A 7-Day Challenge for Teenagers

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Welcome, Champion.

You are holding something that was written specifically for you — not a future, more polished version of you. For you, right now, exactly as you are.

This is a 7-day challenge built around one word: LIGHT. Five letters for five areas of your life. If you take them seriously, they will change how you see yourself, how you treat others, how you pursue God, and how you show up in the world.

Each letter is a chapter, and each chapter gives you truth to meditate on, real questions to sit with, and a daily action to live out. The only request I have is this: don't just read this book, apply what is within it. The teens who will come out of this different are not the ones who understand it best. They are the ones who do something with what they find.

Philippians 2:15 says this: “that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world.”

God calls you to shine… Not one day, Not when you’re older; Now!

You are light. Walk in it.

L — Leadership

I — Identity

G — Growth

H — Holiness

T — Technology

Leadership

Take Initiative. Don’t Wait to Be Called.

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

Leadership is not a title. It is not a position that gets handed to you at a certain age, or a responsibility you step into only after someone permits you. Leadership is a decision — a daily, deliberate choice to take responsibility for your actions, your words, and the people around you.

One of the greatest lies teenagers believe is that leadership is for later. That you must be older, more experienced, or more qualified before you can make a difference. But God’s Word does not say “wait until you are ready.” It says set an example; right now, where you are, in how you speak, how you live, how you love, how you believe, and how you pursue purity.

The truth is that your generation is desperately in need of young people who will lead from the front. Not just in church or at a youth group, but in your school corridor, in your group chats, in your home, in the way you handle conflict, and in the standard you set for yourself when no one is watching.

Leading as a teenager does not mean having all the answers. It means having the courage to do the right thing even when it costs you. It means being the friend who speaks truth even when silence would be easier. It means refusing to go where the crowd is going when you know the destination is wrong.

You may not feel like a leader. That is fine. Most great leaders did not feel like leaders either, but they simply chose to lead anyway. I want you to always remember this: God does not call the equipped; He equips the called.

What leading looks like right now

- Speak up when something wrong is happening — even at personal cost.
- Take full ownership of your responsibilities without being pushed.
- Set a positive, constructive tone in your friendships and group chats.
- Be the one who apologises first and forgives genuinely.
- Pray for the people in your life, not just yourself.
- Choose integrity over popularity — every single time.
- Be the kind of person others can depend on to keep their word.

Questions to sit with

1. Where in my life am I currently waiting for permission to lead?
2. Is there a situation around me that needs someone to step up? Could that be me?
3. What does my example look like to the people watching me?

DAY 1 · Your Leadership Moment

- Identify one situation today where you can take the lead.
- Don’t wait to be asked, step up voluntarily.
- It could be at home, in class, or in a conversation.
- Write down what happened and how it felt.

Your Challenge: Take initiative in one situation today, no matter how small. Lead it with integrity and without waiting to be told.

Identity

Know Who You Are Before the World Tells You.

> *But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.*
>
> **1 Peter 2:9**

One of the fiercest battles you will ever fight is not a physical one; it is the battle for your identity. Every day, you are surrounded by voices telling you who you should be, what you should look like, and what success is supposed to feel like. Social media, peers, culture, family pressure, and your own inner critic are all competing to define you.

But here is what you need to know: none of them has authority over you. Only the One who created you has the right to define you. And what He says about you is more powerful, more permanent, and truer than anything the world could ever offer.

Your identity is not your appearance. It is not your follower count, your grades, or whether people think you are cool. Your identity is not even your sin because the blood of Jesus means your past does not get to determine your future. You are chosen. You are loved. You are royal. You are His.

When you truly know who you are, something shifts. You stop needing everyone's approval to feel okay. You stop shrinking to fit into spaces that were never designed to hold you. You walk with a quiet, settled confidence that comes from knowing your foundation cannot be shaken.

Identity is not something you discover once and file away; it is something you return to repeatedly, especially on the days when you feel unseen or not enough. On those days, come back to the truth. Declare it, and let it anchor you.

Declarations to speak over yourself daily

- I am chosen… not by accident, but on purpose and with purpose.
- I am deeply and unconditionally loved by God.
- I am not defined by my mistakes, my past, or other people's opinions.
- I am fearfully and wonderfully made; there is nobody else like me.
- I have a God-given assignment that only I can carry out.
- I belong to God. I am His, and He is mine.
- I carry light in me, and I will not hide it!

