

14 DAY
DEVO

PASTOR
GREG HENDRICKS

14 DAY
DEVO

PARENTS + STUDENTS

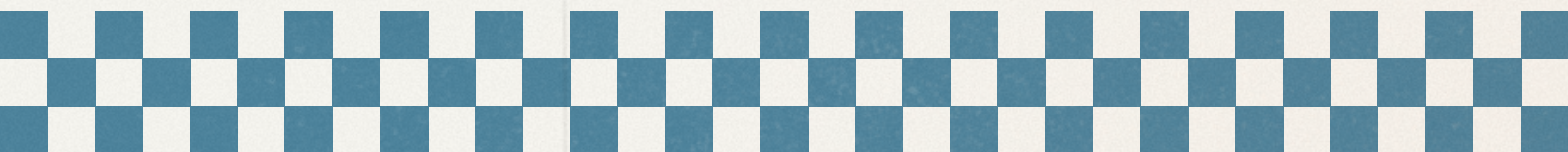
formed
 *by truth* 

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



greghendricks.life

I N T R O D U C T I O N

Hello Families

My name is Greg Hendricks—husband, father of three, pastor, and sports chaplain. At the core of who I am is a deep desire to help people draw closer to God and grow deeper in their faith.

I am writing to thank you for choosing to lean in—with your students, through this resource, and to what God wants to do in your home. In a fast, distracted world, your decision to slow down and be present is powerful. It matters more than you know and will have a deep impact for years to come.

Over the next 14 days, you're stepping into something intentional: walking through conversations on **identity**, **mental health**, and **purpose**. These aren't just topics to discuss, they are truths that we build our lives on:

Who am I?

How do I handle what I'm feeling?

What am I here for?

Scripture reminds us, "Do not be conformed to this world, but be transformed by the renewing of your mind" (Romans 12:2). That kind of transformation isn't instant—it's formed over time in moments that allow us to be honest, consistent, and vulnerable while we grow.

So as you walk through this resource together in your homes, my prayer is that you would:

Be present more than perfect.

Be intentional more than informational.

Be consistent more than occasional.

To all the parents—thank you for showing up.

Your presence, your voice, your willingness to listen and engage—this is what leads the way to shape health in the home. You don't have to have all the answers. Just being there, leaning in, and growing with your students is making a bigger impact than you can see.

God is using you in these everyday moments to build something lasting for generations to come, starting now.

To the students—this is your moment.

You don't have to have everything figured out, but you do have a choice to grow. To be honest. To take ownership of your life and your faith.

God is not waiting for a future version of you—He is working in you right now. You are not behind. You are not overlooked. You are being formed. So lean in. Ask questions. Take steps. What you build now, can help who you become in the future.

God's Word reminds us:

You are fearfully and wonderfully made (Ps 139:14).

You are chosen and set apart (1 Peter 2:9).

You are never alone—He is with you (Joshua 1:9).

As you walk through this, trust that God is at work in your conversations, in your consistency, in every step you take.

This isn't just a 14-day resource—it's a starting point. A foundation. A rhythm that you can carry forward into everyday life. So stay with it. Lean into it. Grow through it—together.

Because what God is forming in your family right now has the power to last for generations to come.

Grateful to be in this with you,

Pastor Greg Hendricks

Greg Hendricks



H O W T O U S E T H I S D E V O

This resource is designed to help you do one simple but powerful thing: Help you grow closer to God and each other, together. Over the next 14 days, you'll walk through short, intentional conversations around identity, mental health, and purpose. This is not about doing it perfectly—it's about showing up consistently.



A Simple Daily Rhythm (10–15 Minutes)

Each day is built to be easy to follow



Start with Scripture

Read it out loud together. Let it set the tone.



Reflect Briefly

Read the short reflection. Keep it simple—this is about understanding, not overthinking.



Talk Together

Ask the question and let everyone share.

Parents: listen intently and patiently, don't rush to fix.

Students: be honest, speak openly, and listen intently.



Personal Activation Step

Students/ parents take a moment to write, reflect, or respond. This is where it becomes personal.



Take the Challenge

Do one small, intentional action during the day. Growth happens when truth turns into action.



Close in Prayer

Keep it real. Keep it simple. Invite God into the moment.



