



Teen Inspiration

APRIL 2026



BREAKING BARRIERS

A Teen Inspiration Crusade
in Pune, India



Expressing GOD'S LOVE

**“And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.”
(1 John 4:16)**

God is love, and as His children, we're to love as Christ loves us: **“Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us, and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma” (Ephesians 5:1-2 NKJV).**

Jesus showed us a good example by loving everyone He met. He loved even His accusers; those who put Him on the cross. We ought to imitate the Master by loving everyone, no matter the circumstances.

Hatred is of the devil, and the Bible describes it as one of the works of the flesh (Galatians 5:19-20). But love is a fruit of the recreated human spirit (Galatians 5:22). The Christian life is one of love, freely demonstrated to us by God. Manifest that same love in your world. Every day presents an excellent opportunity to express the love of Christ to everyone around you.

In **Ephesians 3:17-19**, the Apostle Paul prayed, **“...that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.”**

Paul wasn't just referring to having mental knowledge when he used the word “comprehend”. Rather, he used the Greek word “katalambano”, which means to understand something and make it yours. Scientific knowledge or human mental activity can't grasp the love of Christ. That's why the Spirit of God, through the Apostle Paul, prays that you'd be able to comprehend the boundless, immeasurable, infinitely intimate, and unconditional love the Father has toward you. It's love without limits.

God loves you. As simple as this truth may sound, if you dare believe it and let it sink deep into your consciousness, it will change your life forever. That love in your heart makes you give of yourself to others without thinking of what you'll get in return. It makes you think of others and accept them just as they are. It breaks the barriers of race, ethnicity, and social status. It makes it possible for you to see the beauty in others and appreciate them for who they are.

Take some time to appreciate those around you and do something definite to show the love of Jesus today. Let someone experience the love, care, and touch of Jesus through you. Let God's love in you come alive. It will lift you to a new level of life, and you'll be glad this happened.

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Join the conversation, share your impact stories and testimonies with us @teenspiration and @teenspirationmag on KingsChat.

PRAYER OF SALVATION

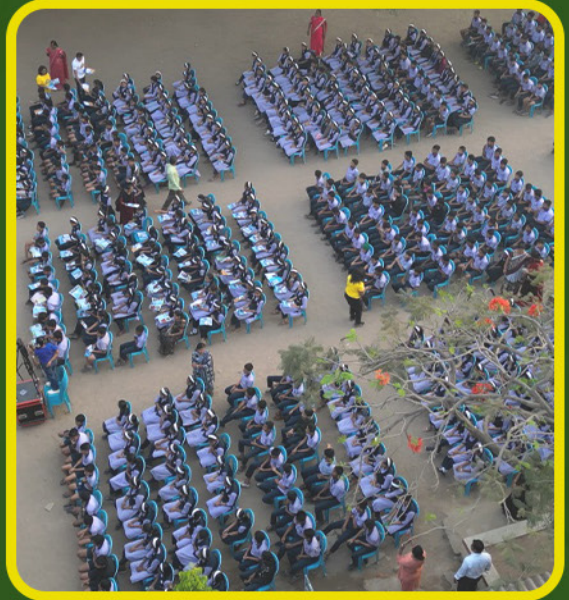
If you want to make Jesus Christ the Lord of your life, say this prayer, believing with all your heart:

“O Lord God, I come to You in the Name of Jesus. I believe that Jesus Christ is the Son of the Living God. I believe that God raised Him from the dead and I confess that Jesus Christ is the Lord of my life from today. I receive, by faith, remission of sins for my soul. Right now, in the Name of our Lord, Jesus Christ, I receive eternal life into my spirit. I am born again!”

If you've just said the prayer, please send an email to info@httnmagazine.org. God bless you.

BREAKING BARRIERS

A TEENSPIRATION CRUSADE IN PUNE, INDIA



“Excellence begins with discipline and is sustained by consistency.”



Sometimes, the biggest testimonies begin with doors that seem firmly shut. But the Bible says that those who know their God will be strong and do great exploits (Daniel 11:32).

For the Teenspiration ambassadors in India, gaining access to a prestigious secondary school in Pune, Maharashtra, seemed almost impossible. However, the team had a vision of impacting the young people through the Teenspiration Crusade in profound ways.

Fully persuaded, they remained steadfast in prayer as they planned, declaring God’s Word. Suddenly, access was granted, and what followed was a glorious testimony.

