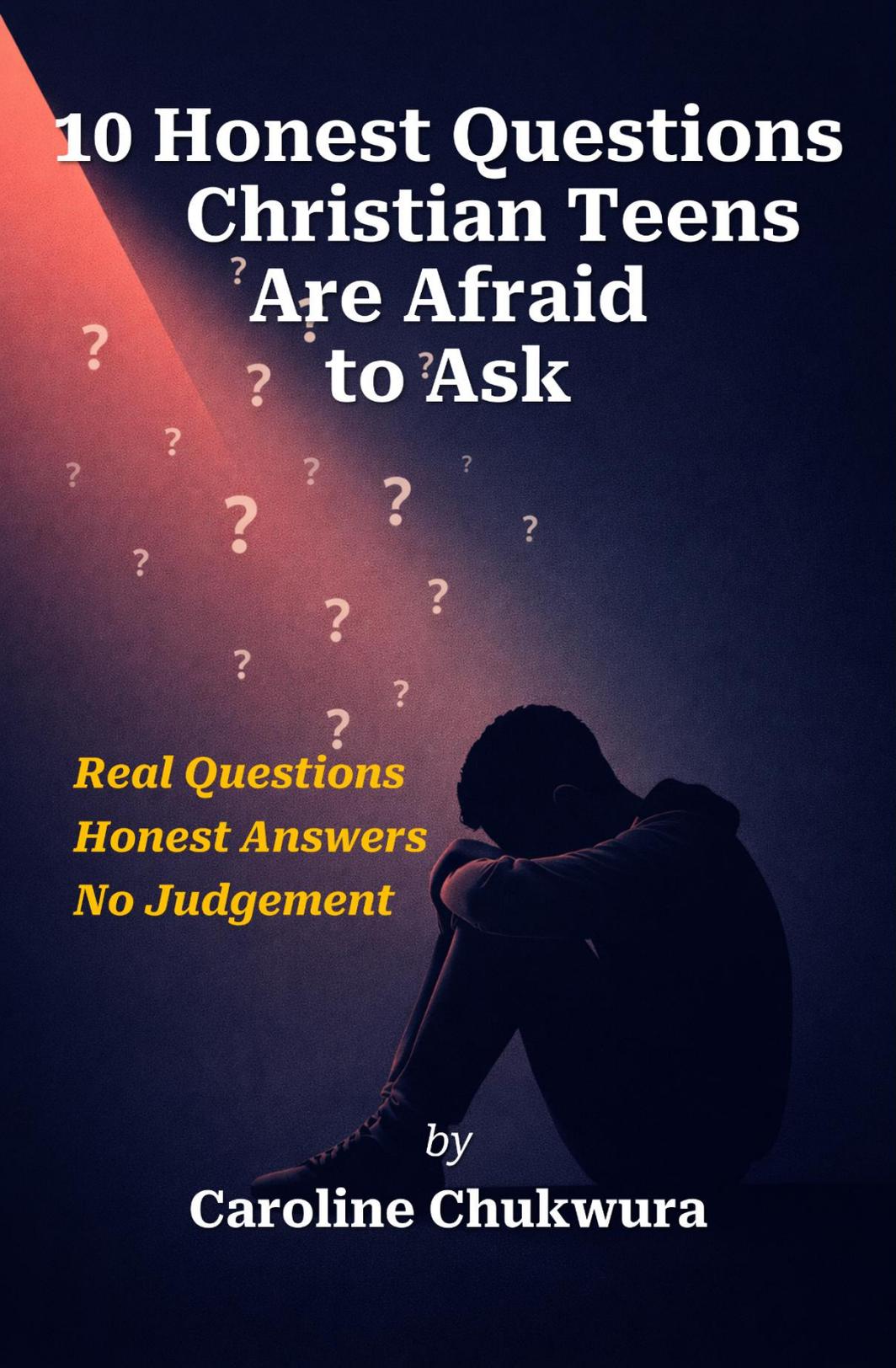


10 Honest Questions Christian Teens Are Afraid to Ask

*Real Questions
Honest Answers
No Judgement*

by
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A Note to the Reader

This book reflects the author's personal understanding of the Christian faith and is not written to promote any specific denomination or theological tradition. The Bible remains the ultimate authority for Christian belief and practice, and readers are encouraged to read and study the Scriptures for themselves.

