



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts of the intentions of the heart.

YOUTH CONFERENCE

Preparing Godly Youth for Godly Adulthood

Conference Session One

WAKE UP

Recognizing the Voices That Are Shaping Your Life

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Conference Session One - Wake Up

Recognizing the Voices That Are Shaping Your Life

Theme Verse

Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Session Purpose

This session helps young people see that voices, habits, relationships, traditions, media, and personal choices shape them every day. **It calls them to wake up, think honestly about what is influencing them, and compare what they believe and choose with God's Word.**

The goal is not only to help youth avoid trouble. **The goal is to help them learn God's truth and use it wisely, so they can grow from godly youth** into godly adults and later build godly marriages, families, churches, and communities.

Teaching Sections

- 1. Who Am I Becoming?
- 2. Who Is Influencing You?
- 3. Truth or Tradition? Viewing Every Culture Through the Authority of God's Word
- 4. Your Choices Today Shape Tomorrow

Session Guidelines

- Listen honestly without pretending that every warning is meant for someone else.
- Do not use this teaching to mock another tribe, family, school, church, or generation.
- Allow Scripture to examine both the good and the harmful influences in your life.
- Do not pressure anyone to speak in public about abuse, painful experiences, sexual activity, or family secrets.
- Ask the Holy Spirit, "What are You showing me, and what must I do with it?"
- When the Holy Spirit shows you something is wrong, respond with repentance, seek freedom, grow in wisdom, and change.

Every voice is leading you somewhere. Wake up and decide who will have the final authority in your life.

Teaching Section 1: Who Am I Becoming?

Speaker Notes

- Keep the tone hopeful and direct.
- Do not speak as though every young person has the same family or educational opportunity.
- Invite students to name one quality they want to develop and one habit they need to change.
- Emphasize responsibility without shaming those living under poverty, abuse, or disrupted schooling.
- Transition: **"Once you begin asking who you are becoming, you must examine who has been helping shape that answer."**

Read

Genesis 1:26-27

Psalms 139:13-16

Ephesians 2:10

1 Timothy 4:12 — *"Do not let anyone look down on you because you are young, but set an example for the believers."*

Big Idea

You are not waiting to become someone. Your habits, choices, loyalties, and responses are already shaping the person you are becoming.

Teach

1. You are being formed now. Youth is not a waiting room. Your habits, beliefs, and character are growing every day.

2. God created you in His image. **Your life has value.** Your worth does not come from money, appearance, tribe, grades, popularity, or followers.

3. Faithfulness begins today. Do not wait until adulthood to take God seriously. **You can honor Him now.**

4. Being a Christian should change the way you live. As you follow Jesus, He helps you grow in honesty, purity, courage, humility, and self-control.

5. Choices become habits. Thoughts lead to actions. Repeated actions become habits. **Habits shape your character.** Your character helps shape your future. **What you repeat becomes easier.**

Habits shape character, and character shapes your future.

6. Character matters more than popularity. Popularity changes quickly. Character remains when no one is watching.

7. Take responsibility for the next step. Your background may explain some struggles, **but it does not remove your responsibility to obey God.**

8. Godly adulthood takes growth. Growing older happens automatically. **Growing wiser means obeying God, accepting correction, keeping on when life is hard, and serving others.**

9. Ask the central question. Do not ask only, “Who am I?” **Ask**, “Who am I becoming?”

Ask

What qualities do you hope people will see in your life **five years from now?**

Which present habit is helping you become that person?

Which habit is taking you in the opposite direction?

Do you measure your worth by God's truth **or** by other people's approval?

Where are you tempted to say, "**I am still young**, so it does not matter"?

What responsibility have you been avoiding?

What would it look like for you to become an example in speech, conduct, love, faith, and purity?

(Pause. Allow time for quiet reflection.)

Illustration

A path does not suddenly become a road at the destination. It becomes a road because many steps continue in the same direction. In the same way, adulthood is not formed by one dramatic decision. It is formed by repeated steps. Every choice places another footprint on the path you are building.

Uganda Application

You may carry adult responsibilities early in life. **Some help in gardens, markets, or family businesses, churches, or the care of younger children.** Others face school fees, interrupted education, **unemployment in the home, or pressure to contribute financially.**

These hardships do not mean every young person who struggles is lazy. But hardship does not make it right to be dishonest, lazy, use others unfairly, or give up hope.

A young person can honor family responsibilities while still growing in mind, character, skills, and relationship with God. School is valuable, but learning, self-control, and wisdom must continue even when school is interrupted.

Your family background may explain some of your challenges, but it does not remove your responsibility to choose truth and obedience. God can begin a new pattern through one young person who decides to live faithfully.

Key Statements

- You are created in God's image and called to reflect His character.
- Youth is not an excuse for carelessness; **it is a season of preparation.**
- Repeated choices become habits, and habits shape character.
- **Popularity asks, "Who is watching?" Character asks, "What is right?"**
- **Godly adulthood begins with faithful decisions today.**

Teaching Section 2: Who Is Influencing You?

Speaker Notes

- Ask for a show of hands about social media apps only if it will not embarrass students.
- Do not assume all participants own smartphones.
- Avoid turning this section into a speech against technology; teach wise choices and self-control.
- Give practical examples: unfollowing accounts, **limiting screen time**, **avoiding private late-night messaging**, using devices in shared spaces, **and** asking trusted people to help youth stay on the right path.
- Transition: "Some influences come through media and relationships. Others come through the traditions we inherit. Those traditions must also be examined."

