

VRFD

Everywhere students look, someone's asking them to prove who they are—through likes, achievements, or belonging to the right crowd. But God already knows and verifies their worth. This series helps students trade the pressure to perform for the peace of being known and loved by the One who made them. Our prayer is that by the end of this series, students will find their confidence not in what others say, but in who God says they are.

Week One

Psalm 23:1–3

God fulfills your true desires.

Week Two

John 15:26–27

Your story, God's glory.

Week Three

Psalm 125:1–2

Trust makes you unshakable.

Week Four

1 Samuel 17:38–40

Embrace your God-given identity.

MEMORY VERSE

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Ephesians 2:10 NIV

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High School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your high schooler starts their day, say, “No label defines you more than the one God already gave—His child.”



Their Time

Strengthen your relationship this week by doing something that builds trust between you and your teen like sharing a memory where you had to rely on God too.



Meal Time

At a meal this week, have everyone answer this question: “What voices are the loudest in your life right now and which ones help you remember who you really are?”



Bed Time

Pray for your teen: “God, help both [teen’s name] and me to realize that in a world that says we’re never enough, with Your help, You give us what we need to make it through whatever life brings. And You walk with us through it.”



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Morning Time

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Their Time

Strengthen your relationship this week by doing something that builds trust between you and your teen like sharing a memory where you had to rely on God too.



Meal Time

At a meal this week, have everyone answer this question: “What voices are the loudest in your life right now and which ones help you remember who you really are?”



Bed Time

As your middle schooler winds down, pray, “God, when [child’s name] feels alone, help them remember that You are right beside them.”



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