H O W T O U S E T H I S D E V O

For Parents

This is a great opportunity to connect with your student in a meaningful way. You don't have to have all the answers to lead this well. What matters most is your willingness to be present, ask questions, and engage the moment. Your voice, your perspective, and your presence carry more weight than you may realize. Approach this as a conversation, with a passion to grow together. Be curious. Be open. Share when it feels right. These moments don't have to be perfect to be powerful—they just need to be real. Lean in and enjoy it. You're not just guiding your student—you're growing alongside them.

For Students

This is your opportunity to grow. You don't have to say the "right" thing—you just need to be real. What you put into this is what you'll get out of it. Be honest about what you're thinking, what you're feeling, and where you're at. Challenge yourself: Don't just read this—engage it. Write it. Think about it. Live it.

Keep This in Mind

- You don't have to do it perfectly
- You don't have to do it long
- You just have to do it consistently

Even 10 intentional minutes a day can shape more than you realize.

Final Encouragement

Don't rush through it—lean into it. These are more than daily readings. They are opportunities to build trust, strengthen faith, and grow together as a family. What you do consistently in your home can shape who you become collectively as a family. Start simple. Stay consistent. Grow together. You're not just going through a resource—you're building something that matters.



God defines you first



Luke 3:22 (NIV)

“You are my Son, whom I love; with you I am well pleased.”



Reflection:

Before Jesus ever did anything publicly, God declared who He was. Identity came before walking out the tasks, which means your worth is not something you earn—it’s something you receive. The world will constantly try to define you by what you do, how you look, or how you perform. But those standards shift daily, leaving people insecure and searching. God’s voice is the only one that remains steady. When identity is rooted in Him, pressure loses its power and comparison loses its grip.



Talk Together:

When do you feel most confident in who you are—and when do you feel unsure?



Student/Parent Activation:

Write down one negative label you’ve believed about yourself.

Next to it, write a truth from Scripture (Psalm 139:14 or 1 Peter 2:9) that replaces it. Say that truth out loud and write it somewhere you will see daily.



Challenge:

Catch yourself anytime you speak negatively about who you are today—and immediately replace it with truth. Speak your identity truth out loud at least 3 times today, even if it feels unnatural. Share that truth with a trusted friend or parent.



Prayer:

God, thank You that I am fearfully and wonderfully made according to Your Word (Psalm 139:14). Help me receive what You have already spoken over my life instead of striving to earn it. Let Your voice be louder than every other voice, and anchor me in truth today, in Jesus’ name, Amen.



Identity gets tested



Luke 4:3 (NIV)

“If you are the Son of God...”



Reflection:

Right after God affirmed Jesus, the enemy questioned Him. This shows us that identity is often challenged right after it is established. The enemy doesn't create new lies—he distorts truth you already know. Students often feel pressure to prove themselves in school, friendships, and social spaces. But identity is not proven—it is lived from. When you know who you are, you stop chasing approval.



Talk Together:

Where do you feel pressure to prove yourself the most?



Student/ Parent Activation:

Write down one area where you feel pressure to perform or prove yourself. Identify the lie connected to that pressure and replace it with a specific Scripture. Practice saying that truth when you feel pressure rise.



Challenge:

The next time you feel pressure today, pause before reacting and remind yourself of truth. Refuse to perform for approval—choose to stand in identity instead. Pay attention to what triggers insecurity and write it down.



Prayer:

God, Your Word says I am chosen and accepted (1 Peter 2:9). When I feel pressure to prove myself, remind me that I already belong to You. Strengthen me to stand firm in truth and not be shaken by doubt, in Jesus' name, Amen.



Comparison is a thief



Galatians 1:10 (NLT)

“If pleasing people were my goal, I would not be Christ’s servant.”



Reflection:

Comparison shifts your focus from who God made you to who others appear to be. It quietly steals confidence and replaces it with insecurity or pride. Social media often magnifies this, showing highlight reels instead of real life. When you compare, you lose clarity about your own identity. God created you with intention, not duplication. Freedom begins when you stop measuring and start trusting who He made you to be.



Talk Together:

How does comparison show up in your daily life?