Introduction

It's Okay to Ask

There are questions you've been thinking about but haven't asked out loud. You might fear people will think you're not a 'real' Christian, or worry about disappointing your parents. Or perhaps you just don't know how to start because of the sensitivity of the topic.

Here's the truth: The questions you're afraid to ask are the ones that matter most.

This guide creates a safe space for the honest, messy, sometimes uncomfortable questions that Christian teens think about but rarely voice. You're not alone in wondering these things. And asking them does not make you less of a believer, it makes you a more authentic one.

Let's dive in.



Question 1

Why does God feel silent?

The Real Struggle

You pray, but it feels like your words just bounce off the ceiling. You read your Bible, but the words feel flat. You see other Christians talking about ‘hearing God’s voice’ and you wonder what’s wrong with you because you don’t experience that. The silence is deafening, and it makes you question if God is even there or if He cares about you.

A Compassionate Answer

First, you’re not imagining it, and you’re definitely not alone. Even Jesus cried out on the cross, ‘My God, my God, why have you forsaken me?’ If Jesus experienced feeling abandoned by God, you’re in good company.

God’s silence doesn’t mean His absence. Sometimes God is quiet because He’s teaching you to trust Him without constant reassurance. Think of it like a parent teaching a child to ride a bike. They let go not because they’ve stopped caring or want you to

fall and bruise, but because they believe you're ready for the next level of trust.

God also speaks in ways we don't always recognise. He speaks through circumstances, through other people, through Scripture that suddenly hits differently, through a persistent thought or conviction. The silence might just mean you're listening for the wrong thing.

Here's what helps:

- Keep showing up even when you don't feel anything. Being faithful matters more than relying on feelings.
- Look back at times God has shown up before. Remembering builds faith.
- Talk to someone you trust about what you're experiencing. You'll likely find they've been there too.



Reflection Question

When was the last time you sensed God's presence or guidance? What were the circumstances? Could God be speaking now in similar (or different) ways that you haven't noticed?



Question 2

Is it wrong to want to fit in?

The Real Struggle

You're told to be 'in the world but not of it', but that's easier said than done. You don't want to be the weird Christian teenager. You want friends. You want to be invited to things. You want to feel normal. But you also know some things your friends do aren't aligned with your faith. Where's the line? Is wanting to fit in a sign your faith isn't strong enough?

A Compassionate Answer



Wanting to belong is not a sin, it's human. God created you for community. Even Jesus had a friend group (the disciples). The desire to connect with others is built into you by design.

The issue isn't wanting to fit in. The issue is what you're willing to compromise to fit in. Jesus was incredibly relational. He ate with tax collectors and sinners. He went to parties. He engaged with culture. But He never let culture define Him.

Here's the balance:

- You can have non-Christian friends without adopting their values. But pay attention to who's influencing you most; the people you spend the most time with will shape you.
- You can participate in social activities without participating in everything that happens there. Keep your convictions clear.
- You can be known as 'the Christian friend' without being preachy or judgmental.
- You can love people well and stand firm in your convictions at the same time.

The real question isn't 'Should I fit in?' but 'Who am I trying to fit in with, and what am I willing to compromise to do it?' Remember, the Bible shows examples of the dangers of compromising your faith to fit in. Stay aware of what you allow to influence your heart.



Reflection Question

Think about a recent situation where you felt torn between fitting in and standing out for your faith.

What did you do? Looking back, what do you wish you'd done differently, if anything?



Question 3

How far is too far?

The Real Struggle

Nobody wants to talk about this, but everyone's thinking about it. You're told to 'flee sexual immorality' and 'save yourself for marriage', but what does that actually mean in practice? Is kissing okay? What about everything else? Where's the line, and how do you know when you've crossed it?

A Compassionate Answer

Let's be honest: the Bible doesn't give you a checklist of what's allowed and what's not when it comes to physical relationships. What it does give you are principles.

The overarching principle is this: honour God with your body, honour the other person, and protect your future.

Here's a better question than 'How far is too far?': 'How can I honour God, honour this person, and honour my future marriage in this relationship?'

If you're asking, 'How close can I get to the line without crossing it?', you're asking the wrong question. That's like asking, 'How close can I get to the edge of a cliff without falling off?' Why get close to the edge at all?