An Atmosphere of Expectation

After several weeks of planning, it was time for an unprecedented outreach. On the day of the program, over 1,300 students gathered, filled with excitement and eager anticipation. Their hearts were open and ready. For many, it was their first time attending such a program. Curiosity quickly gave way to deep interest. They listened intently to the inspiring message of hope.

Building A Success Generation

The program also featured a Success Seminar, and the students were taught principles such as discipline, focus, building a strong prayer life, and many more. One central point that resonated was this: “Success isn’t luck; it’s a choice.”

The students learned about the importance of mastering their thoughts, habits, friendships, and daily choices as these impact their future. As posited by one



of the speakers, “Winners don’t quit, and quitters don’t win. Refuse to speak negatively. Your words create your reality.”

The young participants were encouraged to stay away from harmful behaviors such as smoking, alcohol abuse, violence, and other destructive activities. They were charged to pursue excellence in their studies and to believe in the great potential within them.

A Great Harvest

The teaching and ministration of the man of God, Pastor Chris, was a defining moment. Admonishing the teenagers on their identity, he pointed out that everyone in Christ is special to God because of His righteousness at work in them. Hundreds of these young people accepted the Lordship of Jesus, embracing a new life of absolute victory and success.

Copies of the Teenspiration Magazine were distributed to every student, and there was great joy in the atmosphere. This crusade has birthed a generation of young people who are shining as lights in their world.

Answer to Prayers

At the end of the Healing Streams live broadcast, teachers from the school testified that this was an answer to their prayers. They had long hoped that their students would receive this kind of message to propel them to new heights of growth and perfection. Seeing the reality of it was a joyful moment.

Inspired by the outstanding impact of this crusade, more schools are ready for the wave of change that Teenspiration Crusades bring. What started as a single opportunity has become a gateway for greater impact. And this is only the beginning.

Be Part of the Mission

You too can be part of this global impact. To organize a Teenspiration Crusade in your city, send a message on KingsChat [@teenspiration](https://www.kingschat.com/@teenspiration).

You can also sponsor ongoing Teenspiration Crusades with 5,000 Espees.

Espees Code: TEENSPARATION

Explore More

Visit www.teenspiration.org to learn more about this crusade and discover other programs and projects transforming young lives around the world.



TESTIMONIES



A CHANCE *for* CHANGE

Two days before Christmas, Alfred Hor Pak Ho from the United Kingdom was getting out of the bath when he slipped and struck his shin against the side of the tub. It was one of those moments that seemed minor at first, just a brief loss of balance and a small impact. He was bruised but there was nothing to worry about; it was a small scrape that would heal in no time.

“I was wrong,” he says. *“Within a few days, the wound got infected; it became bigger, bleeding and oozing pus. My ankle and foot also became swollen.”*

A simple accident quickly turned into something far more serious. The discomfort increased daily, and what should have been a quick recovery became a painful and alarming situation. A seemingly small slip was escalating into a nightmare of pain and worry, so Alfred went to the hospital. He was admitted for surgery to remove the infected tissue and discharged a week later.

But the ordeal did not end there. The wound did not heal. Instead, the pain and swelling persisted for several months, rendering him unable to walk properly or stand for more than a few minutes. Everyday activities became difficult, and even simple tasks required effort and caution.

This affected his life in so many ways. *“I couldn’t stand and worship in church. That was the really sad part for me,”* he recalls. Beyond the physical pain, there

was an emotional weight. Being unable to participate fully in worship was deeply discouraging for Alfred. Each passing day seemed to reinforce the limitations he was facing.

But everything was about to change. When Alfred heard about the next Healing Streams Live Healing Services with Pastor Chris, something stirred within him. Hope rose again. He knew deep inside that this was not just another program. This was his moment for change. *“I will be healed at this event,”* he determined.

During one of the services, Pastor Chris instructed those with leg injuries to lay their hands on the affected area. Alfred obeyed, and that was all it took.

He narrates what happened: *“I stood up and told my friend to set a timer for ten minutes to see if I’d still be standing, which I could not do before because of the pain. I stood for more than ten minutes without pain or discomfort.”*

What months of painkillers and treatments could not achieve, the power of God changed instantly. Strength returned. Pain disappeared. His body responded to the Word of God in a way that left no doubt that this was a miracle.

Alfred’s recovery was miraculously swift, and he has one simple message for anyone in an impossible situation: *“I just want to tell you that miracles are real. This has nothing to do with being lucky. Believe and have faith, and you will receive a miracle from God.”*

Alfred chose the time of his visitation, and you can decide just like he did. All you have to do is receive God’s Word with faith and watch His power work wonders in your body and circumstances.

