

Offering help and guidance for problems
that teens commonly face.

Teen's Devotional Booklet

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Bullying

DEUTERONOMY 31:6

"BE STRONG AND COURAGEOUS. DO NOT FEAR OR BE IN DREAD OF THEM, FOR IT IS THE LORD YOUR GOD WHO GOES WITH YOU. HE WILL NOT LEAVE YOU OR FORSAKE YOU."

Bullying is a serious issue. "Every 7 minutes a child is bullied." That is a lot of kids. If you are being bullied tell a trusted adult. But always remember, as it says in Deuteronomy, God is with you always. Even when you feel alone God is there and he will never leave you. It is normal to feel alone but do not fear because our God is always there. I know for me just someone being present makes me feel better. If you are feeling suicidal tell someone or call 1-800-273-8255. Do not take your life, you have so much to live for, I promise. Each day gets better with time. But, if you don't try and get help no one knows what you are dealing with. Pray to God when you feel alone and talk to your parents. Remember that you can never be replaced!

STAND UP!
PREVENT BULLYING NOW!
SPEAK OUT!

QUESTIONS

Who is "Them" in the bible verse (used in this topic)?

Even if you aren't getting bullied, how can you prevent bullying?

Who are some trusted adults at your school?

What are the types of bullying?

How can you stay strong if you are being bullied?

[If you think you are the bully, see the self-esteem for help.](#)

Bullying

DEUTERONOMY 31:6

“BE STRONG AND COURAGEOUS. DO NOT FEAR OR BE IN DREAD OF THEM, FOR IT IS THE LORD YOUR GOD WHO GOES WITH YOU. HE WILL NOT LEAVE YOU OR FORSAKE YOU.”

Activity: Role Play

You will need 4 people. Here are the roles: bystander who cheers on the bully, friend who stands up to the bully, the bully, and the victim.

Bully: Hey you! You are stupid! What clothes are you wearing? Are they from your mom's closet? (laughs)

Victim: Stop it.

Bystander: Keep going! Fight!

Bully: You are worthless and no one notices you. Why don't you just go home and never come back?

Friend: Stop it. No one likes a bully. It is not cool at all. Come on (waves to the victim).

After you role play discuss how each role affected the victim? Who did the right thing?

“Dear God, I pray for others and I that are living in the shadows of a bully, for teachers and parents to find solutions, and for the hearts of kids with aggressive and mean behavior to be reached.” Amen

From: <http://www.ameliarhodes.com/2014/10/06/pray-a-to-z-bullying/>

LINKS TO USE

<http://www.stopbullying.gov/what-is-bullying/>

<http://www.thebullyproject.com/>

<http://www.pacer.org/bullying/resources/info-facts.asp>

<http://kidshealth.org/kid/feeling/emotion/bullies.html#>

<http://www.stopbullying.gov/prevention/at-school/>

<http://www.colorado.edu/cspv/bullyingprevention.html>

<http://www.helpguide.org/articles/suicide-prevention/suicide-help-dealing-with-your-suicidal-thoughts-and-feelings.htm>

Body Image

1 PETER 3:3-4

“DON’T LET YOUR ADORNING BE EXTERNAL- THE BRAIDING OF YOUR HAIR, AND THE PUTTING ON OF GOLD JEWELRY, OR THE CLOTHING YOU WEAR- BUT LET YOUR ADORNING BE THE HIDDEN PERSON OF THE HEART WITH THE IMPERSIHABLE BEAUTY OF A GENTLE AND QUIET SPIRIT, WHICH IN GOD’S SIGHT IS VERY PRECIOUS.”

Everyone wants to look nice, don’t you? But when it gets to be extreme, that is when you have to draw a line. Ever hear the saying “What’s on the inside matters more than what is on the outside”? That is basically what this bible verse means. It says that you shouldn’t worry about how you look rather think of how you are in the inside. What matters is your heart and spirit. When you have good intentions God is happy. I think God’s opinion matters most. Don’t you? I have two examples of when people go too far. If you are starving yourself just to look good or what society thinks is perfect, that is way too far. God’s sees you as perfect as you are – you can learn to believe that, too. An article I read recently had the second example in it. A woman was so obsessed with being tan that she went to tanning beds almost every week. Even when she started to wreck her skin, she turned to spray tans instead. Eventually she realized that she didn’t have to be tan. She was good the way she was, and healthier too. Don’t think you have to change to look good in someone else’s mind. They should accept you for you.

