you have experienced His forgiveness. You become a better friend by being more loyal, more honest, more transparent, and less selfish.

Even your downtime and entertainment will be affected too. I used to think what I watched or listened to was my private business. But when I gave Jesus my whole heart, I started asking honest questions: Does this draw me closer to Him or pull me away? Does this honour the person I claim to love? It was not always easy to make changes, but I have never regretted the times I chose Him over what felt good in the moment.

Now, I need to be real with you. Giving Jesus your whole heart is costly. It will mean saying no to some things your friends are doing. Some of these are things you really loved to do. It might make you look “too serious” or “too different” to your friends, and they may begin to complain about you. There will even be moments when you feel like you are missing out on the enjoyment, and your friends will pity your situation. But here is what I have discovered after years of walking this road: nothing you give up for Jesus is ever a real loss. He always replaces it with something better. You will eventually gain more than you have lost. He gives you deeper peace, stronger character, more meaningful relationships, a bright future, and the quiet joy of knowing you are living for what truly matters.

I have seen this play out in the lives of many teenagers. There was a girl named Ifeoma who was very popular on her street and on her campus. Everyone knew her. She was

the happening girl on campus. But with all this, she continually felt empty inside. When she finally decided to give Jesus every part of her life, including her social status, many of her friends pulled away from her. She really did not miss them. Good riddance to rubbish. They were more of a distraction to her when they were in her life. After their exit, she gained something much better: confidence that did not depend on social media likes or teachers' approval. Her life started influencing others in a positive way instead of just blending in.

The beautiful thing is that Jesus never demands this surrender without giving us the grace to do it. He knows how weak and distracted we can be. That is why He sent His Spirit to live inside us, to help us love Him more than we love ourselves. The more you experience His love, the more natural it becomes to want to give Him everything.

So how do you begin giving Him your whole heart if you have been living with divided loyalties?

Start by being honest with Him today. Tell Him the areas you have been holding back. Ask Him to help you trust Him with them. Then take one practical step. Maybe delete that playlist that stirs up the wrong things. Maybe apologise to someone you have wronged. Maybe commit to spending time with Him before opening social media. Small steps of obedience, taken consistently, lead to a heart that is fully His.

Giving Jesus your whole heart is not about becoming a boring, religious person. It is about becoming the fullest, most alive version of yourself. It is about living with one Master instead of trying to serve two. And when you do, you will discover that He is worthy of every single part of you — not just on Sundays, but every single day.

Chapter 6

Navigating School and Studies God's Way

Schoolwork can feel like the major event in a teenager's life sometimes, as it takes over almost the whole of his or her day. While others go to work, he or she spends his time in school. The early mornings trip to school, the long boring classes, the pressure of multiple assignments with clashing deadlines, the fear of examination failure, the competition with classmates, the battle between balancing study period with other things competing for your time, or the teachers who always seem impossible to please, all these adds up to make school work one of the most significant moment of a teenager's life.

For many teenagers today, just as it was in my time, school has become a very huge mountain that shapes views, moods, relationships, self-worth, and even future dreams. But what if I told you that Jesus wants to walk through every part of your school journey with you? Not just so you can pass your exams, but so that your studies become part of how you love and honour Him.

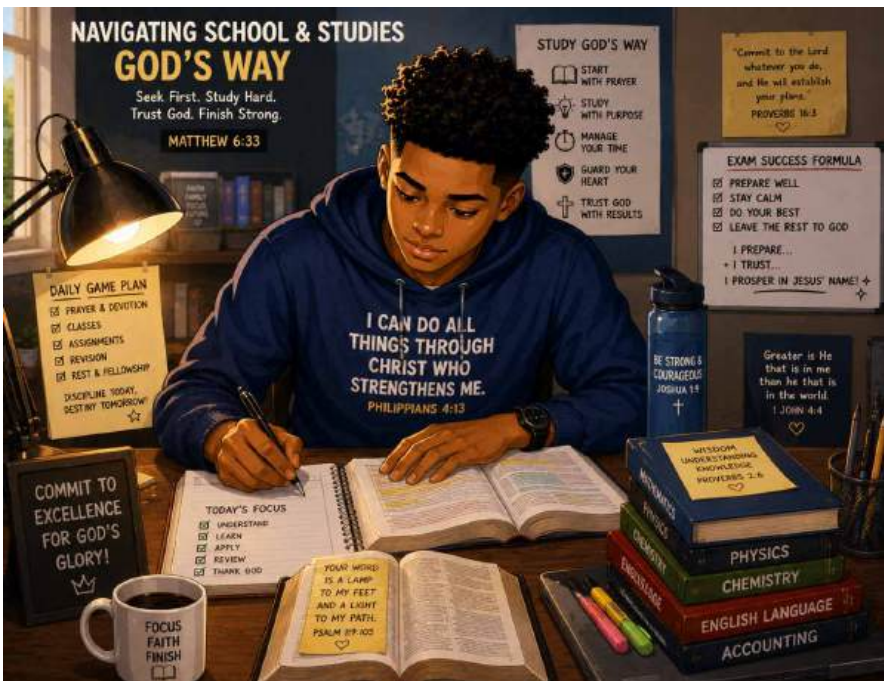
I remember my own secondary school days vividly. I was the kind of student who put a lot of pressure on myself. Getting good grades felt like the only way I could prove to my parents that I was appreciative of their financial investments in my academics and would not let their effort go down the drain. What other options do I have anyways, than to pass my exams very well?

So, whenever I did well in my academics, I felt very proud

Sam. O. Salau

of myself, and I had this sense of security. It gave me the impression that I was a good child. Whenever I struggled, I felt worthless and good for nothing. It took me a long while to realise that I had unconsciously made school my god instead of going to school for the manifestation of God's glory and the fulfilment of His will in my life. That shift changed everything for me, and I believe it can change things for you too.

Let me explain this to you, my dear. First, you need to understand that your education is not separate from your faith. It is actually part of God's plan for your life. The Bible tells us to do everything as unto the Lord. That includes attending classes, studying your books, submitting your assignments as and when due, contributing your own quota to every group work, partaking in practical sessions and workshops designed to make you better, or even attending those stressful early morning assemblies.



Your brain, your ability to learn, and the opportunities you have to study are all gifts from God. If you can honour Him with it by doing what you need to do when you need to do it and not getting yourself distracted by the huge noise in your generation, He will, in turn, help you become excellent in your academics. When you approach school with this mindset, it stops being just about getting certificates and starts becoming an act of worship.

This means every one of your study sessions will be done with excellence in mind. You will not just study for studying's sake, but because you want to glorify God with your mind through your study. Do not get me wrong; excellence does not necessarily mean you have to be the best in every subject you offer, although it will be very good if you can, as it will glorify God, make your parents proud of you, make your teachers happy, and motivate you to do more.

Excellence, at this stage of your life, is really about giving your best effort, being honest, and refusing to cut corners even when no one is watching. You are not in competition with anybody but yourself. As long as you can become better in your academics today than you were yesterday, scoring better marks each new day, you are already excelling. I have seen students who pray before exams but still cheat during the same exams. That contradiction never sits well with the Holy Spirit. True excellence includes integrity. It means you can sleep at night knowing you did things the right way, even if your score was not perfect.

School also gives you an opportunity for an incredible mission field. Think about it; you spend more time with your classmates and teachers than almost anyone else. Giving Jesus your studies means seeing your school as a place where you can shine His light. It could be as simple as encouraging a struggling classmate, refusing to join in gossip during break time, or standing up for someone being bullied. It can also be done by living an exemplary

life that will influence others to seek the Jesus you really love. Some of the strongest testimonies I have heard came from teenagers who quietly lived differently in school. Their lives preached louder than any sermon.

Of course, this does not mean school will suddenly become easy for you. Some subjects will still be hard. Some teachers will still frustrate you. You will still have days when you feel overwhelmed and want to give up. In those moments, remember that Jesus understands this type of pressure. He was a teenager at some point too, growing up in His earthly father's carpentry workshop with so much to learn, many demands to meet, and several customers to attend to. He knows what it feels like when expectations feel too heavy. You can bring those heavy feelings to Him in the place of prayer. Pray about specific subjects and their teachers. Ask for wisdom when you do not understand a topic. I have seen many students experience breakthroughs after honestly asking God for help with their studies. I am one good example!

One practical thing that helped me a lot was learning to balance diligence, entertainment and rest. Some teenagers become workaholics because of academic pressure, and they burn out. Others become lazy and procrastinate, using valuable time to either sleep or entertain themselves with games, social media, or playing around; then they begin to panic at the last minute before exams when they see the volume of what still needs to be covered to pass.

This is not God's style of operations. His ways are different. He calls us to trust Him for excellent results, but while trusting Him, we also need to work hard to get the desired results we are trusting Him for. When I discovered this, I started committing my study time to Him and setting realistic goals for each study session. I would study with focus for a set time, then take breaks. Before exams, I would pray and release the outcome into His hands. You will not believe what happened after that: my

academic anxiety reduced significantly, my study sessions became more enriching, and my results at the end of every exam drastically improved, so much so that my parents, teachers and peers took notice of it and commended me well. All thanks to God.

Beyond your academic results, your attitude in school also matters deeply to God. How you respond when a teacher is unfair. How you handle success without becoming proud. How you treat those who are not as academically strong as you are. These are all opportunities to show that Jesus is the Lord over your life. A humble, hardworking, kind student stands out in any school environment, and people eventually notice that there is something different about them.

I want to speak especially to those who are struggling academically. Maybe you are not a straight-A student. Maybe you have learning challenges, or you just find certain subjects difficult. Please hear this: your worth is not in your grades. Jesus loves you just as deeply whether you are at the top of the class or barely passing. Some of the greatest men and women of God were not academic geniuses. What matters most is that you are faithful with what God has given you. Keep working hard. Ask for help when you need it. And trust that God can use even your weaknesses for His glory.

To those who find school easy, be careful. Success can become an idol too. Do not let good grades make you look down on others or become arrogant. Use your intelligence to help those who are struggling, but be careful not to extend such help into the examination hall. Let your success point people to God, not to yourself.

At the end of the day, navigating school God's way is about perspective. Your certificates are important, but they are not your god. Your future is safe in God's hands. Whether you end up becoming a doctor, a lawyer, an accountant, an engineer, a teacher, an entrepreneur, or

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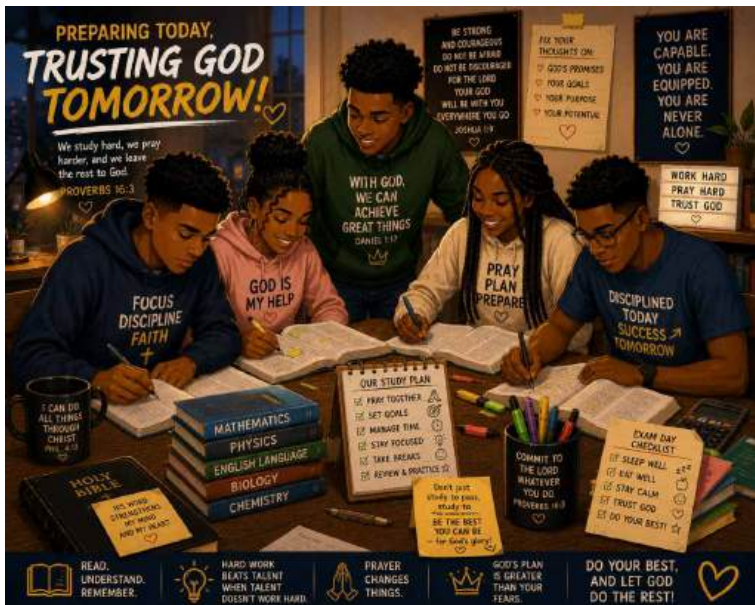
something completely different, what God cares about most is your heart and your character.

So as you wake up each day and go to class, remember this: you are not just going there to study. You are going there as a representative of Jesus. Study your books very well. Love others as much as you can. Shine brightly for Jesus, and do trust Him with every result.

Your teenage years in school are not just preparation for the future; they are part of your worship right now.

If you have issues with your academic grades and wish to become better, let me introduce some of my books to you which can help you. It has helped several other people who are in your shoes.

1. Secrets of Successful Students
2. Academics & Your Spiritual Life
3. Boost Your G.P.
4. Handling Academic Failure



Chapter 7

Dealing with Peer Pressure and Standing Strong

Peer pressure is one of those things that almost every teenager faces, yet we rarely want to honestly talk about it. We prefer to pretend it does not have any effect on us or our lifestyle; meanwhile, it is the major determinant of our actions.

If you ask me for a simple definition, for the purpose of this book, I will define peer pressure as that quiet (or sometimes loud) force that makes you feel like you have to do something, say something, or go along with something just because “everyone else around you is doing it.”

Peer pressure can be as small as laughing at a joke that does not feel right because your friends are laughing, just because all your friends are laughing at it, or as big as trying drugs and alcohol, watching explicit stuff, or joining other classmates to bully someone else. This pressure does not always come from bad friends alone. Sometimes your very good friends are the ones pushing you in the wrong direction without even realising it, and you are also under pressure to follow sheepishly without noticing it, until you have gone too far.

I still remember a moment from my own teenage years that makes me smile and cringe at the same time. I was with a group of guys I really liked, and they started making fun of a quiet boy in our class. Part of me knew it was wrong, but I laughed along because I did not want to be seen as “too holy” or boring. Later that night, I felt sick

in my stomach. Not because someone scolded me, but because I knew I had disappointed Jesus.

On another occasion, I joined my roommates to sneak out of the boarding house I attended then, Remo Secondary School, just to go and buy food outside the school hostel, an action that was against the rules of the school that boasts of being the first mixed school of males and females in Nigeria. You will be shocked to know that it was not as though I did not have food to eat at school. The school served us three square meals per day, and I still had enough provisions of my own, if I needed more. There were even other food vendors in school that I could have patronised. But I was just caught up in the actions my friends were engaged in and could not summon enough courage to pull myself out of their grip, even though I knew they were wrong. I did not want to be the odd one out among them all. So, I stupidly stayed.

Believe me sincerely, I did not enjoy the food a bit. My mind was more focused on how I would be suspended if I was caught by the school authorities, how my parents would feel about me, and how Jesus was feeling about me at that moment. It was not a very nice experience. That experience taught me something important: giving in to peer pressure does not just affect your reputation; it also affects the state of your heart.

The reason peer pressure is so strong during the teenage years is because all teenagers desperately want to belong. When God created us as humans, He wired us for relationships, but the enemy often twists that desire and uses it against us. The devil makes us fall into the wrong hands, and they influence us to do the wrong things. Before you know it, we get so integrated, so much so that being accepted by the cool group feels more important than being approved by God.

