

SUNDAY—MAY 10

2 Kings 10-12; John 1:29-51

Old Testament New Testament

1 Corinrhians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

1. Recognize that you are not alone. Take the time to look around you. Often while young people are smiling and laughing on the outside, they are filled with anxiety and fear. If you learn to observe, you will catch minor indications of expressions of insecurity. Many of your friends have the same concerns that trouble you. They reveal these doubts by being shy and quiet, or by being angry or mean, or by being silly, or by being afraid to participate in a game or contest, or by blushing frequently, or by acting proud and "stuck up." Once you fully comprehend that others feel as you do, then you should never again feel alone. It will give you more confidence to realize that EVERYONE is afraid of embarrassment and ridicule.

What did I learn from my Bible Reading?

Blank lines for writing the answer to the reflection question.

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18

May 4-10

Your

DAILY DIRECTION

HERITAGE BAPTIST CHURCH



Name



18

May 4-10

Your

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Name



MONDAY—MAY 4

1 Kings 16-18; Luke 22:47-71

Old Testament  New Testament  \_\_\_\_\_

*Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

**THE AGONY of INFERIORITY**—One of the main problems that teenagers face is the hopeless feeling of inferiority. It's an awful thing to think that no one likes you, that you're not as good as other people, that you are a failure, a loser, a personal disaster, that you are ugly, or unintelligent, or don't have as much ability as someone else. In the coming pages, I am going to address this depressing feeling of worthlessness that youth struggle with. We all have human worth, yet so many young people conclude that they are somehow different. Why is it that so many teenagers feel inferior? This is a very good question, and I believe there are some good answers. (cont...)

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SATURDAY—MAY 9

2 Kings 7-9; John 1:1-28

Old Testament  New Testament  \_\_\_\_\_

*Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

The third value that teens use to measure their worth is money. Sometimes they think the wealthy family is more important than the poor one, and to be accepted and popular they have to dress a certain way, or their family has to drive a particular kind of car, or they have to live in a big house or live in a certain neighborhood, or their father has to have a certain job. The young person who can't afford certain things sometimes feels inferior and inadequate. Beauty, intelligence, and money are three attributes valued most highly in our society. And when teens discover that they are lacking in one (or all three) of these areas, they begin sliding downward in despair. Now if you are one of those young people who struggles with the feelings that have been discussed, let me give you some encouraging thoughts in the pages to follow...

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FRIDAY—MAY 8

2 Kings 4-6; Luke 24:36-53

Old Testament  New Testament  \_\_\_\_\_

*Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

The second characteristic that young people don't like about themselves is that they feel intelligent (or dumb). This feeling often begins during the very early years of schooling. Perhaps they struggle to read, or they blurt out wrong answers and everyone laughs at them. They gradually think that everyone (including the teacher or parent) thinks they're stupid. This also brings feelings of inferiority. He may be called unkind names, such as "Dummy" or "Stupid". If the insults are too painful, he may lose interest in learning and even quit trying. This causes a vicious cycle to develop. His refusal to work causes more failure, which brings more ridicule, which produces less motivation to try. It is a terrible experience to believe that you have no human worth. Even parents can accidentally make their children feel they aren't very smart. Adults are humans too, and they get impatient. This may cause them to get upset and call their children insulting names which are remembered for a lifetime. So, children often grow up thinking they're stupid, and this is the second reason why inferiority is so common among teens.

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TUESDAY—MAY 5

1 Kings 19-20; Luke 23:1-25

Old Testament  New Testament  \_\_\_\_\_

*Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

As young people grow up in our society, there are typically three things that teens feel they must have in order to feel good about themselves. The first of these, and by far the most important, is physical attractiveness. Did you know that polls indicate that 80% of teenagers don't like the way they look!? Eight of ten are dissatisfied with some feature of their body. No matter how minor the problem is, it can create great anxiety and even depression. Most teens examine themselves carefully in the mirror to see how much damage has been done by "Mother-Nature," and they don't like what they see.

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WEDNESDAY—MAY 6

1 Kings 21-22; Luke 23:26-56

Old Testament  New Testament  \_\_\_\_\_

*Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

Since none of us are perfect, we all can find something about ourselves that we don't like. Sadly we can allow ourselves to become depressed and miserable about something as simple as having a nose that is a fraction of an inch longer than we would like. One reason teens become so sensitive about these tiny flaws is because their "friends" have teased them during their earlier years. Sadly, boys and girls can be brutal to one another, hurling insults back and forth like poison darts. One of the most damaging games played by teens is creating unkind nicknames that draw attention to a feature that the victim most desires to hide.

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THURSDAY—MAY 7

2 Kings 1-3; Luke 24:1-35

Old Testament  New Testament  \_\_\_\_\_

*Psalm 139:14 I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.*

No young man wants to be short, but to constantly draw attention to their height can be quite discouraging and damaging. We know if we have big ears, but to be called "Dumbo" by our friends alerts us that everyone else is mindful of them as well. Suppose a young man has a strong body, a sharp mind, and a loving home. He has been blessed by many good things in life. Then one day a group of "friends" begin teasing him about his big feet. They call him "Duckfeet." It's all done in fun, but the boy takes it very seriously. He become extremely sensitive about his feet size and thinks everyone is laughing at him behind his back. He tries to hide his feet under his chair and insists on getting shoes that are too small. Instead of enjoying the advantages that God has given him in life, he becomes depressed and disinterested in living. There is just no way to estimate the amount of pain and worry that teenagers feel over the way they look.

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