

7-SESSION BIBLE STUDY FOR TEEN GIRLS

RESILIENT FAITH BUILT
ON THE PROMISES OF GOD

WITHOUT WAVERING

For Teen Girls



ALEXANDRA HOOVER

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EDITORIAL TEAM, LIFEWAY STUDENTS BIBLE STUDIES

Ben Trueblood
Director, Lifeway Students

Karen Daniel
Team Leader

Amanda Mejias
Content Editor

Morgan Hawk
Production Editor

*Shiloh Stufflebeam
& Amy Lyon*
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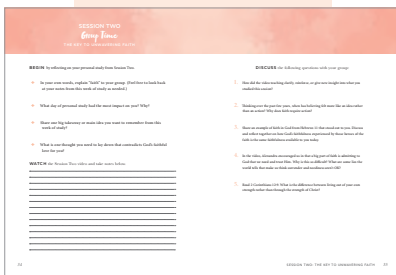
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HOW TO USE THIS STUDY



PERSONAL STUDY Each week you'll have five days of personal study. After you finish a week, be sure to watch the video. The first session is video only.



GROUP TIME Each session of *Without Wavering for Teen Girls* ends with a teaching video from the author. The Group Time provides you with a place to take notes from the video teachings and questions for your small group discussion time. You'll want to begin your study by watching the Session One video and taking notes on page 10.



VIDEO ACCESS Before you get started, make sure you purchase the individual or group streaming bundles at lifeway.com/withoutwavering. Scan the QR code to the left to get started.

A NOTE ABOUT BIBLE TRANSLATIONS This Bible study pulls from a variety of Bible translations, primarily the New International Version (NIV). All other translations will be marked by their abbreviations. You can read from any of these translations and more at biblegateway.com or on a Bible app. The names of the Bible books will be abbreviated when referenced in parentheses in this study. For a complete list of book abbreviations, download the chart available at lifeway.com/withoutwavering.

ABOUT THE AUTHOR



ALEXANDRA HOOVER is a wife, mother of three, daughter, Bible teacher, speaker, and bestselling author of *Eyes Up: How to Trust God's Heart by Tracing His Hand*. She's passionate about communicating the gospel's beauty and hope, whether through writing or speaking, online or in person. She aims for her words to spur people on to two things—knowing who God is and knowing who they are in Him. Alexandra has the privilege of serving on staff at Bright City Church and spends her days loving on her family, dancing with her kids, and living on mission right where God has her.

A WORD FROM THE AUTHOR

Hey friend, I'm so glad you're here. No matter how you arrived, or who handed you this study, or what made you say yes, what matters is that you're here, and that is no mistake.

The concept of faith used to feel mythical, almost fictitious, to me. Like a concept you'd hear about in your favorite fairytale. Before I knew Jesus, it felt more like make-believe. *Just have faith; God's in control.* I'm sure you've heard that before. Once I became a follower of Jesus, I knew faith was about something more, something deeper, but it was still so difficult for me to grasp.

Blind faith is the term that played over and over in my mind as I took steps to know and trust God. I've not always been the most trusting person; people have let me down so many times that it's hard to put my trust in anyone else. The thought of blind faith felt absolutely too costly and too terrifying. I struggled to have faith and trust in God even though I knew Him to be good. Maybe you can relate.

When the storms of life—and there are many—knock you down, and you look up from the ground to find yourself in a world of disarray, perhaps the words *I just can't keep doing this* rise up in you. What happens when the prayer goes unanswered? When your soul is so worn that the thought of getting back into the deep blue sea of life feels impossible? You know it's only a matter of time before those waves crash again. What holds you up when everything else has let you down? The only sustaining answer is this: *You hold onto the faith and hope you have in Jesus.*

I'm not sure where life has you right now or what your relationship with Jesus looks like today, but learning how to look to Him, to stay resiliently focused on Him, is what this study is all about. We'll begin with the question, *What actually is faith?* And then we'll consider how we build up a resilient faith, one that's unwavering regardless of our circumstances or challenges. How can we be young women who live from this firm foundation in certainty and confidence?

When I began writing this study, I thought about you, the girl who needs a firm anchor and framework of a strong faith to work from.

The heart of the study is beautifully encompassed in Hebrews 10:23 (CSB),

Let us hold on to the confession of our hope without wavering, since he who promised is faithful.

Throughout this Bible study, we'll spend a lot of time studying Hebrews 10–12 and the writer's many examples of unwavering faith. We'll also consider the early church, Paul, and concepts like spiritual rhythms and God's promise-keeping nature to help us understand what faith in action looks like.