QUESTIONS

What does adorning mean?

Do you think you let your adorning be internal?

What can you work on to accept your body image?

Are your friends accepting of who you are?

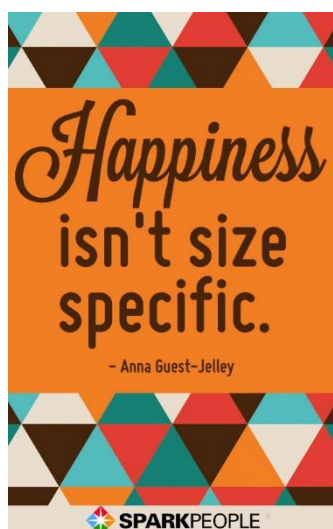
When do you think the woman in the article should have stopped or gotten help?

Body Image

1 PETER 3:3-4

“DON'T LET YOUR ADORNING BE EXTERNAL- THE BRAIDING OF YOUR HAIR, AND THE PUTTING ON OF GOLD JEWELRY, OR THE CLOTHING YOU WEAR- BUT LET YOUR ADORNING BE THE HIDDEN PERSON OF THE HEART WITH THE IMPERSIHABLE BEAUTY OF A GENTLE AND QUIET SPIRIT, WHICH IN GOD'S SIGHT IS VERY PRECIOUS.”

Watch a movie or read a magazine. Pick a scene or a page with a few people in it. Do you think the images are unedited? Chances are they are all photo shopped. Don't compare yourself to these images. You are unique and aren't the same as everyone else. Guess what? That is okay. This activity is geared towards showing you how most the people in entertainment don't even look natural because it is not their genuine appearance. The pictures aren't original. but you are!



“Lord, we pray that our hope would be renewed, that we would stop trying to grasp perfection for a vessel that is weak and dying. We pray that we would be good stewards of the temples you have given us and that our hearts would remain focused on heaven. May our flaws and scars not defeat us, but rather, add to the joy and hope of what you have waiting for us in eternity.” Amen

From: <http://beingmadebeautiful.blogspot.com/2015/01/12-prayers-for-true-body-image.html>

LINKS TO USE

<https://www.nationaleatingdisorders.org/what-body-image>

http://www.brown.edu/Student_Services/Health_Services/Health_Education/nutrition_&_eating_concerns/body_image.php

<https://www.commonsensemedia.org/blog/girls-and-body-image>

<http://www.mirror-mirror.org/body-image-men.htm>

<https://www.nationaleatingdisorders.org/20-ways-love-your-body>

Safe and Healthy Relationships

1 CORINTHIANS 10:13

“...HE WILL ALSO PROVIDE THE WAY OF ESCAPE,
THAT YOU MAY BE ABLE TO ENDURE IT.”

The title of this topic is safe relationships. Now, there are many areas that topic includes, such as no abuse, refraining from sexual activity, etc. I am going to explain those two and connect them to the bible verse. So, the bible verse says that God will leave a way of escape for you. In the way of being physically or verbally abused in a relationship, that means that God will help you. He will work through you so that you can escape the harm. If that is what is happening, you need to tell someone. Tell a parent, teacher, pastor, or counselor or call 1-800-787-3224 if you are being abused. If a person is pressuring you, remember you are in charge and you can say no. Don't do anything you aren't ready for. A healthy relationship is one where you feel comfortable around the other person. You should feel special, have open talks, and respect each other. You should feel like you have someone to lean on!



QUESTIONS

What is your take on the bible verse?

Have you ever had a relationship break up?
How did you handle it?

Has there been a time in your life that you have had to “escape” to maintain a safe, healthy relationship?

Who can you go to if you are being abused in a relationship?

What are some ways of escape (like saying no)?

If you are currently in a relationship, do you consider it safe? For example, are you feeling disrespected, controlled, or pressured to do things you are not comfortable with?

Safe and Healthy Relationships

1 CORINTHIANS 10:13

“...HE WILL ALSO PROVIDE THE WAY OF ESCAPE,
THAT YOU MAY BE ABLE TO ENDURE IT.”

