



UNSTOPPABLE

youth devotional

Extra Resources

Here's some extra resources that may be helpful as you continue to explore the Bible in more depth.

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BibleProject create free Bible videos, podcasts, articles, classes, and educational Bible resources to help make the biblical story accessible to everyone everywhere.

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Lectio 365

<https://lectio365.com>

Lectio365 is a free app, provided by 24/7 Prayer Movement, with daily prayer devotionals, morning, midday and night.

The Bible App

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The YouVersion Bible App is a free app that allows you to take the Bible wherever you go. You can read and listen to the bible, create prayers, study with friends, and much more.



God's Unstoppable Love For The World



1 John 3:16

This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.

Read more: Romans 8

When you hear the word UNSTOPPABLE, what comes to mind?
Something that can't be slowed down? Can't be held back?
Can't be stopped no matter what gets in the way? Someone breaking through to the finish line?

But what about this:

Have you ever thought about LOVE being unstoppable?

Exploration

When you hear the word love, what do you actually think of?

For most of us, love feels changeable. It rises and falls. It depends on how things are going, how people treat us, or how we feel in the moment. But the Bible completely flips that idea. It says real love is not first a feeling. Real love is a person - Jesus. And if you want to know what love really looks like, you do not look at words...you look at the cross.

Because Jesus does not just say "I love you", He proves it in the most incredible way possible, by giving everything. Have you ever experienced this love? At the centre of the Christian story is this reality: humanity is broken and distant from God because of sin - the selfishness, pride, and mess that runs through all of us and the world we live in.

But God does not step back. He steps in - that is unstoppable love. Not waiting. Not hesitating. Not giving up.



Jesus moves first - toward people who are lost, messy, distracted, and undeserving. He does not wait for people to clean themselves up or get their lives sorted. He enters the chaos. And His love does not just approach it.

He pursues what runs away. Steps into what is broken. Restores what feels beyond repair. Rescues what cannot save itself. He refuses to let go.

1 John 3:16 says it clearly: this is how we know what love is - Jesus Christ laid down His life for us.

That is not soft love. That is not temporary love. That is love that cannot be stopped, even by death. Because even death could not stop God's plan to reach you.

So here is the question this week starts with:

If this is what God's love looks like...what does that change about how you see Him, yourself, and the world around you?

Bible challenge

Take a moment today to be still before God. No pressure, no performance.

Ask yourself honestly:

Do I believe God's love is really like this for me?

Then bring one real thing to Him, something that feels messy, broken, or distant in your life right now. Don't try to fix it first. Just name it.

Finish by simply saying:
"Jesus, I trust Your love here."

One small step today is enough.

Prayer

Jesus, thank You that Your love is unstoppable. Thank You that You do not wait for me to have it all together. Thank You that You step into my life as it really is, not as I pretend it is. I bring to You the parts of my life that feel broken, messy, or far from You. And I trust that Your love is bigger than all of it. Help me to really believe that You love me like this, not just in my head, but in my heart and how I live.

Amen.



John 10:11

"I am the Good Shepherd. The Good Shepherd gives his life for the sheep."

Read more: John 10:1-18

Can you think of a time where you've gone for a walk and got lost?

Maybe you've followed a path thinking it would lead somewhere, only to realise you're not where you expected or you've got no idea where you are at all. In those moments, we usually reach for our phone and open Google Maps, trying to find our way back.

Because when we're lost, we need help to get back on track.

Exploration

Just like we sometimes get lost and need directions, sheep are known for wandering off and losing their way.

They are not fully self sufficient. Without guidance, they can easily end up in danger without even realising it.

That is why the image of a shepherd is so powerful. A shepherd does not just watch from a distance. A shepherd leads, protects, corrects, and even fights for the sheep. Their job is to make sure the sheep are safe, cared for, and not lost.

In the Bible, Jesus takes this image and applies it to Himself. He says, I am the Good Shepherd.

This is intentional. It tells us something important about God's love for the world - we are not left to figure life out on our own. We are known, guided, and pursued by Him.



And unlike a shepherd who only protects, Jesus goes even further. He says the Good Shepherd lays down His life for the sheep.

That is where God's unstoppable love is seen most clearly. Love that does not give up. Love that moves toward us when we wander. Love that is willing to go all the way to rescue us. In life, there are so many things that can pull us off track. Pressure to fit in. Fear of what people think. Comparison. Temptation. Mistakes that make us feel distant from God.

And the truth is, we all wander in different ways. But the message of Jesus is not that we fix ourselves first and then come back. It is that He comes after us and brings us back.

God's love does not wait for us to find our way. It steps into the world to rescue us.

That is what we see in Jesus - not distant advice, but a Shepherd who enters the mess to bring us home.

Bible challenge

Go for a walk if you can, or simply take a slow moment outside. As you move, think about the things that tend to pull you off track in life - distractions, pressures, choices, or patterns of thinking. Name them honestly in your mind and bring them to God as you go. If you pass any obstacles...a road, a gate, a crossroads, pause for a moment and thank God that He makes a way for you, even through the things that feel blocked or difficult.

Stay safe as you do this.

Prayer

Jesus, thank You that You are the Good Shepherd. Thank You that You do not leave me when I wander or feel lost. Thank You that Your love goes after me and brings me back. Help me to trust Your voice and follow where You lead, even when it feels difficult.

Amen.



John 15:12-14

"Jesus said, "This is my command: Love each other as I have loved you. The greatest love a person can show is to die for his friends. You are my friends if you do what I command you."

Read more: John 15:12-17

Think about the people you care about most. This could be friends, family, someone close to you.

Now, have a think: What has that love cost you?

Your time?

Your energy?

Your comfort?

Because it's easy to say we love people...

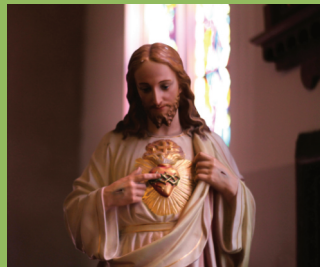
But it gets harder when love starts to cost something real.

Exploration

This week we have been thinking about God's UNSTOPPABLE love for the world. And in this passage, Jesus shows us what that love looks like at its greatest.

Most of the world talks about love as a feeling. Something emotional, easy, or enjoyable. But Jesus speaks about love very differently. For Jesus, love is not just something you feel. It is something you choose. And the clearest picture of that love is the cross. When Jesus says,

"The greatest love is to lay down your life for your friends" He is not just teaching an idea. He is describing what He is about to do Himself. Jesus chooses to move toward pain instead of away from it. He stays faithful even when people reject Him.



He gives His life, not because humanity deserves it, but because that is what real love looks like.

And this connects deeply to 1 John 4:19: we love because He first loved us. Our love for God begins as a response to His love for us. And as His love changes us, it starts to shape the way we love other people too. For most of us, "laying down our lives" will not mean dying. But it will mean learning to love in costly ways

- Choosing patience when you are frustrated
- Giving your time when you would rather switch off or scroll
- Letting go of needing to win an argument
- Showing up for someone when it is inconvenient
- Forgiving even when it still hurts

Because real love will always cost us something. But that is what makes it powerful. The more we understand the unstoppable love of Jesus, the more our hearts are shaped to love like Him - not only when it is easy, but when it is difficult too.

Bible challenge

Think of one person you are finding difficult to love right now. Ask yourself: what might loving them cost me? Maybe your time, patience, or pride. Then choose one simple way to show them love this week:

- Send a message
- Offer help
- Choose forgiveness
- Include them instead of avoiding them

Real love is shown through action.

Prayer

Jesus, thank You that You did not just talk about love, You showed it. Thank You that You stayed faithful, even when it cost You everything. Thank You that Your love reached me first. Help me to love like You. Give me patience when it is difficult, courage when it feels uncomfortable, and a heart that reflects Your love more each day. Amen.



Romans 5:6-8

"When we were unable to help ourselves, at the right time, Christ died for us, although we were living against God. Very few people will die to save the life of someone else. Although perhaps for a good person someone might possibly die. But God shows His great love for us in this way: Christ died for us while we were still sinners."

Read more: John 10:1-18

Have you ever drifted from someone you used to feel really close to?

Maybe you stopped talking as much. Maybe life got busy. Maybe things just changed slowly over time. And when that happens, it can feel strange. Awkward. Distant. Sometimes people feel like that with God too. Not angry at Him. Not totally disconnected. Just...distant. Like you are not as close as you once were.

Exploration

Now imagine being away from the people you love most for a really long time. Not just a few days, but a deep, ongoing distance from the people you want to be close to. What would you want most?

Probably connection. To reach out. To know the relationship was not lost. To know you were still known, wanted, and loved. Because there is something deeply human in all of us that longs to be close to the people we love. The Bible tells a story of humanity being distant from God, not because God stopped loving people, but because sin created separation. Sin isn't just "breaking rules"; it's the brokenness, selfishness and distance from God that affects all of us and the world around us. Yet even while humanity was far from Him, God chose to move towards us in love. That's what makes the message of Jesus so powerful. Jesus did not wait for people to fix themselves before loving them.



He reaches out first. The cross is the ultimate picture of a God who refuses to abandon His people, even when they feel distant, lost or undeserving.

Nothing can stop or limit God's love:

- Not failure
- Not doubt
- Not shame
- Not distance
- Not unbelief

God's love is unstoppable. A lot of people think Christianity is mainly about trying harder or becoming "good enough" for God. But the gospel says the opposite. It is about receiving the love He has already shown through Jesus. We are loved first. Jesus does the hard work of reaching toward humanity, opening the way for relationship with God again. Our response is not to earn His love, but to receive it.