When we truly believe that He who promised is faithful, then we can respond with a faith that is built up with resilience and perseverance, a faith without wavering because we know that God is going to finish His good work (Phil. 1:6). My hope and prayer for you in this study is that you walk away with key principles, truths, and promises to help form your faith, strengthen your relationship with Jesus, and equip you for this beautiful life we've been given to steward.

THIS IS FOR YOU

For tired eyes that seek perseverance.

For learning to love ourselves as God loves us.

For embracing this season and all its nuance.

For calling out courage and bravery.

For learning to serve without applause.

For learning to keep a steady gaze on Jesus.

For hope and peace.

For learning to pick ourselves back up.

For being honest and vulnerable about our lack.

For the gift of embracing each new battle scar.

For allowing God to hold us and grace to carry us.

For layers being pulled back so that new things can become.

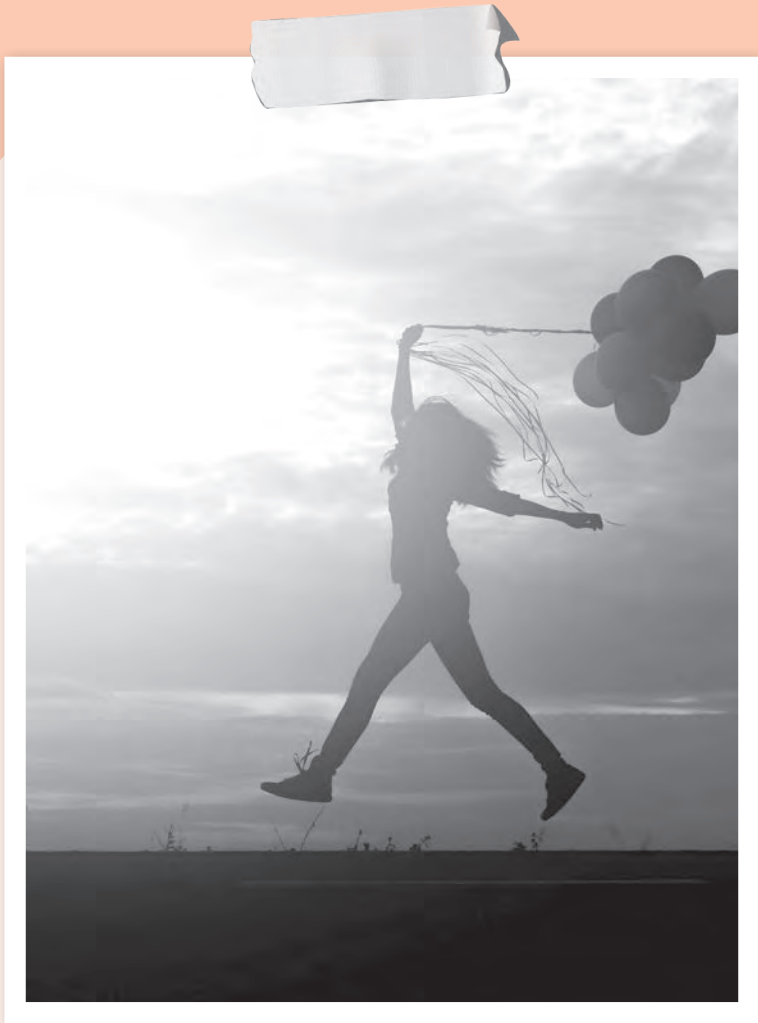
For a faith without wavering, found only in Christ.

Alexandra

SESSION 01

Introduction

THIS IS
FOR YOU



SESSION ONE
Group Time
INTRODUCTION

BEGIN by getting to know one another with the following questions:

- + What is one word you would use to describe your relationship with God right now?

- + Look at “This Is for You” statements on page 7 and read it aloud together. Share which of these statements resonates with you today and why you chose that statement.

- + Before you move onto the following sections, spend a few minutes in prayer together as a group. Ask God to begin softening your hearts toward His voice and how He desires to move in your life during this study.

WATCH the Session One video and take notes below.

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DISCUSS the following questions with your group:

1. If you were to attempt to define faith in God, especially to someone who doesn't have a relationship with Him, how would you explain it?
2. Describe a time in your life when you felt knocked down by circumstances. How did you find the courage to get back up?
3. When life gets shaken, what are your feelings toward God in those moments? Why?
4. Read the foundational verse for this study—Hebrews 10:23. What comes to mind when you read the words “without wavering”?
5. What are you hoping to experience through this study? Name one way you want God to work in you over these seven weeks.
6. What are some hindrances, distractions, or obstacles you might face in being able to complete the personal study each week? How can you encourage and hold each other accountable moving forward?

