

30
Day Devo



YOUNG & FAITHFUL

PASTOR
GREG HENDRICKS



30 DAYS OF
GROWTH AND
REFLECTION FOR
YOUNG ADULTS

F O R M O R E R E S O U R C E S

greghendricks.life

dear young & faithful

As a former athlete and coach, I understand what it means to strive for excellence, to push beyond limits, and to pursue greatness with passion and dedication. But there's a journey even greater than any athletic pursuit — the journey and deepening of your faith in God.

I've had the privilege thus far in my life as a former player, coach and now current pastor, of walking alongside many people male and female, from various backgrounds, countries and ages. From professional athletes, politicians, church congregates, business leaders, service men and women, moms and dads, kids, and young adults, guiding them in their spiritual growth and witnessing the transformative power of God's love in their lives.

And now, I am thrilled to embark on this 30-day journey with you — a journey of growth, reflection, and deepening of your faith.

Over the next thirty days, we'll explore topics that resonate deeply within young adult communities — such as identity, purpose, relationships, challenges, and victories. Together, we'll dive into scripture, reflect on its timeless truths, and identify practical ways to apply them in your daily lives. Each day is comprised of a statistic, scripture, reflection, call to action, daily application, prayer, and a suggested worship song to listen to on your music platforms or YouTube. If you have other songs in reference to the topic of the day, please feel free to listen to those instead. The goal is to cultivate consistent healthy habits in seeking God.

Whether you've been a believer for many years or just beginning to explore faith as a young adult, this devotional is designed to meet you where you are and inspire you to take the next steps in your journey with God.

So, lace up your spiritual shoes, gather your courage, and let's embark on this adventure together. It's time to lock in!

Remember, faith is not a destination but a journey — a journey filled with twists and turns, highs and lows, but always guided by the steadfast love of our Lord and Savior, Jesus Christ.

Let's press on together, growing stronger in faith, deeper in love, and bolder in our witness to the world.

Holy Spirit, have your way in our lives, lead and guide us. We are ready for what you have in store.

In Jesus name, amen.

Greg Hendricks





Young & Faithful
day one

EPHESIANS 2:10

For we are God's handiwork,
created in Christ Jesus to do good
works, which God prepared in
advance for us to do.

30 DAYS OF GROWTH
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YOUNG ADULTS

identity

Statistic

Research suggests that young adults often struggle with questions of identity, facing pressure to conform to societal norms and expectations (Source: Pew Research Center, "For Generation Z, 'living with parents' has become more common than 'living with a spouse'," 2020).

Reflection

Reflect on your sense of identity. Where do you find your worth and value? How do you define value and worth? Write these things down.

Call to Action

Spend time in prayer and reflection, seeking to understand your identity in Christ. Write down truths about who you are according to God's Word. What things have you believed that aren't from God (labels, words, something someone else said), what truths will you believe moving forward, according to His word?

Daily Application

Live each day with confidence in your identity as a child of God, knowing that you are deeply loved and valued by Him. Write down the truths of God's word and commit to 1 scripture of memorizing throughout the day.

Prayer

Lord Jesus, thank you for the identity I have in you. Help me to remember that I am fearfully and wonderfully made. Guide me in living out my identity as your beloved child. Amen. (Psalm 139:14)

Suggested Worship Song

["Who You Say I Am" by Hillsong Worship](#)

Young & Faithful

day two

1 THESSALONIANS 4:3-4

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable.

30 DAYS OF GROWTH
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YOUNG ADULTS

purity

Statistic

Research suggests that the average age of exposure to pornography is decreasing, with many young adults encountering explicit content during adolescence (Source: Covenant Eyes, "Pornography Statistics," 2022).

Reflection

Reflect on the importance of purity in all aspects of life—thoughts, actions, and relationships. How does purity reflect God's character? How can it impact your character?

Call to Action

Practice discernment in what you expose yourself to, whether it's social media content, conversations, or activities. Choose purity in thought and action, honoring God with your body and mind. Ask Holy Spirit in prayer to show you what is the hardest area that you are having trouble being pure in, and why?

Daily Application

Write down one area in your life where you can strive for greater purity. This could be in your social media consumption, relationships, your speech or personal habits. Share this with a trusted friend and ask them to hold you accountable for the remaining days of this devotional. Write down what you discover.

Prayer

Lord Jesus, in your name, I come before you asking for strength and guidance to walk in purity. Help me to flee from all forms of sexual immorality and to honor you in every area of my life. Amen. (Philippians 4:8)

Suggested Worship Song

["The Blessing \(Live\)" - Kari Jobe & Cody Carnes Elevation Worship](#)



Young & Faithful
day three

PROVERBS 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

decision making

Statistic

Studies show that young adults often struggle with decision fatigue, leading to stress and indecision in daily life (Source: American Psychological Association, "The Burden of Choice: How Young Adults Navigate Decision Making," 2021).

Reflection

Consider a recent decision you made. Did you seek God's guidance, or did you rely solely on your own understanding? Write down how it turned out when you did or didn't do it.

Call to Action

For the remainder of this devotional, develop a habit of taking time to pray, and seeking God's wisdom before making a significant decision. What does surrendering to God look like to you in your life currently? How much time do you take daily to pray to God?