Bible challenge

Take a quiet moment with God. Be honest with Him about where you are right now. Ask yourself:

Have I felt close to God lately, or a bit distant?

What might have caused that drift?

What have I been filling my time and thoughts with instead?

Don't rush it, just notice and bring it to Him. Then take one simple step back toward Him this week. Pray. Read a short part of the Bible. Or spend a few minutes in quiet with Him. God has not moved away from you.

Prayer

Jesus, thank you that you never stop reaching toward people. Thank you that your love is not scared of distance, failure or brokenness. Sometimes I feel far from you, distracted or disconnected. Help me to remember that your love still reaches for me. Bring to mind the people around me who feel lonely, overlooked or distant from others. Give me courage to move toward others with kindness and care. Teach me to reflect your love in practical ways this week. Amen.

John 3:16 & Romans 8:38–39

“For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not die but have eternal life...”

“Nothing...will be able to separate us from the love of God...”

Read more: Luke 15:11–32 (The Prodigal Son)

Have you ever felt like you’ve messed up too many times?

Like if people really knew everything about you, they’d walk away? A lot of us live with this quiet fear: What if I’m too far gone to be loved?

Exploration

I would guess that John 3:16 is possibly the best known verse in the Bible...what do you think? Whether you’ve just seen it now for the first time, or you know it back to front, read it again slowly with the fresh perspective that the ‘whoever’ is you - Jesus came to earth to conquer death for you, and he offers you eternal life! Wow! Not only do we have this incredible offer of eternal life, but the offer comes from a God whose love for us is truly UNSTOPPABLE.

It’s what kept him going as he walked towards the cross, through the torture and the shame, he had you in mind. This love is what Paul wrote about in Romans 8, a kind of love that is always available to us, a love that is relentless in it’s pursuit of us. God’s love isn’t fragile. It doesn’t break when we fail or disappear when we doubt. In fact, God’s love is described as ‘unconditional’, meaning that it doesn’t depend on us at all. His love for us is unchanging!



In Luke 15, the story of the Prodigal Son is about a child that walks away from their father, wasting away their early inheritance, and eventually hitting rock bottom. But, the father never stops loving his lost child...and so, when the child decides to return home, the father who is waiting for them sees them in the distance and runs to meet them and welcome them home! That’s what God’s love is like toward us:

It pursues, even when we run.

It restores, not shames.

It celebrates, not condemns.

Reflection questions:

Do you ever feel like you need to “earn” God’s love back?

What would it look like to believe God is actually running toward you?

Bible challenge

Take 5 minutes today to be honest with yourself and with God about the things that trip you up in your walk with Him. Consider imagining a hurdles race, maybe even draw a stick person at one side of a page and a finish line at the other, with 5 or 6 hurdles along the way...label the hurdles with the things you struggle with. Now, focus on one thing you haven’t been dealing with, or perhaps you’re feeling guilty about. Don’t filter it—just bring it to Him.

Prayer

God, thank you that your love doesn’t give up on me. Even when I avoid dealing with things, or even if I run away, you are faithful and will always be there. Help me believe that I am fully known and still fully loved. Give me the courage to come back to you again and again. Amen.



Romans 2:11 & Matthew 5:44

“God shows no partiality.

“Love your enemies and pray for those who persecute you.”

Read more: Acts 9 (Paul & Ananias)

It's easy to stick with people who are like us; same interests, same background, same vibe.

But, what about people who are different, difficult, or even hurt us?

Do they really matter the same?

Exploration

It's great to know God's love for us is unconditional...but it's perhaps uncomfortable to think that He extends the same kind of unconditional 'relentless love' towards the people in the world that we just don't like, even to those that are really unkind and cruel! I mean, why would He do that, does He not know what they're really like?!

Well, yes, the truth is He knows exactly what each of us are like, and yet He still offers ALL His unconditional love...and here comes the real kicker: He asks us to imitate Him and to love those that we might consider our enemies.

This is a hard call, there's no sugar coating it, and Jesus says it more than once too. But, it doesn't mean we shouldn't be wise, and to also follow the Biblical wisdom of 'guarding our heart' (Proverbs 4:23).

When Ananias is sent to help Saul, understandably he questions the call, saying -

'Lord, I have heard many reports about this man and the harm he has done to Your people'. This shows us something surprising: God's love isn't limited to "good" or "deserving" people. Ananias could only see the wrong things Saul had done, but this story shows us how God is able to see the hearts of those caught up in sin who are truly saying sorry, and that He will always choose to forgive...because of His great love for us! God's love is unstoppable because it reaches:

People we don't understand

People we don't like

People we think don't deserve it

And here's the challenge: if God loves them, we're called to reflect that same love.

Reflection questions:

Is there someone you struggle to love?

What might change if you saw them the way God does?

Bible challenge

Acts Of Kindness:

Choose one person you normally avoid or struggle with. This week, do one intentional act of kindness for them.

Prayers Of Blessing:

Choose to pray blessing for someone everyday that is unkind toward you or others. Even if you don't know them, God does.

Prayer

God, thank you that Your love is for everyone, even the people I find difficult and unkind. Help me to see others through Your eyes. Give me a heart that reflects Your compassion, even when it's hard.

Amen.



1 John 4:9-10

"This is how God showed his love among us: He sent his one and only son into the world that we might live through him. This is love: not that we loved God, but that he loved us..."

John 3:18

"Let us not love with words or speech but with actions and in truth."

Read more: John 13:1-17 (Jesus washes the disciples' feet)

We hear a lot about love, but sometimes it just feels like empty words.

"I love you" can be said easily, but real love shows up in what we do. So what does God's love actually look like?

Exploration

In Jesus we do absolutely see the unconditional love of God for all of us, but it's even bigger than that! In 1 John 4 we read that when Jesus (God himself!) came into the world, it was so that 'we might live through Him'. The key word here being LIVE.

It isn't an 'oh that's nice that God loves me' situation, let's all feel fuzzy about it...to 'live through Him' means an active participation in His work in the world here and now! He recruits us into His work - the practical demonstration and outworking of His love within the day-to-day of our lives.



This is why we are reminded to not 'only' love with words, but with our actions too. We are invited to join in with what God is doing in the communities we exist within.

We are invited to be His mouthpiece which proclaims truth and offers encouragement, AND we have a duty to be His hands and feet too, offering help to those in need and to get stuck in with the real work of 'doing good'.

Jesus himself didn't just talk about love, He also demonstrated it in many ways. Sometimes that was through spending time with people that others seemed unclean, sinful or even 'dirty'. But in John 13, He literally gets down on the floor and washes His disciples' feet, a truly unexpected act of service which demonstrated His humility.

God's love is:

Intentional – it chooses to act

Sacrificial – it gives, even when it costs

Practical – it meets real needs

If God's love is in us, it should flow through us.

Reflection questions:

Where do you tend to keep love as just words?

Who in your life needs to experience love, not just hear about it?

Bible challenge

Secret Angel

Do a few secret nice things for people this week...but don't tell anyone! Instead, enjoy talking to God about it and don't take any credit for it yourself.

Prayer

God, thank you for showing me what real love looks like through Jesus. Help me to not just talk about love, but live it out. Show me small ways I can serve and care for others today.

Amen.





Week 2

God's Unstoppable Love Lavished On Us



1 John 3:1

"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know Him."

Read more: Romans 8:14–17, Galatians 3:26–4:7

What's one thing that comes with being part of a family?

Maybe it's a tradition everyone knows by heart.

A phrase your parents or carers always say.

A meal that shows up on repeat.

Families look different for everyone, close, complicated, blended, distant but they all shape how we understand what it means to belong.

Exploration

I've got a friend whose parents work in the music industry. Every year he got into festivals like Glastonbury Festival for free - backstage passes, VIP access, meeting artists - all because he's their son.

Meanwhile, my mum worked at my primary school, so my "perk" was getting to school early to help carry books. Not quite the same. But it shows something important: being part of a family changes things. It shapes your identity, your belonging, even what you have access to. And the Bible says something incredible: God calls us His children. Not because we've earned it. Not because we're impressive. But because He loves us. The world says your value comes from your grades, popularity, talent, or appearance. But God's love doesn't work like that.

You matter to God simply because you are His.



I've still got an old teddy rabbit from when I was really little. Honestly, it looks terrible now. Half the fur is gone, it's falling apart, and one more wash might fully finish it off. Definitely not impressive. But I love it. Not because of what it can do, but because it's mine. And God's love for you is infinitely deeper than that.

He doesn't love you because you perform perfectly. He loves you because you belong to Him.

The crazy thing about Christianity is that God doesn't just tolerate us or put up with us from a distance. He calls us His children. Not servants. Not fans. Not followers trying to prove themselves. A child who knows they are loved walks differently. They stop constantly trying to prove themselves. They become secure enough to love others, take risks, apologise, forgive, and keep going after failure. Being God's child doesn't mean life becomes easy. It means you never face life alone. You are His child, today and forevermore.

Bible challenge

The next time insecurity hits - when you feel behind, left out, not good enough, or compared to everyone else - pause and remind yourself: "My identity is not built on what people think of me. I am God's child." Maybe write it somewhere you'll see it:

- Lock screen
- Mirror
- Notes app
- Inside your school planner

Let it become louder than the other voices competing for your identity.

