

Kids

- Disobeying parents → **Eph 6:1** “Children, obey your parents in the Lord...”
- Talking back / rudeness → **Prov 15:1** “A soft answer turns away wrath.”
- Complaining → **Phil 2:14** “Do all things without grumbling...”
- Fear at night → **Ps 56:3** “When I am afraid, I put my trust in you.”
- Lying → **Prov 12:22** “Lying lips are an abomination to the LORD...”
- Not sharing / selfishness → **Eph 4:32** “Be kind... tenderhearted...”

Preteens

- Peer pressure → **Prov 13:20** “Whoever walks with the wise becomes wise...”
- Name-calling → **Eph 4:29** “Let no corrupting talk come out of your mouths...”
- Envy of friends → **Prov 14:30** “A tranquil heart gives life...”
- Screen time without boundaries → **Ps 101:3** “I will not set before my eyes anything that is worthless.”
- Cheating at school → **Prov 10:9** “Whoever walks in integrity walks securely.”
- Worry about performance → **1 Pet 5:7** “Casting all your anxieties on him...”

Teens

- Lust / porn → **2 Tim 2:22** “Flee youthful passions...”
- Party/drug pressure → **1 Cor 15:33** “Bad company ruins good morals.”
- Identity anxiety → **Ps 139:14** “I praise you, for I am fearfully and wonderfully made.”
- Anger at parents / teachers → **James 1:19** “Be quick to hear, slow to speak, slow to anger.”
- Pride / showing off → **James 4:6** “God opposes the proud but gives grace to the humble.”
- Secret sins → **Ps 119:11** “I have stored up your word in my heart, that I might not sin...”

Young Adults

- Sexual temptation → **1 Cor 6:18** “Flee from sexual immorality.”
- Anxiety about future → **Matt 6:33** “Seek first the kingdom of God...”
- Career as an idol → **Matt 6:24** “You cannot serve God and money.”
- Comparison on social media → **Gal 6:4** “Let each one test his own work...”
- Cynicism toward church → **Heb 10:24–25** “Stir up one another... not neglecting to meet together...”
- Doubt / deconstruction → **Jude 21** “Keep yourselves in the love of God...”

Midlife

- Workaholism → **Ps 127:2** “It is in vain that you rise up early... for he gives to his beloved sleep.”
- Parenting anger → **Eph 6:4** “Fathers, do not provoke your children...”
- Marriage hardness → **Eph 4:32** “Be kind... forgiving one another...”
- Materialism / debt → **Heb 13:5** “Keep your life free from love of money...”
- Bitterness / old grudges → **Eph 4:31** “Let all bitterness... be put away from you.”
- Control / perfectionism → **Prov 3:5** “Trust in the LORD with all your heart...”

Older Adults

- Fear of aging / frailty → **Isa 46:4** “Even to your old age I am he... I will carry you.”
- Loneliness → **Isa 41:10** “Fear not, for I am with you...”
- Regret over past → **Rom 8:1** “There is therefore now no condemnation for those who are in Christ Jesus.”
- Speaking harshly → **Col 4:6** “Let your speech always be gracious...”
- Greed / hoarding → **1 Tim 6:6** “Godliness with contentment is great gain.”
- Weariness in serving → **Gal 6:9** “Let us not grow weary of doing good...”

Any age

- Anger → **Eph 4:26** “Be angry and do not sin.”
- Fear/worry → **Phil 4:6** “Do not be anxious about anything...”
- Pride → **Mic 6:8** “...walk humbly with your God.”
- Gossip → **Prov 11:13** “Whoever goes about slandering reveals secrets...”
- Complaining → **Phil 2:14** “Do all things without grumbling...”
- Discouragement → **Josh 1:9** “Be strong and courageous... for the LORD... is with you.”
- Temptation in general → **James 4:7** “Resist the devil, and he will flee from you.”
- “No one will know” → **Prov 15:3** “The eyes of the LORD are in every place.”
- Feeling trapped by sin → **1 Cor 10:13** “God is faithful... he will provide the way of escape.”
- Worldly thinking → **Rom 12:2** “Do not be conformed to this world...”