Daily Application

Practice submitting all your decisions, big or small, to God's guidance for the day. Take 5 min of thanking God, for the ability to surrender, and pray out loud what you are surrendering. Declare that you will trust in His promise to lead you on the right path and make the right decisions.

Prayer

Lord Jesus, I trust in you with all my heart and lean not on my own understanding. In all my ways, I submit to you, knowing that you will make my paths straight. I thank you Lord that I have a choice to submit to you, and I choose to do so moving forward in my journey with you! Amen.

Suggested Worship Song

"Lead Me to the Cross" by Hillsong UNITED



Young & Faithful
day four

PROVERBS 16:2

All a person's ways seem pure to them, but motives are weighed by the Lord.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

motives

Statistic

Research suggests that young adults often struggle with mixed motives in their actions, seeking validation or approval from others (Source: Journal of Youth and Adolescence, "Motives Matter: A Motivation Perspective on the Relation Between Identity Processing and Voluntary Community Service," 2020).

Reflection

Examine your motives behind your actions and choices. Are they aligned with God's purposes, or do they stem from selfish desires?

Call to Action

Take a moment to reflect on your recent actions. Ask God to reveal any impure motives, repent of them, pray and ask the Lord to align your heart with His will.

Daily Application

Practice integrity in your motives, seeking to honor God rather than seeking approval or recognition from others. Challenge yourself today to recognize one great attribute in a friend and celebrate that in them by going above and beyond to recognize it in their lives.

Prayer

Father search my heart and reveal any impure motives within me. May my actions be driven by love for you and others, rather than selfish ambition. I desire to view integrity the way you do. In Jesus name Amen.

Suggested Worship Song

["Heart of Worship" by Matt Redman](#)



Young & Faithful
day five

HEBREWS 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

30 DAYS OF GROWTH
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YOUNG ADULTS

community

Statistic

Research suggests that young adults who actively participate in a faith community experience greater levels of emotional well-being and social support (Source: Pew Research Center, "The Social and Community Benefits of Religious Participation," 2021).

Reflection

Consider the importance of community in your spiritual journey. How does being part of a community (group of friends) strengthen your faith? Write that down.

Call to Action

Reach out to someone in your church or faith community. Share a word of encouragement or ask how you can support them.

Daily Application

Actively participate in a community gathering or small group discussion. Seek to uplift and encourage others. Ask others what their thoughts are on the importance of community. Write down what is discussed, and pray over it together. Ask God to continue growing the people in your community deeper.

Prayer

Lord thank you for the gift of community. Help me to be an active participant, encouraging and supporting others as we journey together in faith. May our fellowship reflect your love and unity. In Jesus name Amen. (Romans 12:10)

Suggested Worship Song

"Let The People Sing" by Jesus Culture



Young & Faithful
day six

COLOSSIANS 3:17

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

30 DAYS OF GROWTH
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conduct

Statistic

Surveys reveal that young adults often struggle with maintaining ethical conduct in various aspects of life, including work, relationships, and personal habits (Source: Ethics & Compliance Initiative, "Global Business Ethics Survey," 2021).

Reflection

Reflect on your conduct in various areas of your life—work, relationships, leisure. Did you Honor God in your actions? If you did or did not, what did you notice?

Call to Action

Identify one behavior or habit you need to adjust to align with God's standards. Write that down.

Daily Application

Practice mindfulness in your actions, ensuring they reflect the character of Christ. Write down one area of conduct you desire to become stronger. Ask Holy Spirit what is the first step towards making this area stronger.

Prayer

God, may my conduct be pleasing in your sight, bringing glory to your name. Guide me in living out my faith in all aspects of my life. In Jesus name Amen. (Ephesians 5:15-16)

Suggested Worship Song

"Living Hope" by Phil Wickham

Young & Faithful

day seven

PSALM 139:23-24

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

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authenticity

Statistic

Research suggests that young adults often struggle with authenticity, feeling pressure to present a curated version of themselves on social media and in real life (Source: American Psychological Association, "Authenticity: Why it Matters and How to Tell if You Have It," 2019).

Reflection

Consider the importance of authenticity in your relationship with God and others. Are there areas where you struggle to be authentic? If so, pray and ask God to show you why.

Call to Action

Take time to journal or reflect on areas where you may be hiding or pretending.

Daily Application

Practice vulnerability and authenticity in your interactions, allowing others to see the real you. Share with a close friend an area God has highlighted to you and ask them to pray for that area to get stronger in your life with you.

Prayer

Lord Jesus, help me to examine my heart and motives. May they be pure and aligned with your will. May confidence in you allow me to be authentic in front of others, no matter the circumstances. Amen. (1 John 1:9)

Suggested Worship Song

"Nothing Else" by Cody Carnes

A photograph of two young women walking away from the camera on a wooden boardwalk. The woman on the left is wearing a black hoodie, black leggings, and a black baseball cap. The woman on the right is wearing a light blue denim jacket, dark blue leggings, and a yellow baseball cap. They are walking on a wooden boardwalk that leads through a field of tall grasses and shrubs. The background shows a line of trees under a cloudy sky.

Young & Faithful
day eight

HEBREWS 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

30 DAYS OF GROWTH
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seeking truth

Statistic

Studies indicate that young adults are inundated with vast amounts of information daily, leading to difficulty in discerning truth from misinformation (Source: Pew Research Center, "Many Americans Encounter False or Misleading Information About COVID-19 on Social Media," 2020).