Questions to sit with

1. What lies about my identity have I been believing that I need to replace with truth?
2. Where do I most often look for validation, and is that source trustworthy?
3. How would I live differently if I truly believed everything God says about me?

DAY 2 · Declare Your Identity

- Write down or speak aloud 3 truths about who God says you are.
- Do this before you check your phone every morning this week.
- When a lie tries to enter your mind today, replace it with truth.
- Notice how declaring your identity changes how you carry yourself.

Your Challenge: Every morning this week, declare who you are in Christ before you do anything else. Do it out loud — your ears need to hear it.

Growth

Develop Yourself — Spirit, Mind/Soul, and Body.

> *And Jesus grew in wisdom and stature, and in favour with God and man.*
>
> **Luke 2:52**

Even Jesus grew. He did not arrive on earth as a fully formed adult. The Bible tells us He grew in wisdom, in physical stature, and in His relationship with both God and people. If growth was a necessary and deliberate part of Jesus' journey, it is absolutely part of yours.

Growth does not happen to you; it happens because of you. It requires intention, discipline, and a willingness to keep going even when progress feels invisible. The teenagers who stand out are rarely the most talented in the room. They are the most consistent.

You have three dimensions that need development simultaneously.

Your spirit — your relationship with God, your character, and your inner life. Your mind/soul — how you think, reason, and learn. Your body — your physical health, your energy, and your discipline.

God wants you whole, fully developed in every dimension. Neglecting any one of these creates an imbalance that will eventually surface.

You are in the most important season of your formation. The habits you build now, the beliefs you adopt now, and the people you learn from now all shape who you are for the next decade. Do not waste this season.

How to grow intentionally every day

- Spend time in God's Word daily — even 10 focused minutes count.
- Read at least one book a month that stretches your thinking.
- Be physically active at least 3–4 times a week.
- Keep a journal to reflect on what you are learning.
- Find a mentor… someone ahead of you who can speak into your life.
- Ask not just "what do I want?" but "who am I becoming?"
- Celebrate little progress — growth is rarely dramatic, but it is real.

Questions to sit with

1. Which of the three areas — spirit, mind, body — am I most neglecting right now?
2. What is one thing I could start doing this week to grow more intentionally?
3. Who is one person I could learn from that I have not yet approached or leaned into from afar?

DAY 3 · Spirit, Mind/Soul & Body

- Do one deliberate thing today for your spirit (pray, read the Bible).
- Do one deliberate thing for your mind (read, learn, reflect).
- Do one deliberate thing for your body (exercise, sleep well, eat right).
- Write down what you did for each one before you sleep tonight.

Your Challenge: Each day this week, do at least one intentional thing for your spirit, your mind, and your body. Track it — growth that is not measured is easily forgotten.

Holiness

Built Through Habits, Not Just Decisions.

> *Do not conform to the pattern of this world but be transformed by the renewing of your mind.*
>
> **Romans 12:2**

Holiness is not a feeling you get at a church service. It is not an emotion that rises and falls with your spiritual mood. Holiness is a lifestyle, built in the quiet, unremarkable moments that nobody posts about.

The culture around you is constantly pushing you toward compromise. It tells you that everyone is doing it, that a little won't hurt, that you can cross the line just once and pull back easily. These are some of the most dangerous lies you will encounter because they are wrapped in just enough truth to sound reasonable.

What you do repeatedly, you become. Every day, in small choices that seem insignificant, you are building or weakening your character. The music you listen to shapes your mind. The content you consume shapes your desires. The habits you maintain when no one is watching reveal who you are.

Pursuing holiness is not about being perfect. It is about being honest with yourself and with God, about the areas of your life that are pulling you away from who He has called you to be and then deciding to deal with them.

Every boundary line God draws is not a wall keeping you from good things; it is a fence keeping harm away from you. When you choose holiness, you are not missing out. You are stepping into something far better than what compromise ever offered.

Habits that build and protect your holiness

- Guard carefully what you watch, listen to, and consume.
- Be ruthlessly honest with yourself about what is pulling you away from God.
- Build accountability; have at least one person you can be completely real with.
- Don’t just try to stop a bad habit; replace it deliberately with a better one.
- Start your day with God before your phone gets your attention.
- When you fall, get up quickly. Guilt is not the same as repentance.
- Surround yourself with people who make holiness feel normal, not strange.