Activity:

In a notebook write 2 columns and label them unhealthy and healthy. Then list parts of a relationship that are healthy or potentially unhealthy. If you don't want to write them down, then discuss them. Here is an example of each to get you started:

Healthy- your gf or bf allows you to have friend time without him or her

Unhealthy- your bf or gf is being too possessive over you (doesn't want you to hang out with your own friends)

Father, sometimes I feel so happy that I think even my toes are wriggling with laughter. But at other times, I feel insecure and uncertain, squirmy, if You know what I mean. I wonder about how to get along with him/her. I don't want to make him/her angry or disappointed. And I know that You have expectations for our relationships too. I ask You to bless our special friendship. Help us not to test Your will when it comes to sexuality. Although we may fall in love, let us always remember Your love for us. You know and want what is best. Your rules reflect what is best in how we treat each other, even when our emotions are swimming with affection. Guide us, Lord. Keep this special friendship both God-pleasing and fun for us.
Amen

From: Teens Pray by: Edward Grube

LINKS TO USE

<http://www.loveisrespect.org/healthy-relationships/>

http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html

<http://www.thehotline.org/is-this-abuse/healthy-relationships/>

<http://stayteen.org/sx-ed/relationships>

<http://www.pamf.org/teen/abc/>

<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Expect->

Friendship

ECCLESIASTES 4:9-10

“TWO ARE BETTER THAN ONE, BECAUSE THEY HAVE A GOOD RETURN FOR THEIR WORK, IF ONE FALLS DOWN, HIS FRIEND CAN HELP HIM UP. BUT PITY THE MAN WHO FALLS AND HAS NO ONE TO HELP HIM UP.”

Friends are always there with us through the ups and downs of everyday life. But, sometimes friends fight. How can you keep your friends close when you're so busy? Just remember that “two are better than one”. Even if you can't be with them you can still text them, talk to them, etc. The bible verse talks about how a true friend helps you and cares for you. Friends are important and making friends is a good trait to have. Talking to people in school that you don't know can help you blossom. Friendship troubles are always going to happen. You have to be patient with each other and listen to them. You can always work through your troubles. Friends are great!



QUESTIONS

How can you solve your differences with friends?

What qualities do you look for in friends?

How does God impact your friendships?

The bible verse talks about “a good return for their work”. What does that mean in this context?

How do your friends impact your faith?

How do you make new friends and keep the old?

Friendship

ECCLESIASTES 4:9-10

“TWO ARE BETTER THAN ONE, BECAUSE THEY HAVE A GOOD RETURN FOR THEIR WORK, IF ONE FALLS DOWN, HIS FRIEND CAN HELP HIM UP. BUT PITY THE MAN WHO FALLS AND HAS NO ONE TO HELP HIM UP.”

In a notebook write down things that you want/need to see in a friend. List them from the most important qualities to least important. Then think about if they apply to your friends. Do you think you are friends with people you want to be friends with?

Examples of qualities: nice, funny, smart, etc.

“Dear Jesus, allow me to see others who need my friendship. Please also place me in the company of those who would befriend me. Bless my friendships with Your presence. Use the bonds and fun we share to bring us closer to one another and closer to You. Guide my friends and me to be open to others, that we may accept new friendships without threatening old friendships. Thank You, Lord Jesus, for showing us how important good friends can be. Amen.”

From: Teens Pray by Edward Grube

LINKS TO USE

http://kidshealth.org/teen/school_jobs/school/friend_comments.html

<http://teens.webmd.com/features/friends-hips-make-keep-leave-them>

<http://www.focusonthefamily.com/parenting/teens/developing-friendships-that-last>

http://teenadvice.about.com/od/friends/tp/friendship_problems_hub.htm

<http://everydaylife.globalpost.com/importance-teenage-friendships-6471.html>

Social Media Apps/Video Games

LUKE 11:34

“YOUR EYE IS THE LAMP OF YOUR BODY. WHEN YOUR EYE IS HEALTHY, YOUR WHOLE BODY IS FULL OF LIGHT, BUT WHEN IT IS BAD, YOUR BODY IS FULL OF DARKNESS.”

How many social media apps do you have? How many video games do you play? Think about how much time a day you spend on them. If you spend the whole day on your phone or staring at a television and don't do anything to praise God, it is kind of like you are idolizing your video games/social media and not worshipping God. In comparison to the bible verse your “eye” is healthy when you don't spend lots of time playing video games and going on social media. If you go on it a healthy amount of times a day, then it is fine. Spending an hour or less each day playing video games or on your phone is good!



QUESTIONS

How many hours a day do you spend on social media/video games?

What do you think “lamp” means in the bible verse?

Do you think you can spread your light to others?

What ways can you stop yourself from going on social media/video games?

Do you have private information on your social media pages?

What social media apps & video games do you have? What are your favorites?