Reflection

Reflect on the media and information you consume regularly. Is it edifying and aligning with God's truth? How much of social media or marketing influence is shaping the narrative of how you think?

Call to Action

Evaluate your social media intake and make adjustments to prioritize content that uplifts and inspires.

Daily Application


Guard your mind against negative influences and intentionally seek out content that aligns with God's values. Seek to develop healthy guidelines of what is good and bad for your heart.

Prayer

Lord guide me in seeking information that aligns with your truth. Help me to discern what is good and wholesome. I desire to see people, situations and life through your lens. In Jesus Amen. (Psalm 119:105)

Suggested Worship Song

"Great Are You Lord" by All Sons & Daughters



Young & Faithful

day nine

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

30 DAYS OF GROWTH
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mental health

Statistic

Studies indicate that mental health challenges, such as anxiety and depression, are prevalent among young adults, often exacerbated by stress and societal pressures (Source: National Institute of Mental Health, "Mental Illness," 2022).

Reflection

Reflect on your own mental health and well-being. Are there areas where you need to seek support or practice self-care? Acknowledge honestly before God and yourself where you are currently standing today.

Call to Action

Make a strong effort to reach out to a trusted friend, family member, or mental health professional if you're struggling with anxiety or depression. Identify what your desire to see moving forward in your mental health being evaluated. Pray to the Lord to bring the appropriate care and community alongside of you.

Daily Application

Practice self-compassion and mindfulness, nurturing your mental and emotional health. Take the first step by acknowledging where you stand and, where you desire to be with God in prayer.

Prayer

Lord grant me wisdom to navigate my mental health well-being. Help me to find peace in your presence and courage to seek help when needed. In Jesus name Amen. (Psalm 34:17-18)

Suggested Worship Song

["PEACE" by Hillsong Young & Free](#)



Young & Faithful
day ten

COLOSSIANS 3:23-24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

30 DAYS OF GROWTH
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drive

Statistic

Surveys reveal that many young adults struggle with motivation and drive, feeling overwhelmed by expectations and unsure of their purpose (Source: Gallup, "How Millennials Want to Work and Live," 2021).

Reflection

Reflect on your goals and aspirations. Are they aligned with God's purposes for your life?

Call to Action

Set aside time to pray and seek God's guidance in clarifying your ambitions and dreams. Write these down.

Daily Application

Approach your tasks and responsibilities with diligence and passion, knowing that you are serving God in all you do. Take 1 task today, lift it up to God and visualize accomplishing this task with the intention of pleasing God only.

Prayer

Lord, ignite within me a passion to pursue your purposes with zeal. Guide me in aligning my ambitions with your will. In Jesus name Amen. (Proverbs 16:3)

Suggested Worship Song

["Made For This" by Mercy Culture Worship](#)



Young & Faithful

day eleven

PSALM 119:9-11

How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

30 DAYS OF GROWTH
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battle against porn

Statistic

Research indicates that pornography addiction is a significant struggle for many young adults, negatively impacting relationships and mental health (Source: Barna Group, "The Porn Phenomenon: A Comprehensive New Survey on Americans and Pornography," 2020).

Reflection

If you are struggling in this area, reflect on the impact of pornography in your life and relationships. Are there steps you can take to overcome its influence? If there is no impact on your personal life, can you see the impact on others you may know?

Call to Action

Install accountability software or seek accountability partners to help you in your battle against pornography. Join a group desiring to overcome the same area of battle.

Daily Application

Practice discipline in your online habits and fill your mind with God's Word to guard against temptation. Write down scriptures about the mind and place it in every room in your home, reminding you of His thoughts toward your mind and life. Pray them over yourself for the entirety of the day.

Prayer

God, give me strength to overcome the lure of pornography. Renew my mind and cleanse my heart. Help me to find freedom and purity in you. In Jesus name Amen. (James 4:7)

Suggested Worship Song

["Break Every Chain" by Jesus Culture](#)



Young & Faithful
day twelve

GENESIS 1:26

So God created mankind in his own image, in the image of God he created them; male and female he created them.

30 DAYS OF GROWTH
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gender through God's eyes

Statistic

According to a survey by Barna Group, 73% of young adults aged 18-30 report feeling confused about gender identity and sexuality in today's culture (Source: Barna Group, "Gen Z: The Culture, Beliefs and Motivations Shaping the Next Generation," 2018).

Reflection

Reflect on the cultural messages surrounding gender and sexuality. How does God's perspective differ from the world's views?

Call to Action

Engage in conversations with trusted mentors or spiritual leaders to gain clarity on biblical teachings about gender and sexuality.

Daily Application

Write down 3 things that you can declare over yourself from God's word that strengthens your confidence in your design as a male or female. Ask a trusted spiritual leader their understanding on God's perspective on gender and sexuality.