Questions to sit with

1. What habit in my life is quietly working against my walk with God?
2. Is there an area where I have been managing sin rather than dealing with it?
3. Who in my life holds me accountable, and do I let them?

DAY 4 · The Habit Audit

- Name one habit that is working against your growth and holiness.
- Decide specifically what you will replace it with.
- Tell one trusted person about this decision today.
- Accountability is not weakness, it is wisdom.

Your Challenge: Identify one habit that is quietly affecting your journey to holiness.
Don’t manage it — deal with it. Take one concrete step today.

Technology

Use It. Don’t Let It Use You.

> *Everything is permissible for me — but not everything is beneficial. Everything is permissible for me — but I will not be mastered by anything.*
>
> **1 Corinthians 6:12**

Technology is not your enemy. Your phone is not evil. Social media is not automatically dangerous. They are tools, and like any tool, they can build or destroy depending entirely on how, when, and why you use them.

The problem is not technology itself. The problem is what happens when a tool becomes a master. When you reach for your phone before you reach for God. When your self-worth is tied to the number of likes a post receives. When you cannot sit in silence for five minutes without needing stimulation. At that point, the tool owns you.

There is also a subtler danger: the version of yourself you perform online versus who you actually are. We cannot deny it; social media is part of your world, and it creates enormous pressure to curate your life, to chase validation, to compare your private reality with everyone else’s public performance. This comparison is toxic.

But here is the other side I want you to be aware of: technology, used intentionally, is one of the most powerful tools your generation has ever had access to. You can learn anything, reach anyone, and use your platform to point people toward light.

Decide what your digital life says about your values. Choose to be intentional with every app, every minute, and every piece of content you create or consume. I want you never to forget that your screen time is a direct reflection of your priorities, and your priorities shape your future.

Using technology with purpose and wisdom

- Set a realistic daily screen time limit — and stick to it.
- Unfollow accounts that consistently make you feel less or anxious.
- Use your platform to share something of genuine value.
- Create a no-phone window every day — ideally, first thing in the morning.
- Have at least one hour of phone-free time before you sleep.
- Replace 30 minutes of mindless scrolling with something that builds you up.
- Ask before you post: Is this true, helpful, and uplifting, or just for attention?

Questions to sit with

1. If someone looked at my screen time this week, what would it say about my priorities?
2. Which accounts or apps are feeding me well, and which are draining me?
3. How can I use my online presence this week to reflect who I actually am?

DAY 5 · The Screen Time Audit

- Check your actual screen time stats today; be honest about what you find.
- Set one new boundary around your device use and write it down.
- Use technology intentionally to encourage someone today and to develop yourself.

DAY 6 · Use Your Platform

- If you are active on social media, post or share something today that reflects your faith or values.
- It doesn’t need to be preachy, just true, positive, and authentically you.
- Notice how being intentional with your words online feels different.

DAY 7 · Bring It All Together

- Review your full LIGHT week honestly: what shifted? where did you slip?
- Write one commitment for each letter: L · I · G · H · T.
- Share what you learned with one person; speaking it cements it.

Your Challenge: This week, control your screen — don’t let it control you. Set one boundary, honour it, and use technology to add value to yourself, and to add light to others rather than just consume it.

That’s all, folks!

Seven days. Five letters. One challenge. You did it, and it is only the beginning.

Please note: The LIGHT challenge is not a one-time event. It is a lifestyle.

- Lead every day.
- Declare your identity every morning.
- Grow intentionally in spirit, mind/soul, and body.
- Build holiness through your daily habits.
- Use technology on purpose, not out of impulse.

The world needs teenagers who are not afraid to walk differently.

The world needs teenagers who know who they are and Whose they are.

The world needs teenagers who refuse to shrink, to settle, or to hide.

Guess what? That teenager is you!

Please say it aloud: THAT TEENAGER IS ME!

Don’t put this down and go back to normal. Take one decision — one habit, one declaration, one step — and make it today.

I love you. I’m rooting for you. Be assured of my prayers for you!

L Leadership · Take initiative in one situation every day

I Identity · Declare who you are in Christ every morning

G Growth · Grow your spirit, mind/soul and body intentionally

H Holiness · Drop the habit that is quietly holding you back

T Technology · Control your screen — use it to add light

They Were Young. God Used Them Anyway.