Prayer

God, thank You that I am Your child and that I belong in Your family. When I feel unsure, overlooked, or not enough, remind me that my identity is secure in You. Help me to live each day as someone who is loved, known, and held by You. Teach me what it means to reflect Your love in the way I think, speak, and treat others.

Amen.



Psalm 46:1-3

"God is our protection and source of strength. He is always ready to help us in times of trouble. So we will not be afraid, even if the earth shakes, or the mountains fall into the sea, even if the oceans roar and foam, or the mountains shake at the raging sea."

Read more: Exodus 14:21-30 & Isaiah 43:1-2

Have you ever thought, 'I've got this'...

Right before everything went wrong?

Maybe trying to carry every shopping bag in one trip. Or agreeing to help with homework before realising you don't understand it either. Most of us like feeling in control. But sometimes life reminds us pretty quickly that we can't handle everything on our own.

Exploration

I love kayaking, and once when my sisters came to visit me, I took them out on the sea. I was in a kayak, and they were on paddleboards. I'd checked the weather earlier and it all looked fine, calm until later in the afternoon. So we spent the day exploring, swimming, stopping for food, just enjoying it. But then I checked the time. We'd stayed out longer than we should have. The wind had started picking up. Suddenly, getting back became really difficult. We were exhausted, fighting against the waves, and one of my sisters was struggling badly, so I started towing her board. Then I turned around and realised my other sister had drifted far away. The wind had completely separated us. That moment changed everything. We weren't just having a difficult day anymore, we were in trouble. Real trouble.



We had to call the coastguard to rescue us. And honestly, without them, we would not have made it back ourselves. That feeling of being trapped, helpless, and out of options is exactly where God's people found themselves in the Bible passage today.

After escaping slavery in Egypt, they suddenly found the Egyptian army chasing them, with the Red Sea in front of them. There was nowhere to run. No solution they could create themselves. But God made a way where there wasn't one. He split the sea open and led His people through safely. What's interesting is that God didn't just rescue them from something. He was leading them through it. They still had to walk through the sea, trusting Him step by step even while the danger surrounded them. Sometimes we think faith means never struggling or never feeling afraid. But often faith looks more like trusting God while you're still in the middle of the storm. There will be moments in life where you can't fix everything yourself. Moments where you feel overwhelmed, anxious, stuck, or afraid. The good news of the Bible is that God meets people in their weakness and leads them through what they could never face alone. We were never meant to carry everything alone. God is not distant from our fear, pressure, or weakness. He meets us in it. And sometimes the strongest thing you can do is admit you need help.

Bible challenge

What's something in your life right now that feels bigger than you can handle on your own? Instead of pretending you're fine, bring it honestly to God this week. And don't carry it alone in silence either. Talk to someone you trust, a friend, parent, youth leader, teacher, or mentor. Sometimes God rescues us through the people He places around us.

Prayer

God, thank You that I don't have to carry everything on my own. When I feel overwhelmed, anxious, or stuck, help me to turn to You instead of hiding it. Give me courage to ask for help when I need it. Thank You that You are a God who rescues, leads, and stays with us even in difficult moments. Amen.



John 15:16

"You did not choose me; I chose you. And I gave you this work: to go and produce fruit, fruit that will last. Then the Father will give you anything you ask for in My name"

Read more: Ephesians 1:4-5

We all know that moment when people are choosing...and you start mentally preparing to be picked last.

PE teams. Group projects. Group chats. It doesn't take long to feel left out. And it leaves you thinking: am I the last choice?

Exploration

I wasn't great at sport at school. When it came to picking teams, I was usually one of the last to be chosen - especially football!

But when it came to acting, it was different. I loved it, and I often got picked for big parts.

Until one day...that began to change. I went to loads of auditions, hoping to get into drama school. I poured everything into those auditions. But over and over again, I heard the same thing: "You're not what we're looking for." And that kind of rejection doesn't just feel like "no for this thing", it can start to feel like "no to you."

In all those moments where we feel rejected, unseen, or unimportant, the Bible tells us something completely different.

Our Bible passage today says that before anything was made, before your name was ever spoken, God had chosen you.



He wanted you in His family. In His love, He called you by name to be known as His child.

He didn't choose you as a last option. Not because you were the easiest choice. Not because you proved yourself. But simply because He wanted you. What's even more powerful is this: God doesn't choose people reluctantly.

The Bible says it brings Him joy. You are not an afterthought or a backup option. You are wanted. He wants you in His presence, to carry His work, and to be known as belonging to Him. It's almost too big for our minds to fully take in: before the world even existed, before you were born, before you had done anything good or bad, God already loved you and He chose you.

So even when life makes you feel overlooked, left out, or not enough, there is a deeper truth underneath it all: you are already chosen, already known, already loved.

Bible challenge

Try to remember this line this week: "Before the world was made, God chose me."

Say it when you wake up.

Say it when you feel left out.

Say it when you feel like you're not enough.

Let it remind you that you are already chosen, already wanted, already known.

Prayer

God, thank You that I am chosen by You. Thank You that my worth doesn't depend on being picked first by others, but on the fact that You already chose me. When I feel rejected, overlooked, or not enough, remind me that I belong to You. Help me to believe that I am known, wanted, and loved. Teach me to live secure in Your love today. Amen.



Exodus 2:11-1

"Moses grew and became a man. One day he visited his people and saw that they were forced to work very hard. He saw an Egyptian beating a Hebrew man, one of Moses' own people."

Read more: Psalm 51:1-12 & 1 John 1:8-9

Have you ever done something wrong...and instantly wished you could take it back?

Maybe it was something you said without thinking. Something you did in the heat of the moment. Or something you didn't do, even though you knew you should have.

We've all had that feeling of "I really messed up this time".

Exploration

When we think about Moses, we often first picture a hero. We remember him as someone God used to do incredible things and lead His people out of Egypt. But before any of that, Moses had already made a huge mistake.

In this passage, Moses reacts in anger and ends up killing someone. It's shocking to read. It doesn't fit our image of a 'hero of faith' at all. But that's actually the point. The Bible is honest about people, even the people God chooses to use. Moses wasn't perfect. In fact, he made serious mistakes. And yet God didn't remove him from His story. Because this is true for all of us: we all get things wrong. Sometimes it's small things we brush off, and other times it's choices that have bigger consequences. The Bible calls this sin - living in ways that go against God's good way for us.



And when we mess up, our instinct can be to hide, avoid, or assume we've gone too far to be useful or loved. But God doesn't respond like that.

He doesn't give up on Moses. He doesn't erase him from the story. Instead, He meets him, forgives him, and still calls him into something greater.

That's what makes God different. And through Jesus, that same forgiveness is offered to us. Not because we've earned a second chance, but because God is committed to bringing broken people back into relationship with Him. No failure is too big. No mistake is beyond His mercy.

Bible challenge

Is there something you've been carrying that you need to bring to God?

Maybe something you regret. Something you've avoided thinking about. Something you need to say sorry for.

Take a moment today to be honest with Him. You don't need perfect words - just honesty.

And remember: when you come to God, He doesn't push you away. He forgives and restores.

Prayer

God, I'm sorry for the things I've done wrong. The things I regret, the things I wish I could undo, and the things I've tried to hide. Thank You that You don't turn away from me when I mess up. Thank You that because of Jesus, I can be forgiven and made new. Help me to be honest with You, and to trust that Your grace is bigger than my mistakes.

Amen.



Genesis 16:13

She gave this name to the Lord who spoke to her: "You are the God who sees me"

Read more: Read Hagar's story in Genesis 16:1-16

You Are Seen

God notices you even in the hidden places

Exploration

Ever feel invisible? Like you're in the room but no one really notices you're there. You post, you like, you show up, you laugh when you're supposed to. But nobody actually sees you. Not the real you underneath all of your efforts and attempts to really be seen.

That's where Hagar was. Used. Overlooked. She'd had enough, and she ran away from it all. She went out into the desert, on her own, because nobody cared enough to come after her. But, that's when God showed up. Not in a crowd. Not somewhere holy. He found her in the middle of her mess, dusty and crying and done, and He called her by name.

Hagar did something nobody had ever done before in the Bible. She gave God a name. She called Him "Yahweh El Roi", "The God Who Sees Me."

That's not just her story, it's yours too.

God sees you when the group chat goes quiet. When your parents don't get it. When you're smiling through class and falling apart the second you get home. He sees the tears that never make it to a story. The thoughts you'd never say out loud. You are not invisible to Him. And if God sees you, your life

matters. It's easy to feel invisible in a world that moves quickly and often overlooks quiet faithfulness. But Scripture reminds us that God is not distant or distracted—He sees. Just as He saw Hagar in the wilderness, He sees your struggles, your efforts, and even the things no one else acknowledges. Nothing about your life escapes His attention. The unseen acts of kindness, the silent prayers, the inner battles—God is fully aware of them all. Being seen by God means your life has value and meaning, even when others fail to notice.

He never takes his eyes off you because His love for you is unending.

Bible challenge

Try this today: Talk to Him. No filter. No pretending. He already sees you, so stop hiding and let Him meet you where you actually are.

Take five minutes today to reflect on moments you felt unseen, and intentionally invite God into those memories.

Prayer

God, thank You for seeing me completely. Help me trust that I am never overlooked in Your eyes. Amen.



Psalm 139:1-3

“You have searched me, Lord, and You know me. You know when I sit and when I rise; You perceive my thoughts from afar. You discern my going out and my lying down; You are familiar with all my ways.”