Teenspiration MENTORSHIP HUB

Start Your Journey of Purpose Now

Every teenager carries a calling, a spark inside waiting for the right moment, the right voice, and the right environment to ignite. That spark deserves to become a flame. The Teenspiration Mentorship Hub was birthed to give teens the guidance, wisdom, and support that help purpose come alive, grow strong, and shine brightly in a world longing for direction.

This dynamic online mentorship platform nurtures, empowers, and transforms teenagers into leaders, innovators, and kingdom ambassadors. Teenspiration Mentorship Hub is more than a mentorship program; it is a thriving global community of passionate, God-fearing mentors committed to helping teenagers unlock their full potential.

Teens from every nation can now connect one-on-one or in small groups with trained mentors who offer guidance in key areas such as spiritual growth, academics, leadership, creativity, personal development, career discovery, and emotional intelligence.

Every session is crafted to inspire clarity, confidence, and courage. Whether you are navigating school challenges, discovering your gifts, developing leadership skills, or preparing for your future, the Hub connects you with people who genuinely care about your success. Mentors don't just teach; they listen, encourage, and walk the journey with you.

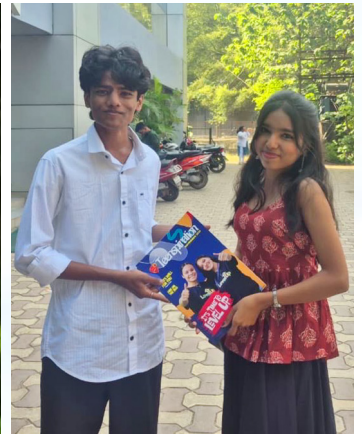
Teens who join the Hub enjoy opportunities to:

- Receive personalized mentorship from inspiring leaders.
- Participate in interactive mentorship sessions and growth workshops.
- Build purposeful friendships with other teenagers from around the world.
- Discover clarity in academics, career choices, and God-given purpose.
- Grow in their faith and become effective ambassadors of the Gospel.

Inside the Experience: Testimony of a Teen Mentor from India

Meet Athashree Pokharkar from India, one of the shining testimonies of what the Hub is designed to do. In her own words, *"The Mentorship Hub transformed my life. Before joining Teenspiration, I always dreamed of hosting live programs, but I didn't have the confidence to step out."*

"Through the mentorship sessions, something changed inside me. My boldness grew. My voice grew. The more I was trained, the more I realized that I was capable of so much more than I ever believed. Now, I confidently host live programs that reach and bless young people in my community and nation, and I do it with joy and grace."



Her story is a powerful glimpse into the heart of the Mentorship Hub. When teens receive the right guidance, support, and opportunities, they rise boldly. Athashree is just one example among many. All over the world, teenagers are stepping into leadership, discovering their purpose, and influencing their generation because someone cared enough to mentor them.

Shaping Tomorrow's Leaders Today

The global impact of Teenspiration has already been remarkable, and with the launch of this Mentorship Hub, we are taking it even further, empowering a new generation of young people who know who they are, where they're going, and how to make a difference in their world.

If you're a teenager reading this, your next chapter begins now. **Start your journey today:**

- Sign up now at: www.teenspiration.org
- Connect with us on KingsChat: [@teenspiration](https://www.kingschat.com/@teenspiration)

GLIMPSES of GLORY

A Poem by Otamio

In divine silence; whispers unfold
Trees sway in harmony, stones rise in reverent awe
Ethereal voices resound with myrrh and frankincense
And the air is alive with Your presence

The celestial choir proclaims Your name,
Emmanuel, our radiant source and our crown
The sun shines forth and reflects Your light
The stars and the moon declare Your might
My purpose is divine power, shining forth in holy light

Thunderous applause resounds; radiant beings sing
"Holy art Thou, Emmanuel, our hearts take wing"
In Your presence, love overflows like a pure fountain
Quenching thirst, healing wounds, ever shining, ever sure

The heavenly host joins, proclaiming, "We hail Thee!"
Your glory is revealed; Your presence sets the heart free.
In Your light, all is made new; Your glow reflects the divine
We're forever changed, forever Yours; in Your glory, we shine



SELF-LOVE TRUTH OR TREND?



If you pay attention to social media, contemporary music, and mainstream conversations, you'll notice a particular trend: self-love. Influencers talk about it, psychologists expound on it, and everyone has something to say. Self-love is trending quite loudly.

