



# Teen Inspiration

JUNE 2026



 **LIGHT UP  
EVERY SPACE**

**on the Road to Healing Streams Live  
Healing Services with Pastor Chris**



# ACTIVATE THE POWER IN YOU

**“Wherefore  
I put thee in  
remembrance that  
thou stir up the  
gift of God, which  
is in thee by the  
putting on of my  
hands”  
(2 Timothy 1:6).**

The power of God came into your life the day you received the Holy Spirit: **“But ye shall receive power; after that the Holy Ghost is come upon you...” (Acts 1:8)**. However, this doesn’t mean it’s active all the time; you have to activate it. That’s why Paul told Timothy to stir up the gift of God in him. The power of the Holy Spirit can be dormant in you if you don’t activate it.

Sadly, some folks have allowed that power to lie dormant in them for so long. Oftentimes, they pray to God for what already belongs to them. The Lord, through His Word, shows us that we’re responsible for activating His power in us. Paul didn’t say, *“Pray to God to stir up the gift in you.”* Stirring up the gift is not God’s responsibility; it’s yours.

When you pray in tongues, you stir up the power of God that is resident in your spirit. Suddenly, the power that was quietly nestled in your spirit is activated and it causes a change. You’re infused with divine strength and the glory of God is revealed through you.

Some people engage in prayers only when they’re in some form of trouble or predicament, but that’s not the way it ought to be. You ought to get your spirit charged at all times by spending time in fellowship with the Lord through prayer. God wants you fired up before you hit the streets so that you come out already dressed with the power of the Holy Ghost.

The Bible tells us how a deadly viper fastened itself on Paul’s hand one time and all he did was shake the venomous beast into the fire and continued ministering (Acts 28:4-5). Paul shares the secret of how he was able to do this and many other supernatural feats when he said in **1 Corinthians 14:18**, **“I thank my God, I speak with tongues more than ye all.”**

The way to stir up the power of God in you is by speaking in other tongues! It’s no use praying to God to send more power down from heaven. The power is already in you, but you have to activate it and put it to work. You can turn the power on whenever you choose, wherever you are – by speaking fervently in other tongues. So, stir up that power right now by speaking in other tongues.

If you make this a consistent practice, nothing and no one will ever be able to successfully withstand or defeat you, for that power makes you invincible. No matter the situation, you will know that victory is assured because you’re already filled with the power of the Holy Ghost.

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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 [teenspiration@httnmagazine.org](mailto:teenspiration@httnmagazine.org). God bless you.

# Light Up Every Space

## on the Road to the Healing Streams Live Healing Services with Pastor Chris

The July 2026 edition of the Healing Streams Live Healing Services is fast approaching, stirring a wave of anticipation across the globe. From continent to continent, the news is being heralded with joy, and many hearts are lifted in eager expectation of this remarkable, life-changing event. Friday, July 24 to Sunday, July 26, 2026 will be an unforgettable time for people across the globe.

In every corner of society, teenagers are rising as bold champions for this cause, bringing hope into homes, streets, cities, and nations. Their passion is unmistakable, and their commitment is unwavering. With a clear sense of purpose, they are determined to take healing everywhere, illuminating the world with streams that never run dry. And truly, there is no stopping them.

### Lighting Up Schools, Transforming Lives

In Yaoundé, Cameroon, Darius stormed his school campus. He was fully armed, not with a gun or knife, but with an instrument of truth and grace. He made a beeline for the auditorium, where hundreds of students waited.



When he began distributing copies of the Teenspiration Magazine, students requested extra copies for friends and family, eager to share what they had freely received with others.

There was a genuine hunger for truth, an openness that could be felt across the room. The magazine spoke directly to questions they hadn't dared ask out loud, questions about identity, purpose, academics, peer pressure, faith, and the future.

When Darius shared the Gospel, the atmosphere shifted. The students listened with quiet focus, each one faced with a personal decision that would turn their lives around for good.