Social Media/Video Games

LUKE 11:34

“YOUR EYE IS THE LAMP OF YOUR BODY. WHEN YOUR EYE IS HEALTHY, YOUR WHOLE BODY IS FULL OF LIGHT, BUT WHEN IT IS BAD, YOUR BODY IS FULL OF DARKNESS.”

Activity:

Keep a log for a week. In a notebook, write down the times that you go on social media or play video games. Write the beginning and end times. Then, at the end of the week estimate how much time you spent on it. Add it up and see how close you are! I bet you spend a lot more time on social media and playing video games than you think.

“Thy will be done”. “I say those words every time I say the prayer You taught Your disciples. I’m one of Your disciples too, dear Jesus. Sometimes, though, Your will is my won’t! Forgive me when I disobey You-when I fail to love God and love other people as You love. Help me to know what You would have me do. Give me a desire to search out Your will in the Bible and as I hear Your Word elsewhere. Make Your will my will. Amen”

From: Teens Pray by Edward Grube

LINKS TO USE

<http://www.huffingtonpost.com/news/teens-social-media/>

<http://www.christianitytoday.com/iyf/hottopics/faithvalues/5-rules-for-social-media-sanity.html?start=1>

<http://www.pewinternet.org/2015/04/09/teens-social-media-technology-2015/>

http://www.huffingtonpost.com/kevin-deegan/can-you-use-social-media-b_6336366.html

<http://news.discovery.com/human/psychology/is-too-much-social-media-use-bad-for-teen-health-150910.htm>

Peer Pressure

PROVERBS 12:26

"THE RIGHTEOUS SHOULD CHOOSE HIS FRIENDS CAREFULLY, FOR THE WAY OF THE WICKED LEADS THEM ASTRAY."

Sometimes it is easy to forget who we are and follow what our friends are doing. But as God says in Proverbs, we should choose our friends wisely so that you don't get pressured to do bad things like drugs, stealing, etc. Always remember that you are your own person and you don't have to be a follower - be true to yourself. People that are pressuring you to do things that you don't agree with are people you probably weren't your friends to begin with.



Saying no
is the way
to go!



Would you jump if
everyone
else did?

QUESTIONS

What ways can
you say no to peer
pressure?

In what ways can
peer pressure veer
you away from
God?

What does "The
righteous" mean
in the bible verse?
Who are the
righteous?

Who can you talk
to if you feel like
you are being
pressured by
peers?

Look at the picture
diagonal from this
question. Read
the box and the
question on the
right. Would you
jump?

Peer Pressure

PROVERBS 12:16

"THE RIGHTEOUS SHOULD CHOOSE HIS FRIENDS CAREFULLY, FOR THE WAY OF THE WICKED LEADS THEM ASTRAY."

Activity:

Here are some situations that involve peer pressure. Discuss how you would act if they happened to you.

1. You are in a verbal fight with your friends and others are starting to gather. They start chanting "Fight, fight, fight." Two of your friends start to fist fight. What do you do?
2. You go to a school party where they have beer. Your friend offers you a cup. What do you do?
3. You decide to ride the bus home. The older kids on the bus are smoking. They hand you a cigarette. What do you do?

"Lord God, I pray that I would be delivered from peer pressure. Give me the strength to resist temptation. I ask that I will not be enticed by others to do what I know is wrong. Grant me the ability to stand strong and not follow others into wickedness. I pray that You would show me the seriousness and the end of those who blindly follow the crowd. Amen."

From: Praying for Spiritual Awakening Among Students.pdf

LINKS TO USE

<http://www.thecoolspot.gov/pressures.aspx>

<http://headsup.scholastic.com/students/peer-pressure-its-influence-on-teens-and-decision-making>

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&id=2184&np=295>

<http://www.ianrpubs.unl.edu/epublic/live/g1751/build/>

Uncertainty of Future

JEREMIAH 29:11

“FOR I KNOW THE PLANS I HAVE FOR YOU,”
DECLARES THE LORD, “PLANS TO PROSPER YOU
AND NOT TO HARM YOU, PLANS TO GIVE YOU
HOPE AND A FUTURE.”

Sometimes we find ourselves wondering whether we are on the right path in life. What will the future have in store for us? But the fact is, God takes care of us. Even during the times when nothing seems to be going right God knows the plans for you. Prosper means to be successful and to flourish. God wants us to prosper as it says in Jeremiah. You can always turn to God when you are uncertain. The future sometimes seems too vast and far off for us to imagine what it could be like. But thankfully, we don't need to worry about it for God prepares us and leads us each and every day!