Read more: Psalm 139:1-18

You Are Known

God understands you deeper than anyone else

Exploration

Imagine someone knowing everything about you. Not just your highlights, but your search history and the stuff you’ve deleted too. The thoughts that keep you up at night. The moments you wish you could go back and redo. That’s a terrifying thought isn’t it?!

But here’s the thing. God already knows all of it. Every thought before you think it. Every mistake before you make it. Every hidden corner of your heart. And He still loves you. Most of us spend our lives trying to be liked by only showing people the good bits. Picking the right photo, the right caption, the right version of ourselves. But God isn’t scrolling your profile. He isn’t fooled by any of it. And this is the part that gets me, He isn’t disappointed either.

He made you. He planned you. He knows you down to the bone. You’re not an accident. You’re not random. You’re not just another face in the crowd.



You are fully known, and you are fully loved. (And that kind of love isn’t something you earn. It’s something you receive).

To be fully known is something we all long for, yet often fear. People may know parts of us, but God knows everything—our thoughts, motivations, joys, and struggles—and still loves us completely. There is no need to pretend or hide before Him.

He understands your heart better than you do, and nothing surprises Him. This truth brings freedom: you can come to God exactly as you are. When you feel misunderstood by others, remember that God’s knowledge of you is perfect and personal. You are not just another face in the crowd—you are intimately known and deeply loved.

Bible challenge

Try this today: Stop hiding from God. Come to Him how you actually are, messy and unsure and half-figured-out, and let His love start changing you from the inside out...an honest prayer is often the best - no matter how messy it gets!

Spend time journaling honestly before God, writing as if He’s sitting with you—because He is.

Prayer

Lord, thank You for knowing me fully and loving me anyway. Teach me to be honest with You. Amen.



Joshua 1:9 & Matthew 28:20

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

"I am with you always, to the very end of the age."

You Are Never Alone

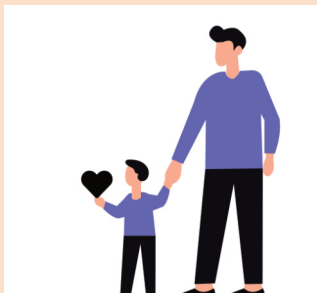
God's presence stays with you always.

Exploration

Life can feel like a lot sometimes...the pressure of exams and work, friendship boundaries shifting around, maybe your mind won't switch off at night, and the future can feel like one massive question mark. Joshua knew that feeling.

God had just handed him the job of leading a whole nation into the unknown, with Moses gone (leaving big shoes to fill), and everyone looking to him. He must have been terrified!

But God tells him to "be strong and courageous", and to "not be afraid or discouraged"...however, it's not an empty command - it comes with a promise: "For the Lord your God will be with you wherever you go." It's not trying to be brave. It's not "I hope things work out for you". It's a command, followed by a promise. He's saying "Be strong, because I'm going with you. Don't be afraid, because I'm not leaving your side...wherever you go, I go."



This promise to be with you isn't just when you're in church, or on your 'good days' when you feel like you've got your act together. He promises to be with you whenever and wherever; the classroom, the bedroom at 2am, in the conversation you've been dreading, and through the season you feel like you're barely surviving. God isn't watching your life from a distance. He's walking it with you.

And here's what changes everything. Jesus came so that promise could belong to you, personally. He lived the life we couldn't. He took the weight of our sin on a cross, and three days later He walked out of a grave so we could actually know Him. Not from a distance. Up close.

His presence doesn't depend on your feelings; it is constant and unchanging. He walks beside you, even when others leave or fail to understand, God remains faithful. You are never navigating life on your own. So hold onto Jesus' words from the very end of Matthew's gospel, and if you feel alone or up against it, let this truth anchor you: Jesus is "with you always!"

Bible challenge

An invitation: If you've never trusted Jesus, today can be the day. Not because you've got yourself sorted. Because you're ready to stop trying to carry it all on your own.

Pause during your day and whisper, "God, thank You for being here with me," especially in moments of stress or loneliness.

Prayer

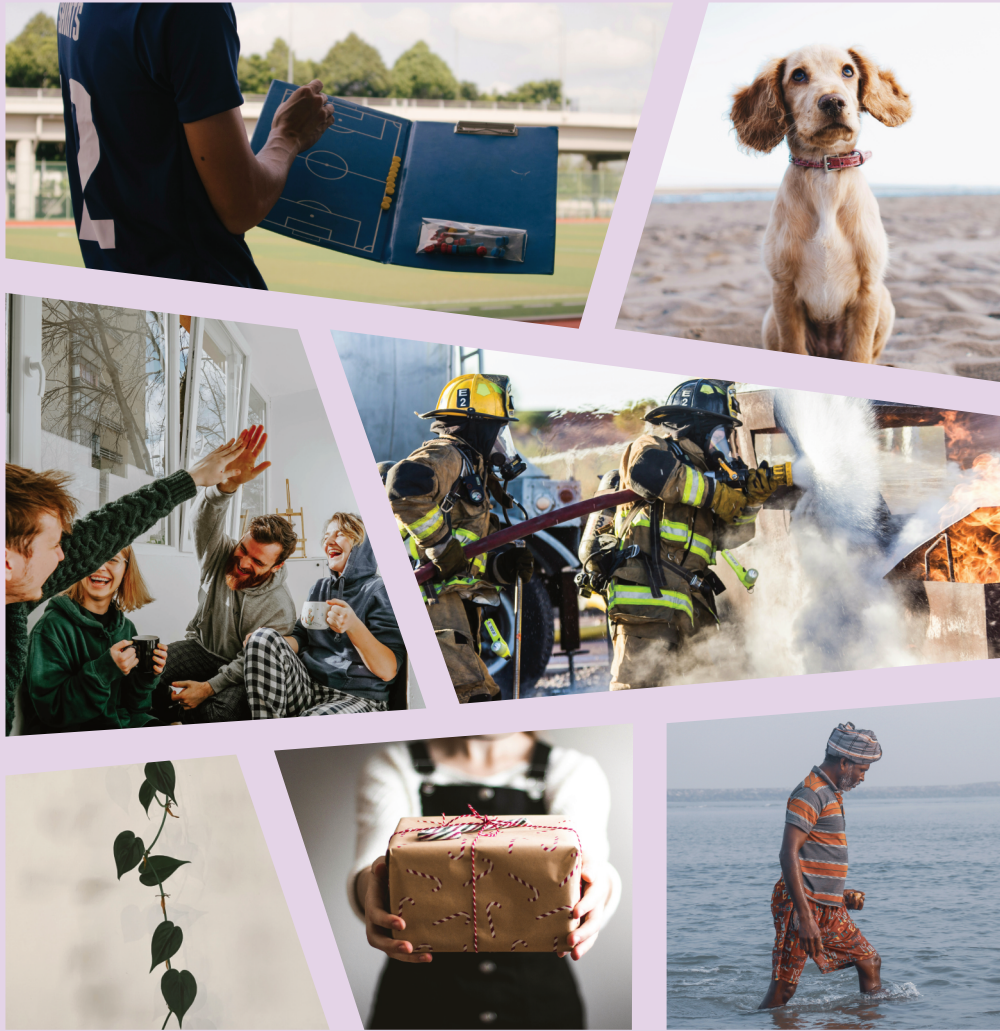
Father, remind me daily that I am never alone. Help me sense Your presence in every moment. Amen.

It's always good to personalise your prayers too. Think about using your own words to say something like:

"Jesus, I need You. Forgive me. Lead my life. Walk with me."

(And He will. Because He promised. And He keeps His promises!)





Week 3

**Our Unstoppable Love
For God**



A series of horizontal blue lines for writing, spanning the width of the page.

1 John 4:19

“We love because He first loved us.”

Have you ever had someone do something so kind for you that you just had to respond? Maybe a friend stood up for you, or someone gave you an amazing gift you didn't expect.

It's almost impossible not to want to respond when people love us in such a way. It makes you want to show gratitude and to give something back in one way or another.

Exploration

WE ALL WANT TO BE LOVED - We all want to be loved. That's how we were designed. We were made to love, and we were made to be loved...because we were created by love itself. Earlier on in the passage, John says 'God is love.' That means that love is not just an emotion, or an action - but love is a person.

THE LOVE OF THE WORLD - A lot of the love we experience in the world can feel conditional: "I'll like you if you're nice to me", "I'll stick around as long as you don't mess up", "I'll accept you if you fit in". That kind of love is transactional. It feels like you have to earn it. That's why we can often feel such a pressure to fit in, to achieve things and to be perfect! We want to earn the love and adoration of others.

THE LOVE OF GOD: 'GOD LOVES YOU FIRST, AND AT YOUR WORST' - Here is some good news for you: God's love is completely different. It is unconditional. You don't have to earn it, because it is already yours.

Romans 5:8 says: "While we were still sinners, Christ died for us."

That means God didn't wait for you to be perfect to show you His love - instead God loved you first, and He loved you at your worst. Before you ever prayed, before you ever made a "good" choice, and even before you knew who He was.

That means His love for you isn't based on how good you are, how often you go to church or how perfect your life looks. The love God has for you is based on who He is, not who you are. This is what makes God's love unstoppable - You can't mess it up, you can't outrun it and you can't lose it. It's the kind of love that led Him to die for you.