Here is what I have learned over time, both in my own personal life and the lives of several other teenagers I have

mentored: the pressure to bow to negative peer influence loses its power when you know who you are in Christ and are deeply rooted in Him, abiding by His teachings. You will become empowered to stand strong for Christ, even if it means you have to stand alone.

Do not get it wrong. Standing strong for Christ does not mean you become unfriendly or isolate yourself from everyone. When He was on earth in physical form, Jesus was known for spending time with all kinds of people, including those society looked down on. But He never changed who He was to please them. That is the balance we need: being in the world but not of the world.

One of the most practical things that will help you to stay with people and not be influenced by them negatively is knowing and appreciating your new identity in Christ. When you really understand that you are now a child of God, chosen, loved, and called by name, the approval of classmates and neighbours starts to matter less. You stop asking, “What will my friends think of me?” and start asking, “What does Jesus think of this?” This shift does not happen overnight. It grows as you spend time with God and fill your mind with what He says about you.



I have watched many teenagers make this transition over the years. There was a girl named Tosin who was invited to a house party where she knew things would get wild. Her friends kept saying, “Just come; everyone is going. Do not be boring.” The high point of the party would include a game called 'Truth or Dare.’ She felt the pressure so strongly that she almost gave in. She did not want to miss out. But that same week, she had been reading about Daniel in the Bible, how he refused to eat the king's food even though it could have cost him everything. Tosin told me she prayed, “Lord, help me be like Daniel.” She ended up staying home that night. It was not easy, and some friends distanced themselves for a while, but she gained something far better: peace with God and self-respect.

Standing strong also means choosing your close friends wisely. You can be kind to everyone, but you do not have to make everyone around you look important enough to be part of your inner circle. The people you spend the most time with will shape you, whether you realise it or not. Proverbs says bad company corrupts good character. I have seen this play out too many times. Choose friends who pull you closer to Jesus, not away from Him. Look for people who encourage you to pray, who challenge you to grow, and who make purity and integrity look attractive.

When the pressure comes, and it definitely will, have a plan. Decide in advance what you will do in certain situations. It is much harder to make a good decision in the heat of the moment. For example, if friends start pressuring you to watch inappropriate videos, you can have a simple response ready like, “Nope, I am okay. That kind of stuff does not help me.” Or if they invite you somewhere you know is not right, you can say, “I have my plans laid out already. I will not be available”, without feeling the need to explain everything. You do not owe your friends any explanation for choosing to do what is

right.

Get set for it; there will be times when standing strong feels lonely. You might miss out on certain experiences. Some people may call you names or leave you out of their friendships. But I want you to always remember this: the loneliness is temporary, but the consequences of compromise can last much longer. Years later, many people deeply regret the things they did just to fit in. You will hardly meet anyone who genuinely regrets choosing to honour God at the end of the day.

The good news is that you are not alone in this battle. The Holy Spirit lives inside of you and will give you courage when you ask. Jesus understands what it feels like to be misunderstood and rejected by people. He faced one of the most serious peer pressure situations of his days. Everyone around Him wanted Him to change and become like they were: the religious leaders, the political leaders of His day and the crowd. Even His own disciples wanted Him to be someone different. But He stayed true to His Father's will. He can help you do the same.

You are called to stand out and not to flow along. Although it is easier to blend in than to stand out, every time you choose to stand strong, something powerful happens inside you. Your character grows. Your faith becomes stronger. You become the kind of person others can respect, even if they do not say it out loud. And most importantly, you bring joy to the heart of Jesus.

So, the next time you feel that familiar pressure rising within you, whether it is about lying, gossiping, premarital sex, cheating, or anything else, pause and remember who you belong to. Take a deep breath. Pray a quick prayer. And choose the better way. You were made for more than just blending along with the crowd; stand out for Jesus!

You were made to stand strong.

Chapter 8

Purity, Dating, and Godly Relationships

This is probably one of the most talked-about but least understood topics among teenagers. Purity; Dating; Relationships; on these three topics, everyone has an opinion, and the worldly promoters are shouting their own version loudly through music, movies, social media, and even through some of your friends. But God has something better; something that actually leads to joy and not regrets.

Let me share some vital truths from my heart with you, as someone who has walked through these waters and watched many teenagers do the same safely.

Firstly, let me make this clear to you: God is not against romance or attraction. He created us with emotions and the desire for connection with one another. The longing you feel when you like someone is not sinful in itself. What matters is what you do with those feelings and how you guard your hearts in the process.

Purity is much bigger than just “do not have sex before marriage.” It is about wholeness. It is about keeping your heart, mind, eyes, and body for the person God has for you in His timing. In a world that treats sex like casual entertainment, this idea sounds old-fashioned to many people. But I have sat with too many teenagers (and adults alike) who wish they had waited for the right time before engaging in premarital stuff. The pain of giving away pieces of yourself too early will run deeply into your life, further into your future, and weaken your destiny.

God's standard is not meant to spoil your fun time. It is meant to protect your heart. I remember counselling a girl named Ngozi who started dating seriously in SS2. At first, everything felt exciting. She enjoyed the free food, fun, and unholy engagements with the guys around her. Slowly, the relationship began to pull her away from God. They started compromising physically, little by little. By the time the relationship ended, she felt used, dumped, empty, and far from God. She told me through tears, "I wish someone had told me how much this would cost me." I have heard similar stories from guys too. The world promises freedom, but it often delivers regret.

So, how can we pursue godly relationships in a culture that is going the opposite direction?



It starts with your own heart. Before you think about dating anyone, make sure your first love is Jesus. When He is truly on the throne of your heart, you will not look for another person to complete you or make you feel valuable. When the time is right to do so, you will enter a relationship as someone who is already loved deeply by God. That changes everything.

When it comes to actual dating, I usually encourage teenagers to be very careful and prayerful. Many experienced adults believe, and I agree with them, that it is better to focus on friendship and group settings during your teenage years rather than exclusive dating. Even if you are crushing on someone, this gives you time to know the person's character from afar without the pressure and emotions that come with one-on-one dating. You get to see how they treat their friends, their family, and their responsibilities, without them knowing that you are crushing on them. You will be too shocked at the revelation you will get.

If you do feel like God is leading you toward a relationship with someone, and you think you are old enough to make that move, here are some important things to keep in mind. First, the person should love Jesus more than they love you. Their character should reflect the fruit of the Spirit: love, joy, peace, patience, kindness, and self-control. Physical attraction is fine, but it should never be the main thing. Look for someone who challenges you to grow closer to God, not someone who pulls you away.

Secondly, before you speak to the person, talk to a trusted elderly believer who can guide you. Make such a person your accountability partner. This person can be your pastor, counsellor, parents, mentor or a senior couple in church. Tell him or her what is going on in your heart. He will help you cross-check your convictions and channel your priorities correctly. Pride may want to deceive you into believing that you can handle it, but wisdom asks for

help.

If you have satisfied the first two requirements above, then thirdly, set respectable boundaries. Boundaries are your friends, not your enemies. Decide early what is going to be acceptable and what is not, if you happen to start a relationship. Talk about it openly (even if it feels awkward). Things like holding hands, hugging, kissing, petting, necking, being alone in certain places, etc are areas where many teenagers have slipped into errors unconsciously.

For those of you who are not in any relationship right now, and I believe most of the people reading this will fall into this category, including you, because you are too young to be thinking about marriage now, use this season well. Do not waste your teenage years chasing after every crush. Invest your resources into becoming the kind of person who would attract a godly partner. Grow in character. Serve in church. Study hard. Develop your gifts. The person God has reserved for you will be attracted to the real you, at the right time, in the right way, if you continually stay in God's lane.

One of the most powerful things you can do at this time is to begin to pray for your future spouse, even if you do not know who they are yet. Pray that God is preparing them just as He is preparing you. This shifts your focus from desperation to trust. It also helps you wait with hope instead of frustration.

Should you have already made mistakes in this area, I want you to hear this clearly: there is no sin too big for God's grace to cover up. He forgives completely. He restores wholly. He can make you new again. I have seen many young people who felt dirty and unworthy experience beautiful healing when they brought their past to Jesus. Do not let shame keep you from purity. His blood covers everything.

Sam. O. Salau

Purity is not just about saying no to the wrong things. It is about saying yes to something better, a love story that honours God and brings lasting joy. Whether you end up getting married or serving God single, your sexuality and emotions are gifts meant to be rightly used to His glory.

My prayer for you is that you will have the courage to swim against the current. That you will trust God's timing. That you will experience the freedom that comes from keeping your heart pure before Him. The world will tell you to follow your heart. God says guard it. In the end, His way always proves to be the most beautiful.

You are worth waiting for. And the person God has for you is worth waiting for too.

Some of my previously authored books can help you learn more about the issues discussed in this chapter:

1. Beauty of Virginity
2. Dating On Campus
3. HELP! Am I Really Falling In Love
4. Finally, I Am In Love



Chapter 9

Honouring God In Your Family

Surprisingly, of all the places where a teenager's faith gets tested, the home is often the hardest of them. It is very easy for a teenager to look spiritual in the church or in fellowships when everyone is watching. But at home? That is where the real you comes out.

The real you who hides itself in church will easily pop up when your parents begin to get on your nerves uncontrollably (and they will always do anyway, so get set for it), or when your siblings become very unreasonable and difficult to handle (another episode you can not avoid). It appears in those quiet moments when no one in church or fellowship is around to see how you speak or act. This is where honouring God becomes very real and very practical, at the home front, where there is little or no pretence.

I have learned over the years that family is one of God's greatest training grounds for character. A wise man once said, "God places you in a family so that you can learn early how to accommodate the excesses of an enemy." The way you treat the people closest to you says a lot about the state of your heart. Jesus made this clear when He said that the greatest commandments are to love God wholeheartedly, and to love your neighbour as yourself. And guess who your closest neighbours are? The people who live under the same roof with you; your family members.

Honouring God in your family starts with honouring your



parents. The Bible is very direct on this. It advises every teenager to honour their father and mother, not just when your parents are being nice or when you agree with them, but every single time, as long as they are not asking you to do anything ungodly or illegal. Honour means showing respect in your

words, your attitude, and your actions. It means obeying your parents, as long as what they ask does not go against God's Word. It means speaking to them with respect even when you are angry or frustrated.

To tell you the truth, from personal experience, I know this is not always going to be easy. Some teenagers have amazing parents, and that makes it very easy to honour and respect them. Others have parents who are difficult, absent, abusive, or simply do not understand their teens. Yours may be either of the two.

I have had to counsel several teenagers whose parents do not know the Lord, are drug addicts, adulterous, or who are constantly fighting. If any of these describes your own peculiar situation, I want you to know that God sees you right where you are. He knows what you are going through. He knows how hard it is for you to honour them, but He will still give you grace to honour them in ways that are possible.

One teenage boy I mentored whose name is Christopher had a father who was very harsh, unloving, and very

critical. His father criticises every one of his actions and never showed him love. Christopher used to feel more like a slave in his father's house. His mother could not help him because she had her own issues to deal with too, with the same man who is her husband. She did not fare better than Christopher did in the same house.

For a long time, my Christopher responded with rebellion and back-talking. He shouted his father down and walked out on him. I made him realise his errors and opened his eyes to what Jesus expects of him. As he grew closer to Jesus, he began to pray for his dad every day. He started doing small things he naturally was not used to, like, helping him around the house without being asked (even though he was not appreciated for it, not even a 'thank you'), speaking more politely and respectfully to his father, and choosing not to argue over every little thing that was complained about. Slowly, the atmosphere in their home began to change. His father did not become perfect, but their relationship improved. More importantly, Christopher's own heart found peace.

If you have younger siblings living at home with you, honouring God also means being a good example to them. Your siblings are learning from you every day of their lives. They are watching every one of your moves more closely than you will ever realise, and they are forming their own habits from your own actions. The way you speak to your parents, how you handle chores, whether you tell the truth or not, how you use



your phone when no one is monitoring you, all of these things will eventually shape who they will grow into as they mature. They will ultimately become a deeper version of you, either good or bad. You have an opportunity to be the kind of big brother or sister that points them toward Jesus through your lifestyle, and not do otherwise.

Family life also includes how you handle conflicts. Every family will always have issues to argue about from time to time. But as someone who loves Jesus in your teenage years, you have been given the power by God to respond differently to these conflicts when they arise. Instead of screaming, gossiping to your friends about your parents, or giving your siblings or parents the silent treatment for days at home, you can choose forgiveness, honesty, and humility. It will be hard to do. Really very hard on some few occasions. But bringing your hurts to Jesus first, before reacting to the people who are hurting you, will often help you respond with grace in your heart towards the offenders.

One significant area many teenagers struggle with is submission and obedience. Teenagers want freedom. I did too, when I was your age. I wanted to be treated like an adult, not a child. I had grown, and I expected everyone to see it without having to be told, and accord me some level of respect and autonomy. This, my parents, did not want to see. Their insensitivity to my plight made me struggle with submission and obedience to their authority. I was becoming an authority myself.

I never knew that part of growing up God's way is learning to submit to authority. This is also something you need to learn very early in life so that you will not make the same mistakes that I made as a teenager. Your parents are God's authority in your life right now. Even when you disagree with their decisions, you can still honour them by the way you respond to them. I have seen many young people who rebelled against their parents and later regretted how

much damage it caused in their relationship.

If your family is not Christian, or if only one parent knows the Lord, you have a special opportunity to be the light in your home. Live in such a way that your family sees Jesus in you. Be helpful. Be kind. Be patient. Pray for them consistently. Sometimes your quiet obedience and love will speak louder than any sermon you could preach.

I also want to speak to those who are from families that have issues, teens with divorced parents, those in abusive situations, or those in homes filled with constant fighting. God sees your pain. He is close to the broken-hearted. You can still honour God in your family by choosing not to continue the cycle of hurt you are presently experiencing. Promise yourself and make a determination to ensure your own children enjoy a better life than you did as a teen. Refuse to speak evil of your parents, even when they hurt you. Ask God to heal your heart so that you do not carry bitterness into your future.

Honouring God in your family is not about pretending everything is perfect. It is about being faithful where He has placed you right now. It is about allowing Jesus to transform the way you relate to the people closest to you.

The beautiful thing is that when you start honouring God at home, it affects every other area of your life. You become more humble. More patient. More trustworthy. These qualities will follow you into friendships, future relationships, and even your career.

So start small today. Help with chores without being asked. Speak kindly even when you are tired. Forgive quickly. Pray for your family members by name. Let your home become a place where Jesus is honoured not just in words, but in everyday actions.

Your family may never be perfect, but it can become a testimony of God's grace through your life.