Read

Proverbs 13:20 — *“Walk with the wise and become wise, for a companion of fools suffers harm.”*

1 Corinthians 15:33

Psalms 1:1-3

Philippians 4:8

Big Idea

What you listen to again and again helps shape you. The people and messages you welcome into your life teach you what to love, believe, want, and become.

Teach

1. **Everyone is influenced.** Family, friends, teachers, pastors, music, entertainment, and social media all shape the way you think.
2. **Influence often works quietly.** A repeated joke, video, song, or opinion can make wrong things seem normal.
3. **Media is always teaching something.** TikTok, YouTube, Facebook, Instagram, films, and music teach ideas about love, success, beauty, money, and who you are.
4. **Technology can be used for good.** It can help you learn, communicate, share Scripture, develop skills, and spread the gospel.
5. **Technology can also control you.** Social media apps often show you more of what keeps your attention. **One careless choice can lead to more harmful content.**
6. **Test every voice.** Ask: Is it true? Is it pure? Is it wise? Where is it leading me?

7. Friends can help you do what is right or pressure you to do what is wrong. A good friend helps you obey God. A foolish group can make sin to feel necessary just to belong.

8. Respect does not mean blind agreement. Parents, elders, teachers, and pastors should be respected, but every teaching and example must still be tested by Scripture.

9. Choose your strongest voices carefully. You may not control every voice around you, but you can choose which voices receive your trust, time, and obedience.

Ask

Who has the greatest influence over your decisions right now?

Which friend makes it easier for you to obey God? **Which relationship makes obedience harder?**

What content appears most often in your social media feed, and what is it teaching you?

How much time do you give to media compared with Scripture, prayer, family, schoolwork, and service?

Have you followed a teacher or influencer because they sounded confident without checking whether their teaching agreed with the Bible?

What content leaves you with wrong sexual thoughts, jealousy, anger, fear, or shame, or makes you unhappy with what you have?

What limit could help you control how you use your phone **instead of letting your phone control you?**

(Pause. Allow time for quiet reflection.)

Illustration

A sponge absorbs whatever surrounds it. When squeezed, it releases what it has taken in. The heart works similarly. What you repeatedly absorb through friendships, music, conversation, and media will eventually appear in your words, desires, reactions, and choices.

Uganda Application

Access to phones and internet differs across Uganda. Some youth own smartphones; others share a family device, use a friend's phone, visit trading centers, or access content through school and community networks.

The amount of access may differ, **but even limited access can have a strong influence.** Short videos, music, famous people, online betting adverts, sexual content, false teaching, scams, and promises of quick wealth can quickly change what young people think is normal or important.

You may also face pressure to present an online life that is different from reality. You may compare yourselves with images of wealth, beauty, travel, relationships, or success that are edited, staged, or misleading.

The answer is not to fear technology. Test what you see by the Bible, **set wise limits**, be honest, and ask trusted people to help you use media in ways that honor God.

Key Statements

- Every repeated voice is teaching you something.
- Attention is valuable; do not give it away carelessly.
- An app or website can be useful and still show things that are harmful to your faith.
- Friends should not make you go against what you know is right **just to belong**.
- **God's Word must guide you** more than culture, media, or popularity.

Teaching Section 3: Truth or Tradition?

Speaker Notes

- This is a signature teaching section; do not rush it.
- Avoid speaking as though one tribe represents all Uganda.
- Invite local pastors or leaders to help identify examples relevant to the audience.
- Do not pressure students to name harmful family practices publicly.
- Where safety issues arise, direct youth to trusted pastoral, medical, legal, or child-protection help.
- Transition: "Once we know what authority we will follow, we must understand that daily choices are building our future."

Read

Mark 7:8-13

Colossians 2:8 — *"See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition... rather than on Christ."*

Acts 17:11

Revelation 7:9-10

Big Idea

Culture can contain many good things, but God's Word comes first. Every custom, expectation, and tradition must be tested by what the Bible teaches.

Teach

- 1. Every culture has good things and wrong things.** Culture can teach respect, hospitality, courage, family responsibility, and community. It can also carry beliefs and practices that need correction.
- 2. Scripture is the final authority.** We do not judge Uganda by America, or America by Uganda. Every culture must be examined by God's Word.
- 3. Some customs honor God.** Practices that encourage truth, responsibility, generosity, family care, and respect should be valued.
- 4. Some customs are neither right nor wrong.** Food, clothing, music, language, greetings, and celebrations may differ without being sinful.
- 5. Some customs need correction.** A tradition may have good parts but also include pride, unfairness, fear, silence, or pressure that does not agree with Scripture.

6. Some practices must be rejected. Abuse, forced marriage, forcing or using someone for sex, witchcraft or other spiritual practices that seek power apart from God, harmful cutting or practices that injure the body, and anything that attacks a person's God-given worth or safety must be rejected, even if it is traditional.

7. Respect for elders does not require silence about evil. Honoring authority never means hiding violence, abuse, or serious wrongdoing.

8. Pride in your tribe must never make you think your tribe is better than others. You can value your family and tribe without looking down on, fearing, or mistreating people from another tribe.

9. Ask the right question. Do not ask only, “What have we always done?” Ask, “What does God’s Word say?”

Ask

Which customs in your family or community **clearly encourage biblical values**?

Which customs are simply the way people do things but are not commands from God?

Have you ever felt pressured to do something you believed went against God’s Word?

Are you allowed to question harmful behavior respectfully, or are you expected to remain silent?

