

The logo features a stylized yellow cross with a circular base on the left, followed by the word "TRANSFORMED" in a bold, yellow, distressed font. Below this, the text "DEVOTIONS CONNECTING TEENS TO CHRIST" is written in a smaller, white, sans-serif font. The background is dark blue with abstract, leaf-like shapes in a lighter shade of blue.

TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, "Pray that you will not fall into temptation." He withdrew about a stone's throw beyond them, knelt down and prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him.

Luke 22:39-43

God's strength

This week we're wrapping up our devotions on spiritual habits. I want you to think back to all of these devotions and notice something. We want to spend time in God's Word, because in his Word he gives us his strength, courage, and motivation to live for him. We want to spend time talking to our God in prayer, because God promises to always answer our prayers. We want to spend time with the community of believers, because they will give us strength from the Lord.

A theme emerges from these spiritual disciplines: They turn us to our God who gives us his gifts of strength, answers, help, and courage.

We see an Jesus' example as he cried out to his Father in anguish. He was thoroughly overwhelmed by what was about to happen. He even begged that God would take this cup of suffering away from him. Look what God did in answer to his prayer: An angel from heaven appeared to him and strengthened him.

This is what God promises to do for you as you walk through life. He promises that his Word is power for salvation; it is food and strength for you and your soul. He promises that he will always hear your prayers for help and for strength. He says, "Call upon me in the day of trouble; I will deliver you" (Psalm 50:15). He promises that his church, his community of believers, will endure to the end. You will never be alone on this earth as you live by faith here.

God has given you the gifts of his Word and Sacraments, prayer, and his people to give you his strength and his support through life.

Prayer: Father, thank you for giving me your gifts to help me stay faithful to you until death. Thank you for giving me your strength to live for you all the days of my life. Amen.