Chapter 10

Managing Your Time, Phone, and Entertainment

In this chapter, I will take some time to discuss with you about the way you manage your time, your phone, and the entertainment you engage in. Do you know that, out of all the areas we have talked about so far, this chapter might feel as if it is the most ordinary, simply because we unconsciously encounter these things every day of our lives.

As ordinary as it looks, it is also one of the most important chapters of this book, especially at this your age. How you spend your time, what you do with your phone, and the kind of entertainment you allow into your life; these three factors, put together, can quietly shape the teenager you are becoming, and the teenager you are becoming will influence the type of adult you will eventually mature into. So, these are not just small habits; they are forming your character, your focus, your desires, and even your relationship with God, whether you realise it or not.

Growing up, I had thought I had all the time in the world to do whatever I wanted to do. I would tell myself I would read my Bible later, or pray when I was less busy, or cut down on screen time starting from tomorrow. Believe you me, these were just empty promises to make me feel happy with myself at the moment they were made. They were never kept. They were not meant to be kept. I always promised myself to do better tomorrow. But my '*tomorrows*' kept turning into the following weeks, and the following weeks into the following months, and months ran into years.

Before I knew it, days had slipped by with very little eternal value in them. It was not that I was doing terrible things all the time. I was just wasting time. Scrolling. Swiping. Punching. Watching random skits, statuses and videos while putting off very important things in my life. I became the Chief of Procrastinators (COP).

That season taught me something in life that I have never forgotten till now: time is one of the few things we can never get back when misused. There were several vital things I would have done with my time at those periods of my life which would have added to my achievements in life and made me a more responsible adult, things like learning a skill, developing a talent, reading self-help books, creating products, etc, but I was blindfolded to them, deceived into believing I had enough time at my disposal. Now, I know better, and do not want you to learn the hard way, just as I did

The Bible actually talks about this. It tells us to be wise in how we live, to ensure that we make the most of every opportunity, and to number our days. God does not want us to live stressed and rigid lives without taking out moments to catch some nice fun with our friends on social media, but He also does not want us drifting through our teenage years wasting destinies away while chatting on diverse apps without purpose. Your time is a gift from Him. Managing it well is one way of saying 'thank you' to Him for giving you the opportunity to have it.

For many of us, our phones are the biggest thief of our time. It is always there, both day and night, always calling for our attention, with notifications, likes, comments, and endless content. I have had some honest conversations with so many teenagers who admit they cannot even sit through a church service or a family meal without checking their phones. It is the same reason why the use of phones is banned in classrooms during lecture hours, and some pastors have also taken a cue from this in church.

Some people wake up early in the morning, and the very first thing they reach out for is their screen. By the time they get to school, their minds are already filled with comparison, drama, or unnecessary information.

The phone in itself is not evil. It can be an amazing tool necessary for studying, staying connected with good friends, listening to worship songs, reading devotional materials, studying the Bible, or learning new things. But it becomes dangerous when it controls you instead of you controlling it. I have seen it steal purity, rob peace, destroy focus in school, and create distance between people who are physically together. If you really desire to give Jesus your whole life, this is one area you cannot ignore or hide from Him.

One thing that helped my life from deteriorating further was getting honest about my phone habits. There were apps I would never download. There were sites I would never visit. I needed those controls to keep myself sane and rightly focused. I would spend time accessing the pros and cons of the presence of an app on my phone before downloading it. If it had nothing good to contribute to my destiny, to hell with it.

I started setting limits on certain apps which were necessary that I have, but were distracting me. I began leaving my phone in another room when I was spending time with God or doing schoolwork. Some days I would do a short “fast” from social media just to reset my mind. This was like a timed withdrawal, say a day, two days, or at times three days. It felt uncomfortable at first, but over time it brought so much freedom to my life and gave me time to do more important things than pressing phones. I started enjoying real life more, had meaningful conversations with family, was able to think deeply, and started hearing God more clearly. These were some of the advantages of learning to manage my time.

In this age, entertainment is closely tied to phone usage.

Beyond mere entertainment, what we watch, listen to, and scroll through does not just entertain us; it unconsciously gets us addicted to it and then shapes us. I used to tell myself, “It is just a movie” or “It is just music.” But I began noticing patterns. After consuming certain content, I would feel more anxious, more discontent with my own life, or more tempted in certain areas by just watching a movie. When I became more careful about what I allowed in through my phone, my peace returned, and my thoughts became cleaner.

This does not mean you can never watch anything fun or listen to popular music. God wants you to enjoy life. But there is wisdom in asking questions, like: Does this honour God? Does it stir up wrong desires in me? Is this building me up or slowly pulling me down? Would I be comfortable if Jesus was watching it with me?

These honest questions have guided me through many decisions, and I am sure they will be useful to you too as you grow up in the fear of the Lord.



I know a girl named Ada who was really struggling with low self-esteem. She spent hours every day looking at perfectly edited lives on Instagram and TikTok. One day she realised how much it was hurting her. She deleted the apps for a season and started replacing that time with things that fed her soul, like worship music, good books, time in God's Word, and real conversations with friends. Slowly, her confidence came back. She started seeing herself the way God sees her instead of through the world's broken mirror.

The same principle applies to gaming, Netflix movies, YouTube videos, Facebook pranks, Instagram reels, TikTok challenges, Twitter (X) threads, Snapchat stories, Spotify playlists, WhatsApp forwards, Pinterest boards, or just staying up late watching series. There is nothing wrong with rest and enjoyment, but when it starts controlling or negatively affecting your sleep, your studies, your spiritual life, or your temper, it has crossed a line.

Learning to manage these areas of your life is part of growing in self-control, which is one of the fruits of the Holy Spirit. It is not about becoming legalistic or miserable. It is about being free; free from addiction, free from distraction, free to live the abundant life Jesus promised.

Start small and be kind to yourself. Pick one thing this week. Maybe it is putting your phone away during meals with family. Or deciding on a reasonable bedtime. Or choosing better content. Bring it to God in prayer and ask for His help. He is not waiting to condemn you. He wants to help you live a life that is full and purposeful.

Your time, your attention, and your mind are precious. When you manage them well for God's glory, you will look back one day and be grateful you did. Your teenage years are too valuable to be controlled by a screen.

Chapter 11

Overcoming Digital Addictions

A lot has been said about phones, time management and entertainment in the last chapter. These three contribute the highest percentage of digital distractions in the life of any teenager. The truth is, all teenagers can overcome these digital addictions by combining boundaries, replacement habits, and support.

If you have discovered any iota of the symptoms of digital distraction or digital addiction in your life, the most effective approach is not just reducing your screen time alone, but rebuilding your daily routines so that your phone no longer controls your attention and mood. Once you can get yourself to do this, you have started the journey of breaking your addictions to digital screens.

Signs To Watch Out For

Common symptoms of digital addictions include compulsive checking of phones from time to time, difficulty disconnecting from chats, desperately missing offline activities when there is no internet, mood changes when the device is removed or seized, and serious arguments when confronted by a superior about excessive use.

Any time you see any of these signs, they are a warning that the issue has degenerated into a serious self-control problem and a grave concern for your well-being.

There are some very practical rules and control guards

that teenagers can use to manage both their phone usage and their time well. These simple rules work best when they are consistently followed by teenagers.

Phone Use Rules

1. Start with honest awareness of the level of devastation your device has caused you. Track when, why, and how long you use your device, especially during boredom, stress, loneliness, or procrastination. This can take a few days.
2. Turn off nonessential notifications so the phone stops pulling attention every few minutes. Normally, notifications can be distracting. If you now have too many of them, you have too many distractions during the day. Keep only the very essential notifications.
3. Create device-free zones and times, such as mealtimes, study periods, the bedroom, family conversations and family worship. Set a fixed “phone-off” time for homework, meals, prayer, and sleep.
4. Set one clear rule, such as no phone in bed. Keep your phone out of your bedroom at night. Charge the phone in a common area, not beside the bed. This serves as a protective measure against electric shock. You may charge it in the living room or somewhere else, far from where you can easily access it at night or early in the morning, so that you can rest your brain and enjoy a good night's rest. This will help you improve sleep and structure the following day better.
5. Do not use the phone during classes. This can seriously affect your academic performance in class negatively. It can also present you as a wayward student to the lecturers.
6. No phone use while walking across roads. You sure do not want to spend your teenage years in an orthopaedic hospital.
7. Do all your homework before entertainment. The rule that governs the world is “work before pleasure” and not otherwise. If you get used to this early in life, it will save you a lot of headaches and heartaches.

8. No phone use while doing serious tasks. It helps you get focused, and you are able to complete the task in record time, whether at home, church, or school.
9. Replace one bad habit with one good habit. Substitute screen time with offline activities that give joy and movement, like sports, reading, exercise, music, walking, chores, or meeting friends face-to-face.
10. Maximum screen time must be set daily. Use app timers or screen-time limits for social media, games, and videos. This will help you to control your insatiable urge to keep reading chats or watching statuses and skits.
11. Do not answer unknown numbers or click suspicious links. It can get you into more trouble than you ever thought.
12. Ask permission from parents or guardians before downloading new apps or games.
13. Review weekly screen-time reports and reduce wasteful use.
14. Build an accountability partnership with your parents, mentors, teachers, or youth leaders who can check your progress and encourage your consistency.
15. Begin to learn to manage emotions offline. Many teens use screens to escape stress, anxiety, or boredom. They express their emotions online with emojis. Begin to relate more with humans than with digital images so as to build better interpersonal relationships.
16. Seek professional help if phone use is harming schoolwork, relationships, sleep, mood, or self-control.



Time Management Guards

1. Plan tomorrow before sleeping. Know precisely all the things you need to cover in the next 24 hours.
2. Do the hardest task first thing when you wake up, as your energy is highest at this point. Start the day with a written plan of 3 to 5 important tasks. These are your priority tasks for the day. Unplanned time makes digital cravings worse.
3. Break big assignments into smaller steps, so it is easier to carry out without being discouraged.
4. Use a timer: 25 minutes of work, then 5 minutes of rest, or 40 minutes of work, 10 minutes of rest. Your 'rest time' can be used on your phone.
5. Put self-imposed deadlines for major assignments on your personal calendar before the real deadline arrives.
6. Keep a regular sleep schedule, because drowsiness destroys concentration.
7. Reserve specific times for homework, chores, study, exercise, and rest.
8. Leave space on your daily schedules for unexpected events instead of overbooking the day.
9. Learn to say no to distractions and unnecessary commitments.
10. Check progress every evening and reset the plan for the next day.

Self-Control Habits

1. Replace impulsive scrolling with a better habit, such as reading, prayer, exercise, or a short walk.
2. Keep the phone on silent or grayscale when focus is needed.
3. Use an accountability partner: a parent, mentor, or older sibling.
4. Reward good discipline with healthy privileges, not more screen time.
5. Reflect weekly on what wasted time and what helped you stay focused.

These guards above, if you can keep to them, will help

you and other teenagers build self-discipline and avoid addiction-like habits. They will also help you improve in your academic performance, spiritual focus, family relationships, and emotional stability.

Privacy and Online Security

Lastly, you will need to learn how to protect your identity online. Avoid sharing personal information too freely. The digital world can create an impression that someone is really your close friend whom you can trust and share any secret with, when in fact, you really do not know anything about the person. All you know is just what the person has chosen to tell you.

With this type of deception, it is very easy to confide in total strangers or people pretending to be someone else online, and they can use this information against you in a way that can hurt you. Kidnappers, hired killers, ritualists, thieves, paedophiles and fraudsters are all present online. They will not tell you who they are. They are only looking for an advantage to deal with you. So, you want to be careful about the information you place online about yourself and your family. Several pathetic stories abound to support these dangers. Some teenagers have lost their lives to it too. So, be careful. Guard your personal details jealously; not all that happens in your life must go into the public glare. There is something called a digital footprint. Whatever is sent online to someone can be copied, forwarded, or saved, even with a one-time view (view-once) photo. Do not take nude pictures of yourself, so you will not be tempted to send them. Maintain your digital sanity!

You may want to share this page with a few of your friends whom you know need these guards in their lives too. Just take a screenshot of this page and forward it to them, or, better still, send them a copy of this book, since the book is totally free and they will not need to pay a dime for it; neither will you lose anything by sending it to them.

Part 3:

Serving Jesus



Chapter 12

Discovering Your Gifts and Purpose

One of the most exciting (and sometimes confusing) parts of being a teenager is wondering what you are supposed to do with your life. This is the time you will see your classmates begin to talk about future careers, goals, aspirations and the like. You will also begin to notice some people on social media who are living what looks like your definition of a perfect life. Once in a while, you will hear some adults who are close to you constantly asking you with all seriousness, “What do you want to be when you grow up?” or “What do you want to do with your life?”

This kind of question can make you feel overwhelmed, seeing that you are just a teenager and should not be bothered about what adults disturb their brains with, especially if you have not given it serious thought before now.

Truth be told, the future may look very distant today, but it is coming closer at such a great speed that if you have not given attention to what you will be in the future, it will catch you unawares, and someone else will be forced to make that decision for you without considering what you want for your life. The earlier you start giving it a thought, the better prepared you will be when the time comes.

At a very young age in life, when thinking about my future, there was something that brought me a lot of peace. It was the thought that God already has a purpose for my life, though I was not aware of what it would be in

its entirety, and He has been preparing me for it since before I was born, although I was not conscious that I was being prepared. These thoughts gave me some sort of comfort that I was made for something really big.

The Bible says that we are God's workmanship, created in Christ Jesus for good works that He prepared in advance for us to do. That means you are not an accident. Your personality, your interests, the things that make you angry about the world, the subjects you enjoy in school, and the struggles you have faced, all of them are designed by God and at the right time, He will use them all to achieve something meaningful in your journey in life.

All you need to do is to discover your gifts and purposes. Discovering your gifts and purpose does not usually come as a sudden, dramatic moment like lightning from heaven. For most teenagers like yourself, it is always a journey of small daily discoveries, faithful active steps, and trusting God all along the way. I wish someone had told me this earlier. I spent a lot of my teenage years comparing myself to others who fared better than me and felt I was falling behind because I did not have everything figured out. But looking back from where I am today, I can confidently say that some of the best things in my life came from simply walking with God by faith and saying "yes" to productive opportunities as they came my way.

So, how do you begin this journey of discovering what God has put inside you? It is so simple. Start by paying attention to what you are naturally good at and what you enjoy doing most. Some people are gifted with their hands; they can draw, design, fix things, plait hair, make beads, or cook. Others have very unique and strong voices that can lead worship sessions in a powerful way. Some have the ability to make people feel seen and loved. Some are good with words, or with numbers, or with computers, or with leading others, or showing mercy to people who are hurting. None of these is accidental. They are clues to how God wants to use you in the future, starting from your

teenage years.