Can respect for elders ever be used as an excuse to hide wrongdoing?

Can pride in your tribe ever make you look down on people from another tribe?

Are there spiritual practices that look for protection, power, blessing, or guidance from someone or something other than God?

Who is a trustworthy adult you could approach if a tradition places you in danger?

(Pause. Allow time for quiet reflection.)

Illustration

A filter does not destroy everything poured into it. It separates what should remain from what should be removed. **Scripture works like a trustworthy filter for culture. It allows us to receive what is good, correct what is distorted, and reject what is harmful.**

Uganda Application

Uganda contains many peoples, languages, customs, and regional traditions. No single example should be presented as though every tribe practices it or every family understands it the same way.

In some communities, expectations about adulthood, marriage, the roles of boys and girls, inheritance, family loyalty, traditional ceremonies, spiritual protection, or obedience to elders can put strong pressure on young people.

Positive traditions such as hospitality, communal support, respect, responsibility, storytelling, music, and care for extended family can be affirmed and strengthened through Scripture.

Practices that involve force, sexual abuse or pressure, forced or early marriage, harmful cutting or practices that injure the body, witchcraft or other spiritual practices that seek power apart from God, hatred between tribes, or hiding abuse must be clearly rejected.

Following the Bible does not give you permission to be disrespectful. You can disagree with a family or tribal practice, and even refuse to take part in it, while still speaking with humility, courage, and respect.

Key Statements

- Culture is a gift, **but culture is not God.**
- **Old does not automatically mean holy, **nore**** does not automatically mean wise.
- Respect for authority never requires taking part in sin or hiding abuse.
- **Christians receive what is good, correct what is distorted, and reject what is harmful.**
- Jesus Christ must have the final authority over family, tribe, nation, and self.

Teaching Section 4: Your Choices Today Shape Tomorrow

Speaker Notes

- End with practical commitment rather than general inspiration.
- Have participants write one habit to begin, one habit to stop, and one person to ask to check on them and help them stay faithful.
- **Avoid promising that faithfulness guarantees wealth or an easy life.**
- Emphasize that wise adults and churches must help create safe opportunities for youth.
- Transition into the closing declaration and prayer.

Read

Deuteronomy 30:19-20

Proverbs 4:23-27

Galatians 6:7-9 — *“A man reaps what he sows.”*

Luke 16:10

Big Idea

Dreams alone do not build your future. Your future is shaped by faithful choices, good habits, wise relationships, and obeying God day after day.

Teach

- 1. Dreams need daily effort and self-control.** A good future is not built by desire alone. It is built through faithful habits.
- 2. You will harvest what you plant.** Present choices produce future results, even when the results are delayed.
- 3. Use time wisely.** Rest is healthy, but endless scrolling, gossip, betting, gaming, and entertainment can steal time needed for study, work, prayer, and growth.
- 4. Keep learning.** Education includes school, but it also includes reading, thinking, solving problems, learning Scripture, and developing useful skills.
- 5. Learn to work faithfully now.** Being faithful at home, school, church, work, in the garden, or during job training **prepares you for greater responsibility.**
- 6. Live honestly.** Be the same person when people are watching and when they are not. **Refuse cheating, theft, bribery, false promises, secret sexual behavior, and dishonest online activity.**

7. Set limits for phones and social media early. Do not wait until temptation is strong. Decide what you will watch, who you will message, and how much time you will spend online.

8. Handle money honestly. Learn to separate needs from wants, save when possible, avoid gambling and ways of getting rich quickly, and be trustworthy with what belongs to others.

9. Choose relationships wisely. Attraction is not readiness. Pressure is not love. Secrecy is not safety.

10. Take the next right step. Pray, search Scripture, ask wise people for advice, think about what may happen, and refuse choices that must be hidden.

Ask

What is one daily habit that would strengthen your future?

Where are you currently wasting time or money?

How do you respond when no one is watching?

Are you learning a useful skill in addition to school?

What decision are you tempted to make because it feels good now instead of because it is best for your future?

Do your closest relationships support your future or endanger it?

What limit do you need to set for phones, dating, money, schoolwork, or entertainment?

Who can you ask to check on you and help you stay faithful for the next thirty days?

(Pause. Allow time for quiet reflection.)

Illustration

Two houses may look similar while the weather is calm. The difference becomes visible when the storm arrives. One was built carefully on a strong foundation; the other was built quickly without depth. **Daily choices are the hidden foundation of adult life.**

Uganda Application

You may sometimes face limited opportunities, school interruptions, high expectations, unemployment, pressure to earn or promises of easy money. These conditions can make betting, scams, theft, relationships where someone uses another person, or promises of jobs or travel in another country appear attractive.

Young people should take responsibility for their choices, but adults should also understand how hard these conditions can be. A young person should work faithfully, **but adults and churches must not use youth unfairly or blame them for economic problems they did not create.**

Practical preparation can include school, job or trade training, agriculture, business skills, learning to use money wisely, digital skills, ministry service, mentors, and learning from trustworthy adults.

The goal is not to become rich at any cost. The goal is to work honestly, care for your needs and family, serve others, and be ready for adult responsibilities without giving up good character.

Key Statements

- Dreams need good, steady habits.
- Small acts of faithfulness prepare you for larger responsibilities.
- A choice can feel private while still shaping your future.
- **Quick money often carries hidden costs.**
- The next right step matters more than an impressive promise.
- **You are building the character you will bring into adulthood and marriage.**

Closing Declaration for Session One

I am created in the image of God.

