

monday

tuesday

wednesday

thursday

friday

saturday

2

Kristen knew she needed to get up for the day. She had house jobs and babysitting to do. But she simply didn't want to do it. Being lazy is a sin. Don't give in!
Col. 3:23

3

Ashton was happy to be out of school for the summer but being around her siblings all day was exhausting. She was bothered with them but had an attitude choice to make.
Romans 15:3

4

Shae wanted to be like everyone else. They wore bikinis in the summer and she wanted to as well. She was tempted to be immodest but she was reminded of what is more important.
1 Peter 3:3,4

5

Gracie didn't care much about all the sparkles and glamour like the other girls. That was fine but it wasn't okay that she wasn't interested in personal hygiene either. Read
1 Cor. 6:19,20

6

Everyone messes around physically with boys, right? Nope. Candice decided she would follow God's ways and wait for marriage and all the blessings that come!
2 Tim. 2:22

7

Rachel knew she had messed up. She had sent pictures of herself to a boy with hopes to cause him to lust after her. Now what? Repent, turn from sin, start fresh.
Psalms 51:10

To Do or Not to Do...Physical Temptations

9

Casey was confident and smart. She loved her parents but didn't think she needed to listen to them now that she was 17. Should she move out independently?
Prov. 22:23

10

Jordyn had strived to show love to her older brother and her little sister but it was tough. They were so self-centered and rude. She is tempted to give up showing love.
1 Peter 4:8

11

Olivia and Eden were close friends until youth camp. Eden clearly wanted to ride the bus with other friends. Olivia could be offended or simply let it go.
Eph. 4:32

12

New neighbors moved in near Karleigh but she could already tell they weren't the type of friends she should be around. Because she was lonely, she connected with them anyway.
1 Cor. 15:33

13

Every time Brooklyn had to call her great-grandmother she had to decide for her attitude to either be thankful or annoyed. It took time and effort but she chose to honor her family.
Psalms 71:9

14

Katelyn was tempted to be defensive when her youth pastor talked to her about her lack of respect during small group time. But she knew she should honor Him and learn.
1 Timothy 5:17

To Do or Not to Do...Relational Temptations

16

It wasn't that Kylie didn't love God, it's just that she didn't want to know Him more. She was apathetic towards growing in God, which is one of the most subtle but deadly temptations.
Romans 12:11

17

Now that Allison was a teenager, she had a ton of questions. Doubt entered her mind often as she searched for answers. She could either turn away or lean in to learn more.
John 20:27

18

God seemed distant and quiet to Gracie. She loved him but she hadn't really felt many emotions lately about Him. Just because He is quiet at times doesn't mean He is absent.
James 4:8

19

Church and personal devotions were important to Angel but not as important as her schoolwork and her sports. What wasn't right about that?
Matt. 6:33

20

Every time Victoria went to pray she felt tired or distracted. She didn't know that she was being tempted and was giving in. She could overcome this and have focus!
Eph. 6:18

21

Maggie was a successful girl. Whatever she decided to do she did it well. She gave in to the temptation of pride. She needed to humble herself.
Proverbs 26:12

To Do or Not to Do...Spiritual Temptations

23

After the loss of her mom, Ashley really struggled with dark thoughts. They seemed to overcome her with depression. But one change of direction could truly help her. Read
Phil. 4:8

24

No matter how much someone complimented Jady, she never quite felt good enough. She was tempted to be self-centered with low self-esteem. She needed to embrace this passage.
1 Peter 2:9

25

With all the public talk about gender confusion, Aiden was tempted to accept that there are more than two genders. But she could rest in the truth of God's Word and ways.
Genesis 1:27

26

Valerie knew that logically it didn't seem normal for people to be involved in the homosexual lifestyle but so many people were following that path so she began to wonder more.
Romans 1:26-27

27

Vanessa wasn't outspoken or aggressive but she was manipulative. She power-played people around her to control them and get her own way. She needed to redeem her mind.
Prov. 12:26

28

It seemed there was always something to worry about or be afraid of in Sarah's mind. She was overly aware of danger and extremely cautious. She was tempted to be fearful.
Isaiah 26:3

To Do or Not to Do...mental Temptations

30

If you have faced temptations such as the ones listed above in this Daybook, take heart! You can win over anything and everything.
Memorize Matt. 26:41

31

Don't feel discouraged at the temptations around you. That is normal! But God promises to give you a way out every time. That is power and hope!
1 Cor. 10:13

To Do or Not to Do...Overcoming All