Student/ Parent Activation:

Reflect on when you last compared yourself to someone else. Write down how it made you feel and what it made you believe. Replace that belief with a truth about how God uniquely created you.



Challenge:

Take a break from social media for at least half of the day today. Use that time to reflect, pray, or be present instead of comparing. Notice how your thoughts shift when comparison is removed.



Prayer: God, Your Word says I am Your workmanship, created uniquely by You (Ephesians 2:10). Free me from comparison and help me trust how You designed my life. Teach me to walk confidently in who You created me to be, in Jesus’ name, Amen.



Speak life



Proverbs 18:21 (NIV)

“The tongue has the power of life and death...”



Reflection:

Words are powerful—they shape how we think and how we live. What you consistently say becomes what you start to believe. Many people speak negatively about themselves without realizing the long-term impact. Over time, those words form identity. But God calls us to speak life, not lies. When your words align with truth, your mindset begins to shift. And when your mindset shifts, your life follows.



Talk Together:

What are some negative things we say about ourselves that need to change?



Student/ Parent Activation:

Write 3 “I am” statements based on Scripture (ex: I am loved, chosen, forgiven). Say them out loud morning and night.

Write them somewhere visible (mirror, phone, notebook).



Challenge:

Do not speak negatively about yourself today—catch it immediately if you do.

Replace every negative statement with truth.

Speak life over at least one other person today.



Prayer:

God, Your Word says life and death are in the power of the tongue (Proverbs 18:21). Help my words reflect truth and not negativity. Let what I speak align with who You say I am, in Jesus’ name, Amen.

It's ok to not be ok



1 Kings 19:4 (NIV)

"I have had enough, Lord... Take my life; I am no better than my ancestors."



Reflection:

Elijah had just experienced a powerful victory—yet shortly after, he found himself overwhelmed, exhausted, and discouraged. This reminds us that strong faith and real struggle can exist at the same time. Feeling heavy doesn't mean you're failing—it means you're human. Many people try to hide what they're feeling because they think they should "be stronger" or "handle it better." But God didn't respond to Elijah with correction—He responded with care. He met him in his exhaustion, not his performance. You don't have to pretend with God—He meets you in what's real.



Talk Together:

What's something that's been weighing on you lately that you haven't shared?



Student/ Parent Activation:

Take a moment to write honestly about what you've been feeling—no filters, no pressure to sound "right."

Identify one specific emotion you've been carrying (stress, anxiety, frustration, etc.). Bring that to God in your own words, just as you are.



Challenge:

Don't ignore what you're feeling today—name it.

Talk to God honestly about it instead of holding it in.

Share one real thing with someone you trust.



Prayer:

God, You are close to the brokenhearted and near to those who feel overwhelmed (Psalm 34:18). Help me to be honest about what I'm carrying and not hide behind pressure or fear. Meet me in this moment, and remind me that I don't have to walk through this alone, in Jesus' name, Amen.



Rest is spiritual



1 Kings 19:5–6 (NIV)

“All at once an angel touched him and said, ‘Get up and eat.’”



Reflection:

Before God gave Elijah direction, He gave him rest. That shows us that rest is not something you earn—it’s something you need. In a culture that celebrates being busy, rest can feel like falling behind. But when you ignore rest, your mind gets overwhelmed, your emotions get drained, and your clarity disappears. God designed rest as a way to restore your strength and reset your perspective. Rest is not laziness—it is obedience to how God created you. When you slow down, you make space for God to strengthen you.



Talk Together:

Do you feel physically and emotionally rested right now? Why or why not?



Student/ Parent Activation:

Look at your current habits (sleep, screen time, schedule).

Write down one change you need to make to improve your rest.

Create a simple nighttime routine that helps you slow down.



Challenge:

Put your phone away 30 minutes before bed tonight.

Go to sleep earlier than usual.

Choose rest instead of scrolling or distractions.



Prayer:

God, Your Word says You give rest to those You love (Psalm 127:2). Teach me to slow down and trust You instead of constantly pushing myself. Restore my mind, my body, and my spirit as I choose rest, in Jesus’ name, Amen.



God speaks in stillness



1 Kings 19:12 (NIV)

“And after the fire came a gentle whisper.”