I remember a quiet girl in our teens group named Mercy. Although she was always shy and did not think she had any special gifts, but Mercy had this incredible way of noticing when someone was hurting. She would send encouraging texts or pray for people in a way that felt deeply personal. Over time, she realised God had given her the gift of encouragement and mercy. Today she uses that in powerful ways, even though she is still soft-spoken. Her gift fits who she is.

The story of Daniel too is a fascinating one. Coloured cell phones were just being introduced to the world, and only the rich could afford them where I grew up at that time. This teenage boy would borrow people's phones just to take pictures. He had good fun just taking pictures. If he could convince you to lend him your phone for a few minutes, He would run down your battery before he returned it. There was no social media back then to post the pictures. He would eventually delete them after a while, or the owner of the phone would do so once he discovered space was running out on his phone. This would not stop Daniel from taking more pictures the following time he got the phone. Today, he owns a large videography and photography studio in a high-brow area of the state. It all started like child's play.

You also need to identify what you are really fond of doing. There must be something about you. God has not created anyone empty.

Prayer is so important in this process. Ask God to show you the things He has placed in you. Sometimes He speaks through His Word, through wise mentors, through opportunities that come your way, or even through the desires He puts in your heart. David was a shepherd boy who loved worship and had courage. God used both of those things when He called him to face Goliath and later to lead a nation.

Do not be afraid to try your hand at things. Join different activities in school or church. Volunteer in areas that interest you. You might discover you love teaching children, or organising events, or serving the poor, or using technology creatively. There are times you will try out some things, and you will realise you are not cut out for such. That is okay. Do not feel you have wasted time, energy or resources. Every “no” brings you closer to the right “yes.”

Your purpose is also connected to the needs around you. What problems make you angry or sad? What do you wish you could change in your school, your community, or your country? Often, God's purpose for you is connected to the burdens He places on your heart. A young lady I know became passionate about education because she saw many children in her area dropping out of school. That passion eventually led her to start a small mentoring programme that is still blessing lives today.

Remember that your purpose is not just about a future career. It is about who you are becoming right now. You do not have to wait until you finish school to live purposefully. You can start using your gifts today, in your family, in your church, in your school. The small faithfulness you show now is training you for bigger things later.

Some of you might feel like you do not have any special gifts. That is a lie. Every single person God created has something unique. It might not look flashy or get a lot of attention, but it is not less valuable than others. The body of Christ needs every part: the quiet intercessors, the cheerful givers, the patient helpers, the bold preachers, the creative thinkers, the content creators. All of it matters to the larger body of Christ.

As you discover your gifts, stay humble. Whether your gifts are the ones that attract lots of attention to you and

get you a lot of accolades, or the ones that are silently carried out, unnoticed by anyone aside from God, please be cool-headed. Gifts are given by God, not earned. The moment you start thinking you are better than others because of what you can do, you begin to step out of His flow. Use whatever He gives you to point people to Jesus Himself, and not to yourself.

I have seen teenagers who started small, singing in children's church, helping with sound during youth service, visiting the sick with their parents, and today, God has opened bigger doors as they remained faithful to both their gifts and the Giver. Your purpose will unfold as you walk with Him. Trust the process.

The most important thing is this: your ultimate purpose is to know God and make Him known. Everything else flows from that. Whether you become a doctor, a teacher, an artist, a digital creator, a businessperson, or anything else, the main thing is that your life brings glory to Jesus.

So, do not stress too much if you do not have it all figured out yet. Keep seeking God. Keep serving where you are. Keep growing. He who began a good work in you will carry it on to completion.

Your life has purpose. And the best is still ahead.

Tips To Help You Discover Your Purpose

The simple, steady steps highlighted below can help you discover purpose and help you notice your gifts, values, and the needs around them. Purpose usually grows through deep reflections, constant exposure, voluntary service, and wise guidance. It is not an overnight discovery.

Follow the steps below, and you will be shocked at what you will discover about yourself in a few months.

1. Talk to God about it.

For a teenager, purpose is found by asking, “How can I honour God with my gifts, time, and relationships. Ask deep questions. Some good questions to ask are:

- a. What matters most to me?
- b. What am I good at?
- c. What kind of person do I want to become?

2. Notice strengths and passions.

- a. Pay attention to activities that bring joy, focus, and energy.

Good questions to ask: What activities make you lose track of time?

3. Try new things.

- a. Join clubs
- b. Learn skills.
- c. Volunteer in community groups.
- d. Serve in church

Good questions to ask: Where do you feel most useful?

4. Listen to trusted adults.

- a. Listen to your parents.
- b. Listen to your teachers.
- c. Listen to your pastors.
- d. Listen to your coaches.
- e. Listen to your mentors.

Adults can often see strengths which you can miss in your life as a teen.

5. Think about the future.

- a. Imagine the kind of life you want to live in the future.
- b. Imagine the kind of impact you want to make
- c. Imagine the kind of testimony you want to share in 5, 10, or 20 years.

Good questions to ask: How would you like to be remembered?

6. Help others.

- a. Serving people or using your talents to bless others in need often gives a teen a clearer sense of meaning and their life direction.

Good questions to ask: What problems do you care about most?

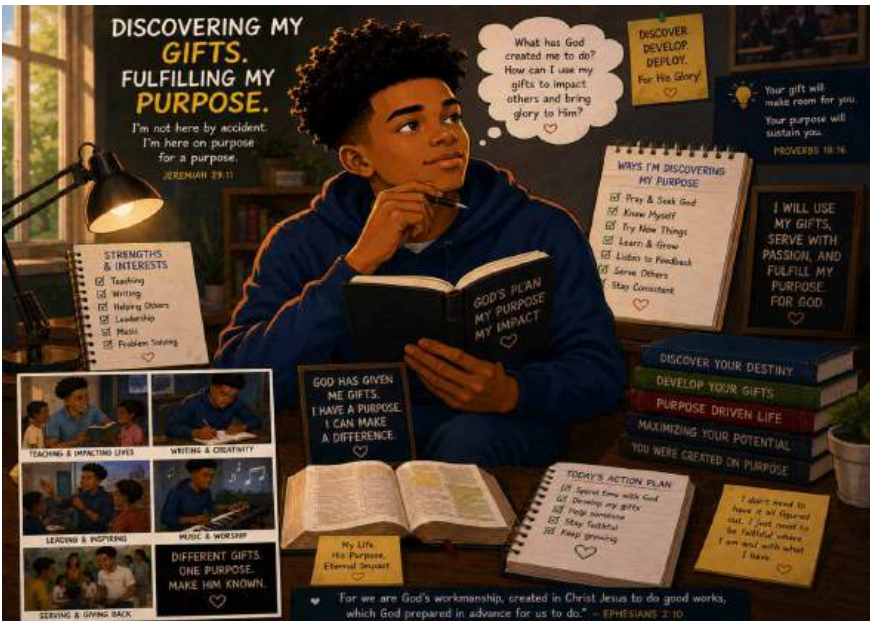
7. Set small goals

- a. Purpose becomes clearer when dreams are broken into practical steps.

Good questions to ask: What are people always praising you for? Engage in more of such actions. Then do it on a larger scale.

8. Create A Simple routine of reflection

Lastly, create a practical pattern of reflection. Reflect weekly, try one new activity monthly, serve regularly, and talk monthly with one trusted mentor. This simple rhythm will often help any teenager identify his purpose over time.



Chapter 13

Serving in Your Church and Teen's Group

There is something powerful that happens when you stop just attending church for attendance's sake and start actively serving in the same church. For many teenagers in this century, church can feel like a place you go to when you want to enjoy certain things, like listening to good music, an encouraging message, meeting honest friends, interacting with fine guys and pretty babes, and maybe free snacks after service.

As good as all these are nice reasons for attending church services, they are not the primary essence of going to church. God invites us to attend church services so that we can get something richer. He wants us to move from being just consumers of what is offered in church into becoming contributors of what others enjoy, from being spectators to becoming participants, and your local church, school fellowship, or teens' group are some of the best places to begin living that kind of participatory life in the kingdom.

I still remember my own early days of serving. I was not given any big, impressive role. They simply needed someone to help set up chairs before service and arrange them back afterwards. At first, it felt small and almost insignificant. But over time, I started noticing a change in my heart. There was a quiet joy that came from knowing I was doing something to bless God's house and His people. It was not glamorous, but it was meaningful. Jesus said He came not to be served but to serve, and for me, something about following in His footsteps felt right.

Then, on one particular day, my Sunday School teacher was absent due to an unavoidable emergency that happened that morning, and there was no one to take the class. The pastor asked us to go to one corner and teach ourselves. So, I took up the challenge and taught from the Sunday School manual. Unknown to me, the pastor was watching me from afar. He asked the other students how they enjoyed the class and got an impressive report. That was how I was dragged into teaching Sunday School. That was how I started on a low key, and God is still helping us to engage in more services for Him today, many years later.

Serving in your church and teens' fellowship is one of the fastest ways to grow spiritually as a teenager. When you pour out what God has given you, He pours more into you. It takes your faith from being mostly about what you get to what you give. You begin to see people the way Jesus sees them, not just as faces in the crowd, but as brothers and sisters who need encouragement, prayer, or practical help.

You do not have to be perfect or highly skilled to start serving or doing something for God in the church. God is not looking for superstars. He is looking for willing hearts. Are you really willing to do this for God?

It is normal to feel unqualified. Even the best of God's servants today have felt unqualified at some point in their journey with the Lord. Stammering Moses felt unqualified. Gentle Gideon felt unqualified. Solomon complained he was but a child. David was a young shepherd. The disciples were ordinary young men. What they all had in common was availability. If your heart is open and you say, "Lord, use me here," He will make a way.

There are countless ways to serve. Some teenagers help with worship, using their voices or playing instruments to create an atmosphere where people can meet with God.

Others serve in the children's ministry, showing God's love to the little ones and planting seeds of faith in their hearts. Some are good with technology and handle sound, slides, or livestreaming. Others have the gift of hospitality, making visitors feel welcome, remembering names, and creating a warm environment. Even practical roles like cleaning the church, helping with setup and teardown, visiting sick members, or organising outreaches are all valuable ways to serve in the church.

Find below a list of the most common departments you can serve in the church.

- a. Ushering
- b. Protocol.
- c. Choir and instrumental music.
- d. Media, sound, projection, and social media.
- e. Drama and creative arts.
- f. Sunday school Teachers
- g. Children's church support.
- h. Evangelism and outreach.
- i. Prayer team and follow-up.
- j. Hospitality, welcome desk, and refreshments.
- k. Altar service or assisting at special services where the church permits it.
- l. Youth leadership committees and planning teams.

Best-fit areas for teens

A good church should not just assign teens randomly; it should match them to their gifts, maturity, and availability. That way, service becomes a place of growth, not pressure.

For a youth fellowship, the best approach is to begin with a gift assessment, then place each teenager in one major service area and one backup area.

- a. Teens who are confident and organised may do well in ushering, hospitality, and follow-up.
- b. Teens with musical talent fit choir, worship, or instruments.

*** Teens Love Jesus ***

- c. Teens with tech skills fit media, photography, sound, and online streaming support.
- d. Teens who enjoy speaking or acting fit drama, Bible quiz, announcements, and evangelism.
- e. Teens who are teachable and dependable can help in children's ministry, Sunday school support, and youth committees.

I know a girl named Nneka who joined the ushering team even though she was naturally shy. She told me it stretched her, but it also helped her grow in confidence and love for people. Another boy, Segun, started helping with the teens drama group. What began as something fun became a platform for him to share the gospel in creative ways. Both of them started small, but their faithfulness opened bigger doors later.

Serving also protects your heart in powerful ways. When you invest precious time in God's work, you have less idle time to get into trouble or be influenced by negative things. Your focus shifts away from yourself and toward others. You start thinking about how you can be a blessing instead of always looking for what the church can do for you. That change in mindset is incredibly healthy during the teenage years.

Of course, serving is not always easy or exciting. There will be worship service days when you are tired and would rather stay in bed.



There will be times when people do not appreciate what you do or even criticise how you do it. You might feel unnoticed or taken for granted. In those moments, remember who you are really serving. Do it as unto the Lord, not for human praise. That perspective has kept me going through many dry seasons.

Serving alongside others in your teens group also builds deep, meaningful friendships. When you pray together, plan outreaches together, face challenges together, and celebrate small victories together, you form real bonds among yourselves, growing to become spiritual support for each other as you age. Some of my strongest Christian friendships today started in those simple moments of serving in the Lord's vineyard side by side.

If your church or teens' group does not seem to have many structured opportunities, do not wait for the perfect role. Look around and meet the needs you see. Offer to help the pastor with small tasks. Start a prayer chain with your friends. Visit an elderly member. Organise a clean-up day or a small outreach in your area. Willing and creative teenagers are a tremendous blessing to any church, even if it is a small one!

The beautiful thing is that while you serve, God is working on you. You develop patience when things do not go as planned. You learn humility when no one notices your effort. You grow in faithfulness by showing up even when you do not feel like it. You learn to work with different kinds of people. All of these qualities are preparing you for whatever God has ahead in your future.

Your church and teens' group need you. More importantly, Jesus is honoured when His young people serve with sincere, joyful hearts. So do not just attend church. Be part of what God is doing there. Give your time, your energy, your gifts, and your love. You will never regret investing your teenage years in the house of God and in the lives of His people.

Chapter 14

Making an Impact in Your School and Community

One of the things I love most about following Jesus as a teenager is realising you do not have to wait until you are “grown up” to make a real difference. You do not need a title, a big platform, or even a lot of money. You already have everything you need, which is the presence of Jesus in your life and the place where He has put you right now. Your school, your class, your neighbourhood, and your community are all not just backgrounds for your teenage story. They are mission fields where God wants to use you.

Back then, I used to think making an impact meant doing something huge and noticeable, like leading a massive crusade or starting a big charity, until I came across an African proverb that says, “If you think you are too small to make a difference, you have not spent a night with the mosquito”. That really hit me hard. If a mosquito, as small as it is, can make a difference, then I am not too small to make an impact in my little corner.

Over the years, I have seen that most lasting Kingdom impact happens in smaller, quieter ways. A kind word at the right moment. Choosing not to join in when others are gossiping. Sharing your meal with someone who does not have to eat. Helping a struggling classmate with homework. Reporting a bully. Motivating others to be better. These things might seem ordinary, but they carry the love of Jesus into places where it is desperately needed.