You may think you are too young, too ordinary, or too unknown to matter. The Bible disagrees. Throughout Scripture, God chose young people to carry His greatest assignments. Their exact ages are not always recorded, but historians and biblical scholars widely agree they were teenagers or young adults when their stories began. Here are eleven of them; be inspired!

David

1 Samuel 16–17

While his brothers were at war, David was still tending sheep, overlooked, underestimated, and left behind. Yet God said, ‘I have chosen him.’ Before David ever wore a crown, he killed a lion, killed a bear, and then walked onto a battlefield to face a giant that grown men refused to fight. He did not wait for permission. He did not wait until he was older. He picked up five smooth stones and ran toward the problem.

What this means for you: Your season of being overlooked is not wasted. God is watching what you do when no one else is. The giant you face today — whether it is fear, comparison, or pressure — is not too big for the God in you.

Joseph

Genesis 37

At 17, Joseph was betrayed by his own brothers, sold into slavery, falsely accused, and thrown into prison. By every human measure, his life was over before it began. But Joseph kept his integrity in Potiphar’s house, kept his faith in prison, and kept his gift alive in every room he was placed in. What his brothers intended for evil, God used for extraordinary good.

What this means for you: What feels like a setback in your story right now is not the end of it. Your integrity in the hard seasons is building the foundation for everything God has next. Don’t abandon your values when life gets difficult; that is exactly when they matter most.

Esther

Esther 2–4

Esther was an orphan, a minority, and a young woman in a culture that gave her very little power. Yet when the moment came, she made one of the most courageous decisions in the Scripture. Her uncle Mordecai said to her: 'Who knows whether you have not come to the kingdom for such a time as this?' She fasted, she prepared, she stepped forward… and she saved an entire nation.

What this means for you: You are not here by accident. The family you were born into, the school you attend, the friendships around you, the generation you are part of; none of it is random. You have been placed exactly where you are for a reason. Do not shrink back from the moment you were made for.

Mary

Luke 1:26–38

Mary was a young woman in a small, overlooked town when the angel Gabriel appeared and told her she would carry the Son of God. She had no idea how it would work. She had no roadmap, no preparation, and no guarantee of how people would receive her. Her response? 'I am the Lord's servant. May it be done to me according to your word.' She said yes to God before she understood everything.

What this means for you: God is not waiting for you to have all the answers before He calls you. He is looking for availability, not just ability. When God places a calling on your heart that feels too big for you, say yes. He will not ask you to carry something He has not already equipped you to hold.

Jeremiah

Jeremiah 1:4–8

When God called Jeremiah to be a prophet to the nations, Jeremiah's first response was: 'I do not know how to speak; I am too young.' God's response was immediate: 'Do not say I am too young. You must go to everyone I send you to and say whatever I command you.' God did not argue with him about his age. He simply gave him the assignment and promised to go with him.

What this means for you: Stop disqualifying yourself with your age, your background, your inexperience, or your insecurities. The very thing you think makes you unqualified is often the thing God is planning to use. He did not call you because you were ready. He called you because He is ready.

Daniel

Daniel 1

Daniel was a young man when he was taken from his home, transplanted into a foreign culture, given a new name, and pressured to conform to everything around him. In that environment, he made a decision: he would not defile himself. He drew a line in the sand as a young person, and that line became the foundation of one of the greatest prophetic ministries in Scripture. The same young man who refused the king's food later interpreted dreams, faced lions, and changed empires.

What this means for you: The decisions you make about your values right now, when you are young and the pressure is high, will shape everything that follows. You don't have to wait until you are older to decide who you are. Draw your line today. Hold it. Your future self will thank you.

Gideon

Judges 6–7

When the angel of the Lord appeared to Gideon, he was hiding, threshing wheat in a winepress to conceal it from the enemy. He was afraid, he was from the least significant family in his tribe, and he considered himself the most insignificant member of that family. Yet God's greeting was stunning: 'The Lord is with you, mighty warrior.' Gideon could not see what God already saw. He asked for sign after sign, and each time, God was patient. Eventually, Gideon obeyed, and with just 300 men, he defeated an army of thousands.

What this means for you: God sees you differently than you see yourself. The labels you carry — weak, small, unqualified, afraid — are not how Abba describes you. Stop letting your self-assessment be louder than God's assessment. He calls you mighty before you feel it, because He knows what you are capable of when you finally say yes.