My youth is not an excuse for carelessness.

I will examine the voices that shape my life.

I will not allow popularity, media, fear, or tradition to replace the authority of God's Word.

I will honor what is good, correct what is distorted, and reject what is harmful.

I will choose friends, habits, media, and decisions that strengthen my future.

I will take responsibility for the person I am becoming.

By the grace of God, I will grow from a godly youth into a godly adult.



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts of the intentions of the heart.

YOUTH CONFERENCE

Preparing Godly Youth for Godly Adulthood

Conference Session Two

CLEAN UP

**Removing the Obstacles That Keep You From Becoming
Who God Created You to Be**

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Conference Session Two - Clean Up

Removing the Obstacles That Keep You From Becoming Who God Created You to Be

Theme Verse

Hebrews 12:1

"Let us throw off everything that hinders and the sin that so easily entangles."

Session Purpose

This session helps us identify sins, wounds, habits, and wrong beliefs that can become lifelong strongholds. It calls us to bring hidden areas into the light, receive the grace of God, and begin walking in freedom and wisdom.

The goal is not public embarrassmen you. The goal is honest repentance, healing, protection, and practical change.

Teaching Sections

- 1. Winning the Battle Within
- 2. Hidden Strongholds
- 3. Hidden Wounds
- 4. Breaking Free From Wrong Thinking

Session Guidelines

- Listen honestly. Do not assume every warning is meant for someone else.
- Do not mock anyone who is struggling.
- Do not pressure anyone to reveal private experiences in public.
- Understand that forgiveness does not require remaining in danger.
- Bring sin into the light and seek help from a trustworthy Christian adult when needed.
- Remember that Jesus offers both truth and grace.

Teaching Section 1: Winning the Battle Within

Speaker Notes

- Keep the tone direct but hopeful.
- Do not force public confession.
- Know the difference between temptation and abuse or being forced. A young person is not guilty for something that was forced upon them.
- Transition: “Some battles begin as temptations, but repeated choices can become strongholds.”

Read

James 1:13-15

1 Corinthians 10:13

1 John 1:9 — “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Romans 8:1

Big Idea

The first battle is often inside us. **Temptation must be recognized early, sin must be confessed honestly, and grace must lead us into a changed life.**

Teach

1. **Temptation is not the same as sin.** Temptation is the invitation. **Sin begins when we agree with it and act on it.**
2. **Sin grows when it is fed.** A thought becomes a desire. **A desire becomes a choice.** **A choice can become a pattern.**
3. **Secrecy gives sin room to grow.** **What stays hidden is harder to deal with and easier to repeat.**
4. **Confession is not defeat.** **Confession is agreeing with God** and stepping toward freedom.
5. **Repentance means turning.** **It is more than feeling sorry.** **It means changing direction.**
6. **Grace is not permission to continue.** **Grace forgives us and teaches us to live differently.**
7. **Shame says, “Hide from God.”** The gospel says, **“Come to God through Christ.”**
8. **You are responsible for your choices.** Other people may influence you, **but they cannot make obedience impossible.**
9. **Freedom often requires help.** A pastor, parent, counsellor, teacher, or trusted older Christian can help you make a wise plan.

Ask

What temptation is easiest for you to excuse?

What happens when a small wrong choice is repeated?

Why do people hide sin?

What is the difference between feeling guilty and truly repenting?

Who is a trustworthy adult you could speak with when you need help?

What practical step could help you **avoid one repeated temptation**?

Illustration

A small weed is easy to pull when it first appears. If it is ignored, the roots spread and the stem becomes strong. Temptation is often easiest to stop at the beginning, before it becomes a repeated pattern.

Uganda Application

You may face pressure from friends, older youth, relatives, employers, teachers, or people who offer money, gifts, transport, food, school fees, or phone data in exchange for **wrongdoing**.

Poverty and pressure can explain why temptation feels powerful, but they do not make it right for someone to use a young person. Youth should learn to recognize when someone is pressuring or tricking them and ask for help early.

Church leaders must make room for honest confession without turning a young person into public gossip.

Key Statements

- Temptation grows when it is entertained.
- Confession brings sin into the light.
- Repentance changes direction.
- Grace forgives and trains us to live differently.
- Seeking wise help is an act of courage.
- Transition: “Some battles begin as temptations, but repeated choices can become strongholds.”

Teaching Section 2: Hidden Strongholds

Speaker Notes

- Use clear language without unnecessary graphic detail.
- Address boys and girls as responsible for their choices, while clearly naming when someone is forced, pressured, or used by others.
- Do not imply that every youth with a phone is addicted.
- **Transition: “Not every hidden struggle began with a wrong choice. Some began with a wound.”**

Read

John 8:34-36

1 Corinthians 6:12 — *“I will not be mastered by anything.”*

2 Timothy 2:22

Proverbs 20:1

Big Idea

A stronghold is a repeated pattern that begins to control the way we think, choose, and live. Christ calls us to freedom, but freedom requires honesty and action.