HOW WE RESPOND TO LOVE - In Luke 19:1-10, there is a man called Zacchaeus who was a tax collector, disliked by everyone. One day, he climbed a tree just to catch a glimpse of Jesus over the crowd, and to his surprise, Jesus looked up and said, "Zacchaeus, come down. I'm coming to your house today."

Jesus chose to spend time with Zacchaeus, when nobody else would. Jesus loved Zacchaeus first, and He loved him at his worst. Zacchaeus' response was natural: after receiving the love of Jesus, Zacchaeus just couldn't help but love Jesus back, by serving Him and loving others. Immediately he decided to give to the poor and make things right with the people he had wronged. He loved, because he had first been loved.

Bible challenge

When we experience God's love, like Zacchaeus did, it moves us to respond - not because we have to, but because we want to. Over the next 6 days, we will explore what that response might look like in our daily lives, but for now, let's start with recognising God's love. Write down 3 ways God has shown love to you, big or small. Now consider: How can I show that same kind of love to others? Pause and reflect.

Prayer

Dear God, thank You that You loved me first, and You love me at my worst. Thank You that Your love is unstoppable and that You choose to be with me, no matter what. Help me to see Your love in my life today, in the big things and the small things. Would my life overflow Your love to others. Amen



John 4:23-24

“The hour is coming, and is now here, when true worshippers will worship the Father in spirit and truth, for the Father is seeking such people to worship Him. God is spirit, and those who worship Him must worship in spirit and truth”.

Can you think of a time that you've felt full of a joy and awe, that you've had to let it out? Maybe it's when your favourite football team scores a last-minute goal, you jump up, shout, and celebrate without even thinking...a joyful response. Or maybe it's when you look up at the night sky and it's full of stars, and you stop and say, “wow”...an awe-filled response. You don't have to force those responses, they just happen.

Exploration

MADE TO WORSHIP - We were designed to respond with joy, awe, and wonder when we see something we think is amazing. If creation, like the night sky, can make us say “wow”...how much more should the Creator? We were made to worship, to delight in God. And that worship is as natural as the joy we feel at a football match, or the wonder we feel when we look at the stars.

SPIRIT AND TRUTH - Jesus tells us to worship in spirit and truth. To worship in spirit means giving Him your real, authentic heart, anytime, anywhere, and in any way. To worship in truth means worshipping Him for who He really is, based on what is true about God, not just what you feel. When we worship like this, it becomes a way of life, both in joy and in difficulty.

OVERWHELMING JOY - We see this in the life of David. In 2 Samuel 6, David brings the ark of the covenant, which carried God's presence in the Old Testament, back to Jerusalem. He is so overwhelmed with joy that he begins dancing with all his might! David's worship was in 'spirit' - flowing from his heart which in the moment felt an authentic joy, delight, and awe for God. At the same time, his worship was rooted in 'truth' - David understood how great God is. When his wife Michal, began to judge his worship, David didn't care, because his focus wasn't on others' opinions but on honouring God.

GIVING EVERYTHING - For Mary of Bethany, worship looked

different. In Matthew 26, Mary takes an expensive bottle of perfume (worth a year's wages) and pours it on Jesus' feet. Her act was a heartfelt expression of her devotion and love. Mary's worship was also grounded in truth. While others criticised her, much like David, she recognised who Jesus truly was and responded with costly devotion. Her focus wasn't on what people thought but on honouring Him. Jesus affirmed her act, saying, “Why are you bothering this woman? She has done a beautiful thing to me”.

WORSHIP IN HARD TIMES - Worship isn't only for times of joy. We also see this in the life of Job, who lost everything; his family, his home, and his health. Yet his response was “The Lord gave, and the Lord has taken away; may the name of the Lord be praised. ” (Job 1:21) Job's worship was in spirit, it came from a place of deep trust beyond his emotions and circumstances. It was also rooted in truth, as he acknowledged God's sovereignty even in the midst of suffering. His example reminds us that true worship is possible in every season of life - especially in the hardest of times. Worship in spirit and truth is responding to who God is with all that we are, whether in joy, sacrifice, or suffering.

Bible challenge

Today, take a few minutes to worship God. You could put on a worship song and sit quietly, or dance with all your might like David did. You could give God something costly and important to you. You could choose to worship God even if it feels difficult today. Worship in spirit: a real reflection of your heart and how you are feeling (whether its good or bad!) Worship in truth: knowing who God is in the middle of every circumstance. Worship is a lifestyle, not just a moment of praise.

Prayer

Dear God, Thank you for the joy of knowing You. Help me to keep my eyes fixed on You, and not worry about what others think. Teach me how to worship You in a real and personal way and fill my heart with joy and peace, even through hard times. Teach me to worship You in every part of my life and show me how I can give You every moment.

Amen



John 15:4-5

"Remain in Me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in Me. "I am the Vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing."

Have you ever heard the phrase 'you are who you hang out with'? It's this idea, that whoever you give your time to, starts to shape the way you speak, think, act and see the world around you. You might start picking up their mannerisms, habits or little phrases they might say. Well, that is what Jesus desires for us, that we would become like Him as we hang out with Him.

Exploration

HE IS THE ONLY VINE - Jesus uses the image of a vine and branches to show how life works: the vine is the source of life, strength, and nourishment for the branch. Jesus calls Himself the true vine - that means there is no other vine that leads to true life! No one else can give you the strength, peace, and purpose that Jesus can. Just like a branch cannot live or grow fruit apart from the vine, we cannot grow spiritually, emotionally, or in love without being close to Jesus.

BEING CLOSE TO HIM - Staying close to Jesus isn't about following rules or trying harder. It's about relationship. Think of it like a friendship. You get to know a friend by spending time with them, talking to them, and listening to them. Being connected to Jesus works the same way. It involves being intentional about talking to Him and listening to Him in your every day life.



HOW TO REMAIN IN HIM - When Jesus tells His followers to remain in Him, He has just promised them that a helper is coming. Remaining in Jesus isn't something we do on our own. The Holy Spirit is your helper and your guide. He helps you pray when you don't know what to say, gives you the power to love others, make good choices and guides your heart so you can remain in Jesus even when life is hard. Ask the Holy Spirit each day to fill, and help you remain in Jesus.

BEARING FRUIT - So what happens when we remain in Jesus? We bear fruit. What is this fruit going to look like? Well, an apple tree produces apples. A cucumber vine produces cucumbers. a Grape vine produces grapes. So, Jesus vines, produce...Jesus! The fruit of our lives, looks like a reflection of His character in ourselves. Here is something important to remember: branches don't sweat and struggle to pop out grapes. It happens naturally, because fruit grows from connection to the vine, not the hard work and effort of a branch. Its the same for us. You don't have to strive and strain to make fruit grow, to be like Jesus. Being like Jesus will naturally come, from being WITH Him.

Bible challenge

Take a moment to think about your connection with Jesus. Where are you trying to do life on your own? Now choose one simple way to stay connected to Him today. Here are some ideas you could try...:

Talk to God for a few minutes
Read a short Bible passage
Ask the Holy Spirit to guide a decision

Remember: Remaining in Him is about connection, not perfection.

Prayer

Dear Jesus, thank You that You are the vine and I am the branch. I want to stay close to You. Please fill me with your Holy Spirit, and help me to rely on You, talk to You, and listen to You every day. Teach me to trust You in every part of my life, and let Your life flow through me so I can bear fruit that shows Your love. Even when life is hard, help me remain in You. Thank You for loving me and being with me always. Amen.



Matthew 22:37

“Love the Lord your God with all your heart and with all your soul and with all your mind.”.

Have you ever had to let go of something to say yes to something better? Maybe it's turning off your phone to focus on something important or giving up your time to help someone. Or stepping out of your comfort zone to try something new. Letting go isn't always easy. But sometimes, what you gain is far greater than what you leave behind.

Exploration

DROPPING EVERYTHING - Jesus asks us to love the Lord with every part of us and sometimes that looks like letting go of things that keep us from following Him. We see this clearly in the life of Peter in **Matthew 4**. Peter was a fisherman. His nets weren't just tools, they were his livelihood, his security and his identity. Fishing was everything he knew. Then Jesus comes along and says “Follow me.”. Peter's response is to drop his nets and to follow Jesus. Peter didn't just leave fishing when he dropped his net. He left comfort, control, security and what was familiar and instead, he chose to trust Jesus with everything. He didn't fully understand everything that would happen next, but he trusted who Jesus was and that changed everything. Letting go of that net couldn't have been easy, but Peter understood that what he would gain from being with Jesus was far greater than what he left behind on that boat.

NOT SURRENDERING - But not everyone responded like Peter. In Matthew 19 there was another man who came to Jesus, often referred to as the rich young ruler. He had everything: lots of money, power and popularity. Jesus said to him “Sell all you have and give the money to the poor, and you will have riches in heaven; then come and follow Me”. But instead of ‘dropping’ everything like Peter, it says that the rich young ruler ‘went away sad, because he had great wealth’. Jesus gave him the same invitation as he gave to Peter, but instead of dropping everything and following Jesus, the rich young ruler walked away from Him! He decided to hold on tightly to his life, and as we learnt in yesterday, Jesus is the **ONLY** true vine that leads to real life.

Nothing else, not money, power or status can truly satisfy. Surrender isn't just giving something up. It's giving yourself to someone better. It's saying “Jesus, You can have all of me.” Not just part of your life, but all of it - your plans, your time, your decisions and your hopes and your dreams for the future. This doesn't mean that having money, possessions, or good things is wrong. The problem isn't what we have - it's how tightly we hold onto it. The rich young ruler's issue wasn't just his wealth, it was that he couldn't let it go when Jesus asked.