Reflection:

God was not in the wind, the earthquake, or the fire—He was in the whisper. This shows us that God’s voice is often found in stillness, not noise. In today’s world, we are constantly surrounded by distractions—phones, notifications, conversations, pressure. If we are always distracted, we may miss what God is saying. Stillness is where clarity begins. God is not distant—He is close—but closeness requires attention. When you slow down, you create space to hear Him.



Talk Together:

When do you feel closest to God—and when do you feel most distracted?



Student/ Parent Activation:

Spend 5 minutes in silence today with no distractions.
Write down any thoughts, scriptures, or impressions you feel.
Reflect on what God might be showing you.



Challenge:

Turn off distractions for a few minutes today.
Practice being still.
Be aware of God’s presence, not just your surroundings.



Prayer:

God, Your voice is near and gentle (1 Kings 19:12). Quiet my mind so I can recognize when You are speaking. Help me slow down enough to hear You clearly, in Jesus’ name, Amen.



Give God your anxiety

**Philippians 4:6–7 (NIV)**

“Do not be anxious about anything, but in every situation, by prayer and petition, with Thanksgiving, present your request to God”

**Reflection:**

Anxiety grows when pressure stays internal. When we hold everything in, it begins to weigh us down. But prayer is where pressure gets released. God invites us to bring everything to Him—not just the polished parts, but the real struggles too. Peace doesn't always remove the situation, but it changes how we carry it. God's peace guards your heart and your mind, even when life feels uncertain. What you release to God, He replaces with peace.

**Talk Together:**

What is something you tend to worry about the most?

**Student/ Parent Activation:**

Write down your biggest worry right now.

Turn that worry into a prayer.

Repeat that prayer anytime anxiety shows up.

**Challenge:**

The moment you feel stress today, stop and pray immediately.

Don't carry it—release it. Replace anxious thoughts with truth.

**Prayer:**

God, I bring my worries to You just as Your Word teaches (Philippians 4:6–7).

Replace my anxiety with Your peace that guards my heart and mind. Help me trust

You with what I cannot control, in Jesus' name, Amen.



You don't carry it alone

**Galatians 6:2 (NIV)**

“Carry each other’s burdens and in this way, you will fulfill the law of Christ”

**Reflection:**

God never designed you to carry life alone. When you isolate, pressure increases—but when you connect, strength grows. Many people struggle silently because they don’t want to feel like a burden. But the truth is, community is part of God’s design. The right people don’t judge—they support and strengthen you. Asking for help is not weakness—it’s wisdom. Healing often begins when honesty meets community.

**Talk Together:**

Who do you feel safe opening up to—and why?

**Student/ Parent Activation:**

Write down 1–2 people you trust.
Think about what makes them safe.
Reach out to one of them today.

**Challenge:**

Start one real, honest conversation today.
Be open instead of surface-level.
Let a close friend in.

**Prayer:**

God, You created us to carry one another (Galatians 6:2). Help me not isolate when things feel heavy. Surround me with people who strengthen, support, and point me back to You, in Jesus’ name, Amen.



God knows your purpose



Jeremiah 1:5 (NIV)

“Before I formed you... I appointed you.”



Reflection:

Before Jeremiah understood his purpose, God had already established it. That means your purpose is not something you create—it’s something you discover. Many students feel pressure to figure out their entire future right now. But God doesn’t reveal everything at once—He leads step by step. Purpose begins with trusting that your life is intentional. You are not random—you are designed. When you trust that, you can walk forward with confidence even without full clarity.



Talk Together:

What strengths and gifts do you see in each other?



Student/ Parent Activation:

Write down 3 strengths and 3 interests you have.

Reflect on how they could impact others.

Ask God to guide how you use them.



Challenge:

Use one of your strengths intentionally today.

Encourage or help someone.

Take one step toward purpose.



Prayer:

God, You formed me with purpose before I was born (Jeremiah 1:5). Help me trust that my life has meaning even when I don’t see it fully. Guide my steps as I grow into who You’ve called me to be, in Jesus’ name, Amen.



You don't have to feel ready

**Jeremiah 1:6-7**

"O Sovereign Lord" I said "I can't speak for you! I'm too young!" The Lord replied. "Don't say, I'm too young, for you must go wherever I send you and say whatever I tell you."