Teach

- 1. A stronghold often begins small.** Curiosity, **one secret choice**, or one wrong friendship can become a repeated pattern.
- 2. What controls you becomes your master.** **Alcohol, drugs, pornography, gambling, sexual behavior, and media** can begin to rule your time and decisions.
- 3. Strongholds make promises they cannot keep.** They promise relief, pleasure, courage, money, or acceptance, but they often produce shame and loss.
- 4. Pornography trains the mind wrongly.** **It turns people into objects and damages future relationships.**
- 5. Sexual pressure is not proof of love.** Anyone who pressures, threatens, gives gifts to control you, or tricks you for sex **is not showing love or respect.**
- 6. Alcohol and drugs make it harder to think clearly.** They can lead to danger, conflict, wrong sexual choices, and loss of self-control.
- 7. Gambling feeds false hope.** **It promises quick gain but often takes money needed for food, school, and family responsibilities.**

8. Media can become an addiction. Endless scrolling can steal sleep, study, prayer, work, and real relationships.

9. Freedom needs limits. Remove access, change routines, avoid dangerous places, and separate from people who pull you back.

10. Freedom grows through truth and help from trusted people. Do not fight alone when trusted help is available.

Ask

How can you know when a habit has begun to control you?

What does a stronghold promise, and what does it actually produce?

Which environments make wrong choices easier?

What limits can protect purity and self-control?

How can a friend help without becoming controlling?

What should a young person do when an older person uses gifts or money to pressure them sexually?

Illustration

A rope is made from many small fibers. One fiber is easy to break, but many fibers twisted together become difficult to cut. **Repeated choices can become like a rope.** Freedom begins by cutting the pattern one strand at a time.

Uganda Application

You may encounter alcohol during celebrations, traditional ceremonies, market work, family gatherings, or through older friends. Just because adults treat a behavior as normal does not make it wise.

Smartphone access may be personal or shared. Even limited data can expose youth to sexual content, gambling promotions, false teachers, and harmful online challenges.

Relationships based on money or gifts can be dangerous. A gift, ride, school fee, job promise, or phone **never gives anyone the right to demand sex.**

Key Statements

- Anything that masters you is dangerous.
- Sexual pressure is not love.
- **Strongholds grow in secrecy and weaken in the light.**
- Wise limits protect freedom.
- Wise help is part of God's provision.

Teaching Section 3: Hidden Wounds

Speaker Notes

- Do not ask youth to talk in public about deeply painful experiences.
- State clearly that victims are not responsible for abuse forced upon them.
- Do not promise instant emotional healing.
- Transition: “Wounds can shape the way we think. God also wants to renew the mind.”

Read

Psalms 34:18

Psalms 147:3 — “*He heals the brokenhearted and binds up their wounds.*”

Matthew 11:28-30

Ephesians 4:31-32

Big Idea

Pain that is ignored can shape how you see yourself, your relationships, and your decisions. Jesus meets wounded people with truth, care, and a path toward healing.

Teach

- 1. Wounds can be hidden.** Being rejected, abandoned, hurt by violence or abuse, losing someone, being shamed, or being betrayed may not be visible to others.
- 2. Pain can influence behavior.** Anger, silence, fear, **pulling away from people**, risky choices, or always trying to win other people's approval may be signs of deeper hurt.
- 3. What happened to you does not define who you are.** You are **not** defined by another person's sin against you.
- 4. Abuse is not biblical discipline.** **Respect for parents, elders, teachers, or leaders does not require silence about serious harm.**
- 5. Forgiveness is not pretending.** It does **not call evil good** or erase the need for **safety and justice**.
- 6. Healing usually takes time.** **Prayer matters**, and so do **safe relationships**, wise advice, and steps that keep you safe.
- 7. Fear should not rule your future.** Fear may warn you of danger, **but** it should not control every decision.
- 8. Bitterness keeps the wound active.** Giving your desire for revenge to God helps protect your heart from becoming like the person who hurt you.

9. Ask for help when life feels unbearable. Deep sadness, giving up hope, or thoughts of hurting yourself require **immediate help** from a trustworthy adult and trained support where available.

Ask

Why do young people sometimes hide pain?

How can hidden pain affect behavior?

What is the difference between forgiveness and remaining in danger?

Why is reporting abuse not the same as dishonoring an adult?

Who are safe people a young person can approach?

What can the church do to protect and support wounded youth?

Illustration

A broken bone may be hidden under the skin, but it still affects how a person walks. Covering it does not heal it. It must be examined, protected, and given time to mend. Emotional wounds also need truth, care, and safe support.

Uganda Application

You may be raised by grandparents, relatives, older siblings, or a single parent because of death, separation, work, conflict, or economic hardship. These realities can create grief, rejection, or heavy responsibility.

You may be told to remain silent to protect the good name of a family, school, church, clan, or leader.

Serious abuse should not be hidden just to make people look good.

Where trained counsellors are not available, pastors and trusted adults must still listen carefully, **keep private information private**, and know when medical, legal, or child-protection help is needed.

Key Statements

- Pain is real, but it does not define you.
- Abuse is never right, **no matter who the abuser is**.
- You can forgive someone and still stay away from danger.
- Healing often happens through truth, time, prayer, and trustworthy support.
- Asking for help **is not weakness**.

Teaching Section 4: Breaking Free From Wrong Thinking

Speaker Notes

- Connect this section back to Session One: Truth or Tradition?
- Avoid attacking every use of social media. Teach wise choices and self-control.
- End with a practical thought-replacement exercise.
- Transition to Session Three: “Once God begins cleaning what hinders us, He calls us to stand up and live with purpose.”

Read

Romans 12:2 — *“Be transformed by the renewing of your mind.”*

Philippians 4:8

2 Corinthians 10:5

Colossians 3:1-2

Big Idea

Wrong thinking can lead you in the wrong direction. God changes the way we think through Scripture, truth, wise relationships, and practicing what is right.