There was conviction in their hearts; not pressure or emotion, but a desire for something more. Many received salvation that day and joined the preparation for the Healing Streams.

## Sharing Faith in the Community

In Papua New Guinea, an entire community gathered in the town hall for a Teenspiration Community Outreach. This event was designed to reach young people and their families with the Gospel of Jesus Christ, and the Teenspiration Magazine was distributed to all in attendance.

A large number of people turned up simply to hear the truth of God's Word. The outreach team taught them the importance of staying committed and consistent in fellowship, prayer, and study of the Word.

They also shared news of the Live Healing Services and encouraged several people to register for the program, while others started making plans for the setup of healing centers.

Several accepted the Lordship of Jesus over their lives when the call was made, and the young believers were guided into their new faith with counseling and mentorship sessions.

The outreach created an atmosphere of faith and inspiration, reminding everyone of the importance of living and walking in love, unity, and truth within the community.



## Evangelism while in Transit

After a wonderful time as part of the March Healing Streams live audience in Lagos, Nigeria, Anushka and her friends were inspired and burning with passion to win souls for Christ more than ever before. Returning home to Cape Town, South Africa, they saw the airport through fresh eyes.

To them, the people passing through the departure lounge were not strangers waiting for their flights; each one was an opportunity to preach the Gospel.

They intentionally engaged young people waiting to board their flights and gave them copies of the Teenspiration Magazine. Conversations ensued, and they boldly preached the Gospel that had transformed their lives.

In that ordinary terminal, souls were saved, and lives were changed. Those who received the message of the Healing Streams left for their destinations with expectations of something greater ahead. So many nations were impacted with one deliberate encounter. Indeed, glorious things lie ahead.



## Counting Up to the July 2026 Healing Streams Live Healing Services

With only a few weeks left before the program, expectations are sky-high for spectacular encounters as God's grace and loving-kindness will be lavishly manifested in people's lives everywhere.

Many, like Shalom, will have new songs to sing, amazing testimonies to share, and victory reports that will resound throughout the earth.



### Bold & Confident: Shalom's Total Transformation

Shalom's family had just moved to Canada, and everything was changing. Soon, she began to feel different, too. She was becoming increasingly timid and insecure and began caring too much about what people thought of her.

She would dress to impress, but no matter how hard she tried, it wasn't enough. Each time someone made a negative comment, it made her feel small, like she didn't matter.

With time, Shalom started dreading school and was often reduced to tears because other students were mean and snobbish toward her. She changed schools twice and even underwent therapy. For two years, her family tried everything they could, but she remained depressed and despondent.

During the March 2026 Healing Streams, Shalom set the time for her miracle. She had an amazing time worshiping and praising God and listened in celebration as others shared their testimonies.

When Pastor Chris began to minister to the global audience and asked everyone to lay their hands where they needed a miracle, she placed her hands on her head and chest, praying in the spirit.

*"When Pastor Chris finished praying, I felt a lightness in my spirit,"* Shalom recalls. Immediately, she rushed over to her mom and excitedly reported that she was healed.

Overwhelmed with joy, she realized that the sadness was gone, and so were the physical symptoms she had endured – the tiredness and even the pimples!

Today, she walks confidently, doing the things she loves without worrying about who is watching or what others think. She's bold to tell others about Jesus, and life feels amazing again. Hallelujah!

### Claim Your Spot in the Big Picture Now

**Dear Teen,**

Seize this opportunity to preach the Gospel and transform lives right where you are. Fulfill God's purpose and your deepest desire to make Christ known everywhere. Whether it's a classroom, mall, park, community hall, hospital ward, or airport terminal, the mission remains the same: to reach the last lost man, as we complete the Great Commission in this extra time.

Teenspiration outreaches are a growing global movement spurred by compassion to see every teenager saved and made ready for the Master's return. Every outreach organized, every magazine distributed, and every teenager won to Christ is building a generation that stands for Christ.