King Uzziah

2 Chronicles 26:1–5

Uzziah became king of Judah at just sixteen years old. The Bible records that he did what was right in the eyes of the Lord and that as long as he sought God, God gave him success. Under his leadership, the nation was strengthened, the army was rebuilt, and the kingdom flourished. His early years were a remarkable example of what happens when a young person in a position of influence chooses to seek God first. The Bible says specifically: 'As long as he sought the Lord, God gave him success.'

What this means for you: You do not have to wait until you are older to lead well. Uzziah was sixteen and running a nation. The key to his early success was not his experience or his wisdom, it was his decision to seek God consistently. Make that decision now, while you are young. Leaders who seek God first build things that last.

Miriam

Exodus 2:1–8

When baby Moses was placed in a basket on the Nile, his older sister Miriam stood at a distance to watch what would happen to him. When Pharaoh's daughter found the baby and wanted a nurse for him, Miriam did not freeze. She stepped forward boldly and offered to find a Hebrew woman to care for the child, and she went and brought back Moses' own mother. A young girl, in a dangerous moment, made a quick decision that shaped the destiny of an entire nation.

What this means for you: You are never too young to do something significant. Miriam did not have a title, a platform, or a plan, she had presence, courage, and a willingness to act in the moment she was given. Pay attention to the moments you are placed in. God may be using you in ways you cannot yet see.

Ruth

Ruth 1–4

Ruth was a young widow who had every reason to go home and start over. Her husband was dead, she was a foreigner, and her mother-in-law Naomi could offer her nothing but hardship. Yet Ruth's response is one of the most beautiful declarations of loyalty in all of Scripture: 'Where you go, I will go, and where you stay, I will stay. Your people will be my people and your God my God.' She chose faithfulness when it cost her everything, and that choice led her into one of the most remarkable redemption stories the Bible records.

What this means for you: Faithfulness is never wasted. The loyal, quiet choices you make to stay when it would be easier to leave, to honour God when no one is rewarding you for it… these choices are building something. Ruth's faithfulness did not just bless her own life. It changed the entire lineage that eventually led to King David and to Jesus Himself.

The Servant Girl Who Spoke Up

2 Kings 5:1–3

She had no name recorded in Scripture. She was a young Israelite girl who had been captured and taken from her home to serve as a servant in the house of Naaman, a powerful Syrian commander who suffered from leprosy. She had every reason to be bitter, to stay silent, to keep her head down. Instead, she spoke up. She told her mistress that there was a prophet in Israel who could heal Naaman. That single sentence from a nameless, captive young girl set in motion one of the most dramatic miracles in the Old Testament.

What this means for you: You do not need a name, a title, or a platform to change someone's life. You just need to be willing to speak when God gives you something to say. Your circumstances, however unfair or difficult, do not disqualify your words or your impact. This young girl was overlooked by the world but used by God.

You Are in Good Company.

I’m sure you noticed that every young person on this list faced something that could have stopped them — fear, betrayal, pressure, poverty, obscurity, or impossible circumstances. Not one of them had it easy. But every one of them said yes to God in their season, and history was never the same again.

Now it is your turn. You are not too young. You are not too ordinary. You are not too late. The same God who used David, Joseph, Esther, Mary, Jeremiah, Daniel, Gideon, Uzziah, Miriam, Ruth, and the servant girl is the same God who is calling you.

The world is waiting for your light!

ABOUT THE AUTHOR

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Dr Kemi Oyedepo is a woman on a mission to add value to her generation. A multifaceted leader — family life coach, author, teacher, mentor, change catalyst, philanthropist, and Human Resource professional — she is passionately committed to the growth and transformation of people.

She leads **Crisis-Proof Your Family (CPYF)**, a family ministry committed to educating, equipping, and enriching family life through courses and practical resources. She is also the founder of **Value Adding Woman (VAW)** — empowering women to build lasting value — and **Bracken People Solutions**, a people operations practice helping organisations build strong, sustainable people systems.

She is married to David Oyedepo Jnr, Resident Pastor of Faith Tabernacle, Canaanland — the international headquarters of Living Faith Church Worldwide. Together, they are committed to advancing God's kingdom through faith, family, leadership, and service. They are blessed with two children.

You can learn more about her and her works on www.kemioyedepo.com

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