Prayer

Lord, help me to view others through your eyes, seeing the inherent value and dignity in every individual. Guide me in understanding and embracing your design for gender and sexuality. In Jesus name, Amen. (Galatians 3:28)

Suggested Worship Song

"You Say" by Lauren Daigle

Young & Faithful

day thirteen

EPHESIANS 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

30 DAYS OF GROWTH
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YOUNG ADULTS

forgiveness

Statistic

Research published in the Journal of Youth and Adolescence in 2023 found that among young adults aged 18-30, those who struggle with forgiveness are more likely to experience symptoms of depression and anxiety compared to their peers who practice forgiveness regularly. Source: Journal of Youth and Adolescence, 2023

Reflection

Reflect on the power of forgiveness in your life. Are there individuals you need to forgive or seek forgiveness from?

Call to Action

Make a list of people who have hurt you, and prayerfully consider extending forgiveness to them. Write those names down.

Daily Application

Practice forgiveness daily, releasing bitterness and resentment, and choosing to extend grace and mercy to others. The names you wrote down take time to pray for them, and ask God to forgive you of your harden heart towards these people or situations.

Prayer

God, grant me the strength to forgive as you have forgiven me. Help me to let go of past hurts and embrace the freedom that comes from extending forgiveness. In Jesus name Amen. (Matthew 6:14-15)

Suggested Worship Song

["Forgiven" by Bethel Music](#)

Young & Faithful

day fourteen

1 THESSALONIANS 5:18

**Give thanks in all circumstances;
for this is God's will for you in
Christ Jesus.**

**30 DAYS OF GROWTH
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YOUNG ADULTS**

gratitude

Statistic

A study published in the Journal of Positive Psychology in 2021 found that young adults aged 18-30 who engage in regular gratitude practices experience lower levels of stress, improved sleep quality, and greater overall life satisfaction. Source: Journal of Positive Psychology, 2021

Reflection

Reflect on the blessings in your life. How can cultivating a heart of gratitude transform your perspective?

Call to Action

Start a gratitude journal and write down three things you're thankful for each day.

Daily Application

Express gratitude to God and others regularly, recognizing and appreciating the abundance of blessings in your life. Choose one person today and acknowledge gratitude towards that person. Write down how it made them feel when you did so.

Prayer

Lord Jesus, thank you for the countless blessings you've bestowed upon me. Help me to cultivate a heart of gratitude and praise in all circumstances. In your name Amen. (Psalm 118:1)

Suggested Worship Song

["Gratitude" by Brandon Lake](#)



Young & Faithful
day fifteen

PSALM 68:6

God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land.

**30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS**

loneliness

Statistic

Surveys indicate that loneliness is a prevalent issue among young adults, with over 60% reporting feeling lonely on a regular basis (Source: Cigna, "Loneliness and the Workplace," 2018).

Reflection

Reflect on your experiences with loneliness. How can you seek connection and community in the midst of loneliness?

Call to Action

Reach out to a trusted friend or family member you haven't spoken to in a while and initiate a conversation. Take time to acknowledge to them the journey you are on with overcoming isolation and loneliness.

Daily Application

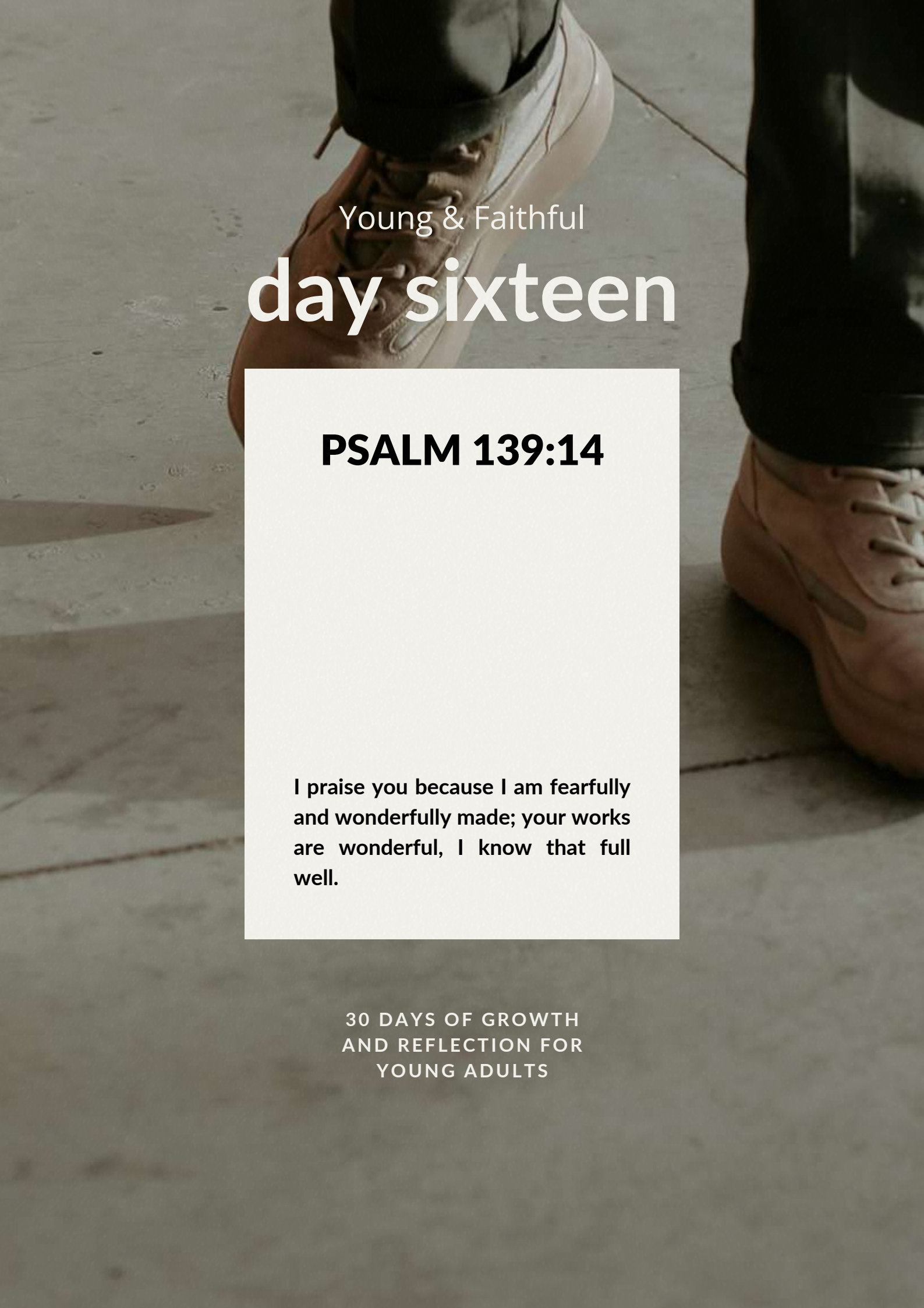
Be intentional about fostering meaningful relationships and investing in community to combat feelings of loneliness. Take time today and send a texted prayer to someone full of encouragement and hope on their behalf.