Surrendering to Jesus means holding everything with open hands because there may be moments where Jesus asks you to drop things, and then we have a choice: Do we hold on tightly? Or do we surrender, and trust Him enough to let go? And when we drop the things that Jesus may ask us to drop, it allows our hands to be empty so that we can pick up new things that God wants to give us. Letting go isn't always easy, but what you gain is far greater than what you leave behind.

Galatians 2:20 says “I have been crucified with Christ and I no longer live, but Christ lives in me.” That might sound intense, but it simply means this: that my life is no longer just about me, but it's now about Jesus. And surrender isn't just a one-time thing. It's a daily decision to choose God's way over your own, trusting Him when it's hard and letting go of things that pull you away from Him.

Bible challenge

What are your “nets”? What is something you're holding onto: comfort? Control? Approval? A habit or distraction? Today, choose one thing to ‘drop’ or ‘surrender’. It might be giving God your time trusting Him with a decision letting go of something that's pulling you away.

Prayer

Jesus, thank You for calling me to follow You. Just like Peter, I want to trust You with everything. Show me what I'm holding onto, and give me the courage to let it go. Help me to surrender my plans, my time, and my heart to You. Teach me to choose You daily, even when it's hard. I trust that what You have for me is better than anything I leave behind. Amen.



John 14:15

(Jesus says) "If you love me, you will keep my commands."

Read more: 1 John 5:3

Do you ever find it hard to follow instructions? Whether it's your parents telling you to get off your phone, teachers asking you to focus, or being told to do something you just don't want to do - obedience can feel frustrating sometimes. The truth is, following instructions isn't always easy.

Exploration

Loving God can often look like listening to His voice and following His commands. It doesn't come from pressure, but from our heart. Our response to the love Jesus has already shown us. At first, this sounds simple: love Jesus, follow His commands. But then you realise...following instructions isn't always easy. Most of us naturally want to do what we want, when we want. That's why Jesus helps simplify things. He gives us two big commandments:

1. Love God with all your heart, soul, and mind
2. Love other people

Every other command fits into those two ideas.

But it's really important to understand why Jesus says this. Think about a really good coach on a sports team. The players listen to them, train hard, and follow their instructions - not because the coach hates them, but because the coach wants them to grow, improve, and become stronger together. A bad coach controls people through fear and humiliation. But a great coach earns trust.

Even when the training is difficult, the players know the coach is for them, not against them.

When Jesus says, "If you love me, keep my commands," He isn't trying to control us or ruin our lives. He wants to lead us into real life, freedom, and relationship with Him.

Think about someone you genuinely trust. When they give you advice, you're far more likely to listen because you believe they care about you. That's what Jesus invites us into. And even better than that, He doesn't leave us to figure it out alone. When we follow Jesus, He gives us the Holy Spirit to help us. So when loving people feels difficult, forgiveness feels costly, or following Jesus makes you stand out from everyone else, you're not doing it alone. Obedience isn't about being perfect. It's about choosing, day by day, to trust and follow Jesus - it is the way we love him with all our heart. And Jesus understands that obedience can be costly — because He chose it too. He chose the cross out of love for us so we could know God and experience life with Him. So when we choose to follow Him, even when it's hard, our obedience becomes a response of love back to Him.

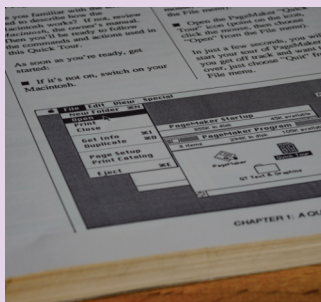
Bible challenge

Take a moment to be honest with yourself. Where is it hardest for you right now to listen to God or do what He says? And what would it look like this week for you to respond to Jesus' love in that situation? Just write down one honest word or short sentence.

Take 30–60 seconds to think.

Prayer

Thank You that You chose the cross so I could know You. Help me to love You not just with my words, but with how I live each day. Teach me to love other people well, even when it's hard. Holy Spirit, help me to follow You in everyday life - at school, at home, online, and with my friends. Give me courage to choose obedience, even when it feels difficult or different from everyone else. Amen.



Daniel 3:16-18

Shadrach, Meshach, and Abednego answered the king, saying, "Nebuchadnezzar, we do not need to defend ourselves to you. If you throw us into the blazing furnace, the God we serve is able to save us... But even if God does not save us, we want you, O king, to know this: We will not serve your gods or worship the gold statue you have set up"

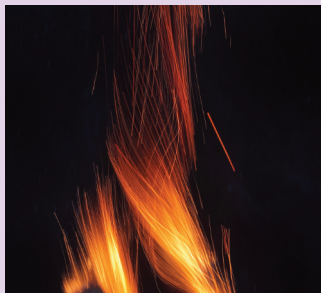
Ever tried packing a bag and realised there is just no way everything is going to fit? That was me before going on holiday! I sat on my suitcase, tried squeezing everything in, reshuffled it all...and it still would not close. Something had to come out. And it made me think - life is a bit like that too. You cannot fit everything in the centre. Something always ends up taking priority. So the question is simple but important: what is actually at the centre of your life?

Exploration

Shadrach, Meshach and Abednego are in an intense moment of pressure. A huge crowd is bowing down to a golden statue, and the expectation is clear: fall in line or face the consequences. It would have been so easy for them to just quietly go along with it, avoid attention, and keep themselves safe.

But they don't. And what is important is that their decision is not just about defiance or courage in the moment. It is shaped by something deeper - their love for God. Because their faith is not just a rule they follow when things are easy. It is a response to a God who has already shown His love and faithfulness to them.

That connects to the truth in 1 John 4:19: we love because God first loved us. Their love for God is not the starting point - it is the response. God's love comes first, and their love for Him grows out of that.



That is not just bravery in the moment. That is love that has already decided where its loyalty belongs. They love God more than approval.

More than safety.

More than fitting in.

And that kind of love is only possible because they trust the God who first loved them - a love that is steady, faithful, and unstoppable. For most of us, we will not face a furnace. But we do face quieter pressures every day.

What do I go along with just to fit in?

What do I stay silent about because it is easier?

What do I let shape me more than God does?

Because love always shows itself in action. And when God's unstoppable love reaches us, it awakens something in us - a real love for Him that shows up in how we live. And the hope in this story is not just that Shadrach, Meshach and Abednego were brave. It is that God was with them, even in the threat of the furnace. Which means this: when you love God, you are never standing alone.

Bible challenge

Think about your life right now. What tends to pull your attention away from God, or quietly take His place at the centre? Write a few of those things down and bring them honestly to God in prayer, asking Him to help you re-centre your life on Him. Then choose one simple step this week to respond to His love: spend a few minutes talking to God, read a short passage of the Bible, make one choice that puts Him first. Wherever you are in your faith, you can take a step towards Him today.

Prayer

God, thank you that You're always faithful, no matter what. Thank You that you never give up on me, even when I mess up. Thank You for being with Shadrach, Meshach, and Abednego in the fire, and for being with me too. Please help me to stay faithful to you, even when it's not easy or when I feel the pressure to go another way. Help me to keep choosing You, in the big things and the small things, every day. Amen.



Hebrews 12 & Luke 1:26–33

Once at youth group, we did one of those trust exercises where you fall backwards and your friends are supposed to catch you. So I crossed my arms, fell back... and CRASH. They dropped me. I looked up and they were all just staring at me like,

“Uh...sorry.” I thought: “Great. Let’s never do that again.”

But no, my leader said, “Okay, let’s do it again...but this time standing on a chair.” Absolutely not. But somehow I tried again. One, two, three...CAUGHT. This time, they didn’t let me fall.

Exploration

Do you remember Mary from the Christmas story? Sometimes we picture her as calm, peaceful, and completely unfazed by everything that happened. But if you actually think about it, what she went through was huge. Mary was young, engaged, and probably imagining a pretty normal future. Then suddenly an angel appears and tells her she’s going to have a baby, and not just any baby, but Jesus, the Son of God.

That wasn’t part of her plan. People might not believe her. Some would judge her. Others would gossip about her. Her whole future suddenly became uncertain. Honestly, most of us would panic. But Mary responds with trust. Not because everything made sense, but because she believed God was trustworthy even when life felt confusing. And what’s incredible is that Mary’s faith wasn’t just one emotional moment. She kept trusting God over time.



Through difficult journeys. Through uncertainty and fear. Through not knowing exactly what would happen next. She persevered. That’s what unstoppable love for God looks like sometimes. It’s not always huge dramatic moments, but choosing to keep trusting Him when life doesn’t go the way you expected.

Hebrews 12 talks about “running the race” and not giving up. It reminds us that faith is something we keep walking out, even when it’s difficult.

So how do we keep going?

Stay close to people who push you toward Jesus. Let go of things that pull you away from Him. Turn from sin instead of settling into it. And trust that God’s plan is still good, even when you don’t fully understand it yet. Even when the path feels uncertain, the God who called you is still leading you. He is always faithful to finish what He started.

Bible challenge

Think about your life: Is there something you find hard to trust God with?

What helps you keep going when things feel tough?

One step you could take today:

Talk to God honestly.

Ask for help.

Choose to trust him in something small.

Prayer

God, thank you that you are always trustworthy. Thank you that you never let me down. Help me to trust you, even when I don’t understand. Help me to keep going and not give up. Thank you that you are always with me. Amen.