SESSION 02

the key to

UNWAVERING

FAITH



UNWAVERING

FAITH

What is *faith*, let alone a faith that is “without wavering” (Heb. 10:23, CSB)?

This is where we begin our study. In this week’s session, we’ll not only become familiar with the definition of *faith*, but we’ll also begin to wrestle with what it means for followers of Jesus to truly live *by faith*. We’ll spend our time in Hebrews 11 and the list of Bible figures whose examples help us understand what faith looked like for them. Most importantly, we’re reminded that Jesus—the promised One hinted at throughout the Old Testament—is the One on whom our faith and hope ultimately rests.

What we’ll read this week is inspiring, and I hope it encourages you as much as it’s encouraged me.

THE KEY TO

SESSION TWO

SESSION 02 MEMORY VERSES



SCAN THIS QR
CODE TO FIND
THE MEMORY
VERSES I WANT
YOU TO SET
YOUR MIND ON
AND HIDE IN
YOUR HEART
THIS SESSION.



WHAT WE MEAN WHEN WE TALK *about Faith*

I didn't grow up a church girl, or a faith girl, or a God girl. I guess you can say that I knew of God—I'd heard other people talk about Him—but that was it. Every summer as a little girl I traveled to Venezuela to stay with an aunt and uncle. I looked forward to it every year; it was a time to go back to my other home. Rest and peace awaited. One particular summer, though, was notably different. I was around thirteen or fourteen and was a deeply inquisitive teenager with lots of questions about life—and God.

My cousin attended a private Catholic school with a community of people who also attended the Catholic church just down the road from my aunt and uncle's home. That summer I spent more time in a church than ever before. My cousin was attending classes for her confirmation, which is one of the seven sacraments of the Roman Catholic faith and one of the steps to becoming a part of the Roman Catholic Church. And so, I tagged along to many of her classes.

The priest seemed like the right person to take my questions to, so that's exactly what I did! First item on my list to address? The creation account. I know, super light conversation. My following questions surrounding doubt, suffering, and the circumstances of life challenged every word that came out of his mouth. *What if God isn't the God over all? What if He isn't kind or good? What if Jesus didn't rise from the dead?* My brown hair and hands moved all around as I questioned his beliefs and faith.

Instead of dismissing me or explaining God away, the priest welcomed my curiosity. He smiled and smirked, willing to listen to a young girl who was taking her first steps toward a relationship with God. That is the summer when my journey toward Jesus began, and it's been a wild ride ever since.

What do you consider to be the beginning of your faith journey, like my summer in Venezuela? What questions do you remember having, and who played an important role in that moment or season?

FAITH DEFINED

This is a Bible study about building a resilient, sturdy faith in God, so I want to make sure we begin with a solid understanding of what we mean when we talk about “faith.”

Look up *faith* in an online dictionary. List the top two definitions that show up.

1.

2.

READ HEBREWS 11:1-3. Write down the description of faith given in verse 1.

How does this description of faith compare with what you found online?

I mentioned in the introduction that we will spend a lot of time in Hebrews 10–12. That’s because these chapters contain valuable insight into how God wants us to understand a life of faith in Him. The book of Hebrews defines faith as “the reality [or assurance] of what is hoped for, the proof [or conviction] of what is not seen” (11:1, CSB). (For more on this, check out the Further Study on p. 21.) Here’s an explanation of this verse that I find helpful:

Faith is not merely holding to certain teachings, such as that God exists, but rather it is a strong conviction that the world around us is part of a greater plan, God’s plan. Faith means that although at times the world looks chaotic and uncontrolled, we feel deep down that this chaotic world is not where we truly live. Rather, our existences are guided by God’s strength and power.¹

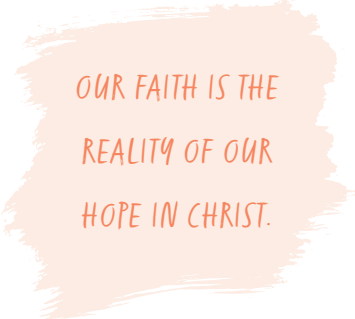
The description of faith in Hebrews 11:1 is part of a wider theme in Hebrews—an invitation to see how the things in the world around us are best understood through the bigger picture of God’s story, a story that began with creation and culminates in Jesus. In fact, this is where the whole book begins.

READ HEBREWS 1:1-3a, printed below. As you read the verses, circle each word that describes who Jesus (the “Son”) is. Underline each word or phrase that describes what Jesus does or has done.

Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days he has spoken to us by his Son, whom he appointed the heir of all things, through whom also he created the world. He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power.

HEBREWS 1:1-3a (ESV)

It’s all about Jesus! He is the One we latch our faith and hope onto. The New Testament suggests that faith and hope go hand in hand for the follower of Jesus. Our faith is the reality of our hope in Christ; it’s “the *proof* that what we believe is *real*, as well as the *certainty* that our *hopes* will become actualized in heaven.”² The heartbeat to the book of Hebrews is having a faith anchored and built up in Christ and Christ alone.



OUR FAITH IS THE
REALITY OF OUR
HOPE IN CHRIST.

READ BACK OVER HEBREWS 11:1-3 ONE MORE TIME. Now I want you to write your own definition of faith, keeping in mind what you've studied today. How would you define it to someone who has no religious upbringing, like teenager me?

When I think about the definition of *faith*, it's like the foundation of a sturdy house or the active ingredient that makes the recipe work. It's the quiet yet bold something that whispers hope and light in the midst of so much dark. Faith is what moves us to believe and to see, even when we can't make sense of it. It's like the breeze you feel on a spring day or the oxygen we inhale with every breath. We can't see it, but it's there.

When I read Hebrews 11:1-3, I see an invitation to live out my faith based on the reality of the hope I have that Jesus lived and died for me, that He conquered death so I can spend eternity with Him, and that He will do as He said and return and right all wrongs. This is the good news, the gospel, Jesus's life, death, and resurrection as the sacrifice and atonement for all our sins (Rom. 1:3-4). Jesus is the Perfecter, the One who was, and is, and is to come (Rev. 1:4).

As we walk through the rest of this study together, may we remember that our faith is a gift! God is the Creator and Giver of it (Eph. 2:8-10). We don't have to will our way to a more resilient faith; we couldn't if we tried. One key to an unwavering faith in Jesus is surrendering each day, each moment, to Him. It's believing in His promises and allowing Him to use you for the good works He has planned.

Before you close today, spend time in prayer. Thank God for the gift that is your faith and for Jesus, the One in whom your faith is secure. Ask God to spend these next six sessions strengthening your faith in Him.

FAITH IS WHAT
MOVES US TO
BELIEVE AND TO
SEE, EVEN WHEN
WE CAN'T MAKE
SENSE OF IT.

FURTHER STUDY

Read the Bible for long and you'll realize the term *faith* is used many times (more than two hundred in the New Testament alone!). With this many uses, it can be hard to wrap our minds around a clear understanding of what this concept means for the Christian. The following description from the *Holman Bible Dictionary* helps us lay a good foundation for what we mean when we talk about faith.

“The Greek noun, *pistis* (faith), is related to the verb *pisteuo* (I have faith, trust, believe). . . . In the New Testament faith is used in a number of ways, but primarily with the meaning ‘trust’ or ‘confidence’ in God. Mark 1:15 introduces and summarizes the Gospel with Jesus’ charge to his hearers to ‘repent . . . and believe the gospel.’ (The word usually translated ‘believe’ in this verse is the verb form of ‘faith’ for which there is no English equivalent. The call is repeated as ‘Have faith in God’; using the noun form, in Mark 11:22.) Thus, Jesus called His hearers to place their confidence in God.”³ Outside the Gospels, faith is used in a variety of ways, all of which point back to that main understanding. Here are a few of them:

- **sanctification (Acts 26:18);**
- **purification (Acts 15:9);**

- **justification or imputed righteousness (Rom. 4:5; 5:1; Gal. 3:24);**
- **adoption as children of God (Gal. 3:26);**
- **a fruit of the Holy Spirit (Gal. 5:22)—something God creates in a person;**
- **the state of salvation (Eph. 2:8-9).**

“Each of these comes by faith. As in the Gospels, faith is an attitude toward and relationship with God mediated by Christ Jesus. It is surrender to God’s gift of righteousness in Christ rather than seeking to achieve righteousness alone.”⁴ The Bible never directly defines faith, but it comes close in Hebrews 11:1, “Now faith is the reality of what is hoped for, the proof of what is not seen.”

“Hebrews closely ties faith . . . to Christian hope. The personal conviction of faith encourages the Christian to continue hoping for the fulfillment of the promises of God . . . The ‘things hoped for’ have a reality greater than anyone’s hoping for them. Faith is then meant as a sort of foretaste of the hoped for things.”⁵ The writer of Hebrews uses this word to speak to loyalty, allegiance, a following of God no matter what.