Teach

1. **Every life follows a way of thinking.** Beliefs shape choices, and repeated choices shape character.
2. **Peer pressure begins with the fear of rejection.** The desire to belong can make foolish behavior look necessary.
3. **Social media can repeat lies until they feel normal.** Popular content is not **automatically true**, pure, or wise.
4. **Comparing yourself with others can make you unhappy with what you have.** Remember that people often show only selected parts of their lives.
5. **Be proud of the good things in your tribe, but never think people from another tribe are less important or less valuable.**
6. **Anger can make you feel strong, but uncontrolled anger can cause bad choices and damage relationships.**
7. **Jealousy and always wanting more money or things can make you feel you never have enough.** Thankfulness and using what you have wisely **protect your heart**.
8. **Culture must be examined by Scripture.** A belief does not become true because it is old, common, or accepted by elders.
9. **Replace lies with truth.** Do not merely stop a thought. Answer it with what God says.

10. Changing the way you think takes practice. Read Scripture, choose wise friends, limit harmful media, **and** repeat truth until it shapes your response.

Ask

What lies are repeated most often among young people?

How does fear of rejection affect your decisions?

What does social media make people compare?

How can you honor your tribe without thinking your tribe is better than other tribes?

What thought tends to make you angry, jealous, or ready to give up hope?

What Scripture could replace that thought with truth?

Illustration

If clean water is poured into a dirty container, the water becomes polluted. The container must be cleaned. In the same way, new information alone is not enough. The mind must be renewed so truth can shape the whole life.

Uganda Application

You may hear different messages from family, tribe, church, school, music, social media, political leaders, and people online. Every day, you must test what you hear against God's Word.

Your tribe can carry language, family history, and responsibility to your community. It becomes wrong when it makes you think your tribe is better, hate others, seek revenge, favor only your own people, or refuse to see another believer as family in Christ.

Online images of wealth can make honest work and normal progress seem too slow. Get-rich-quick messages, scams, gambling, and relationships where one person uses another often feed on that frustration.

Key Statements

- Not every common belief is true.
- Popular media can train the way you think.
- Being part of a tribe must never come before belonging to Christ.
- Comparing yourself with others **can make you unhappy with what you have.**
- **When God changes the way you think, it changes the way you live.**

Conference Session Two Closing Response

Personal Questions

What is one sin or habit that must be brought into the light?

What limit do you need to set?

What wound needs safe and wise help?

What lie must be replaced with God's truth?

Who will you speak with before leaving this conference or within the next twenty-four hours?

Commitment

Lord Jesus, I bring You the things that hinder me. **Give me courage to confess sin**, wisdom to set wise limits, **humility to receive help**, and faith to believe Your truth. **Clean my heart**, renew my mind, heal what is wounded, and teach me to walk in freedom. Amen.

Closing Truth

God does not bring hidden things into the light to destroy you. He brings them into the light so that truth, repentance, healing, wisdom, and freedom can begin.



Hebrews 4:12 (KJV)

For the word of God is quick, and powerful, and sharper
than any twoedged sword, piercing even to the dividing
asunder of soul and spirit, and of the joints and marrow,
and is a discerner of the thoughts of the intentions
of the heart.

YOUTH CONFERENCE

Preparing Godly Youth for Godly Adulthood

Conference Session Three

STAND UP

Living Courageously for Christ

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Conference Session Three - Stand Up

Living Courageously for Christ

Theme Verse

1 Timothy 4:12

“Do not let anyone look down on you because you are young, but set an example for the believers.”

Session Purpose

This session calls young people to live with purpose, stand firm in their faith, prepare wisely for adulthood, and leave a godly influence wherever God places them.

The goal is not to wait until adulthood to become useful to God. Young believers can begin now to live with courage, purity, wisdom, service, and responsibility.

Teaching Sections

- 1. Living With Purpose
- 2. Standing Firm in Your Faith
- 3. Becoming the Adult God Is Preparing You to Be
- 4. Leaving a Godly Legacy

Session Challenge

- Decide to follow Christ before other people pressure you to choose wrongly.
- Use the gifts God has given you instead of hiding or ignoring them.
- Live the same way when people are watching and when they are not.
- Prepare now for the responsibilities of adulthood.
- Become an example others can safely follow.

Teaching Section 1: Living With Purpose

Speaker Notes

- Invite youth to name practical gifts, not only public gifts such as preaching or singing.
- Honor both school and job or trade paths.
- Avoid promising that faithfulness always produces wealth or public success.
- Transition: “Purpose tells us why we live. Knowing what we believe helps us stay faithful when living that purpose becomes difficult.”

Read

Ephesians 2:10 — “*We are God’s handiwork, created in Christ Jesus to do good works.*”

Jeremiah 1:5

Colossians 3:23-24

1 Peter 4:10

Big Idea

Purpose is not only about your future job. **It begins with following Christ**, growing in godly character, serving faithfully, and using **what God has placed in your hands today**.

Teach

1. God created you on purpose. **Your life is not an accident**, and your value is not decided **by wealth, popularity, tribe, appearance, or school performance**.
2. **Your first calling is to follow Christ**. Before asking what job will I do, **ask what kind of person am I becoming**.
3. **Purpose grows through faithfulness**. Small acts of obedience prepare you for greater responsibility.
4. **Your gifts are meant to serve others**. Ability is not given only for attention, praise, or personal gain.
5. **Character is more important than talent**. Talent may open a door, **but character determines what happens after you enter**.
6. **Work is part of preparation**. Schoolwork, chores, farming, business, ministry, and skill-building can all train responsibility.
7. **Do not think small beginnings are unimportant**. God often develops leaders in ordinary places before anyone notices them.
8. **Purpose requires effort and self-control**. Dreams without effort remain wishes.