QUESTIONS

What things can you do when you are worrying about the future (what ways can you cope)?

Read the bible verse again. What will God's plans give us?

God is always there for us. What are the ways we can communicate with God?



Uncertainty of Future

JEREMIAH 29:11

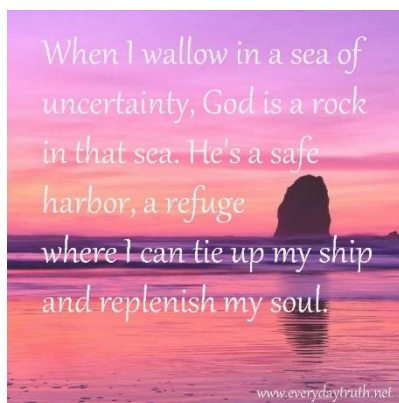
“FOR I KNOW THE PLANS I HAVE FOR YOU,”
DECLARES THE LORD, “PLANS TO PROSPER YOU
AND NOT TO HARM YOU, PLANS TO GIVE YOU
HOPE AND A FUTURE.”

Activity:

This is for when you are feeling uncertain.

Take a walk or do something that is silent but something you can also concentrate while doing it. Then pray to God, remember your faith and really communicate with God. Pass your worries to him and know that he is there for you.

Dear Heavenly Father, please give me courage in this time of worry. Give me the strength to continue on my path even if it is unknown. Let me be free of my worries and confide them in you. Amen.



LINKS TO USE

<http://www.danielbranch.com/how-to-stop-fearing-uncertainty-and-the-future/>

<http://zenhabits.net/uncertainty/>

<http://plainbibleteaching.blogspot.com/2007/08/uncertainty-of-life.html>

<http://lavistachurchofchrist.org/LVSermons/WhatIsGodsWillForMePart4.html>

<http://www.calmdownmind.com/dealing-with-uncertainty/>

Parents

EXODUS 20:12

“HONOR YOUR FATHER AND MOTHER, THEN YOU WILL LIVE A LONG, FULL LIFE IN THE LAND THE LORD YOUR GOD IS GIVING YOU.”

Sometimes we may feel otherwise but our parents are in charge of us. God gave them you and so you're a gift to them. A good gift. So, for all the nice things they do for us (for 18 years and beyond) we should honor them and respect them. Also, the ten commandments state that we should honor our father and mother. If we obey God we will get a reward. In this verse the reward is a long, good life. “The truth is that you always know the right thing to do. The hard part is doing it.” This quote makes a connection when you fight with your parents. You know you shouldn't because God tells you not to, but it is hard not to. The next time you feel like a fight is coming on, take a deep breath and relax.



QUESTIONS

What do we do to honor our parents as it says in Exodus 20:12?

What will be your reward if you obey your parents?

What are ways you can stop a fight between your parents from happening?

Read the quote again that is in the orange box. Do you believe that is true in your own life?

How do you think God feels when we obey him and follow the rules he has set for us?

Parents

EXODUS 20:12

“HONOR YOUR FATHER AND MOTHER, THEN YOU WILL LIVE A LONG, FULL LIFE IN THE LAND THE LORD YOUR GOD IS GIVING YOU.”

Activity:

Take time each day, whether at night or during the day, to talk to your parents. Tell each other about your day, talk to them about sports, etc. Once you start this routine it will be easier and easier to confide in your parents. Being able to talk to your parents is the first thing to having a healthy relationship with them. The conversations don't have to be long but make them count!

Dear God, please help me have the courage to talk to parents and not fight. I would like to have a good relationship with my parents and be able to feel comfortable with talking about all ranges of topics. Thank God for such great parents! Amen.

LINKS TO USE

http://kidshealth.org/teen/your_mind/Parents/fight.html

<http://teens.webmd.com/features/i-cant-talk-to-my-parents>

<http://www.lifespan.org/children-and-teenagers-how-to-talk-so-your-parents-will-listen.html>

<http://www.kidspot.com.au/Parenting-Teen-Fun-family-activities-to-do-with-teens+6751+751+article.htm>

Self Esteem

PHILIPPIANS 4:13

"I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME."