As of today, your school is probably the place where you spend most of your waking hours during the week. That is not an accident. God has placed you among those specific people for a reason. Some of your classmates are going through things you cannot even imagine: broken homes, pressure to succeed, secret addictions, immoral relationships, and deep loneliness. Many of them have never experienced real, unconditional love. When you walk into your school carrying the light of Jesus, you bring hope into that environment.

Making an impact may not always require you to stand on a table and preach to the whole school during lunch break, although that will be cool if the school permits and you are bold enough to do so. But some of the most powerful teenagers I have known were not loud or dramatic. They were only consistent in the little acts of goodness they did. They were the ones who genuinely cared about people. They remembered when someone was going through a hard time and followed up. They refused to laugh at dirty jokes. They offered to pray for friends who were sick or stressed. Their lives spoke before their mouths did.

I think about a girl named Esther who was not particularly popular but had a gentle strength. One of her classmates was always being teased because of her weight. People your age call it body-shaming. Instead of staying silent or joining in, Esther started sitting with her, talking to her, encouraging her, and eventually invited her to youth fellowship. That one friendship opened the door for most of her classmates to meet Jesus, including the bullies themselves. They eventually took the fire to their class and started praying together in class before the lectures started, and in the afternoon before going home. The whole class caught the fire, and it started spreading to other classes before she graduated from secondary school. That did not start as a big event. It was simple love in action.

The same principle works in your community. Look around your neighbourhood. Are there children who need help with schoolwork? Elderly people who feel lonely? Young boys and girls heading down the wrong path with drugs and lusts? You do not need anyone's permission to start making a difference. You can begin by being a good neighbour, helping with chores, smiling at people, picking up litter, or organising small acts of kindness with your friends.

What I have noticed is that real impact usually flows out of genuine relationships. People are far more open to hearing about Jesus when they know you actually care about them as a person, not just as a “project.” Take time to listen to people. Celebrate their good news when they share it with you. Stand with them in their pain; they will appreciate the sacrifice. Be trustworthy. When genuine trust is built, conversations about faith happen more naturally, and people are more willing to try out a relationship with Jesus.

Of course, stepping out to make an impact will not always be comfortable. Some people will misunderstand you. They might call you “holy-holy”, a word used to describe people who take their relationship more seriously than other people around them. There will be pressure to blend in and keep quiet about your faith. But Jesus never promised it would be easy. He simply promised to be with us. And the joy of seeing even one life touched by God makes every uncomfortable moment worth it.

Prayer is one of the most powerful tools you have to make this impact. Before trying to reach out to people, pray for them. Ask God to soften their hearts and open doors of opportunity for you to reach out to them. Some of the greatest moves of God in schools and communities began because a small group of teenagers decided to pray together regularly.

Start today. Intentionally look for an opportunity around

you to be a blessing to someone. Do not wait until you feel “ready” or until you have all the answers. Start where you are with what you have. Be kind. Be honest. Be different in a good way. Let your life raise questions that point people to Jesus. “Why are you always so peaceful during exams?” “Why do you not join us in doing that?” Those questions become opportunities to share the hope you have in Christ with other teenagers who need such hope.

Your teenage years give you a very unique access. You understand the struggles of your generation better than most adults. You can reach people your pastors or parents might never meet or be able to reach, even if they meet. Do not waste that access. Use it for something that will last forever.

Making an impact is not about being perfect. It is about being available and willing. God is not looking for superstars. He is looking for young people whose hearts say, “Here I am, Lord. Use me.”

The world around you needs what you carry. Your school needs it. Your community needs it. And Jesus is ready to work through you if you will let Him.

Start today. Start small. Start with love. The impact will take care of itself.



Chapter 15

Sharing Your Faith with Friends (Without Being Weird)

Sharing your faith with friends can feel like walking a tightrope sometimes. You genuinely care about them and want them to know the Jesus who has changed your life, but you do not want to come across as that overly religious person who only talks about God and makes everything awkward. You want to invite them to church, but you do not want them to tag you a “Sister Mary” or an “Apostle Paul.” I have been in that tension myself.

There were times I stayed completely silent when I should have used the divinely created opportunity to say something, and there were other times I came on them too strong, forcing them to attend my church service, and it pushed my friends further away from me. Finding the right balance is something you learn as you grow.

The good news is that sharing your faith does not have to be forced, scripted, or weird. The most powerful witness is usually a combination of a genuine life and natural conversations with other teenagers that flow out of real relationships.

People are drawn more to authenticity than to perfect presentations. When your friends see you responding to pressure differently from other teenagers around, when they notice you have peace in stressful situations, or when

they see you treating people with real kindness even when it is not convenient, it raises genuine questions in their hearts. Those moments become natural open doors for you to talk about Jesus without sounding preachy.

I remember my friend Tunde, who was not the loud “evangelist” type at all. He was just real. When his parents went through a painful divorce, instead of becoming bitter or withdrawn as many would, he carried a quiet hope and continued showing up for his friends. One of them eventually asked him how he was coping so well. That simple question opened the door for Tunde to share honestly about how Jesus was holding him together. It did not feel forced because it came out of real life.

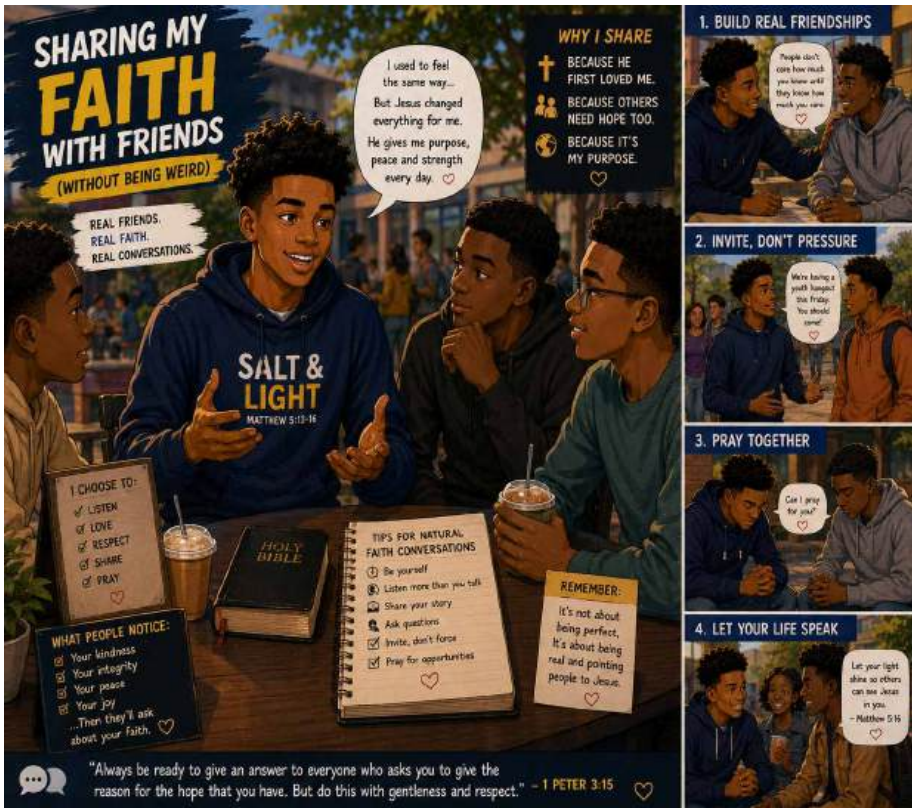
Prayer is one of your strongest tools here too. Before saying anything, pray for your friends regularly. Ask God to soften their hearts and create opportunities for meaningful conversations with them. Sometimes the most important work happens in secret through prayer long before words are spoken.

When you do get the chance to talk to them, keep it simple and personal. You do not have to preach a 45-minute message because you want to introduce them to Christ. You do not need to know every Bible verse or have all the answers to their difficult questions. Just share your own story. Tell them what your life was like before you really knew Jesus, how you encountered Him, and what difference He makes for you now. Personal stories are powerful because they are hard to argue with, and they feel much more human than a sermon.

Beyond just talking to them, be a good listener too. Many of your friends are carrying heavy issues on their minds: family problems, pressure to succeed, heartbreak, identity struggles. Whenever they decide to open up to you, please listen with care. Do not always be in a hurry to talk. Those honest moments when they open up often create space for you to gently point them toward the only

One who can truly heal and satisfy. A simple “I have found that Jesus gives me peace when nothing else does” can mean more than a long theological explanation.

Do not be afraid of their doubts, or even mockery. Some friends will challenge you. Stay humble. It is okay to say “I do not have all the answers, but this is what I have experienced.” Your honesty can speak louder than perfect arguments.



Timing and sensitivity matter a lot too. There are seasons when it is wiser to stay quiet and keep praying, and moments when you need to speak up with courage.

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Forcing conversations with someone when he or she is not ready to discuss usually does more harm than good. The Holy Spirit can help you sense the difference if you stay close enough to Him.

One helpful approach is to invite your friends into your world, rather than just preaching at them. Bring them to teens' group events, church programmes, or hang out with your Christian friends. Let them experience what genuine community feels like. Sometimes seeing the love of God's people can plant seeds that words alone cannot.

Finally, remember that you are not responsible for converting anyone. That is the Holy Spirit's work. Your job is to live faithfully, love sincerely, pray consistently, and speak truthfully when the opportunity comes. Some seeds you plant will grow quickly. Others may take years. Some may never seem to grow at all. Trust God with the results and keep being a good friend.

Sharing your faith with your friends is not about being weird or perfect. It is about caring enough about them to share the best thing in your life. Do it with humility, with prayer, and with genuine love, and you will be surprised how natural it can become over time.

Your friends need Jesus. And you might be the only Jesus some of them will ever see.

Chapter 16

Using Social Media and Talent for God's Glory

Aside from school, social media and personal talents are two of the most powerful things in life of a teenager right now. Almost every teenager I know has a phone in their pocket and some kind of potential gifts or interests which we are naturally drawn to. The real question is not whether we will use either of them, because we sure will. The question is who they will ultimately serve. Will they become tools in God's hands, or will they quietly become masters that control our time, attention, and heart?

I have wrestled with this myself. There were seasons when I let social media consume me without even realising it. I would compare my behind-the-scenes life to everyone else's highlight reels and feel like I was not doing well enough. Other times I used my talents mostly to get attention and validation from online followers. Learning to surrender both my social media and my gifts to Jesus has been one of the most fruitful decisions I have made.

Let us start with social media, because it is such a big part of our daily reality. It is an incredibly powerful platform. With just a few taps, you can reach hundreds or even thousands of people. You can encourage someone who is struggling, share truth, spread hope, or point people toward Jesus in ways that previous generations could only dream about. But it also has a dangerous side. It can feed comparison, fuel insecurity, waste several hours of your

time, expose us to harmful content, and create an unhealthy need for likes and comments.

The difference comes down to stewardship. Instead of letting the apps control you, ask God to help you control them. Be honest with yourself about how much time you are spending and what kind of effect it is having on your spirit. Some practical things that have helped many teenagers I know include setting time limits on certain apps, keeping the phone outside the bedroom at night, doing occasional digital fasts to reset, and regularly asking the Holy Spirit to check their heart. A lot of these have been covered in previous chapters.

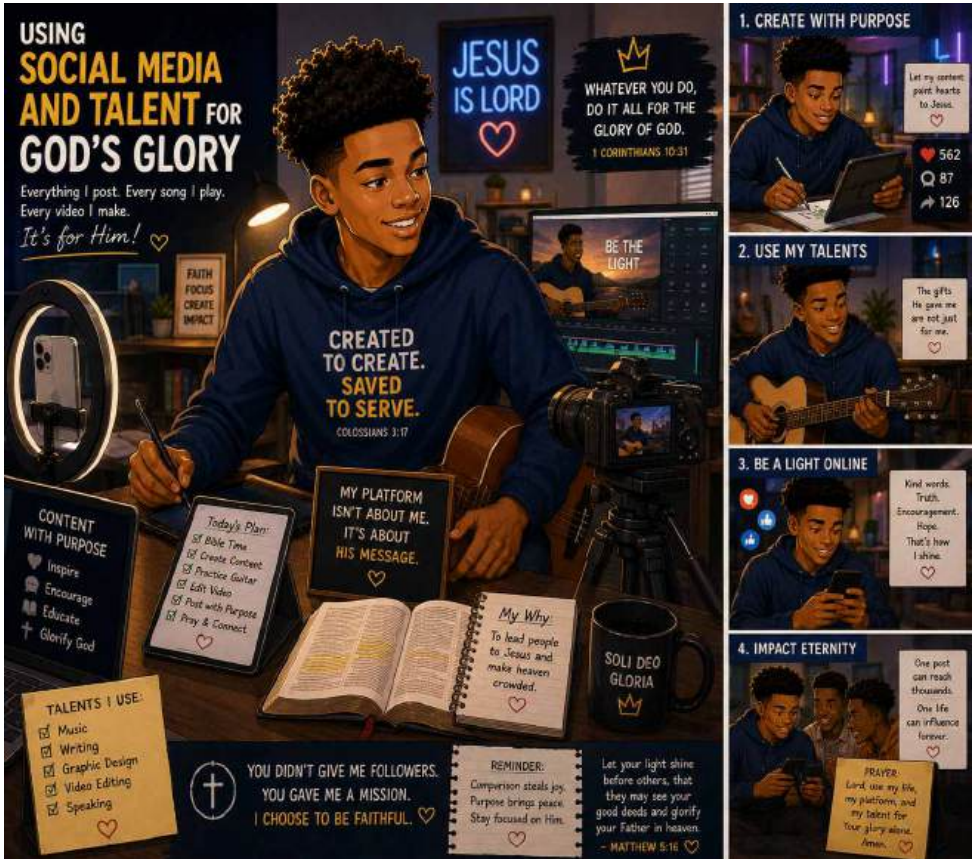
I know a girl named Favour who decided to use her Instagram page as a quiet ministry. She shares short devotions, personal testimonies, encouraging words, and Bible verses. She did not start with thousands of followers. She simply started with a heart to glorify God and bless others. Over time, God has used her page to touch many teenagers who follow her for daily inspiration. Her approach was not about building a brand. It was about being faithful with what she had.

Now, about your talents, whether it is singing, dancing, writing, drawing, public speaking, sports, comedy, fashion sense, or anything else. Every good and perfect gift comes from God. He gave you those abilities on purpose. The question is whether you will use them for His glory or mostly for your own.

Talents become dangerous when they turn into idols. When your worth gets tied to how good you are or how much applause you receive. When you spend more energy developing your gift than developing your character. When success makes you arrogant, or failure makes you want to give up completely.