Prayer

Heavenly Father, comfort me in moments of loneliness and help me to find solace in your presence. Guide me to meaningful connections and community. Help me to lift others as you lift me In Jesus name Amen. (Psalm 25:16-17)

Suggested Worship Song

["Shalom" by Bridge Worship](#)



Young & Faithful

day sixteen

PSALM 139:14

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

30 DAYS OF GROWTH
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YOUNG ADULTS

self-worth

Statistic

Research indicates that many young adults struggle with low self-esteem, which can impact their relationships, career aspirations, and overall well-being (Source: American Psychological Association, "Understanding Self-Esteem," 2022).

Reflection

Reflect on how you perceive yourself. Do you recognize your inherent worth and value as a creation of God?

Call to Action

Write down affirmations based on God's truth about your identity and worth. Repeat them daily as reminders of your value in God's eyes. Say one to a co-worker or friend in faith.

Daily Application

Practice self-compassion and embrace your uniqueness, remembering that you are loved and cherished by God. Declare to yourself in the mirror what God says about your worth. It may feel silly but, you want to get used to seeing yourself speaking life over yourself. Then do that with others in your friend circle.

Prayer

Lord, thank you for creating me in your image and for loving me unconditionally. Help me to see myself through your eyes and to embrace my worth and value in you. In Jesus name Amen. (Ephesians 2:10)

Suggested Worship Song

["What My Father's Like" by Bridge Worship](#)

A photograph of a person lying on a bed, reading a book. The person is wearing a white button-down shirt and white shorts. The bed has a white sheet and a brown woven chair back is visible. The text is overlaid on the image.

Young & Faithful

day seventeen

ECCLESIASTES 3:1

**There is a time for everything, and
a season for every activity under
the heavens.**

**30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS**

trusting God's timing

Statistic

Surveys indicate that impatience and a desire for instant gratification are common challenges among young adults in today's fast-paced society (Source: Pew Research Center, "Teens, Social Media & Technology 2021," 2021).

Reflection

Reflect on a situation where you're struggling with impatience or waiting on God's timing. How can you trust Him more in this season of your life?

Call to Action

Surrender your timeline and expectations to God, trusting that His timing is perfect.

Daily Application

Practice patience and faith as you wait on God's timing, knowing that He is working all things together for your good. Take time and repeat the phrase "I will be patient with my life" out loud to yourself for 8 min and write down everything that goes through your mind in that time. What is the common thread or theme in those thoughts?

Prayer

Lord Jesus, teach me to trust in your timing, even when it doesn't align with my own plans. Help me to wait patiently and faithfully, knowing that your timing is always perfect. Amen. (Psalm 27:14)

Suggested Worship Song

"Wait On You" by Maverick City Music



Young & Faithful
day eighteen

ISAIAH 41:10

So do not fear, for I am with you;
do not be dismayed, for I am your
God. I will strengthen you and help
you; I will uphold you with my
righteous right hand.

30 DAYS OF GROWTH
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overcoming fear

Statistic

Studies show that fear and anxiety are common struggles among young adults, often hindering them from pursuing their dreams and living fully (Source: Anxiety and Depression Association of America, "Facts & Statistics," 2022).

Reflection

Reflect on a fear or anxiety you're facing. How can you rely on God's strength to overcome it?

Call to Action

Practice replacing fearful thoughts with truths from God's Word, trusting in His promises of protection and provision. Speak those truths out loud in your private time to yourself.

Daily Application

Step out in faith and confront one fear or anxiety you've been avoiding. Ask Holy Spirit to reveal what the origin of your fear is.

Prayer

God, I confess my fears and anxieties to you. Help me to trust in your unfailing love and to find courage in your presence. In Jesus name Amen.