**Reflection:**

Jeremiah felt unqualified, but God still called him. This reminds us that feeling ready is not a requirement for obedience. Many people wait for confidence before taking action—but confidence often comes after obedience. God doesn't call the prepared—He prepares the called. Your insecurity doesn't disqualify you—it positions you to depend on Him. You don't have to feel ready—you just have to be willing.

**Talk Together:**

What is something you feel called to do but feel unsure about?

**Student/ Parent Activation:**

Write down something you've been avoiding because of fear.
Identify what's holding you back.
Take one small step toward it today.

**Challenge:**

Do one thing today that feels uncomfortable.
Act despite fear.
Trust God in the step.

**Prayer:**

God, You are with me wherever I go (Joshua 1:9). Give me courage to step forward even when I feel unprepared. Help me trust Your strength more than my fear, in Jesus' name, Amen.



Purpose is built daily



Luke 16:10 (NIV)

“Whoever can be trusted with very little, can be trusted with much...”



Reflection:

Purpose is not built in big moments—it is built in daily faithfulness. The small decisions you make every day shape who you become. Many people overlook small opportunities, but those are where growth begins. God is not just concerned with big achievements—He values consistency and character. Faithfulness in small things prepares you for greater things. What you do daily matters more than what you do occasionally.



Talk Together:

What does being faithful in small things look like in everyday life?



Student/ Parent Activation:

Choose one responsibility you've been neglecting.

Commit to doing it fully and consistently.

Track it for the next few days.



Challenge:

Follow through on something today without being reminded.

Stay consistent.

Honor the small things.



Prayer:

God, Your Word teaches that faithfulness in small things matters (Luke 16:10). Help me be consistent in what You've placed in front of me. Build my character through daily obedience, in Jesus' name, Amen.



Serve where you are



Mark 10:45 (NIV)

“For even the Son of Man did not come to be served, but to serve...”



Reflection:

Jesus showed us that true greatness is found in serving others. Purpose is not just about what you achieve—it’s about how you impact people. Serving shifts your focus from yourself to others. It builds humility, compassion, and character. You don’t need a platform to live with purpose—you need a willingness to serve. Every opportunity to help someone is an opportunity to reflect Jesus.



Talk Together:

Where do you see opportunities to serve in your daily life?



Student/ Parent Activation:

Identify one person you can help today.

Be intentional in how you serve them.

Reflect afterward on how it felt.



Challenge:

Serve someone without being asked.

Do it quietly—without recognition.

Make it a habit, not a moment.



Prayer:

God, You called me to serve like Jesus (Mark 10:45). Give me a heart that looks for ways to help others. Let my life reflect humility, love, and purpose, in Jesus’ name, Amen.

You are sent

**Matthew 5:16 (NIV)**

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven”

**Reflection:**

You don't have to wait to make an impact—you are already positioned to influence others. Every conversation, every action, and every decision matters. Your life is meant to shine, not blend in. Influence is not about popularity—it's about consistency. People are watching how you live, even when you don't realize it. You are not just present—you are sent. And your life can point others to God.

**Talk Together:**

How can you be a positive influence in your school or friendships this week?

**Student/ Parent Activation:**

Write down two ways you can influence others positively.

Choose one to act on today.

Be intentional with your words and actions.

**Challenge:**

Encourage someone today.

Lead by example.

Be bold in doing what's right.

**Prayer:**

God, let my light shine before others so they can see You (Matthew 5:16). Use my life to reflect Your love and truth in everything I do. Help me live with purpose and boldness every day, in Jesus' name, Amen.

C O N G R A T U L A T I O N S

You Made It



Way to lean in and stay consistent.

What you just walked through matters more than you may realize. These moments, these conversations, these steps of faith—they don't just stay here... they carry into how you live, how you lead, and how you grow moving forward.

I pray you keep building on what was started here. Keep the conversations going. Keep choosing truth daily.

This isn't the end—it's just the beginning of something powerful in your lives, for God's glory! If you'd like to stay connected or continue growing, you can find additional resources and encouragement at: www.greghendricks.life

Instagram: @greghendrickslife

Grateful you started this journey here—excited to watch God continue it further.

Pastor Greg Hendricks

Greg Hendricks