Your impact story contributes to the big picture of spreading hope, healing, and divine health across cities and nations. As we press forward on the Road to Healing Streams in July, get busy. Prepare people for healing, stir their hearts for transformation, and awaken your community to God's undeniable love that transcends all barriers.

- Register and be part of the program.
- Spread the word in your school and city with Teenspiration Magazine.
- Help create healing centers for young people around you to participate in the program.
- **Raise a banner for Teens.** Sponsor Teenspiration Magazine so it can reach more teenagers this season.
- Get involved through prayer, publicity, sponsorship, and more using the HERALD App (available on [lwappstore.com](http://lwappstore.com)).

Jump into action now. [teenspiration.org](http://teenspiration.org) is just a short tap away!



# REIGNING *over* DARKNESS

**BY NISSI SHELKE**

I didn't know where I belonged. I wasn't in the place I had hoped to be. I was in a dark place, not knowing where to go and unsure whom to tell. I was going through battles and storms that I thought I couldn't face. I was alone in a dark room with no hope near me or inside me. I was in the deepest place of sadness.

I didn't want to risk looking like my life wasn't perfect. I needed to look like the picture-perfect life I had painted.

So, I put up false images to show others how happy I was. But behind the smile and window dressing of good looks and "positive thinking", I was painfully alone.

Then one day, light came into my dark world. I found the light that answered all my questions. The very doubts hidden in my heart were brought to light and cleared by wisdom. It was a wisdom I didn't just understand; I experienced it from the depths of my soul until it overtook my very mind.

This was the light of God. God's illuminating Word came to me; He healed me and restored me. Then He sent me with that same word for everyone.

He says, "No one knows you the way I do or understands how deeply I care about you, and you can never imagine the depth of my love for you. For I know the tears in your eyes before you shed them. I know every word you speak before you utter it. There is no place where I can't make a way. There is no place where my hand of hope cannot reach you.

"For every question of your heart, for every problem you face, the answer is to hold on to me. With me, you are never alone. My mighty presence is your shield. I have healed every wound and cleared your past. I have broken down every mountain that stood before you.

"To love you was My only delight. To save you was My only desire. I gave My Son, Jesus, to deliver you from sin. I have given My righteousness to you as a gift so that nothing can stop you from coming to Me."

Beloved, you're never alone. Do not remain in the dark. Light has come to you today. Arise. Shine. Reign over the darkness.

# TEENS & MONEY

## Financial Literacy as a Life Skill

**M**oney is a tool. It's useful for so many things. However, it rarely comes with clear instructions on how it should be spent. A life of ease, confidence, and freedom is closely tied to how well you understand and manage your finances. Financial literacy is a discipline to be cultivated now, not an optional skill reserved for adulthood.

### It's a Mastery of Choice

- **Don't Spend on Impulse:** Handle money with wisdom and restraint. Temper the impulse to spend by considering your options and priorities. This reflection will teach you control, regardless of the pressure from mind-numbing ads and comparison traps.
- **Always Save:** While not very exciting at first, saving is a very smart thing to do. Keep a portion of whatever you get as savings, no matter how small. This helps you plan future projects and expenses, and you begin to grow your money.
- **Avoid Debt:** It can be tempting to borrow money when you want something. But debt grows and becomes stressful. Instead of looking for a quick fix, learn to wait and plan your spending. Choose peace over temporary satisfaction.

### It's Your Call

Ultimately, money reflects your mindset, priorities, and sense of identity. Instead of reacting to money, learn to direct it.

- Spend on things that reflect your true values, not current trends.
- If you make mistakes along the way, learn from them. Build your confidence through responsibility by learning to handle money better.
- Use money to create rather than consume.
- Stay curious about your finances and keep learning.

### Make and Grow Money

Once you understand how to manage money, the next step is learning how to grow it.