Suggested Worship Song

["FEAR GO" by Mercy Culture Worship](#)



Young & Faithful

day nineteen

PHILIPPIANS 2:3-4

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

**30 DAYS OF GROWTH
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cultivating humility

Statistic

Studies suggest that humility is often undervalued in contemporary culture, yet it plays a crucial role in fostering healthy relationships and personal growth (Source: Journal of Positive Psychology, "The Role of Humility in Close Relationships: An Interpersonal Approach," 2021).

Reflection

Reflect on your attitudes and behaviors towards humility. Are there areas in your life where you need to cultivate a spirit of humility? Write those areas down and pray over them.

Call to Action

Practice humility by intentionally serving others and considering their needs above your own.

Daily Application

Look for opportunities to humble yourself in interactions with others, demonstrating Christ-like servanthood. Extend an act of service to someone that you do not know (coffee shop, restaurant, work). Write down how it made you feel, serving from a position of humility.

Prayer

Lord, teach me the way of humility. Help me to value others above myself and to serve with a willing heart. May my life reflect your selfless love. In Jesus name Amen. (James 4:10)

Suggested Worship Song

"Humble Me" by Hulvey

The background of the entire page is a photograph of several people from the waist up, wearing winter jackets and coats. On the left, a person wears a teal jacket with a wooden strap over their shoulder. On the right, a person wears a light grey puffer jacket and a dark blue jacket. The scene is dimly lit, suggesting an indoor or evening setting.

Young & Faithful
day twenty

ISAIAH 43:19

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

30 DAYS OF GROWTH
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embracing change

Statistic

Research shows that young adults often face significant life transitions and changes, which can evoke feelings of uncertainty and fear (Source: Journal of Adolescent Research, "Adolescents' Adjustment to School Transitions," 2020).

Reflection

Reflect on a recent change or transition in your life. How can you trust God's promise to make all things new? How did it make you feel?

Call to Action

Desire to embrace change with an open heart and a spirit of trust in God's faithfulness. Ask yourself how you define flexibility?

Daily Application

Practice flexibility and resilience in the face of change, leaning on God's strength to navigate uncertain seasons. Take a trash bag and wrap it tightly around your fist and stretch out your fingers. Write down how the bag looked after flexing your fingers inside. What did you notice? Did it look the same as when you wrapped it around your fist? Notice how being flexible changes the shape and outlook of things.

Prayer

Lord, grant me courage and faith to embrace the changes in my life. Help me to trust in your plans and to follow where you lead. In Jesus name Amen. (Proverbs 3:5-6)

Suggested Worship Song

["New Wine" by Hillsong Worship](#)

Young & Faithful

day twenty-one

PROVERBS 19:21

Many are the plans in a person's heart, but it is the Lord's purpose that prevails.

30 DAYS OF GROWTH
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surrendering control

Statistic

A survey conducted by the American Psychological Association in 2021 revealed that 78% of young adults aged 18-30 reported experiencing increased stress levels in the past year, citing concerns such as work, finances, and relationships as significant stressors. Source: American Psychological Association, 2021

Reflection

Reflect on areas of your life where you tend to grasp for control. How can you surrender those areas to God?

Call to Action

Identify one area of your life where you're holding onto control. Ask Holy Spirit to speak to your heart, why? Look to intentionally release it to God's care.

Daily Application

Practice surrendering control through prayer, trusting in God's sovereignty and wisdom. Ask a trusted friend to stand behind you to catch you as you fall backwards. Before you fall what are some things that are going through your mind? How do you feel when you aren't in control of the outcome?

Prayer

Lord Jesus, I surrender control of my life to you. Help me to trust in your perfect plans and to let go of my own desires. May your will be done in all things. In your name Amen. (Matthew 6:10)

Suggested Worship Song

["Surrendered" by ONE HOUSE](#)

A photograph of two young women smiling and looking at each other outdoors. The woman on the left has dark, curly hair and is wearing a black jacket over a light blue shirt. The woman on the right has long, wavy blonde hair and is wearing a black jacket over a white shirt. In the background, there is a large, light-colored building with a dome and palm trees, suggesting a campus or institutional setting.

Young & Faithful
day twenty-two

PROVERBS 10:9

Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

walking in integrity

Statistic

Surveys indicate that young adults value integrity in others but may struggle to uphold it consistently in their own lives (Source: Harvard Business Review, "The Business Case for Integrity," 2021).

Reflection

Reflect on the importance of integrity in your character and relationships. How can you live with greater integrity? Think of a time where you fell short in this area what was the result?

Call to Action

Commit to honesty and transparency in your words and actions, even when it's difficult.

Daily Application

Practice integrity in all areas of your life, honoring God with your integrity. Write down one area every hour for the day that you are committed to getting better moving forward. Share this list with a trusted friend and ask for accountability. Pray over this list compiled from the day.

Prayer

Father, help me to walk in integrity and truthfulness, even when faced with temptation or pressure to compromise. Strengthen me to be a person of character and honor. In Jesus name Amen. (Psalm 25:21)

Suggested Worship Song

"Build My Life" by Housefires

Young & Faithful

day twenty-three

JAMES 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

seeking wisdom

Statistic

Research indicates that young adults often rely on peers and social media for advice and guidance, yet crave deeper wisdom and understanding (Source: Pew Research Center, "Young Adults and Spirituality in America," 2020).