9. **You do not need to copy another person.** **Learn from others**, but become faithful with your own calling.

Ask

What abilities or interests has God placed in you?

What responsibility do you already have that you need to handle better?

Why is character more important than popularity?

How can a young person serve God before having money or a title?

What small step could help me develop one gift or skill?

Illustration

A seed may look small, but it already carries the design of the plant it can become. It still needs good soil, water, light, and time. Purpose is similar. God gives ability, but growth requires obedience and steady effort.

Uganda Application

Some of you may believe your future is already limited by poverty, family history, school interruption, disability, or lack of connections. These hardships are real, but they do not remove a person's value or the possibility of faithful service. (Dollar Bill Value Illustration)

Purpose should not be reduced to becoming famous, leaving Uganda, earning quick money, or gaining a public ministry title.

Encourage practical growth through school, job and trade skills, agriculture, business, craftsmanship, service, and church involvement.

Key Statements

- Your value comes from God, not from comparison.
- Purpose begins with following Christ.
- Faithfulness in small things prepares you for more.
- Gifts are given for service.
- Hard work and self-control help your abilities grow.

Teaching Section 2: Standing Firm in Your Faith

Speaker Notes

- Keep examples age-appropriate and practical.
- Do not confuse stubbornness, disrespect, or unnecessary confrontation with courage.
- Emphasize both truth and humility when discussing evangelism or defending the faith.
- Transition: “Standing firm is not only about what you refuse. It is also about the kind of adult you are preparing to become.”

Read

Ephesians 6:10-18 — *“Be strong in the Lord and in his mighty power.”*

Daniel 1:8

Romans 1:16

Acts 4:19-20

Big Idea

Faith becomes visible when pressure comes. Young believers need to know what they believe, build habits of prayer and Scripture, have courage, and stay connected to a church community that helps them remain faithful.

Teach

1. **A biblical conviction is a truth from God's Word that you have decided to obey.** It is more than a feeling or a personal preference.
2. **Know what you believe.** Your faith can become weak when it depends only on what a pastor, parent, friend, or What an influencer says.
3. **Read Scripture for yourself.** The Bible helps you recognize truth, error, temptation, and false teaching.
4. **Prayer keeps your heart dependent on God.** Prayer is not only for emergencies.
5. **Decide what you believe and will obey before pressure comes.** Decisions made early are easier to keep in a difficult moment.
6. **Courage does not mean having no fear.** Courage means obeying God while fear is present.
7. **You can respect people without joining their sin.** Saying no does not require hatred or pride.
8. **Live your faith the same way in public and in private.** A secret life that goes against what you say you believe will weaken your faith and your example.
9. Do not stand alone. God uses the church, older trusted Christians, and faithful friends to strengthen us.

10. **Share your faith with humility and respect.** Tell what Christ has done, answer honestly, and do not pretend to know what you do not know.

Ask

Which truths from God's Word should a Christian decide to obey before facing pressure?

Why is it dangerous to build faith only on another person's teaching?

What helps you to be able to say no without becoming disrespectful?

How do prayer and Scripture strengthen & encourage?

Who can check on you and help you stay faithful?

Illustration

A tree with shallow roots may look healthy during calm weather, but strong wind reveals whether it can stand. Prayer, Scripture, worship, and other good spiritual habits deepen your roots before the storm arrives.

Uganda Application

You may face pressure from friends, relatives, school environments, employers, entertainment, social media, political loyalty, tribal expectations, or spiritual traditions that conflict with Scripture.

You may be mocked for choosing sexual purity, **being honest**, going to church, **refusing alcohol**, **rejecting witchcraft** or other spiritual practices that seek power apart from God, **or saying no to sexual pressure.**

Teach youth to seek help when standing for truth places them in physical danger. Courage is not the same as carelessness.

Key Statements

- Decide what you believe before pressure comes.
- Courage is obedience in the presence of fear.
- Respect does not require participation in sin.
- Living faithfully in private strengthens the example others see.
- Strong believers still need a strong community.

Teaching Section 3: Becoming the Adult God Is Preparing You to Be

Speaker Notes

- Speak directly to both boys and girls without placing the entire burden of purity on girls.
- Do not shame youth who have already made serious mistakes. Call them to repentance, safety, healing, and wise support.
- Know the difference between a family arranging an introduction and forcing someone to marry. The young person must freely agree, be safe, and the arrangement must follow the law and Scripture.
- Transition: “God prepares us not only for personal success, but also to influence other people for good.”

Read

Proverbs 4:23

Luke 16:10 — *“Whoever can be trusted with very little can also be trusted with much.”*

1 Corinthians 13:11

Proverbs 24:27

Big Idea

Adulthood is not created by age, ceremony, sexual experience, marriage, or having children. Godly adulthood is shown through character, responsibility, self-control, wisdom, and faithful care for others.

Teach

1. **Growing older happens automatically.** Growing wiser requires teaching, correction, practice, and a willingness to learn.
2. Biblical manhood and womanhood begin with Christlike character. Strength without self-control can become dangerous. Influence without honesty and good character can harm people.
3. Learn responsibility now. Keep promises, complete work, arrive on time, care for property, and admit mistakes.
4. Choose relationships wisely. Friendship and attraction can influence your faith, habits, education, and future family.
5. Do not confuse attention with love. Healthy love respects wise limits, truth, purity, safety, and responsibility.
6. Prepare for marriage before choosing a spouse. Develop honesty, communication, forgiveness, good work habits, regular prayer and Bible reading, obedience, and wisdom with money.
7. Sex does not prove adulthood or love. God designed sexual intimacy to be part of marriage.