Week 4

Unstoppable Love Overflowing To The World

1 John 4:11-12

“Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us.”

Read more: Read the whole of 1 John 4

How do you think the world hears about God’s unstoppable love? Does it crash in like thunder? Does it blaze across the sky in neon? Does it shake the ground?

What would it look like if it started with you?

Exploration

How does the world find out about God’s unstoppable love? Part of God’s plan has always been this: His people carry His love to the people around them. In this passage, John reminds us of something huge: God’s love is meant to flow through us. We love because He first loved us. You may have experienced His love in real way at a camp or festival. His forgiveness, comfort, peace, or hope. But that love was never meant to stay locked inside your heart like a secret treasure. This is the foundation of Christian love: we give what we’ve received. John even says something bold: “No one has ever seen God...but when we love, His love is made complete in us.”

Think about that. The invisible God becomes visible through the way you treat and love people. When you’re kind, forgiving, patient, compassionate...you are doing more than being 'nice'.

You are revealing the heart of God. You become a living window into who He is.



Let’s look at Jesus and how He loved. He stepped right into their mess. He spent time with people who felt unworthy, noticed those everyone else overlooked, and moved toward the hurting. And now His Spirit lives in you. That means His love is meant to move through you into those same kinds of places. It pushes you outward. It helps you see people the way He sees them. It nudges you into moments you might normally avoid. Our world is full of people who feel invisible, unheard, and unloved. You can’t fix everything, but you can do something powerful: make God’s love visible.

When you choose to show up for someone, checking in on the friend who’s struggling, sitting with the person who’s always alone, or supporting someone who’s going through something heavy...people get a glimpse of God Himself. You become a living reminder that God sees them, values them, and hasn’t forgotten them. People around you are starving for real love. A love that stays, listens, and shows up. And God has placed you exactly where you are, your school, your team, your friend group on purpose.

Bible challenge

Ask God to show you one person who needs love today. Then take one bold, intentional step toward them. This could be:

Check in on a struggling friend

Invite someone into your group or conversation

Stay present with someone who’s upset instead of walking away

Don’t overthink it. Just love boldly. Your love points people to God.

Prayer

God, thank You for loving me with a love that never stops and never runs out. Help me see the people around me the way You see them. Give me courage to step out of my comfort zone and show Your love in real, practical ways. Use my words, my actions, and my attitude to make Your love visible today. Fill me so that Your love overflows from my life into the world around me.

Amen.



The Great Commission-Matthew 28:18-20

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations... And surely I am with you always, to the very end of the age."

Read more: Acts 1-2

Have you heard about God's big plan for the world? The one He actually invites you and me into? It's all about His unstoppable love reaching every corner of the earth through ordinary people like us, creating impact that lasts for generations.

Exploration

Jesus gave His disciples and us a mission to step into and live out. It's what we call the Great Commission in Matthew 28. (Read it in the passage above). There's a roaring-engine energy behind the Great Commission! It feels like Jesus is firing up the engine and getting us ready to go, saying: "You've got My love.

You've got My Spirit. Now get up...and GO."

The Great Commission is Jesus sending us out to take His love into every corner of the world. The entire story of Scripture, from Genesis to Revelation, is the story of a God who refuses to give up on His creation. A God who loves with a love that crosses every barrier. Jesus is saying: "The love that chased you down - now go carry it to others." We can often wonder what our part is in the Great Commission. And it's easy to feel like we're not bold enough, smart enough, or Christian enough to play a role in it. But here's the good news: Jesus didn't give this mission to a group of super-Christians.



He gave it to ordinary disciples - fishermen, tax collectors, doubters, and imperfect people. Which means this: If you belong to Jesus, you are part of His mission. Your mission field is the everyday places where you get to live out His love. Your school is a mission field. Your friendships are a mission field. Your online presence is a mission field.

God's unstoppable love is meant to move through you into all these places. And when it does, you get to be part of a movement, lives changed by the good news of Jesus.

So how can you carry His love into the places you're already in? How can you play your part in the Great Commission?

This passage reminds us that what we do for Jesus has a ripple effect that reaches "to the very end of the age."

That's the kind of impact He invites you into.

Bible challenge

Pick one place you're already in today. It could be your school, your team, your group chat, your home. Ask God to show you one person you can intentionally love or encourage. Then take one clear step toward them. It could be checking in, helping with something, inviting them in, or simply listening. Small steps create big ripples.

Prayer

Jesus, thank You for trusting me with Your mission. Thank You that You use ordinary people like me. Fill me with Your love today. Open my eyes to the people around me who need it. Show me where to go, who to notice, and how to step in. Give me courage to act, even when it feels small. Let Your Spirit lead me. Let Your love flow through me. Use my life, my school, my friendships, and my online world to make You known. I am here. I am willing. Send me. Amen.



John 13:35

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are My disciples, if you love one another.”

Read more: Colossians 3: 12-14

You’ve probably wondered before, “What do people think of me as a Christian?” or “How do I actually show people I follow Jesus?” It’s an important question, but it can sometimes send us into stress mode about how we’re “meant” to act.

Today, let’s look at how Jesus teaches how we can show the world who we belong to without us having to force it or fake it.

Exploration

It’s easy to feel pressure to prove your faith or worry that you’re not representing Jesus well enough. And for anyone who’s ever felt that weight, Jesus gives us something simple, clear, and powerful - something that shows who we belong to without us having to force it, perform it, or fake it.

Jesus says that love is the defining mark of a disciple.

Your love becomes a signpost pointing people to Him. A living, breathing testimony that Jesus is real and His love is alive in you. Jesus could have said, “People will know you’re My disciples if you pray a lot” or “if you know all the right answers” or “if you never mess up.” But He didn’t.

He said the world will recognise us by our love. Not our perfection. Not our performance. Not our popularity. But by our love. This is the identity marker of a true follower of Jesus.



We all face moments where we’re not totally sure how to respond as followers of Jesus. Life throws situations at us where we don’t have all the answers, or we’re dealing with something that feels way outside anything Jesus ever experienced. I mean... Jesus never had to decide whether to leave someone on 'read', or figure out what to do when a friend sends a 3-paragraph rant in the group chat.

But in those confusing, messy, modern-life moments, we can fall back on one simple question: Am I acting with love?

When everything around you feels grey, love becomes the black-and-white answer. Love becomes the compass that points you in the right direction. Love becomes the way you reflect Jesus even when you’re not sure what to do next.

Bible challenge

Write down somewhere you’ll see often: “I am known by love.” E.g. on your mirror, your phone wallpaper, or the inside of a notebook. Set a reminder on your phone that pops up sometime today saying: “Choose love first.”

Create a “choose love” moment. Before you walk into school, youth group, or your home, pause and ask: How can I show love where I’m going?

Prayer

Jesus, thank You for loving me fully and unconditionally. Let Your love shape my identity and fill my heart. Teach me to love others the way You have loved me. When life feels confusing or grey, help me choose the path of love. Show me someone today who needs Your love, and give me the courage and compassion to act. Let my life reflect who You are so that others can see You through the way I love. Amen.



Jonah 4:11

"And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left."

Read more: Read Jonah 4

We all have people we find hard to love. Someone who hurt us. Someone who annoys us. Someone who seems "too far gone." Someone we'd honestly rather avoid.

And sometimes we secretly think, "surely God doesn't expect me to love them". Yet we find His love goes further than our comfort, our preferences, and our limits.

Exploration

Jonah's story isn't just about a big fish. It's about a big God with a bigger heart than ours. When Jonah finally dragged himself to Nineveh to warn them about their sin, he wasn't hoping they'd change, he was waiting for God to punish them. Jonah struggled to love the people of Nineveh because they were known for violence, cruelty, and evil. In Jonah's mind, they were the last people who deserved mercy, the kindness God shows even when we don't deserve it. He didn't want them forgiven. But God had something different in mind. He told Jonah He was going to show Nineveh compassion. And in doing so, God revealed something powerful: His love is unstoppable. It reaches:

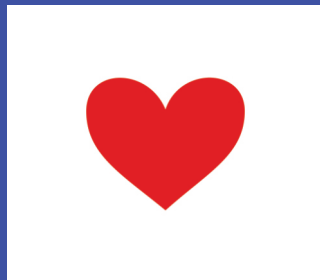
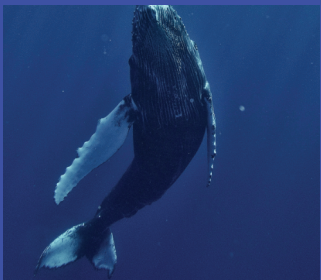
Beyond the people we like

Beyond the people who are easy

Beyond the people who think like us

Beyond the people who have hurt us

Beyond the people we consider 'enemies'



I was reflecting on Corrie Ten Boom's story from WW2, that has inspired millions. After surviving the horrors of a concentration camp, she later came face-to-face with one of the guards who had caused her deep pain. In that moment, she describes how God filled her heart with the strength to forgive him.

Her life is a powerful reminder that God's unstoppable love can overflow even towards those we once saw as enemies. Sometimes it is really hard to show love. Especially to people who've hurt us, drained us, misunderstood us, or pushed every button we have. But we must be wise and safe - loving someone doesn't mean staying in harmful situations or ignoring boundaries.

But even with boundaries, God invites us to let His love reshape our hearts. To see people the way He sees them. To remember that every person...yes, even the difficult ones...is someone Jesus died for. And remember: you're not doing this in your own strength. God's love working in you is what makes this possible.