Reflection

Reflect on the sources of wisdom you turn to in times of need. How can you seek God's wisdom more intentionally?

Call to Action

Dedicate time each day to study God's Word and seek His wisdom through prayer and fellowship with others.

Daily Application

Act on the wisdom you receive from God, applying it to your decisions and interactions. Take one passage of scripture and read it with a trusted friend. Discuss it with each other and share what God revealed and how you can apply to your daily lives.

Prayer

Lord Jesus, grant me wisdom beyond my years. Help me to discern your will and to walk in the path of wisdom and understanding. I thank you for your divine wisdom in your word and life. In your name Amen. (Proverbs 3:13)

Suggested Worship Song

"Yes and Amen" by Housefires



Young & Faithful

day twenty-four

PROVERBS 4:23

Above all else, guard your heart, for everything you do flows from it.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

healthy boundaries

Statistic

Research suggests that many young adults struggle with setting and maintaining healthy boundaries in relationships, leading to issues such as codependency and burnout (Source: Journal of Counseling & Development, "Boundary Issues in the Counseling Relationship," 2021).

Reflection

Reflect on your current relationships and boundaries. Are there areas where you need to establish healthier boundaries?

Call to Action

Practice assertiveness and self-care by respecting your own limits and boundaries, even if it means saying no to others.

Daily Application

Identify one boundary you need to set or reinforce in a specific relationship. Do this first to yourself, then share it with a trusted friend, lastly communicate it lovingly and assertively to whoever God highlights to your heart. Ask yourself how you can grow from this application.

Prayer

Lord, give me the wisdom and courage to establish healthy boundaries in my relationships. Help me to guard my heart and honor myself and others with love and respect. I desire to be greater in this area in my life. May I evolve to the person you called me to be in this area. In Jesus name Amen. (Ephesians 4:26)

Suggested Worship Song

"Boundary Lines" by Chris Tomlin



Young & Faithful

day twenty-five

2 CORINTHIANS 12:9-10

But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

embracing vulnerability

Statistic

Studies show that vulnerability is often misunderstood and avoided, yet it is essential for building authentic connections and fostering emotional intimacy (Source: Journal of Counseling Psychology, "Vulnerability: A Review and Integration of the Literature," 2020).

Reflection

Reflect on the role of vulnerability in your life and relationships. Are you willing to embrace vulnerability as a pathway to deeper connection? What prevents you from being vulnerable before others?

Call to Action

Practice vulnerability by expressing your thoughts, feelings, and struggles authentically with trusted friends.

Daily Application

Share a vulnerable aspect of yourself with someone you trust, allowing for genuine connection and support. Ask them to pray for you, and to hold you accountable to practice this core value in your walk.

Prayer

God help me to embrace vulnerability as a strength rather than a weakness. Give me the courage to be authentic and transparent in my relationships, knowing that your grace is sufficient for me. I put all my trust in you. In Jesus name, Amen.

Suggested Worship Song

"Trust" by Hillsong Young & Free

A close-up photograph of three young Black people looking at a smartphone together. The person on the left is wearing a yellow ribbed sweater. The person in the middle is wearing a grey beanie with a brown circular patch. The person on the right is wearing a colorful patterned shirt with orange, blue, and white floral designs. The background is softly blurred, showing a white wall and a green plant.

Young & Faithful
day twenty-six

PROVERBS 27:17

As iron sharpens iron, so one person sharpens another.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

healthy relationships

Statistic

Research indicates that healthy relationships are essential for emotional well-being and overall life satisfaction among young adults (Source: Journal of Youth and Adolescence, "The Role of Peer Relationships in Adjustment to College," 2021).

Reflection

Reflect on the quality of your relationships with friends, family, and peers. How can you nurture healthier connections?

Call to Action

Invest time and effort into building and maintaining healthy relationships, prioritizing communication, trust, and mutual support. Reach out to a friend or family member and spend quality time together, nurturing your relationship with them.

Daily Application

Take time to write a hand written letter to a friend or person who you are desiring to building a relationship with. It can be a friendship or a person you are seeking to become your companion. Write in that letter the things you are seeking to see grow in your connection to them. Either mail it to them or give it to them personally, and ask them after they read it how it made them feel. Then reflect on how their reaction made you feel.

Prayer

Lord grant me wisdom to navigate my mental health well-being. Help me to find peace in your presence and courage to seek help when needed. In Jesus name Amen. (Psalm 34:17-18)

Suggested Worship Song

"God of Revival" by Bethel Music



Young & Faithful

day twenty-seven

2 CORINTHIANS 9:7

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

practicing generosity

Statistic

Research suggests that young adults who practice generosity report higher levels of life satisfaction and happiness (Source: Harvard Business Review, "The Science of Generosity," 2020).

Reflection

Reflect on your attitude towards giving and generosity. How can you cultivate a spirit of generosity in your life? Write down what God speaks to your heart.

Call to Action

Look for opportunities to give freely and joyfully, trusting that God will multiply your acts of generosity for His kingdom.

Daily Application

Identify one way you can practice generosity today, whether through giving financially, volunteering your time, or offering encouragement to someone in need. Maybe give a larger tip than usual, or pick up the check for someone you don't know in a restaurant. Write down how it made you feel.