- **Give:** Giving is a key principle for every Christian teenager. Pay your tithe (ten percent of what you receive) to honor God as your source. Give to further evangelism and the advancement of God's Kingdom. Also, give to help others. Proverbs 11:25 (MSG) explains the principle: "The one who blesses others is abundantly blessed; those who help others are helped."
- **Learn New Skills:** Skills are currency. The more valuable your skill set, the greater your capacity to create opportunities and earn. Whether in technology, creative arts, culinary pursuits, or business, develop skills that solve real problems. The returns extend beyond income and give you access to networks, experiences, and platforms that will shape your future.
- **Invest:** It's never too early to start investing. As you begin to earn, it is essential to learn how to multiply money. Strategic investments allow your resources to grow over time. Whether you're contributing to a business or exploring stocks, every decision should be guided by knowledge and careful consideration. Understanding where your money is going, and why, is critical to sustainable growth.

You don't need to have everything figured out to start. What matters is your willingness to think differently and take responsibility. Choose growth. Handle money well now and shape the future you will step into.

# SING A NEW SONG

**Y**ou've probably seen or heard these words before, but let's take a closer look. Ever noticed that the Bible doesn't just tell us to sing, but to sing a new song unto the Lord (Psalm 96:1)?

Worship is the highest form of prayer. So, this month, you should manifest new praise unto the Lord.

A new song isn't about having the best voice or producing a chart-topper. It's about fresh revelation. When God shows you something new in His Word, when He answers a prayer, when He carries you through a challenge, or when He brings you into a higher realm of grace, that's song material!

**Psalm 40:3 (CEV)** says, **"You gave me a new song, a new song of praise to you. Many will see this, and they will honor and trust you, the LORD God."**

The King James Version says, **"And He hath put a new song in my mouth..."** Notice that the Lord puts His praise right there on your lips. Your experiences with Him become melodies of faith and worship.

Writing and singing your songs deepen meditation. Ephesians 5 talks about being filled with the Holy Spirit and speaking in psalms, hymns, and spiritual songs, making melodies to the Lord. Words of worship and thanksgiving ought to pour forth as you contemplate God's wondrous works in your life.

Another thing you can do is sing the Scriptures. Take a cue from some of the best songs composed by Loveworld Singers. They translate the Bible into music all the time. For instance, the song *"In Your Image"* is from Psalm 139 (NIV). When you do this, that verse settles deeper in your heart. It strengthens your fellowship with God and builds your confidence in Him.

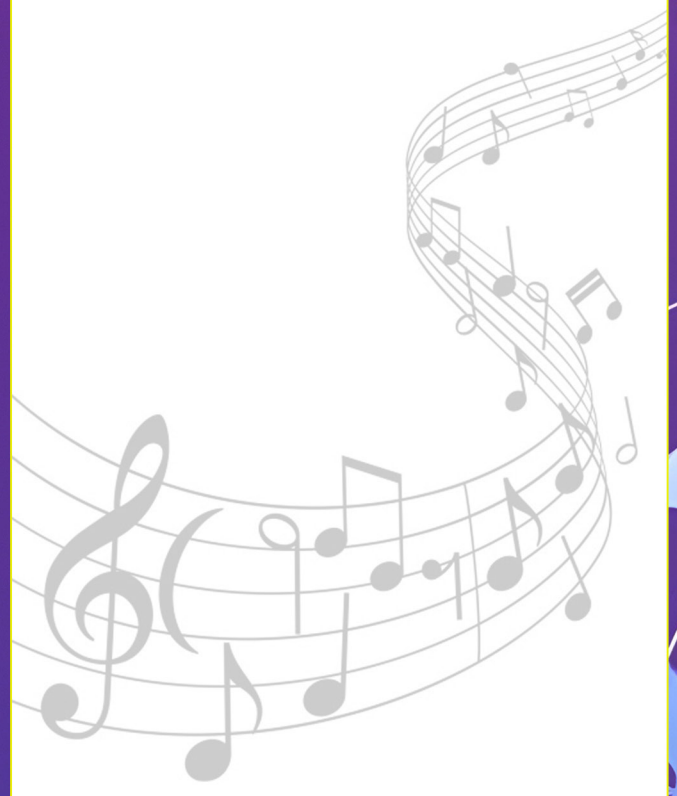
So, while it's awesome to play the worship songs we already have, go one step higher this month and sing a new song.