Practical wisdom:

- If you wouldn't do it in front of your parents or pastor, that's probably a sign.
- If you're hiding it or feeling guilty about it, pay attention to that.
- If it's making it harder to think clearly or control yourself, you've gone too far.
- Physical intimacy is progressive. Each step makes it harder to stop at the next one.

Sexual purity isn't about following rules. It's about protecting something precious. Your sexuality is a gift meant for the safety and commitment of marriage. Unwrapping it too early doesn't just break a rule, it robs you and your future spouse of something beautiful.



Reflection Question

What boundaries have you set for yourself in relationships (or what boundaries do you need to set)? Who can help keep you accountable to them?



Question 4

Why do I feel behind everyone else?

The Real Struggle

Everyone else seems to have it together. They know what they want to do with their lives. They're confident in their faith. They're good at sports or music or school or socialising. And then there's you: still figuring things out, still asking basic questions, still feeling like you're faking it. Why does everyone else seem so far ahead?

A Compassionate Answer

Let's get something straight: you're not behind. You're exactly where you need to be.

Social media, and even in-person interactions only show you people's highlight reels. You're comparing your behind-the-scenes with everyone else's edited final cut. That's not a fair comparison.

God doesn't have a universal timeline. Abraham didn't become a father until he was 100. Moses didn't start his real work until he was 80. David was anointed king as a teenager but didn't actually

become king for years. Timothy was criticised for being young. Jesus didn't start His ministry until He was 30.

You know what all these people have in common? God used them right where they were, in His perfect timing.

Your job isn't to keep pace with everyone else. Your job is to be faithful with what God has given you right now, even if it feels small or insignificant.

Remember this:

- Comparison is the thief of joy (and confidence).
- Everyone is insecure; some people are just better at hiding it.
- Late bloomers often go further because they've developed character along the way.
- Your timing is not late. It's exactly on schedule for your story.



Reflection Question

What's one area where you feel 'behind'? Now ask yourself: who says that's the timeline I'm supposed

to be on? Is that expectation from God, or from somewhere else?



Question 5

What if I don't want to forgive someone?

The Real Struggle

You've been told to forgive, that it's what Jesus would do, that holding onto anger only hurts you. But what they did was really wrong. They haven't apologised. They haven't changed. They might even do it again. Why should you forgive someone who doesn't deserve it? And honestly, you don't want to. The anger feels justified. Does that make you a bad Christian?

A Compassionate Answer

Let's start here: forgiveness doesn't mean pretending it didn't hurt. It doesn't mean forgetting. It doesn't mean trusting them again immediately. And it definitely doesn't mean letting them keep hurting you.

Forgiveness is a decision to release your right to revenge. It is choosing not to let their wrong control your life anymore. Forgiveness is handing the situation over to God and saying, 'I'm not going to carry this anymore.'

Here's what forgiveness is NOT:

- Saying what they did was okay
- Reconciling with someone who's still unsafe
- Allowing yourself to be hurt again
- Feeling warm and fuzzy towards them

Here's what forgiveness IS:

- Choosing to let go of bitterness
- Releasing them to God's justice, not yours
- Deciding not to seek revenge
- Freeing yourself from the prison of resentment

Why forgive when you don't want to? Because unforgiveness is like drinking poison and hoping the other person dies. It destroys you, not them. Forgiveness is for your freedom, not their benefit.

You might have to choose forgiveness multiple times before your heart catches up with your will. That's okay. Keep choosing it. It gets easier.



Reflection Question

Is there someone you are holding unforgiveness towards? What would it look like to release them to God, even if you don't feel ready to?



Question 6

Is my mental health struggle a lack of faith?

The Real Struggle

You're dealing with anxiety, depression, or some other mental health challenge. You've prayed, you've read your Bible, and you've done all the 'right things', but you still struggle. Meanwhile, people quote Philippians 4:6 ('Do not be anxious about anything') or tell you to 'just trust God more.' It makes you feel like your faith is weak or that you're failing somehow.

A Compassionate Answer

No. Mental health struggles are not a sin, and they're not a sign of weak faith.

Your brain is an organ, just like your heart or your lungs. Sometimes organs do not work as they should. You wouldn't tell someone with diabetes that they just need more faith instead of insulin. Mental health is no different.