Prayer

Lord, teach me to be generous in all areas of my life. May I give freely and cheerfully, knowing that everything I have is a gift from you. Use me to bless others and bring glory to your name. In Jesus name Amen. (Luke 6:38)

Suggested Worship Song

"King of My Heart" by Bethel Music



Young & Faithful

day twenty-eight

PROVERBS 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

seeking guidance

Statistic

Studies indicate that mental health challenges, such as anxiety and depression, are prevalent among young adults, often exacerbated by stress and societal pressures (Source: National Institute of Mental Health, "Mental Illness," 2022).

Reflection

Reflect on a decision you need to make or an area where you're seeking guidance. How can you trust God's wisdom and direction in this situation?

Call to Action

Listen for God's voice and guidance throughout your day, being open and receptive to His leading.

Daily Application

Think of a decision you are trying to make. Spend time in prayer, seeking God's guidance and wisdom for the decision or direction you're seeking. Share with a friend what you believe the Holy Spirit is saying to you, and why you believe that. Pray together on the topic, and write down what you learned in that process.

Prayer

Lord Jesus, I surrender my plans and decisions to you. Guide me by your Spirit and grant me wisdom and discernment in all things. May I follow your leading with trust and obedience. Amen. (Psalm 32:8)

Suggested Worship Song

["Another One" by Elevation Worship](#)



Young & Faithful
day twenty-nine

ROMANS 5:3-4

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

perseverance

Statistic

Research indicates that resilience and perseverance are essential qualities for success and fulfillment in life, especially in the face of challenges and setbacks (Source: American Psychological Association, "The Power of Perseverance," 2022).

Reflection

Reflect on a time when you had to persevere through a difficult situation. How did it shape your character and faith?

Call to Action

Lean on God's strength and promises as you face challenges, trusting that He will give you the endurance to persevere. Identify how you are leaning on God in your times of temptation.

Daily Application

Choose one area in your life where you feel tempted to give up, and commit to persevering with faith and determination. Reach out to a trusted friend, share that area of where you are being tempted. Have that friend pray with you for refreshed faith and perseverance to push through. Take time to do a prophetic declaration. Stand in an open area and take 3 big steps forward declaring 1 scripture per step. Conclude this by praying the prayer for this day.

Prayer

Lord Jesus, give me strength and perseverance to endure through trials and hardships. Help me to trust in your faithfulness and to keep pressing forward with hope. In your name Amen. (James 1:12)

Suggested Worship Song

["Desert Song" by Hillsong Worship](#)



Young & Faithful
day thirty

ROMANS 5:3-4

Your word is a lamp for my feet,
a light on my path.

30 DAYS OF GROWTH
AND REFLECTION FOR
YOUNG ADULTS

conclusion

Reflection

Take a moment to reflect on the journey you've been on over the past 30 days. How has God spoken to you? What have you learned about yourself and your relationship with Him? Write it down.

Call to Action

Commit to continuing your spiritual growth beyond these 30 days. Set specific goals for how you'll continue to seek God, study His Word, and live out your faith in practical ways.

Daily Application

Choose one key takeaway from this devotional and implement it into your daily life starting today. Whether it's a habit of prayer, a commitment to Scripture reading, or a practice of serving others, take action to integrate it into your routine.

Prayer

Lord Jesus, thank you for guiding me through this 30-day journey of faith. I am grateful for the insights gained, the truths revealed, and the ways you've worked in my heart. As I conclude this devotional, I commit to continuing to seek you daily, to grow in my relationship with you, and to live out my faith with boldness and love. Strengthen me by your Spirit, Lord, and lead me forward in your purposes. Amen.

Suggested Worship Song

"In Everything" by ONE House

young & faithful

Celebration is in order!

As we stand at the culmination of our 30-day journey together, let's take a moment to rejoice in the incredible growth and transformation that has unfolded in the time spent in this devotional. What a remarkable and revealing adventure it has been!


Over the past month, you've embarked on a journey filled with discovery, reflection, and growth. You've explored some areas of your faith, delving into some topics that resonate deeply with the young adult community—identity, purpose, relationships, challenges, and victories to name a few. And with each passing day, my hope is that you witnessed the hand of God at work in you. Slowly shaping you into vessels of His love and grace for the world to witness.

You immersed yourselves in scripture, allowing its timeless truths to illuminate your paths and guide your steps. You've embraced vulnerability, confronted fears, and cultivated resilience. You've celebrated victories, learned from setbacks, and experienced firsthand the faithfulness of our Heavenly Father through different reflections and activations.

As you move forward to another chapter after these 30 days, I want to encourage you to continue applying what you've learned. Let the seeds of faith that have been planted in your heart take root and flourish. Let your life be a testimony to the transformative power of God's love, shining brightly for all to see.

Your journey is just beginning and will grow over time! It will be ongoing and will be tested over the course of your walk with God through many types of trials and tribulations. Yet take heart, there is complete victory in Jesus Christ!

As you continue to walk in faith and obedience, remember the words of Scripture: "He who began a good work in you will carry it on to completion until the day of Christ Jesus" (Philippians 1:6). So, let's press on together, with hearts full of gratitude and anticipation for the glorious future that awaits all of us.


Keep shining brightly, Young & Faithful.
The best is yet to come!

In Christ's love,
Pastor Greg Hendricks



F O R M O R E R E S O U R C E S

greghendricks.life