

30 notes of wisdom FOR TEENS



A Publication of St. John Neumann's

**Parent
Ministry**

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Teenagers may seem to be “too old” for the ‘ole lunchbox notes, but they never outgrow a little gift of love. Give your teen a snippet of wisdom each day with these notes based on verses from the Bible. You can also leave a personalized message on the back or pair it with a small treat (candy, gift card, their favorite snack or soda, etc.) for an extra special touch. Be creative!

Print the inspirational messages, slip them into your teen’s car, tape them on the bathroom mirror, lay them on top of their computer keyboard, sneak them in a backpack, or hand them to your teen before they go to bed! Encourage them to look up the scripture in the Bible or on their phone!



The Catholic Youth Community of St. John Neumann

I know you have to make decisions throughout your day. When you need wisdom, ask God for help because He gives it like a gift. Simply ask Him, "LORD, will you give your wisdom to me and help me make this decision?"

READ PROVERBS 2:6



At times, life can be stressful, but please know God is working things out for your good. Put your faith in His goodness and trust Him with your heart, even when you can't understand.

READ PROVERBS 3:5,
ROMANS 8:28



It is wise to do good or help someone today if you have the power to do so. Offer what you can- a positive word, a kind act, an item of some sort?

READ PROVERBS 3:27



Your heart is like the steering wheel of a car. Where it points, you will go. So guard it wisely, for from it, flow the springs of your life.

READ PROVERBS 4:23



It is wise to keep your words free of perverted or inappropriate talk. Keep dishonesty far from you.

READ PROVERBS 4:24



Wisdom states that you don't wait for someone to ask you to do something, but rather, choose to lead yourself. Take the initiative. Prepare, plan, and put hard work into what you do.

READ PROVERBS 6:6-8



You can have a life that is energized and refreshed, even in the midst of stress, when you choose to live by God's words.

READ PROVERBS 7:2



People may desire a certain brand, lots of money, a specific relationship, or a talent, but God says that wisdom is more valuable than all of those.

READ PROVERBS 8:11



It is wise to listen to wisdom
and not neglect it. It requires
us to pay attention, listen,
and receive.

READ PROVERBS 8:33



To be a man or woman
of wisdom means you
first show respect and
admiration to the Lord.

READ PROVERBS 9:10



One way to grow in
respect for yourself is to
be a hard worker.

READ PROVERBS 10:4



Hatred stirs up fights like
a match to a firework in
hand. Love is able to put
out the spark.

READ PROVERBS 10:12



Wisdom states that kindness will bring you rewards, but being cruel will bring you to hurt. Choose patience for the personality that irks you. Dismiss the shameful talk you give yourself or others.

READ PROVERBS 11:17



It is wise to give freely, so look for ways to reject being stingy. Can you give of your time? Money? A word of encouragement? Your talents? An apology?

READ PROVERBS 11:24-25



Anxiety weighs your heart down, but a kind word cheers it up. Is there a way to take your anxious thoughts and switch from fearful thinking into positive thinking? Can you be kind to yourself? Is there someone with whom you can share kind words to help them?

READ PROVERBS 12:25



It is wise to ask questions and seek help. If you are overconfident and decide you don't need to ask for advice, you will get nothing but a struggle.

READ PROVERBS 13:10



One wise way to care for yourself is to acknowledge when you are jealous and then decide to be at peace with what you have and who you are. For jealousy can consume you from the inside out.

READ PROVERBS 14:30



When you are with someone who is angry, it is wise to offer a gentle answer rather than respond with a harsh word. Gentleness calms anger like a blanket to a newborn.

READ PROVERBS 15:1



You can never have enough advice when you are making your plans. Many advisors bring success.

READ PROVERBS 15:22



When you receive correction that gives you life (emotionally, mentally, physically, spiritually), you belong to a certain tribe: people of wisdom.

READ PROVERBS 15:31



It's wise to plan and prepare...and
it is also wise to commit those
plans to the LORD...but choosing
to cheat for success leads to
problems.

READ PROVERBS 13:4, 16:3, 21:5



When you have the ability
to control yourself and be
patient, wisdom states that
you are stronger than the
powerful and mighty.

READ PROVERBS 16:32



You are wise when you
choose to let go of revenge
for someone who has hurt
you because dwelling on it
can end friendships.

READ PROVERBS 17:9



It is wise to listen to
someone all the way
before you respond.

READ PROVERBS 18:13



When someone wrongs you,
the Lord cares. Ask Him to
handle the matter, then ask
Him what to do next.

READ PROVERBS 20:22



Although the world sees
people through labels and
stuff, God looks at the heart.
The rich and poor are alike
to Him because He made
them all.

READ PROVERBS 22:2



Modesty of yourself and your
abilities + respect for the
good and personable God =
a brilliant life.

READ PROVERBS 22:4



Don't wear yourself out
trying to get rich because
money can be gone in a
flash.

READ PROVERBS 23:4-5



If you want to know who are
your real friends, they are the
ones who are honest with you,
challenge you to grow in a
healthy way, and vice-versa.

READ PROVERBS 24:26, 27:17



It is wise to stay out of
an argument that has
nothing to do with you,
just like it is wise to not
pull a dog by its ear.

READ PROVERBS 26:17