At times we may feel as though everyone is better than us or can do better things than us. At those times your self-esteem is low or you are not as confident in yourself. When you are feeling that way try not to compare yourself to others. We see people and think that we should be like that or be able to do things like that. Remember that you are unique and have talents that others don't. You can do all things through Christ, as it says in Philippians. Your self-esteem level is important because how you see yourself makes a difference in how others see you. If you take pity on yourself and hide in the shadows people won't be as comfortable to come up to you to talk. If you are optimistic and happy, others will be more likely to come and talk to you. Also, when trying to make good first impressions, how you act shows a lot about your self-esteem. On your bad days, take a deep breath, smile, and try and find something that makes you happy!



QUESTIONS

What are some ways you can raise your self-esteem level?

On a scale to 1-10, 10 being "I'm super confident." And 1 being "I hate myself." How confident in your own skin do you think you are?

How does your self-esteem affect the mood of others around you?

What are some things you can do to make yourself feel happy on your not so confident days?

Self Esteem

PHILIPPIANS 4:13

"I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME."

Everyday try and find something that you like about yourself. You make accomplishments every day that you never really realize, such as finishing a book, or helping a friend. Those are all great qualities that make you, you. Think of a compliment you can give yourself to power your day. Also, take the self-esteem quiz (the link is the last one in the column on the right), to see how confident you are about yourself. If you get a low score, try some of the activities above.

Dear God, "We give our lives today to you, Oh Father, just take control and guide us along the way. There are times we may think that we do not have the strength to defeat the enemy as he attacks us in our daily lives. Restore our courage and faith in you, Oh King of Heaven. Help us to be confident both in ourselves as well as in You, for we know we will mount up on wings like eagles and soar high with You on the throne. And even as we ask for confidence Dear Lord, help us to remain humble in all that we do. Give us the courage to face our fears, to stand up for ourselves, to fight for what we believe in, to bless others and to minister your Word. Let the fire that burns within us touch the lives of others and manifest your love and grace to all." In Jesus' Holy Name, Amen

From: <http://christianstt.com/prayer-confidence-2/>

LINKS TO USE

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20047976?pg=2>

<http://thinksimplenow.com/happiness/the-art-of-building-self-esteem/comment-page-2/>

<http://www.spiritwire.com/selfesteemtips.html>

<http://www.netdoctor.co.uk/interactive/interactivetests/selfesteem.php>

Schoolwork

2 TIMOTHY 2:6

“IT IS THE HARDWORKING FARMER WHO OUGHT TO HAVE THE FIRST SHARE OF CROPS.”

Do you ever wish school didn't exist? I know have. It is so easy to forget why we go to school, to learn. We sometimes think of it as boring. School should be a learning experience and a way to meet new people. Try to think of school as the next step in your life. In 2 Timothy it says that the person that works hard should have the first reward. To put it into perspective, think about an assignment you turned in early and worked super hard on. When you got it back, it said A. This is an example of the bible verse. Another example is the saying “the early bird catches the worm”. If you are the first to turn in your assignment, you probably did a better job than the person who did it last minute. Try your best in school and you will catch the worm.



QUESTIONS

What is your favorite subject in school?

Do you try your best in school?

What is a way you can make school seem more fun for yourself?

What do you think that 2 Timothy 2:6 means? What is your take on it?

Do you believe in the saying “the early bird catches the worm”? Why?

Schoolwork

2 TIMOTHY 2:6

"IT IS THE HARDWORKING FARMER WHO OUGHT TO HAVE THE FIRST SHARE OF CROPS."

Activity:

Experiment doing your homework at different times in one week. See what time is best for you. Do you pay more attention when it is 5:00PM or when is 9:00PM? Everyone is different. For me I like to do my homework first so I feel accomplished. Once you find a time that works for you, try a place. Do you work well in your room alone? Or surrounded by your family at the kitchen table? After you figure out how you like to do homework, get into a routine. Try and do your homework in the same place and at the same time!

Dear God, help me to love school. Please forgive me when my grades are bad and help me to do my best. Thank you for the great teachers and the students. Thank you for giving me the ability to learn. I know you will be watching out for me as I prepare for school, study for tests, and do my homework. Thank you for everything. In God's name, Amen

LINKS TO USE

<http://www.wikihow.com/Organize-Your-Room-and-School-Work-%28for-Teens%29>

<http://www.wikihow.com/Get-Your-Homework-Done-Fast>

<http://www.studycram.com/how-to-take-notes.html>

<http://www.wikihow.com/Enjoy-School>

<http://www.wikihow.com/Get-Organized-in-High-School>

<http://www.scotthyong.com/blog/2011/07/26/effort-skill/>