Even faithful people in the Bible struggled mentally and emotionally. Elijah was so depressed he asked God to let him die (1 Kings 19). David wrote about feeling overwhelmed and crushed (Psalm 42, 43). Paul talked about being under great pressure, beyond his ability to endure (2 Corinthians 1:8).

Faith and mental health care are not opposites. You can pray and take medication. You can read your Bible and go to therapy. God works through doctors, counsellors, and medication just as much as He works through prayer.

What helps:

- Talk to someone. A parent, school counsellor, doctor, or therapist.
- Do not let shame keep you silent. Mental health struggles are more common than you think.
- Be patient with yourself. Healing takes time.
- Remember that Jesus said He came for the sick, not the healthy (Matthew 9:12). He's not disappointed in you.



Reflection Question

If you're struggling with mental health, who is one safe person you could talk to about it this week?



Question 7

What if I'm attracted to the same sex?

The Real Struggle

This might be the scariest question on this list. You've heard sermons, seen posts, heard opinions and you're afraid of being rejected by your family or church. You're confused about what the Bible says. You're terrified of what it means for your future. And you definitely do not feel safe asking this question out loud.

A Compassionate Answer

First, hear this clearly: you are loved. Full stop. Your feelings don't change God's love for you. They do not make you less valuable. They do not disqualify you from having a real, meaningful relationship with Jesus.

You did not choose your attractions. Feeling a certain way is not a sin. Temptation itself is not sin. But what we do with our desires and temptations does matter. That is true for everyone, not just in this area.

The Bible teaches that God designed sex and marriage for a covenant relationship between a man and a woman. That means any sexual relationship outside that design, whether heterosexual or homosexual, is outside God's will. So while same-sex attraction itself is not sin, sexual relationships outside of God's design for marriage are not His plan, whether heterosexual or homosexual.

This does not make you broken beyond hope. It makes you human, living in a fallen world where all of us have desires we have to bring under Christ's lordship. Following Jesus always involves surrender, sometimes in very hard areas.

Your identity is not your sexuality. Your identity is in Christ first. You are a beloved child of God, created in His image, with purpose and value.

One very important thing: do not walk through this alone. Find a safe, wise, Bible-believing adult you can talk to, a parent, pastor, or mature counsellor. Shame grows in silence. Healing and strength grow in the light. God is not afraid of your questions. And He has not given up on you.



Reflection Question

What fears are keeping you from talking about this

with someone safe? What would it take for you to take that brave first step?



Question 8

Why does church feel so boring and irrelevant?

The Real Struggle

You sit through services and it feels like you're watching something from another planet. The music is either outdated or trying too hard. The sermons don't connect to your actual life. Nobody talks about the things you're really dealing with. You feel guilty for being bored, but you can't help it. Does this mean you don't really love God?

A Compassionate Answer

Feeling disconnected from church does not mean you are disconnected from God. Church is a human institution that does its best to create space for people to encounter God, but it doesn't always get it right.

Some reasons church might feel irrelevant:

- The teaching doesn't address real-life issues you're facing

- The format doesn't match your personality or how you connect with God
- You're in a season of spiritual growth that your current church is not equipped to support
- The church culture feels fake or performance-based

Here's what you can do:

- Talk to your youth leader or pastor. They might not realise what's missing.
- Get involved. Church is less boring when you are contributing, not just consuming.
- Find a small group or Bible study where deeper conversation happens.
- Explore different expressions of church if possible, such as different service times or youth-focused services.
- Remember that church isn't just about what you get. It's also about what you give.

But also remember: Even if corporate worship does not connect right now, your personal relationship

with God can still thrive. Read faith-based books, listen to Christian podcasts, have spiritual conversations with friends. Don't let a boring church service convince you God is boring.



Reflection Question

What is one thing that would make church feel more meaningful to you? Is there a way you could help make that happen?



Question 9

What if I'm not sure I even believe anymore?

The Real Struggle

You grew up in church. You've always identified as a Christian. But lately, you're not sure if you actually believe it or if you just believe it because it's what you've always been told. The doubt is terrifying because your whole identity, your family, your community, everything is built around this faith. What if it's not true? What if you don't believe? What happens to you then?

A Compassionate Answer

First, breathe. Doubt is not the opposite of faith. It is often part of faith. Everyone doubts. The question is what you do with your doubt.