I have watched talented teenagers start well but later get carried away by attention and fame. Their gift became

more important than their walk with God. On the other hand, I have seen others surrender their talents completely to Jesus and watch Him open doors and multiply their impact in ways they could never have done on their own.



The goal is to use your gifts as a platform that points people to Jesus. Let your singing worship and exalt Him. Let your art reflect His beauty and creativity. Let your writing carry truth and hope. Let your sports display discipline, humility, and good character. Let your comedy bring clean laughter that does not tear people down. You do not have to make everything explicitly “Christian,” but

the overall direction of your life and content should clearly honour God.

Practical wisdom goes a long way here. Set healthy boundaries. Have accountability with trusted friends or mentors who can speak honestly into your life. Regularly invite the Holy Spirit to search your heart and show you if anything is out of alignment. Take breaks when you need to reset your focus. Use your platforms and talents intentionally rather than mindlessly scrolling or performing.

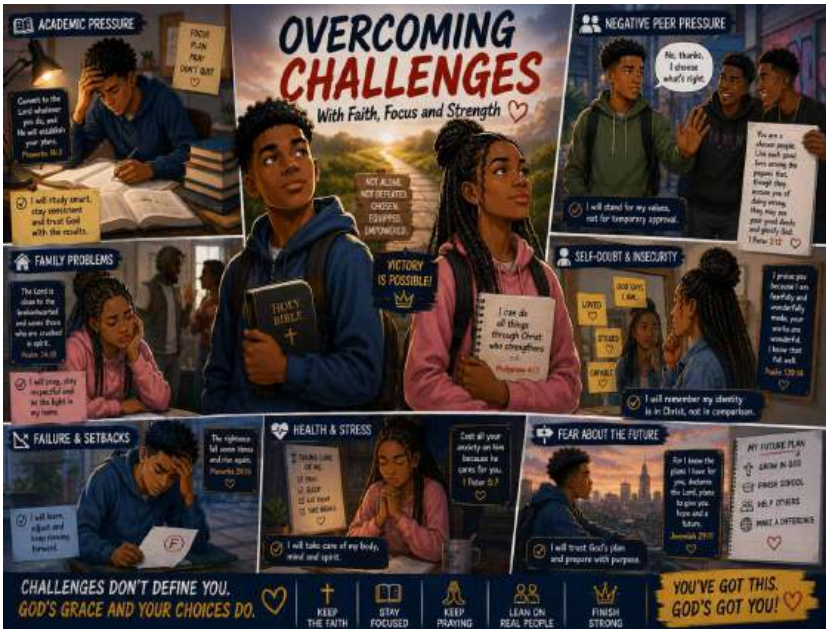
God is not against success, creativity, or influence. He is the ultimate Creator, and He delights in seeing His children use their gifts well. When you surrender your social media and your talents to Him, you step into a beautiful adventure where He can do far more through you than you could ever accomplish in your own strength.

Your generation has more tools, platforms, and opportunities than any before it. Do not waste them chasing empty things. Steward them well for the One who gave them to you in the first place.

When you do, you will look back one day and be grateful that your teenage years were spent building something that will last forever.

Part 4

Overcoming Challenges



Chapter 17

When You Feel Like Giving Up or Doubting God

There comes a point in almost every teenager's walk with Jesus when you hit a wall. The excitement you felt at the beginning starts to fade. Prayers seem to go unanswered. You try to live right but keep falling into the same old habits. Bad things happen that make you question God's goodness. Suddenly you are lying in bed at night wondering if any of this is real, if God actually hears you, or if it has all just been a nice story you have been telling yourself. If you have ever felt like giving up or seriously doubting God, please hear me: you are not a bad Christian. You are not broken or disqualified. You are simply human — and you are in very good company.

Even the greatest people in the Bible had moments like this. John the Baptist, after boldly announcing Jesus as the Lamb of God, later sent messengers from prison asking, “Are you really the one, or should we look for someone else?” David poured out raw doubts and complaints in the Psalms. Elijah got so discouraged he wanted to die. Thomas doubted the resurrection even after hearing the testimony of the other disciples. These were not weak believers. They were real people who faced real struggles, just like you and me.

The danger comes when we try to hide our doubts or run away from God because of them. The healthiest thing you can do is bring the doubts straight to Him. God is not shocked or offended by your questions. He already knows what is in your heart. David did not pretend everything

was fine; he told God exactly how he felt, and God met him in that honesty. You can do the same. Pour it all out. “God, I do not understand what is happening. I feel so far from You right now. I am struggling to believe. Help me.”

Feelings are real, but they are not always the best indicator of truth. Your emotions can be influenced by lack of sleep, hormones, stress at school, family problems, or even what you have been feeding your mind. When you feel distant from God, do not make big permanent decisions based on temporary feelings. Sometimes the darkest seasons come right before a breakthrough.

Looking back at God's faithfulness in your own life can be an anchor during doubting seasons. Take time to remember the ways He has come through for you before: answered prayers, moments of peace you could not explain, protection you did not even know you needed, times when you felt His presence clearly. Write some of these things down if it helps. When doubt creeps in, these memories become reminders that God has not changed even if your feelings have.

It also helps tremendously to talk with someone you trust. This can be a mature Christian friend, youth leader, pastor, or mentor. There is something powerful about saying your struggles out loud instead of carrying them alone. The people you talk with will often remind you of truths you have forgotten or share their own stories of walking through similar seasons. You do not have to pretend to be strong. Real community is there for moments exactly like this.

Sometimes God allows these seasons to mature and strengthen our faith. Just like muscles only grow when they face resistance, our trust in God deepens when it is tested. The questions force us to move from a shallow, inherited faith to something more personal and real. Many of the strongest believers I know went through serious

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seasons of doubt before their faith became rock solid.

If you are in a place right now where you feel like giving up, please don't. Take it one day at a time. Do the next right thing even when you do not feel like it. Read one comforting Psalm. Pray one honest sentence. Show up to church even if your heart is not fully in it. Keep putting one foot in front of the other. Many times the fog begins to lift when we continue in obedience even when we cannot see clearly.

God is incredibly patient with you. He understands your weakness. His love for you is not based on how strong your faith feels on any given day. He is the kind of Father who runs toward the prodigal, not away from him. Even if your faith feels as small as a mustard seed right now, Jesus said that is enough to move mountains.

This season will not last forever. One day you will look back and see how God was carrying you even when you could not feel His arms. Hold on, dear friend. The same God who began this good work in you is faithful to complete it. Keep walking with Him. Keep talking to Him. Keep trusting even when it is hard.

Better days
a r e
c o m i n g .
There is
light at the
end of the
t u n n e l .
And the
faith that
survives
doubt is
often the
strongest
kind.



Chapter 18

Handling Failure, Heartbreak, and Disappointment

Failure, heartbreak, and disappointment are some of the heaviest things you can carry as a teenager. They have a way of making everything feel darker than it actually is. Whether it is failing an important exam after studying so hard, getting rejected by someone you really liked, watching a close friendship fall apart, or seeing your family situation crumble, these experiences can shake you to the core. They make you question your worth, God's goodness, and sometimes even whether life is worth the pain.

I want to say this gently but clearly: what you are feeling is normal. These emotions do not make you a weak Christian or a failure at life. They make you human. Jesus displayed some forms of emotion too when He was on earth physically. He knew what it felt like to be rejected, misunderstood, and deeply disappointed. He even wept too. He understands what you are going through and will walk you through it. You are not walking through this alone, even if it feels that way right now.

Failure can hit especially hard because our world celebrates success and perfection. When you pour your heart into something, be it academics, a relationship, a talent, or a dream, and it does not work out, the shame and self-doubt can be overwhelming. I still remember passing below my own expectations in a major paper in secondary school that I had prepared so much for. I felt like I had let everyone down, including myself. For weeks I carried

this heavy cloud of disappointment. But in that low place, I began to learn one of the most important truths of my life: my value is not in my performance. God's love for me did not decrease because of that result. In fact, that failure became one of the things God used to teach me dependence on Him instead of my own strength.

Heartbreak, especially the romantic kind, when you are old enough to have one, can feel like the end of the world. The pain is real and deep. When someone you cared about chooses someone else or the relationship begins to fall apart slowly, it can leave you feeling rejected, unlovable, and foolish for having hoped in something that is hopeless.

If you are going through these types of seasons, the best thing you can do is to run straight to Jesus. He is the only One who will never leave you or break your heart. Let Him be the One who holds you when every other thing feels like it is falling apart. Many before you who have gone through painful heartbreaks have later looked back and seen how God used that pain to save them from bigger perils and to also draw them closer to Him and prepare them for better things ahead.

Disappointment comes in many shapes. It might be unanswered prayers, plans that did not work out the way you expected, or people you trusted letting you down. When these things happen, it is tempting to become bitter or to pull away from God. But I have found that bringing the disappointment honestly to Him is far better than pretending it does not hurt. Tell Him exactly how you feel. He can handle your tears, your frustrations, your disappointments, your anger, and your questions. David did this many times in the book of Psalms, and God never turned him away.

One of the most important things during these seasons is not to isolate yourself. When teenagers are hurting, the natural thing is to withdraw from others and hide in their

own shells. But the godly community around you is often God's medicine for a broken heart. You were never meant to carry these burdens completely alone. Talk to someone you trust: a parent, mentor, youth leader, a teen counsellor, or a close Christian friend. Let them pray with you and speak the truth of Christ over your life when you cannot see it clearly yourself.

Learning to forgive others, especially those who cause you pain, is also crucial. The pain may even come from your own mistakes or from what others did to you. Forgive yourself and forgive others too. Unforgiveness only poisons your own heart in the long run. Forgiving does not mean you are going to be pretending the hurt did not happen, or that you are to start trusting the person immediately again. It means releasing them into God's hands and choosing to move forward instead of staying stuck in bitterness. This is hard work, but it brings freedom.

The beautiful thing about God is that He is a Redeemer. He does not waste our pain. He is always quick to make use of them to His own glory, if we are going to walk with Him through it. God has a way of turning our deepest wounds into our greatest testimonies. The very areas where you have been broken can become the places where you are most effective in helping others someday. Many powerful ministers, counsellors, and encouragers today went through deep failure or heartbreak during their teenage years.

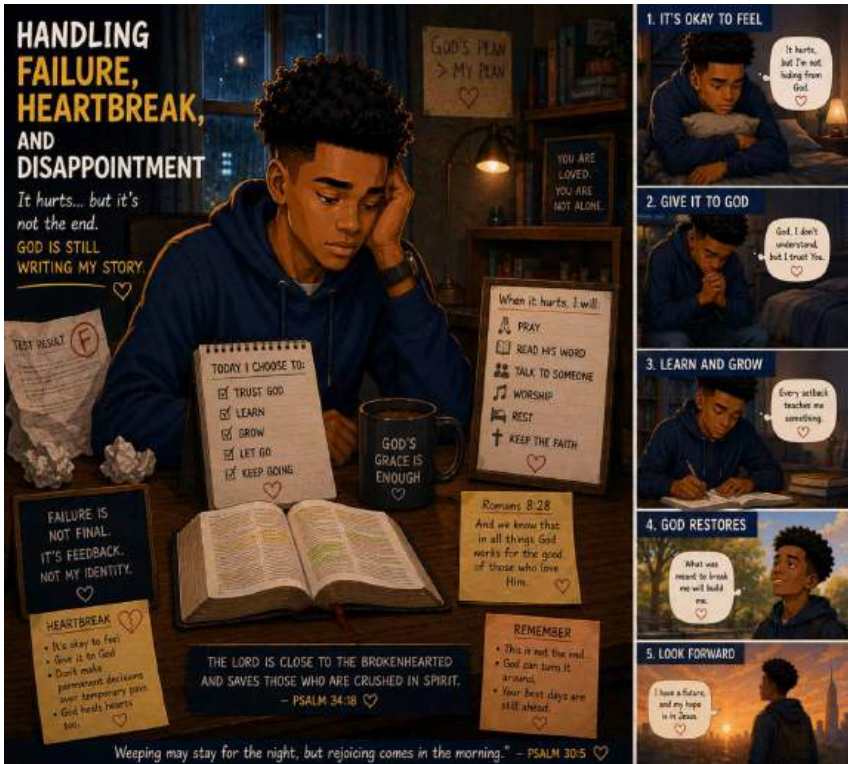
So if you are walking through failure, heartbreak, or disappointment right now, please hold on. Cry when you need to. Ask the hard questions. But do not let go of God's hand. He is close to the brokenhearted, and even when you cannot see it, He is working behind the scenes for your good.

This pain will not have the final word in your story. God is still writing something beautiful with your life, and these

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difficult chapters are part of it. One day you will look back and see how He brought good out of what was meant to destroy you. You are going to be more than okay. You are going to be stronger, wiser, better, and closer to Jesus because of this.

Keep trusting Him. Keep healing. Keep moving forward, one day at a time. God is not finished with you yet.



Chapter 19

Fighting Temptation and Growing Through Struggles

Temptation is something every teenager faces, and if we are honest about it, it can feel relentless sometimes. It is everywhere around you; it does not matter which corner you turn. Whether it is the pull toward sexual sin, lying to cover up something, cheating in exams, speaking badly about others, dressing waywardly to glorify the flesh, yielding to drugs and alcohol, or losing control with anger, the struggles are real. What makes it even harder is that many of us feel ashamed to talk about these things openly, because we do not want others to be disappointed in us, so we fight them alone and often end up discouraged when we fall.

I want you to hear this clearly from the beginning: struggling with temptation does not mean you do not love Jesus or that you are a bad Christian. Even the apostle Paul wrote about his own battle with sin, saying he did the things he did not want to do and did not do the things he wanted to do. The Christian life is not about never being tempted. It is about learning how to fight and how to get back up when we fall.

One of the most important truths to hold onto is that temptation itself is not sin. Jesus was tempted in every way, yet He never sinned. The sin happens when we give in to the temptation. Understanding this difference takes away a lot of unnecessary shame and helps us fight more clearly.

The first step in fighting temptation is being honest about what tempts you. Some struggles are common to almost everyone in your age group, like lusts, impure thoughts, pressure to fit in, lying, pride, or jealousy. Others might be more personal. Whatever they are, bring them into the light. Tell God exactly what you are struggling with. There is something powerful about naming the temptation instead of trying to hide it. Darkness loses its power when it is exposed to light.



Having accountability also makes a huge difference. Find one or two trusted Christian friends or a mentor you can be honest with. When the temptation feels strong, having someone you can call or message can help you stand strong in the moment of trials. I know many teenagers who have been kept from falling because they dared to text a friend and say, "I am struggling right now. Please pray for me."

