



POWER OF HIS MIGHT

A 13 Lesson Course compiled by
Mrs. Manju Sujith & Mrs. Kruti Andharia

Foreword

It brings me great joy and deep gratitude to write this foreword. Watching this curriculum come to life has been a blessing, not only for the dedication and wisdom poured into it, but because it profoundly addresses a need I once had as a young person.

Growing up, I lacked the clear, God-rooted guidance this curriculum offers. Like many, I navigated youth with confusion and a longing for purpose. This book is the Spirit-led roadmap I wished for: to discover identity in Christ, build character, and walk boldly in faith.

This curriculum was prayerfully designed to meet a vital need: guiding Christian youth to stand firm in faith, grow in God's Word, and walk boldly in His power.

What you hold is more than just a teaching guide. It's an invitation to transformation and discipleship. Each part is designed to engage the mind, stir the heart, and inspire action. It helps youth connect timeless biblical truths with today's realities.

This curriculum does more than just inform; it equips. It helps young believers answer life's big questions through Scripture, cultivate Christ-like character, and develop lifelong spiritual disciplines. Whether you're a youth leader, a new believer, a teen, or a pastor's kid, this resource will empower you to speak life, truth, and courage into the next generation.

My prayer is that every young person who uses this curriculum will not only learn about God but encounter Him. May it be more than lessons; may it be a spark that lights a fire for Christ in their hearts, raising a generation empowered by His truth and unashamed of the Gospel.

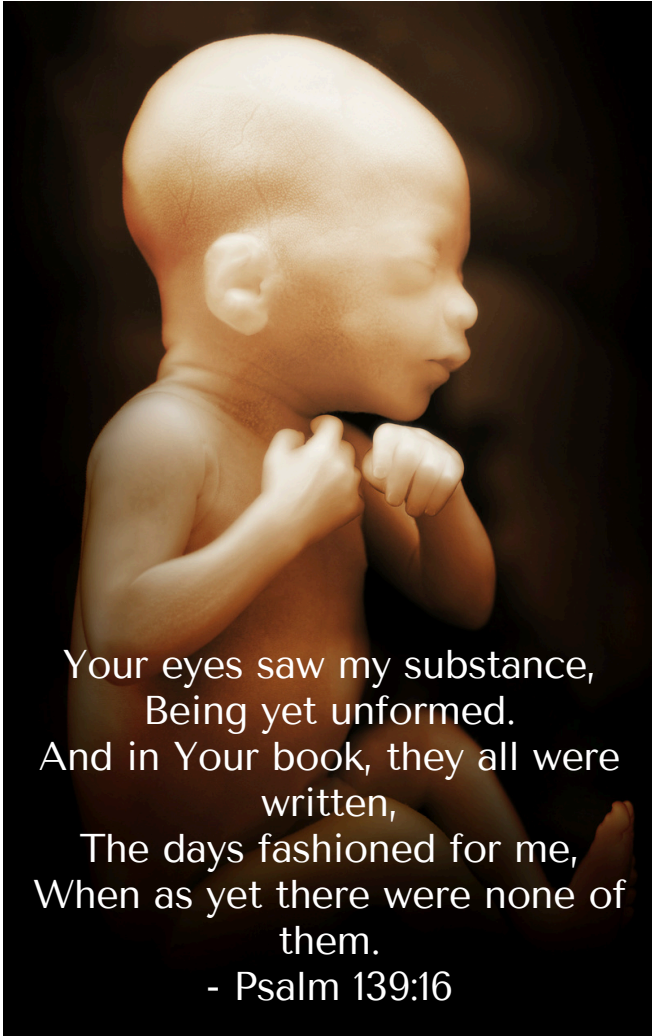
A verse that deeply resonates with me, and one I now hold dear, is:

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”—Proverbs 3:5–6 (NIV)

With love and hope,

Mr. Sujith B. R.

Introduction



Your life was already written in God's book long before you were even born.

This speaks of His deep love towards you as His child. Yet, life in the meanwhile has taken you in a direction guided by your own desires, plans and influence of others

This 13-lesson course is designed to bring you back to the Source - the one who alone has the blueprint of your life.

May this course open the eyes of your understanding to see His faithfulness, His love and His purpose in every aspect of your lives.

You are precious, deeply loved, and of immense value to your Maker.

All Biblical quotations are taken from:
Bible Gateway – New King James Version (NKJV) and The Message.

Height & Depth Ministries

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Lesson 1

A Fresh Start



Let's begin with a question.

If given a choice, would you prefer:

A brand-new phone or a used one?

A new car or a secondhand one?

A fresh notebook or a scribbled-in copy?

Most of us would choose new over a used product, right? Sure, we sometimes settle for refurbished things, secondhand books, or hand-me-downs—but that's because we don't always have a choice.

But when it comes to GOD—you always get a fresh start. No secondhand version. No patchwork or repair job. When you come to Him, He doesn't clean up your old self. He starts all over again. He says, "This is Day 1 of your New Life."

Let me explain. In Genesis and John 1:1, the Bible begins like this:

"In the beginning was the Word, and the Word was with God, and the Word was God."