You might be experiencing what is called 'deconstruction'. This is when you are separating what you genuinely believe from what you've been told to believe. It's uncomfortable, but it's also healthy. Faith that is truly yours has to be tested.

Here's what helps:

- Write down your doubts. Don't just let them swirl around in your head. Get specific.
- Investigate them honestly. Read books, read the Bible, talk to people you trust, study both sides.
- Give yourself permission to question. God is big enough to handle your doubts.
- Don't make permanent decisions based on temporary uncertainty. Don't abandon your faith in the middle of the storm.

Important distinction: Are you doubting because you're genuinely seeking truth? Or are you doubting because following Jesus has become inconvenient? Both are valid, but they require different responses.

If you are honestly seeking, keep seeking. God promises that those who seek Him will find Him (Jeremiah 29:13). If you are running because obedience is hard, be honest about that too.



Reflection Question

What specifically are you doubting? Is it God's

existence? The Bible's reliability? Christianity over other religions? Get clear on what the actual doubt is, then start there.



Question 10

How do I actually hear God's voice?

The Real Struggle

Everyone talks about 'what God told them' or 'feeling led by the Spirit', but you have no idea what they are talking about. You've never heard an audible voice. You've never had a burning-bush moment. You feel like everyone else got a manual on hearing from God and you missed it. How are you supposed to follow God if you cannot hear Him?

A Compassionate Answer

Good news: you're not missing anything. Most people who talk about 'hearing God' are not hearing audible voices either. They are describing something more subtle.

God speaks through:

- Scripture – This is the primary way God speaks. When you read the Bible and something jumps out at you, that's God speaking.

- Conviction – That persistent sense that you should or shouldn't do something, that's often the Holy Spirit.
- Wise counsel – God speaks through mature Christians including your parents, youth leaders, and pastors who know you well.
- Circumstances – Sometimes God opens or closes doors to guide you.
- Peace (or lack of it) – Colossians 3:15 talks about letting peace be your umpire. A settled peace about a decision often indicates God's direction.
- Persistent thoughts - If you keep thinking about something and it aligns with the Scripture and wise counsel, that might be God.

How to grow in hearing God:

- Read the Bible consistently. You cannot recognise God's voice if you do not know what He sounds like.
- Pray expectantly. Ask God to speak and then listen.

- Test everything against Scripture. God will never contradict His written Word.
- Start with small decisions. Practice hearing God in everyday choices.
- Be patient. This is a skill that develops over time.



Reflection Question

Think about a decision you're facing right now. Go through each of the ways God speaks listed above. What is He saying through each of those channels?

Conclusion



If you've made it through all ten questions, you've probably realised something: the questions you thought made you weird or bad actually make you normal and human.

These are the questions nearly every Christian teen wrestles with at some point. The difference is most people are too afraid to ask them out loud, so everyone ends up feeling alone in their struggle.

You're not alone. Not in your doubts, not in your questions, not in your struggles. And God is not surprised, disappointed, or threatened by any of this.

The fact that you're asking these questions means your faith is growing, not dying. It means you're taking ownership of what you believe instead of just accepting what you've been told.

Keep asking. Keep seeking. Keep being honest.

The journey towards authentic faith is messy, uncomfortable, and full of questions. But it's also

the most worthwhile journey you'll ever take.



What's Next?

If these questions resonated with you and you want more resources for navigating your faith as a teen, I'd love to stay connected. I'm working on a full book that goes deeper into these topics, with practical guidance for walking through doubt, questions, and growth during these crucial years.

If you downloaded this guide from my site, you're already on my email list. Watch your inbox for more encouragement and free resources. If not, you can join here: <https://www.filumenacollection.com>

In the meantime, find one safe person you can share your honest questions with. It could be a parent, youth leader, mentor, or trusted friend. Don't carry these questions alone.

You were made for authentic faith, not perfect faith. Keep showing up. Keep being honest. Keep trusting that God is big enough for all of it.

Because He is.

About the Author



Caroline Chukwura is a media and communication professional with a passion for faith and youth development. Through her teen series Wait! Let's Talk About It, she blends real-world insight with biblical truth to help young people navigate love, identity, and purpose.

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Warmly,
Caroline Chukwura