The Bible gives us practical weapons for this battle. It tells us to flee from sexual immorality. We are not just to stand and fight it, but to run away from it as fast as possible and as soon as possible, with all the energy we can gather. This will always help you!

Sometimes the most spiritual thing you can do is to remove yourself from the situation, close the app, change the discussion, or change the environment. The Bible also tells us to renew our minds with God's Word. Filling your heart and mind with truth makes it harder for lies and temptation to take root.

One thing I have learned is that temptation often comes when we are weary, hungry, lonely, or idle. Knowing your weak moments helps you prepare. If you know you are more vulnerable at night when you are alone with your phone, create boundaries ahead of time. Put your phone in another room. Have a plan for what else you can do with that time, instead of stalling in the air, missing your phone.

Here is the most encouraging part: our struggles are not just something to endure. God wants to use them to grow us. Every time you fight temptation and choose obedience, even when it is hard, your character is being shaped. You are becoming more like Jesus. The struggles that feel so heavy right now are actually building spiritual muscles that will serve you for the rest of your life.

When you do fall, and most of us will at some point, do

not stay down. The devil will want you to believe that one failure means you might as well give up. That is a lie. God's mercy is new every morning. Run back to Him quickly. Confess what you did. You will receive His forgiveness. Take your time to learn from what happened and get back up on your feet quickly, ready to face the next challenge. The fact that you feel bad about falling is actually a sign that the Holy Spirit is still working in you.

I have watched many teenagers grow tremendously through their struggles. The ones who kept fighting, even after multiple failures, often developed a deep dependence on God and a compassion for others who are struggling. Their weakness became the very thing God used to make them strong in spirit.

So do not lose heart if the battle feels intense right now. Keep fighting. Keep depending on God's grace. Keep filling your life with good things that strengthen you. Surround yourself with people who pull you toward Jesus. And remember that you are not fighting alone; the Holy Spirit is right there with you, giving you power to overcome.

Your struggles do not define you. God's love for you does. And He is committed to completing the good work He started in you.

Chapter 20

The Power of Prayer and the Word in Tough Times

When life gets really difficult, and it will, more often than you really desire, two things become more important than almost anything else: prayer and God's Word. I have seen this truth play out in my own life and in the lives of many other teenagers I have walked with. In moments of confusion, heartbreak, pressure, fear, or deep doubt, these two gifts from God often become the anchors that keep us from drifting away or giving up completely.

Prayer is simply an honest conversation with God. You do not need long, beautifully crafted sentences or perfect theologically webbed phrases. Some of the most powerful prayers I have ever prayed were short, raw, and even a bit messy. “God, I feel I am so lost right now.” “Lord, this hurts too much.” “Jesus, I do not understand what You are doing, but I choose to trust You anyway.” God does not need us to impress Him with our prayers. He just wants us to come to Him as we are.

In tough times, prayer keeps your heart connected to the only One who truly understands and can carry you through the challenges of life. Prayer is how you pour out your fears, your frustration, your confusion, and your needs to God without holding anything back.

I have sat with teenagers who felt too ashamed, too sinful, or too angry to pray at first. But when they finally opened up to God honestly, they often discovered that He was not distant from them or disappointed in them, as long as they

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were willing to turn a new leaf. He was right there, waiting with love and compassion.

The Bible is full of people who prayed this way. David poured out his complaints and doubts in the Psalms. Jeremiah cried out in his pain. Even Jesus in the Garden of Gethsemane prayed with raw honesty about what He was facing. Your honest prayers do not offend God. They actually draw Him closer to you.

One of the most beautiful things about prayer in hard seasons is the peace it can bring. Sometimes, our circumstances may not change immediately simply because we prayed, but as we pray, a quiet strength and peace that does not make sense begins to settle over us. I have experienced this many times. The situation was still difficult, but I no longer felt completely overwhelmed. That kind of peace is one of God's greatest gifts during storms.

Now, let us talk about the second thing, which is God's Word. The Bible is not just a religious book we read out of duty. It is living and active. In difficult times, it becomes a lifeline and a light in dark places.

When your feelings tell you that God has forgotten you, the Word reminds you that He will never leave you or forsake you.

When you feel worthless, it tells you who you really are in Christ.

When you do not know which way to turn, it gives wisdom and direction.

I remember going through a season when everything felt heavy and discouraging. I did not feel like reading the Bible at all. But I made a simple commitment to read at least one Psalm every day, even when my heart was not in it. Slowly, those words began to work on me. They

reminded me of God's faithfulness through generations. They gave me hope when I did not have any reason to hope.

Many teenagers I have counselled have discovered the same thing. When life felt chaotic and their emotions were all over the place, consistently reading Scripture became a steady anchor. It renewed their minds when lies felt louder than truth. It comforted them when they felt alone.

To start with, you do not have to read large portions of the Bible every single day, especially when you are struggling. Start small. One chapter. One Psalm. One verse that speaks directly to what you are going through. Ask the Holy Spirit to speak to you through what you read. Write down verses that stand out. Over time, you will build a storehouse of truth that the Holy Spirit can bring to mind exactly when you need it.

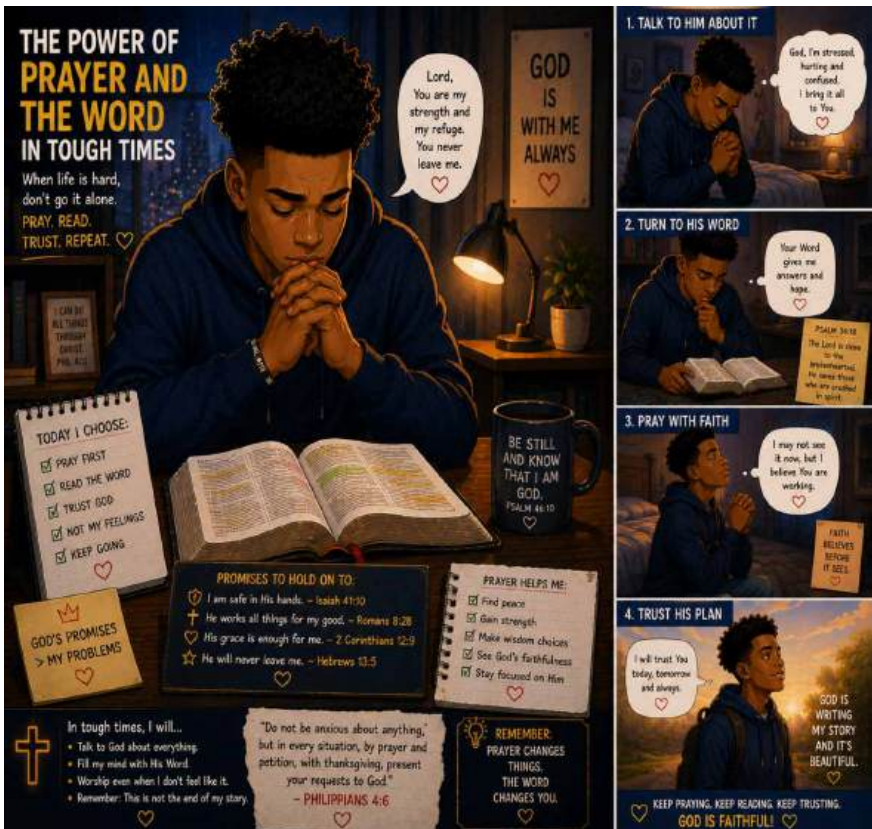
Prayer and God's Word work powerfully together. As you read Scripture, turn it into prayer. When you read a promise, pray it back to God for manifestation in your situation. When you read about His character, thank Him and worship Him for who He is. This kind of “praying through the Word” is especially powerful during tough times.

In difficult seasons, many people make the mistake of pulling away from God and from His Word. But that is actually when we need them the most. Prayer and Scripture are not just nice spiritual habits for good days. They are lifelines for the hard days.

If you are walking through a tough time right now, I encourage you to lean into prayer and God's Word more than ever before. You can take the next few moments to pray as you round up this chapter. Be honest in your prayers. Tell Him all that burdens you. In addition, be consistent with Scripture even when you do not feel like

it. God may be waiting to tell you something of value concerning your fears. You may not see dramatic results immediately, but over time you will look back and see how God sustained you, comforted you, corrected you when needed, and guided you through the storm.

He has never failed anyone who truly looked to Him. He will not fail you either.



Part 5

Looking Ahead



Chapter 21

Your Teenage Years Are Not a Waiting Season

There is a common lie many of us believe during our teenage years: “I will really start living for God when I am older.” We always think our teenage years are just preparation time, a waiting room before real life begins. We are really determined to get serious with the things of God when we get admitted into the university, or after we start working, or when we get married. For now, we just want to enjoy ourselves and do the acceptable minimum.

Here is the truth I want you to hear clearly: your teenage years are not a waiting season. They are real years. Important years. Some of the most powerful and formative years you will ever have.

Think about it. Right now, your heart is tender and open in ways it might not be later. Your energy levels are high. Your mind is sharp and eager to learn. You have fewer responsibilities than you will have in a few years. You have access to your friends and classmates in a way adults often will not. These are not years to waste or merely survive. They are years to invest fully in God's Kingdom.

Look at young people in the Bible. David was a teenager when he faced Goliath. Jeremiah was young when God called him to speak to nations. Mary was probably a teenager when she said yes to carrying Jesus. Timothy was young when Paul entrusted him with leadership responsibilities. God has always used young people who

were willing to step up instead of waiting.

Your teenage years are when many important foundations are laid: your character, your habits, your relationships, your understanding of God. What you build now will affect the rest of your life. The person you become in these years is largely the person you will most likely be as an adult, just a little more developed, if at all there is any difference.

This does not mean you have to be perfect or super spiritual all the time in your teenage years. It means being intentional. It means deciding that these years will count for something significant. It means giving Jesus your best now, not just your leftovers.

I have seen teenagers who understood this truth, and it changed everything for them. They did not wait to grow into adulthood before they had time for the things of God; they started serving in their church and community right away. They did not wait to share their faith; they began having honest conversations with their friends. They did not wait to grow; they pursued God with their whole hearts even while dealing with school, family drama, and all the normal teenage struggles.

One of the dangers of thinking these are “waiting years” is that you can waste them on things that do not really matter. Endless scrolling. Chasing popularity. Getting into relationships that are not good for you. Putting off serious commitment to God.

Many adults always look back on their teenage years with regret because they wasted them. Do not let that be your story.

Your teenage years are actually a launching pad. The decisions you make now about your time, your purity, your friendships, your studies, and your relationship with God will set the direction for many years to come. This is

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the time to build strong foundations. It is the time to develop godly character. It is the time to discover and start using your gifts. It is time to make memories and form friendships that honour God.

Jesus wants all of you, including your teenage years. He does not just want the adult version of you. He wants all of you. He wants your energy, your passion, your questions, your dreams, and even your struggles. He can do beautiful things with a life that is fully surrendered to Him right now.

So do not wait. Start today. Love Jesus with everything you have in this season. Serve where you are. Share your faith with your friends. Use your gifts for His glory. Build good habits. Make wise choices. These years matter. They are not practice years. They are the real thing.

One day you will look back on your teenage years and either smile with gratitude or shake your head with regret. The choice is yours. Make them count.

Your teenage years are not a waiting season. They are a powerful, beautiful, important season to live fully for Jesus.



Chapter 22

Preparing for an Amazing Future with Jesus

As you get closer to the end of your teenage years, thoughts about the future naturally will start taking up more space in your mind. What will I study? What kind of career do I want? Will I get married? Where will I live? These questions can bring a mix of excitement and anxiety.

The world will put so much pressure on you to have everything figured out, but here is the truth that has brought me a lot of peace over the years: when Jesus is at the centre of your life, you do not have to be afraid of the future. You can prepare for it with hope instead of worry.

Preparing for an amazing future with Jesus does not mean you need to have every detail planned out right now. It means building the right foundations so that no matter what comes in the future, you are ready for it; your already built foundation can accommodate it. It means trusting that the same God who has been faithful to you so far is the One who holds tomorrow.

The most important thing is keeping Jesus first in every decision you make about your future. Many teenagers base their major life choices on money, status, what looks impressive to others, or what their friends are doing. But when Jesus is truly the Lord of your life, you start asking different questions: “Lord, where do You want me to go?” “How can I use my life to honour You in this decision?” “Will this path draw me closer to You or slowly pull me away?”

I have watched some young people make wise choices because they put God first, and at the same time, I have seen several others chase things that looked good on paper, but it led to unnecessary struggles later because Jesus was not at the centre of their pursuit.

Another key part of preparation is building strong character now. No switch in your brain automatically turns on when you become an adult, signifying your change of status from teenagerhood to adulthood. Who you are as a teenager is who you will be as an adult if you do not improve on yourself. If you are a careless teenager, you will grow to be a careless adult if you do not do something about it. If you are an inconsiderate teenager, you will grow to be an inconsiderate adult if you do not do something about it. If you are a troublesome teenager, you will grow to be a troublesome adult if you do not do something about it. The person you are becoming in these teenage years is largely the person you will be as an adult.

If you do not like who you are as a teenager, it is time to do something about it. If you do not work on who you are as a teenager, you already know what kind of adult you will grow into. Work on integrity, humility, faithfulness, self-control, and genuine love for people. These qualities will matter far more in the long run than your grades, your popularity, or how talented you are.

Do not be afraid to dream big with God. He is not limited by your background, your past mistakes, or your current circumstances. Bring your dreams, ambitions, and desires to Him. Ask Him to shape them according to His perfect will. Some of the greatest things God has done through people started as quiet dreams in their teenage hearts.

At the same time, hold all of your plans with open hands. Do not be too rigid about them. Life does not always follow our carefully made timelines. Sometimes God redirects us in ways we never expected. Trust His timing.

He sees the full picture when we can only see a small piece of the puzzle. Some of the best things in my life came through detours I did not plan.

Preparing for the future also means being intentional about your relationships. The friends you keep now, how you relate to the opposite sex, and how you honour your parents; these things are shaping your future more than you realise. Make choices in these areas that you will not regret later. Build friendships that strengthen your walk with God. Guard your heart wisely. Honour your family as best as you can.

Invest in your own personal growth. Study hard, not just to pass exams but to develop the mind God has given to you. Keep developing your gifts and talents with every available opportunity. Learn from mentors around you. Read good books that can contribute to your advancement in life. Grow deeper in prayer and your knowledge of the Scripture. These investments will pay off richly in the years ahead.

Finally, remember that your ultimate future is completely secure. No matter what happens in this life; success or failure, marriage or singleness, health or sickness; if you belong to Jesus, your eternal future is bright beyond imagination. One day every tear will be wiped away, and you will be with Him forever. That hope changes how we face uncertain tomorrows.