8. Learn to handle money. Save when possible, avoid dishonest gain, resist gambling, plan before spending, and honor responsibilities.

9. Ask wise adults for advice. They may see dangers and opportunities that you do not see yet.

10. Your future family will be affected by the habits you build today.

Hungry — eager to learn, grow, work, and pursue God’s purpose.

Humble — teachable, willing to receive correction, and dependent upon God.

Honorable — truthful, trustworthy, and committed to doing what is right even when no one is watching.

Ask

What is the difference between growing older and becoming mature?

Which responsibilities should youth begin practicing now?

What qualities make a relationship healthy and safe?

Why should preparation for marriage begin before meeting a future spouse?

Which present habit could harm a future marriage or family?

Who is a mature adult you can learn from?

Illustration

A builder does not wait until the roof is needed before preparing the foundation. A weak foundation creates problems later. Your teenage years are part of the foundation for adult life, marriage, parenting, work, and leadership.

Uganda Application

Some communities may treat a traditional ceremony that marks adulthood, circumcision, marriage, pregnancy, fathering a child, earning money, or enduring pain as proof of adulthood. These events may mark a stage of life, but they do not create godly character.

Young people may face pressure to enter relationships for money, school fees, transport, phones, gifts, family advantage, or bride-price expectations. These pressures should be named clearly.

Respect for family does not require accepting forced marriage, being forced or used for sex, violence, demands to take part in witchcraft or other spiritual practices that seek power apart from God, or decisions that go against Scripture and your safety.

Key Statements

- Age does not automatically produce maturity.

- Character is the true measure of readiness.
- Attention is not the same as love.
- Marriage preparation begins with following Jesus and growing in your faith.
- Today's habits enter tomorrow's home.

Teaching Section 4: Leaving a Godly Legacy

Speaker Notes

- End with hope and a clear call to commitment, not pressure for an emotional response.
- Invite youth to identify one pattern to stop, one practice to begin, and one person to encourage or help follow Christ.
- Connect the conclusion to the full conference movement: Wake Up, Clean Up, Stand Up.

Read

Matthew 5:13-16 — *“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*

2 Timothy 2:2

Psalms 78:4-7

Philippians 2:14-16

Big Idea

Legacy means the influence your life leaves in other people. A godly legacy begins now through your example, service, courage, helping others follow Jesus, and faithfulness to Christ.

Teach

1. **You are already influencing someone.** Younger children, siblings, classmates, friends, and family members notice how you live.
2. **Legacy is built through repeated choices.** One speech may inspire, but daily character teaches more deeply.
3. **Be an example in speech.** Refuse gossip, insults, lies, sexual jokes, words that insult another tribe, and words that destroy others.
4. **Be an example in conduct.** Let honesty, purity, hard work, respect, and care for others be visible.
5. Serve where you are. Help your family, church, school, and community without waiting for recognition.
6. **Teach what you have learned.** Discipleship means helping another person follow Christ, not simply collecting knowledge for yourself.
7. **Use media to show your faith.** Share truth carefully, refuse harmful content, and remember that what you do online also affects what people think about your character.
8. Work to make peace. Do not carry hatred passed down from others, hatred of other tribes, revenge, or family conflict into the next generation.

9. **Finish well.** A strong beginning matters, but finishing well means continuing to follow Christ, repenting when you fail, and growing.

10. Live for eternity. Success is not only what you gain, but whether your life honors Christ and helps others know Him.

Ask

Who is already watching your example?

What do your words teach people about your faith?

Where can you serve without being asked or praised?

How can social media be used wisely instead of in harmful ways?

What harmful pattern should stop with your generation?

What truth could you pass on to someone younger?

What do you want people to remember about the way you followed Christ?

Illustration

A person planting a fruit tree may not eat all its fruit. Some of the harvest will bless people who come later. A godly life plants truth, character, and courage that can feed the next generation.

Uganda Application

You often live in strong networks of family, church, school, neighborhood, and tribe. This creates both pressure and opportunity. One young person whose life has been changed by Christ can influence many relationships.

Encourage youth to keep good customs such as hospitality, community care, respect, generosity, and responsibility while refusing hatred of other tribes, abuse, corruption, using others unfairly, witchcraft or other spiritual practices that seek power apart from God, and old conflicts passed from one generation to another.

Leadership should not be defined only by politics, wealth, age, titles, or public speaking. Faithful service is leadership.

Key Statements

- You are already leaving an influence.
- Daily character speaks louder than occasional words.
- A godly legacy is built by serving others, not by seeking attention.
- What harmed one generation does not have to continue into the next.
- Live so that others can safely follow your example.

Conference Commitment

Wake Up. Clean Up. Stand Up.

I will recognize the voices shaping my life.

I will bring sin, wounds, and wrong thinking into the light.

I will follow Jesus Christ with courage, purity, wisdom, and responsibility.

I will prepare now for godly adulthood, healthy relationships, faithful service, and a Christ-centered future.

Personal Response

One pattern I need to stop: _____

One practice I need to begin: _____

One person I will ask for guidance or help staying faithful: _____

One way I will serve this week: _____

Closing Scripture

1 Timothy 4:12

“Set an example for the believers in speech, in conduct, in love, in faith and in purity.”