This beginning wasn't just the start of time. It was the origin of everything—life, purpose, truth, identity.

The "Word" here is JESUS. He existed with God from the start. And everything that was ever created came through Him (John 1:3). That means Jesus wasn't a backup plan—He was Plan A. If we want to begin again, we must begin with Him.

Why Do We Even Need A Fresh Start?

You might wonder: "I'm 18, 20, 22... Is it too late to start again?" "What difference would it make?"

Let me tell you—in the Spirit, it's never too late. MOSES, Abraham, Samuel, Mary, (whether you are old, or young) GOD wants to BLESS YOU and USE YOU for His GLORY! God offers you something this world can't: a new beginning that actually rewrites your story from the inside out. In the world, we only get to "resume"—not restart. You can't go back to redo your school years, rewrite past mistakes, or fix missed opportunities. But with GOD, He presses reset—not just resume.

He offers you something radical: To be Born Again?

Born Again? What does that even mean?

Nicodemus had the same question in John 3: “How can a man be born again when he is old?”

Jesus explained—this is not a physical birth. It’s a spiritual one. And here’s the best part - When you’re born again You get...

- **to choose your Father.** Yes, the perfect one. Not the flawed, humankind—but the all-knowing, all-loving, always-present GOD.
- **to live with Him.** Not just a Sunday visit. He’s with you when you sleep, wake up, go to class, scroll your phone, make choices, mess up—and start over.
- **real discipline—through love.** God’s discipline isn’t about punishment. It’s about revealing who you really are—His child. He shapes you to reflect His greatness, not to shame you.

God was First - And So was the Solution

John 1:3

“All things were made through Him, and without Him, nothing was made that was made.”

Let that sink in. - All things—including your life, your emotions, your struggles, your doubts - Whatever problem you’re facing—God came before it. He was in the beginning let’s not forget that. So, guess what? The solution existed before the problem. **THE BEST THING IS** we get to choose the **SOLUTION** to **LIVE IN US** so that we are always in a place of victory over anything that we will ever experience. That means you are never stuck.

With Jesus, you’re never too far gone. Never too late. He was in the beginning, so He knows how to begin again—with you.

BEGINNING: From the first time you placed the pencil on the page.

WORD: God speaks things - begin to come into form - they take form and we can see them. (BIBLE is God’s WORD)

ALL THINGS: Everything included nothing is outside of God’s ability to understand or handle. Many things are outside of our wisdom to understand.

True Life & True Light

John 1:4

“In Him was life, and that life was the light of men.”

IN HIM was LIFE

Let me ask you a question: Are you alive? You’re breathing—but are you really living?

The **WORD** says **IN JESUS** is life, so if you are living without **JESUS**, you are not really living a **LIFE** that is the **LIFE OF GOD**. Without Jesus, we may survive. But with Him, we thrive.

True life is found only in the light of Jesus.

God's life is light, and when His life fills us, it brings light into every part of our being. In Him, we don't just exist—we live fully, illuminated by His truth, love, and presence.

1 Timothy 6:16 “*Who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power.*” Amen.

Revelation 21:23 “*The city had no need of the sun or of the moon to shine in it, for the glory of God illuminated it.*” The Lamb is its light.

1 John 1:5 “*God is light and in Him is no darkness at all.*” GOD dwells in light

His life brings light. And what does light do? LIGHT reveals. It exposes. It shines through your talents, strengths, weaknesses, struggles, mistakes, and dreams.

He doesn't hide you—He shows you off to the world. Just like He did with David. Yes—David. The same guy who messed up with Bathsheba, had rebellious kids, and made foolish choices. But God still called him “**a man after My own heart.**”

God is deeply committed to you. He is faithful to you when you are repentant and sorry and want to start again. He is never ashamed to say YOU ARE HIS CHILD. God was proud of DAVID. Why? Because David never gave up on God—even when life was a mess. David always ran to God seeking help, comfort and the right perspective. David's heart was tender toward God. He wasn't perfect, but he was quick to repent, passionate in worship, and deeply dependent on God. David's life reminds us that God values the posture of our heart more than our perfection.

Today is the day to make a Fresh Start - To Be Born Again

Yes—you can be Born Again, Right now.

Regardless of your past, your age, or how you feel about yourself.

If you're longing for a life where your past no longer defines you, your future is secure, and God isn't just an idea but your loving Father—then choose Him.

He's not distant. He's personal, present, and ready to walk with you into a life of purpose, peace, and transformation.

God is offering you a fresh start. Will you accept it?

MAKING JESUS REAL IN YOUR LIFE – ACT NOW**Step 1: Read John 1:1–3 Slowly**

Take a moment to read these verses with intention and focus. Let the words sink in.

Step 2: Write It Down

Write out the passage in your book. As you do, rewrite the word “Jesus” where appropriate to personalize the scripture and deepen your understanding of who He is.

Example:

“In the beginning was Jesus, and Jesus was with God, and Jesus was God...”

Step 3: Reflect**Ask yourself:**

- What does this reveal about Jesus’ role in my life?
- How does this truth shape the way I live today?