So, look forward to your future with confidence and excitement. Jesus is not just the God of your past and your present; He is the God of your future too. Walk closely with Him now, obey Him daily, and trust Him completely with whatever lies ahead.

The best really is yet to come.

Chapter 23

Leaving a Legacy That Matters

As we come to the last chapter of this book, allow me to talk to you about something that might not feel urgent when you are still in secondary school, but it is actually one of the most important things you can think about in life: the kind of legacy you want to leave behind.

Most teenagers do not spend much time thinking about legacy. We are too busy trying to pass exams, survive family drama, figure out relationships, and just make it through each week. But whether you realise it or not, you are already building a legacy with how you live your life right now.

Legacy is not mainly about what people say at your funeral someday. It is about the impact your life has on the people around you while you are still here, and the kind of influence that continues even after you are gone. It is the way people remember your character, your love, your faithfulness, and the difference (big or small) that you made in their lives.

You do not need to be famous, rich, or extraordinarily talented to leave a meaningful legacy. Some of the most powerful legacies come from ordinary teenagers who simply lived faithfully for Jesus. Think about the quiet student who consistently encouraged others, the one who refused to join in gossip even when it would have made them popular, the one who prayed for their friends in secret, or the one who served behind the scenes without

looking for credit. Those lives leave marks that last far longer than we expect.

I have been to a few funerals of young people and older saints, and what always stands out is how people do not usually talk about how much money someone made or how popular they were. They talk about how the person loved God, how they treated people, how they showed up when others needed them, and how their life pointed others toward Jesus. That kind of life leaves something beautiful and lasting behind, even though they were gone.

Leaving a legacy that matters starts with the daily choices you are making right now. How you speak to your parents when you are tired. How you treat the classmate everyone else mocks. How you handle failure and success. How you use your time, your phone, your money, and your influence. Every small decision is writing a page in the story that people will remember about you.

One of the most powerful legacies you can leave is a life that genuinely points people to Jesus. When your friends, family members, and the people around you see that your faith is real, not just something you talk about on Sundays but something that actually changes how you live every single day, it challenges them to think about their own lives too. Your life becomes a living letter that people can read.

I remember a boy named Chike in our teen group. He was not the loudest or most talented person, but he had this quiet integrity. He worked hard without complaining, was kind even when people were unkind to him, and genuinely cared about others. When he finished school and moved away, several younger teenagers told me his example made them want to take their walk with God more seriously. That is legacy. It was not dramatic, but it was real.

Leaving a good legacy also means living with eternity in

mind. The things the world chases so hard; popularity, pleasure, money, status, or being “seen” do not always last. But the things done for God's glory and for the good of others do. Invest your teenage years in what has this eternal value.

This does not mean you have to be perfect. None of us is. We all make mistakes, say the wrong things, and have moments we regret later. The beauty is that God can redeem even our failures when we bring them to Him with a humble heart. A legacy of honesty, repentance, and dependence on God's grace can be just as powerful as a legacy of never falling. So as you finish reading this book, I want to gently challenge you: think about the kind of legacy you want to leave. What do you want people to remember about the way you lived? What kind of impact do you want your life to have on your family, your friends, your school, and your community? You do not have to have it all figured out today, but you can start building toward it right now.

Your teenage years are not too early to start living a life that matters. In fact, they might be the best time. You have energy, passion, influence with your peers, and open doors that might close later. Use them well. Love Jesus with everything you have. Love people genuinely. Serve faithfully. Stand for what is right. Forgive quickly. Stay close to God.

Leave a legacy that points people to Jesus. A legacy of love, integrity, faithfulness, joy, and hope. A legacy that makes others say, “Because of the way that person lived, I wanted to know their God too.”

One day, when your time here is done, may the people who knew you remember you with gratitude and say with tears in their eyes, “That person loved Jesus with everything they had.”

That is a legacy worth living for.

Conclusion; A Love That Lasts

As we come to the end of this book, I want to speak to your heart one last time, not as an author, but as someone who genuinely cares about your life and your walk with Jesus.

Everything we have talked about in these pages; loving Christ, living for Him daily, serving Him with your gifts, fighting temptation, handling struggles, and making your teenage years count- all of it flows from one simple but powerful thing: a real, personal love for Jesus that lasts.

This is not about becoming a perfect Christian who never struggles. None of us is there yet. It is about falling more and more in love with the One who loved you first. It is about letting that love shape how you see yourself, how you treat others, how you spend your time, and how you face your future. When love for Jesus is at the centre, everything else finds its right place.

I pray that as you close this book, you do not just feel inspired for a few days and then return to business as usual. I pray that something real has been stirred in your heart, a fresh hunger to know Jesus more deeply, a renewed desire to live fully for Him, and a quiet confidence that your life can truly count for something eternal.

Your teenage years are precious. They are not too early to love Him passionately, and they are not too late to start again if you have drifted. Jesus is not looking for perfect performance. He is looking for a willing heart that keeps turning back to Him.

No matter where you are right now, whether you are on fire for God, struggling with doubt, fighting secret sins, or simply feeling ordinary, His arms are open. His love is steady. His grace is sufficient. He is not finished with you yet. In fact, the best parts of your story with Him may still be ahead.

So, love Him with everything you have. Love Him in the quiet moments when no one is watching. Love Him in the loud moments when everyone is watching. Love Him when it is easy and when it is hard. Let that love overflow into your school, your family, your friendships, your future dreams, and every part of your life.

And one day, whether in this life or the next, you will look back and be so glad you gave Him your teenage years. You will see how He was faithful, how He carried you, how He used even your struggles for good, and how a love that began in your youth became a love that truly lasted.

Jesus is worthy of it all.

Keep loving Him.
Keep living for Him.
Keep serving Him.

A love like this is worth everything.

Now go and live like it.

The End

Commitment Page

My Decision to Love, Live, and Serve Jesus

Today, I want to give you space to make this personal. If you have read through this book and something in your heart has been stirred, if you feel the Holy Spirit gently calling you to a deeper, more real relationship with Jesus, this is your moment. Not a moment of pressure, but of honest surrender.

Take a quiet moment right now. Maybe close your eyes, breathe slowly, and talk to Jesus like He is right there with you, because He is.

My Personal Commitment

Jesus,

Thank You for loving me first. Thank You for dying for me, for rising again, and for never giving up on me even when I have been distracted, doubtful, or distant.

Today, I make this decision:

I choose to love You with all my heart, not just with words, but with real affection and devotion. I want to know You more deeply than ever before.

I choose to live for You in my everyday life, whether at home, in school, with my friends, or in the secret places where no one else sees. I want my life to reflect who You are.

I choose to serve You with the gifts, time, and opportunities You have given me. I do not want to waste my teenage years. I want them to count for Your Kingdom.

I know I will not be perfect. There will be days I will stumble. But I commit myself to getting back up, asking for Your forgiveness, and continuing to walk with You.

I surrender my future, my relationships, my dreams, my struggles, and my whole life into Your hands. Have Your way in me.

***From today onward, I declare:
Jesus is my Lord.
Jesus is my First Love.
My life belongs to You.***

Name: _____

Signed: _____

Date: _____

You can write your name and the date as a way of marking this moment. This page is between you and God. You can come back to it whenever you need to remember or renew your decision.

If you prayed this prayer and meant it in your heart, heaven is rejoicing. The angels are celebrating. And Jesus is smiling over you right now.

This is not the end of your journey with Him. It is a beautiful new beginning.

Keep going. Keep growing. Keep loving Him.

He will never leave you. And a life lived for Jesus is the

*** Teens Love Jesus ***

most beautiful life of all.

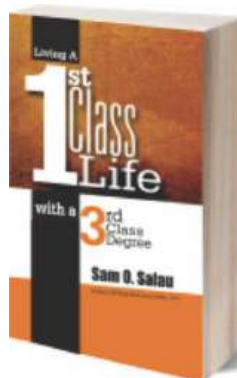
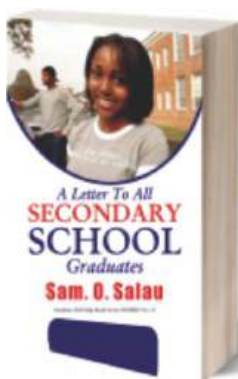
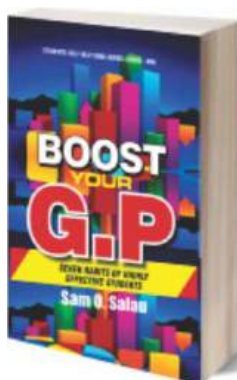
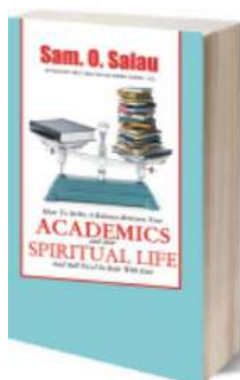
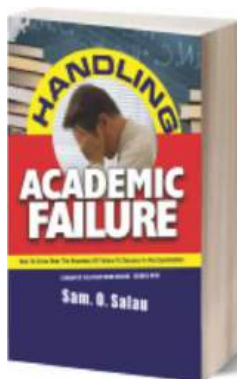
If you have done this, I am happy for you. Now go live for the One who gave everything for you.

With love and prayer,
Your brother/sister in Christ

Sam. O. Salau

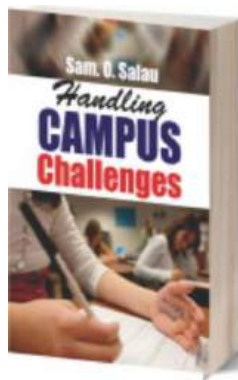
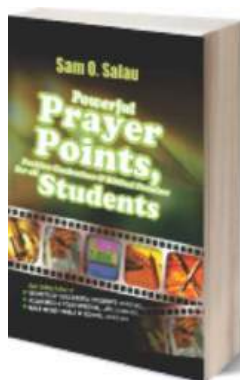
OTHER BOOKS BY SAME AUTHOR

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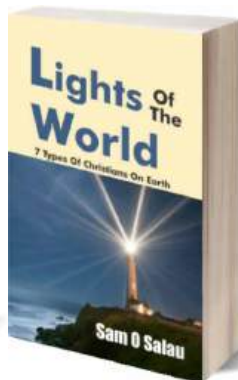
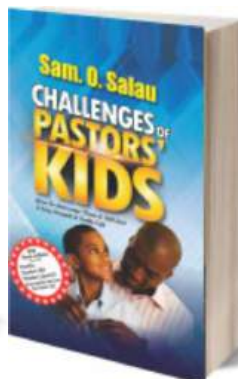
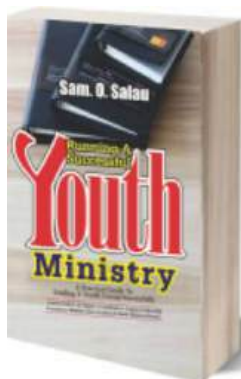
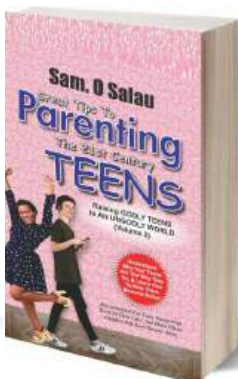
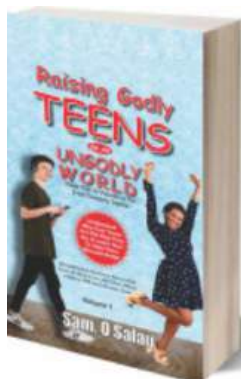
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*** Teens Love Jesus ***



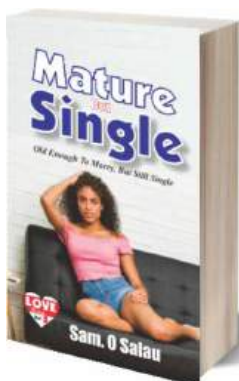
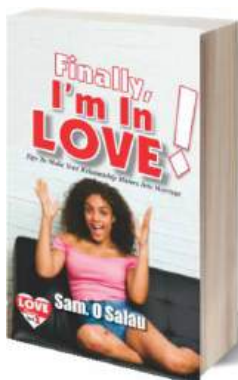
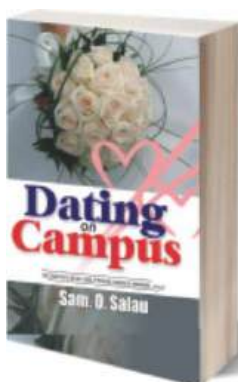
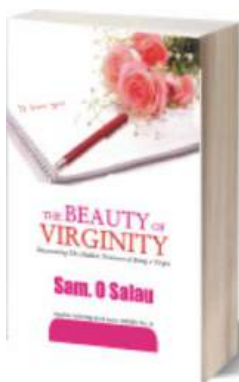
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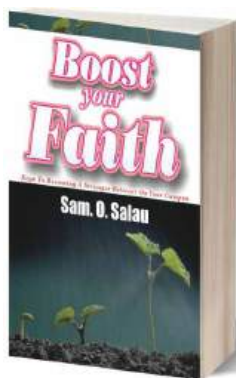
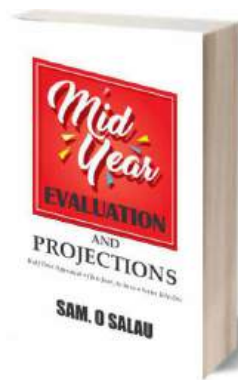
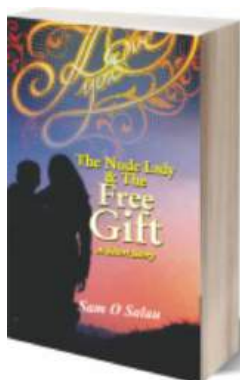
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Sam O Salau is a Personal Development Coach who works with clients in order to develop strategies to build human capital and improve their individual life, thereby improving the quality of service which they deliver to their respective organizations and creating more values.

He is an exceptional communicator who is compassionate about the young leaders and deeply committed to their growth, equipping them with the knowledge, practical skills and motivation to carry out their work activities effectively, thereby building the necessary foundation to make them relevant in the future both to themselves and the society at large.

He is a strategist who helps forward-looking organizations align its long term corporate objectives with organizational capability development initiatives by builds training programmes from scratch (from the initial idea through planning, implementation, review and outcomes analysis) for his clients. His clientele cuts across different spheres of the economy.

With 4 Master's Degrees and a PhD, Sam. O. Salau has authored over 30 published books and 35 booklets, with the best-selling title "Secrets of Successful Students" sold over 150,000 copies, Sam O Salau currently mentors thousands of students, youths, and young adults in and around the country.