Most 'experts' advise you to *"Love yourself," "protect your peace,"* and *"choose yourself first."* It sounds cool, but if you know the Scriptures, you'll recognize it as the wisdom of the world, which is actually foolishness.

The Warning About Loving Self

As a Christian teenager, pause and ask, *"Does this align with God's design for my life?"* The Bible does not promote self-obsession. In fact, it warns about it. **2 Timothy 3:1–2** says: **"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves..."**

Notice that being "lovers of their own selves" is not a virtue. It is a sign of dangerous times. Why? Because when self becomes the center, God is pushed to the margins. When living for God is not central, everything else falls out of alignment. The self-love culture says, *"Put yourself first."* Jesus says, *"Deny yourself"* (Luke 9:23 NIV), meaning that you refuse to let selfish desires rule your life.

Selflessness, Not Self-Centeredness

Romans 12:1 says: **"Present your bodies a living sacrifice, holy, acceptable unto God..."** A sacrifice focuses on God, not self. When you discover your purpose in Christ, you place your ambitions and plans under Jesus' lordship. That selfless stance leaves no room for self-promotion. True growth happens when your life revolves around what God wants.

Jesus modeled this perfectly. **"For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many"** (Mark 10:45 NKJV). Selflessness is not weakness; it is strength under God's direction.

Identity Versus Self-Love

Don't get confused. The Bible teaches that you are valuable. You are wonderfully made (Psalm 139:14).

You are God's workmanship (Ephesians 2:10). You are deeply loved by Him (Jeremiah 31:3). Understand the difference between your identity in Christ and promoting selfish ideas in the guise of love. Following the Scriptures, you say, *"I know who I am because Christ in me is the hope of glory."* Self-love, on the other hand, says, *"I define myself; I prioritize myself, and I live for myself."* The Word says it's all about God; the world says it's about you.

But the Bible Says Love Yourself, Right?

Some might argue, *"But the Bible says, 'Love your neighbor as yourself!'"* Yes, but let's take a look. **Mark 12:30-31** says, **"And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first commandment. And the second is like this: You shall love your neighbor as yourself..."**

Notice the order when you read that verse in context. God first. Others second. Self is not the focus. Scripture calls you to love God supremely. In loving God, you become His expression of that selfless, sacrificial, and unconditional love to others.

The Real Freedom

A self-centered life is exhausting. You constantly protect your ego, chase validation, and measure your worth by your feelings. But a life centered on Christ brings freedom. **Galatians 2:20 (NKJV)** says: **"I have been crucified with Christ; it is no longer I who live, but Christ lives in me..."** That is the secret to success. When Christ lives in and through you, you no longer obsess over yourself. Your worth is secure. Your identity is anchored. Your purpose is clear.

Truths That Counter the Self-Love Trend

- **God-love** (Matthew 6:33)
- **Christ-identity** (2 Corinthians 5:17)
- **Self-discipline** (1 Corinthians 9:27)
- **Service** (Mark 10:45)
- **Humility** (James 4:10)

When God is at the center, you will be emotionally healthy, spiritually strong, and purpose-driven because you belong to Him.



THE MIND-HEALTH CONNECTION

Your mind sets the tone, and your body follows. Ever noticed how one stressful thought can ruin your whole day? Or how laughing at a random meme online suddenly makes everything feel lighter? That's not a coincidence. That's the mind-body connection in action. Your thoughts don't just stay in your head; they show up in your body.

Your Mind and Body Are a Team

Your mind is constantly talking to your body. When your mind feels pressure, your body reacts immediately. Stress releases hormones such as cortisol and adrenaline. Your heart beats faster. Your shoulders tense. Your breathing becomes shallow. That reaction is helpful if you're in danger but not when it's time for homework, exams, or social pressure. When stress sticks around for too long, it can affect your mood, focus, appetite, sleep, and energy levels.

Your Mind Is a Control Center, Not a Trash Can

Think of your mind as your phone. If you overload it with negativity, comparison, fear, and constant scrolling, it slows down. It glitches. It drains. Clear the mental clutter, and everything runs better. You may not see your mind physically, but you can see the results of how it's managed. The way you think influences how you handle pressure, how quickly you calm down, whether you build healthy habits or harmful ones, and how your body recovers from stress. A strong mind leads to stronger health choices.

