BIBLE STUDY WORKSHEET

Hope and Support for Teen Mothers

Your age does not cancel your worth, your future, or your ability to grow.

PREPARED BY VANESSA

"Do not let anyone look down on you because you are young."

1 Timothy 4:12

OPENING PRAYER

God, remind me that I am not disqualified by my age or circumstances. Give me courage to receive help, wisdom for each decision, and hope for the future You are still writing. Protect me and my child. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study offers teen mothers dignity, practical hope, healthy accountability, and encouragement to build a supported future for themselves and their children.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Shame Is Not Your Identity

People may have opinions, but no label can remove your dignity. You can take responsibility for choices without living under humiliation.

> There is now no condemnation for those who are in Christ Jesus.
>
> **Romans 8:1**

TRUTH TO CARRY

Accountability helps us grow; shame tells us we are beyond growth.

REFLECT AND DISCUSS

Which label has hurt you most?

What is true about your worth?

What responsible step are you already taking?

Grace makes room for truth, wisdom, and growth.

PART 2

Support Creates Possibility

Safe adults, family, school staff, health professionals, child-care programs, churches, and community resources can help you continue moving forward.

> Plans are established by seeking advice.
>
> **Proverbs 20:18**

TRUTH TO CARRY

You were never meant to solve parenting, school, money, and healing alone.

REFLECT AND DISCUSS

Which adult is safe and dependable?

What support do you need first?

What resource will you contact?

Grace makes room for truth, wisdom, and growth.

PART 3

Your Education and Future Still Matter

Plans may change, but your future is not over. Progress can include flexible schooling, training, work, child care, and one small goal at a time.

> I know the plans I have for you, declares the Lord.
>
> **Jeremiah 29:11**

TRUTH TO CARRY

A changed path can still lead toward purpose.

REFLECT AND DISCUSS

What future goal still matters to you?

What barrier needs a practical solution?

What is the next small step?

Grace makes room for truth, wisdom, and growth.

PART 4

Choose Safe and Healthy Relationships

You and your child deserve respect, consistency, and safety. Pressure, control, threats, and isolation are not love.

> Love does not delight in evil but rejoices with the truth.
>
> **1 Corinthians 13:6**

TRUTH TO CARRY

Healthy love supports your growth and respects your boundaries.

REFLECT AND DISCUSS

Who makes you feel safe and respected?

Are there warning signs you have minimized?

Who can help you make a safety plan?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

A shame-filled belief I will replace:

The trusted adult I will talk with:

The resource or program I will contact:

One step toward school or career goals:

A safety or relationship boundary I need:

THIS WEEK I WILL

- [ ] Tell one safe person
- [ ] Ask about school options
- [ ] Accept practical help
- [ ] Attend needed care
- [ ] Protect one boundary
- [ ] Celebrate progress

MY ANCHOR PRAYER

God, guide my choices and keep hope alive for me and my child.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Lord, surround teen mothers with protection, provision, patient mentors, education, health care, child care, and relationships that honor their dignity. Amen.

A WORD OF ENCOURAGEMENT

Your life is not over. You and your child are worthy of safety, support, growth, and a hopeful future.

CLOSING CIRCLE

One hopeful step I am ready to take:

DECLARATION

My age does not erase my purpose. I can receive help, make wise choices, and keep building a healthy future.

Safety note: If you or your child are unsafe, controlled, threatened, abused, or without basic care, tell a trusted adult or contact local emergency and support services.

Her Story. His Grace. Our Purpose.