Bible challenge

Ask God to show you one person you find difficult to love. Then ask Him for the strength to take one small step toward showing His love. Some ideas:

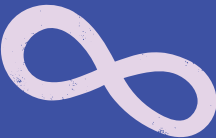
Pray for them by name (even if it feels awkward)

Release bitterness you've been holding. Take a deep breath and imagining handing it to God. Ask God to help you see them through His eyes.

Write somewhere: "God's love reaches further than mine."

Prayer

Father, open my eyes to see people the way You see them. Where my love runs out, let Yours begin. Heal the places in my heart that resist compassion, and teach me to extend grace even when it feels hard. Make me a vessel of Your love in every conversation and every moment. Amen.



Acts 2:6 & 12

"When they heard the loud noise, everyone came running, and they were bewildered to hear their own languages being spoken by the believers...They stood there amazed and perplexed"

Read more: Acts 2

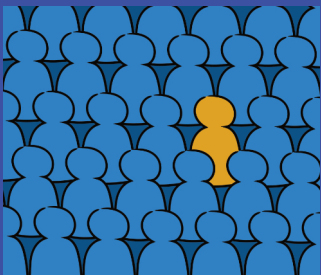
Have you ever felt obviously different from everyone else?

Maybe it was embarrassing...like forgetting your PE kit and being the only person not changed. Or maybe in a good way... like choosing kindness when everyone else is laughing or walking away. As Christians, there's another kind of difference too. The Bible says followers of Jesus are "set apart". Called to live differently in the way we love, act, and treat people. And today's story is all about people noticing that difference.

Exploration

Imagine this... you're sitting where you are right now. Maybe in your bedroom, at the table, or on the bus. Suddenly...WHOOSH! A huge sound like wind fills the room. Then...what looks like little flames appear above people's heads (don't worry - no one is burning). You turn to your friend to say, "Did you hear that?!" But instead...you start speaking in a completely different language! "Hola!" "Bonjour!" "Ciao!" Sounds wild, right? But this actually happened. Jesus' friends were all together when the Holy Spirit came to them for the first time. He filled them with power and helped them speak in different languages. So everyone around them could understand the good news about Jesus.

When they went outside, people noticed something was different. Some were amazed. Some were confused. Some even thought they were acting strange!



But one thing was clear: God was doing something powerful. Something had clearly changed in these ordinary people. Before this moment, many of Jesus' followers had been afraid and unsure. But after being filled with the Holy Spirit, they became bold, joyful, and unashamed about living for Jesus.

And that same Holy Spirit still works today. Maybe during SPREE you've sensed God doing something in you. You feel more joyful? You understand Jesus more? You've started talking to God? You've felt something new - like peace, warmth, or excitement? God has been at work. It might not have been a loud whoosh or visible flames - but the Holy Spirit is still working. Like the disciples, what the Holy Spirit changes in us does not stay hidden but overflows into our daily lives - how we live in this world! Do people notice something different in the way you speak? The way you treat people? The way you respond when life gets difficult? Following Jesus won't always make you fit in perfectly. Sometimes it will make you stand out. But that's not a bad thing - because the Holy Spirit is shaping you to become more like Jesus.

And the good news is: you don't do that alone. God Himself helps you live differently.

Bible challenge

Think about this: What's one way you've changed since camp?

Or what's one way you want to grow?

Ask yourself: "How can I be a bit more like Jesus today?"

And remember, you don't have to do it alone. The Holy Spirit helps you, and God gives us other Christians (like church and friends) to encourage us.

Prayer

God, thank You for Your unstoppable love. Thank You that You want everyone to know You. Thank You for the amazing story of the Holy Spirit coming with power. Please help me to be changed by You. Help me to be more like Jesus in how I live. Holy Spirit, help me to show Your love to the people around me - even if it means being different. Amen.



Acts 4:1-22

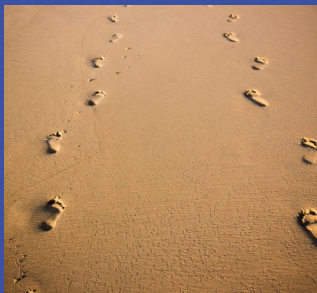
Have you ever told someone you went to church or a Christian camp...and you were hoping they'd say, "That sounds amazing!" But instead they said something unkind...or laughed...or just didn't really get it? Maybe even made you feel a bit awkward for saying it. What do you do in that moment? Say nothing next time? Or carry on anyway?

That can feel pretty rubbish.

Exploration

Acts tells the story of Peter and John, two of Jesus' close friends. One day, they healed a man who had never been able to walk. Suddenly, he was up on his feet, completely healed. People were amazed, but Peter and John were clear: this wasn't their power, it was Jesus. That didn't go down well with the leaders. They didn't want people talking about Jesus, so they arrested them and threw them in jail overnight. The next day they tried to shut them down: "Stop speaking about Jesus."

But Peter, filled with courage through the Holy Spirit, replied that they couldn't stay silent. They had seen and experienced something too real to keep to themselves. What's striking is this: they were ordinary people, but they spoke with boldness in the middle of pressure and opposition. And that idea still matters today. For some Christians around the world, following Jesus can mean real risk: rejection from family, loss of safety, or even persecution for their faith. And yet, the church continues to grow because people believe Jesus is worth everything.



Even closer to home, following Jesus can still feel difficult in different ways. It might look like:

- Being the only Christian in your friendship group
- People not understanding what you believe
- Awkward conversations when faith comes up
- Being laughed at or left out for your values
- Feeling pressure to stay quiet about Jesus

That can feel heavy. But the message of the Bible is not that God removes every difficult moment - it's that He is present in them. Peter and John didn't just survive pressure, God used it. Their suffering wasn't wasted. Even in opposition, God was at work, showing His power and love through them. And the same is true today. When following Jesus feels uncomfortable or costly, it does not mean God has stepped back. It often means He is still working in you, through you, and even in the people around you. Jesus never promised an easy path, but He did promise His presence. And through the Holy Spirit, you are never walking it alone.

Bible challenge

Jesus teaches us something surprising: Pray for people who are unkind to you. So today you could:

Pray for someone who has been unkind to you

Ask God to give you courage when following Him feels hard

Ask the Holy Spirit to help you live for Jesus at school and at home

Prayer

Thank You, Jesus, that You invite me to follow You. Thank You that You understand when things feel hard. Holy Spirit, please help me to be brave. Help me to follow You, even when it's difficult. Help me to remember that You love everyone, even people who are unkind. Help me to love them too.

Amen.



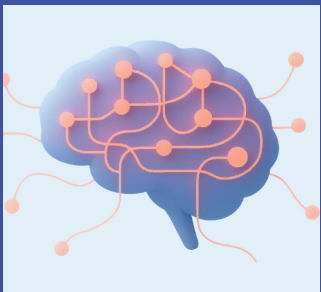
1 John 4:11-12

"Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us."

Imagine this...you're lying in bed and suddenly it hits you - today is the day. The big one. You're going on the best holiday ever. Your mind is already there: the places you'll go, the things you'll do, the excitement building so much you can't even sit still. It's like your brain is buzzing. So what's the next thing you actually have to do? Get up, get up out of bed and get out there!

Exploration

In the New Testament, there are over 130 moments where someone is sent - either Jesus being sent by the Father, or Jesus sending His followers out. That's not a random detail. It's a pattern. God is a sending God. And what gets really interesting is that Jesus doesn't just send people once they've 'figured it all out'. He sends ordinary people, into ordinary places, to carry something extraordinary: His love. Over 30 times, Jesus uses a simple phrase that changes everything: "Get up." A paralysed man is told, "Get up, take your mat and walk" and he walks. A dead girl is told, "Get up" and she comes back to life. A man with a withered hand is told, "Get up" and he is restored. In each story, Jesus speaks, and everything changes. These are not just moments of physical healing, they point to something deeper about what Jesus does in people's lives. When Jesus speaks, He does not only meet people where they are. He calls them into new life, new identity, and new purpose.



So "get up" becomes more than just a command. It is like a starting line, a "ready steady go" moment.

The point where something new begins, where life starts moving forward, and where Jesus prepares people to step into what comes next. And then something amazing happens: those who are "got up" by Jesus are also sent by Jesus. New life in Jesus leads to being sent with Jesus. 1 John says it clearly: we love because God first loved us. And when we love one another, something powerful happens - people get a glimpse of what God is like through us. That means we are not just people who receive God's love... we are people who carry it. We are sent into schools, friendships, homes, sports teams, and everyday life to show what His love looks like in action. And yes, that can feel exciting, but also a bit overwhelming. But here's what matters: We are not sent because we have it all together, we are sent because God fills us with His love to share. God has always used ordinary, imperfect people to do extraordinary things. And He doesn't change His mind when we get things wrong - He keeps inviting us into His story. Today, get up and go. God is sending you out to carry His love and change the world with it.

Bible challenge

Before people got sent by Jesus, Jesus met with them. Why not spend a few moments hanging out with Jesus, in whatever way you best connect with Him e.g. praying, looking at creation, listening to worship music.

Then ask Jesus, how would you like to send me to love God and love people today?

Prayer

Thank You Jesus that You invite us into a wild adventure of loving God and loving people. Thank You for all the stories in the Bible and still today of people You have sent. Send me too. Help me to love You and love others wherever I go. Take away any fear or anything that is not from You, and fill me with Your Holy Spirit. Amen.





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