Good News: Your Mind Can Heal You

Your mind can help heal your body because a healthy mind contributes to a healthy body. Positive emotions trigger chemicals such as dopamine and serotonin, the "feel-good" messengers. These boost your mood, improve focus, increase motivation, and

even support your immune system. That means calm thoughts improve sleep, gratitude boosts energy, and letting go of negativity helps your body relax and repair. Peace isn't just a vibe. It's biology.

Laughter Is Free Medicine

Laughing does more than make you look good in pictures. It lowers stress hormones, relaxes muscles, boosts immunity, improves blood flow, reduces tension, and lifts your mood. Yes, it does. Laughing with friends, dancing in your room, watching something hilarious, or blasting your favorite music helps your body. Joy strengthens you.

Simple Mind-Body Hacks You Can Start Today

You don't need a complicated routine. Just small changes. Tiny mental shifts create real physical results.

- Put your phone away 30 minutes before bed.
- Replace late-night scrolling with music, journaling, or quiet reflection.
- Take slow, deep breaths when stressed: inhale, hold, exhale.
- Drop your shoulders, relax your jaw, and release tension.
- Develop and maintain an "I can" mentality.

Final Word: Train Your Mind, Transform Your Health

Your mind is powerful. It can either stress or strengthen your body. The goal isn't to avoid feeling pressure altogether. It's to learn how to manage it. When you choose calm over chaos, optimism over negativity, and rest over overload, your body responds. Your health isn't just about what you eat or how you move. It's also about what you think. Master your thoughts and watch your health level up.

SPEAK LIFE & HEALTH



“So don’t ever be afraid, dearest friends! Your loving Father joyously gives you his kingdom realm with all its promises!” (Luke 12:32 TPT)

Never doubt God’s willingness to answer you speedily when you pray. The Bible lets us know that He has ordained you to receive answers to prayer (John 15:16). Jesus said, “When you pray, believe that you have received, and you shall have!” It’s that simple; pray, believe, and receive.

The word “receive” in Greek is “lambano”, and it’s an active word. It means to take hold of something, to seize it, and make it yours. So when you pray with your spirit, take hold of that which you’ve asked for! Seize it and make it yours.

God wants your joy to be full; therefore, make your request known to Him and then take possession of what you’ve asked for. Jesus made it clear that it’s the Father’s desire for you to boldly and confidently talk directly to Him in prayer and receive answers (John 16:23). If you’re born again, there’s no need to look for someone to pray for you; there’s no need to cry and keep reminding God of your troubles. Just ask, believe, and receive!

PROCLAIM BOLDLY

The life and nature of God are at work in me, in every fiber of my being and in every cell of my body. I’m thus an overcomer, victorious and triumphant over sickness, disease, and circumstances. I dominate my environment and the negative systems of this world.

I declare that I am a victor in this life. I refuse to be dominated by the forces of darkness, fear, sickness, or disease; I’m more than a conqueror through Christ Jesus the Lord. Christ lives in me; His life and immortality have been unveiled through me! I am a partaker of the God-life.

The life of God is in me; therefore, all fear is gone! My success, health, prosperity, and long life are assured. I declare that I am complete in Christ. Nothing is lacking in my body, soul, or spirit! Everything that is supposed to be in me is in me, and nothing needs to be added or taken away!

The Word of God is working in me; it’s working in my body, in my mind, and in my spirit. The law of the Spirit of life in Christ Jesus is working in me; therefore, everything about me is perfect. There is no death in any area of my body. By God’s Word, I live the good life God has ordained for me.

I live in absolute victory over sickness, disease, and poverty today and always! No weapon of darkness fashioned against me shall prosper because I live in health and wealth, in God’s realm of abundant life. I declare that I reign victoriously with Christ every day.

I refuse to accommodate any negative or contrary word that tries to exalt itself against the knowledge of the Word of God. I have the mindset of the Word, and this mindset dominates my life.

I am growing in grace and abounding in favor. I declare that all things are working for my good right now in the Name of Jesus Christ. I am a success every day of my life.

My health is flourishing on a daily basis because the healing power of Jesus Christ continually works in me. I do not get sick; no infirmity can thrive in my body because the Greater One lives in me.

I declare that I reign in life over every circumstance and situation that comes my way because I have been made an overcomer in this life. Every word I speak carries power, for I am royalty. Hallelujah! Glory to God.



PASTOR CHRIS ANSWERS



OVER 400 LIFE-CHANGING QUESTIONS ANSWERED

Explore powerful insights on healing & health, prosperity & finance, relationships and so much more.

BEST FEATURES



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