### **New Song Challenge:**

This month, write new songs. Start with a Bible verse. Sing it in your quiet time, and let your heart overflow. God is worthy of a new song of praise from the depths of your heart and the fruits of your lips.



### **WRITE YOUR SONG BELOW**





# Eye Care

## For Healthy Vision

Your eyes are the windows of your soul, the ultimate high-definition cameras, processing the world in real-time. The fun part? Zero lag and zero drag. When light passes through the eyes, it is converted into electrical “data packets” that your brain instantly decodes. This is because light gives meaning and direction, color and beauty, ambience and radiance.

Keeping this remarkable organ running at peak performance is your call, so you can have crystal-clear vision and enjoy every beautiful detail around you. Let’s take a look at some simple tips to help you stay on top of your game every time.

### Eye Care Tips



TAKE A BREAK!  
20 | 20 | 20

#### Follow the 20-20-20 Rule

Your eyes need a break from studying and scrolling. Every 20 minutes, look 20 feet away for 20 seconds. This reduces eye strain and helps your eye muscles relax.

#### Use the Right Eyewear



Sunglasses protect against ultraviolet rays while digital lenses are best for long periods of screen time. If you’re choosing prescription lenses, opt for photochromic eyewear. It protects the eyes by adjusting to all kinds of light. Also, only use contact lenses recommended by a physician.

#### Diet to Strengthen Your Eyes



Include carrots, sweet potatoes, leafy greens (spinach and kale), fish (salmon, tuna, etc.), fruits, and nuts in your meals. These foods are packed with vitamins and nutrients that strengthen your vision.

#### Prioritize Sleep



Lack of sleep leads to dry, strained, and irritated eyes. Proper rest helps your eyes function better.

#### Keep Your Hands Clean



Avoid touching your eyes as much as possible. However, wash your hands often, especially when touching your eyes is unavoidable.

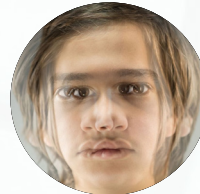
### Habits to Avoid



Frequent rubbing of the eye can introduce bacterial infection.



Long hours of screen time.



Ignoring early signs like blurry vision or discomfort.



Poor contact lens hygiene.



Smoking (increases the risk of cataracts and macular degeneration).

**Regular eye check-ups help detect glaucoma and other vision problems early.**

### Healthy Vision Starts with You

Good vision is often affected over time by your daily habits, whether helpful or harmful. The choices you make matter more than you may realize. Intentionally care for your eyes with small efforts that will yield a healthier payoff.



# SPEAK LIFE & HEALTH

**“And Jesus answering saith unto them, Have faith in God... I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them”  
(Mark 11:22, 24).**

Jesus said, “Have faith in God.” In other words, “*Have the God-kind of faith.*” This is the kind of faith God operates with to produce whatever you desire! When Jesus faced a situation He didn’t like, He didn’t keep quiet about it. Instead, He spoke what He wanted. It’s important to note that the Bible specifically tells us Jesus spoke to the tree and His disciples heard it. He spoke out loud, not in His mind. This reveals a fundamental principle: the God-kind of faith speaks!

## PROCLAIM BOLDLY

I am strengthened with might in my inner man. There is no weakness in my life; the Holy Spirit – the embodiment of all glory, dominion, and strength – lives in me in His fullness. No part of my body is available for sickness or infirmity. Today and always, God’s grace is active in my life and is sufficient for me in all things. Thus, I exercise dominion over demons of darkness, sickness, disease, poverty, failure, and death.

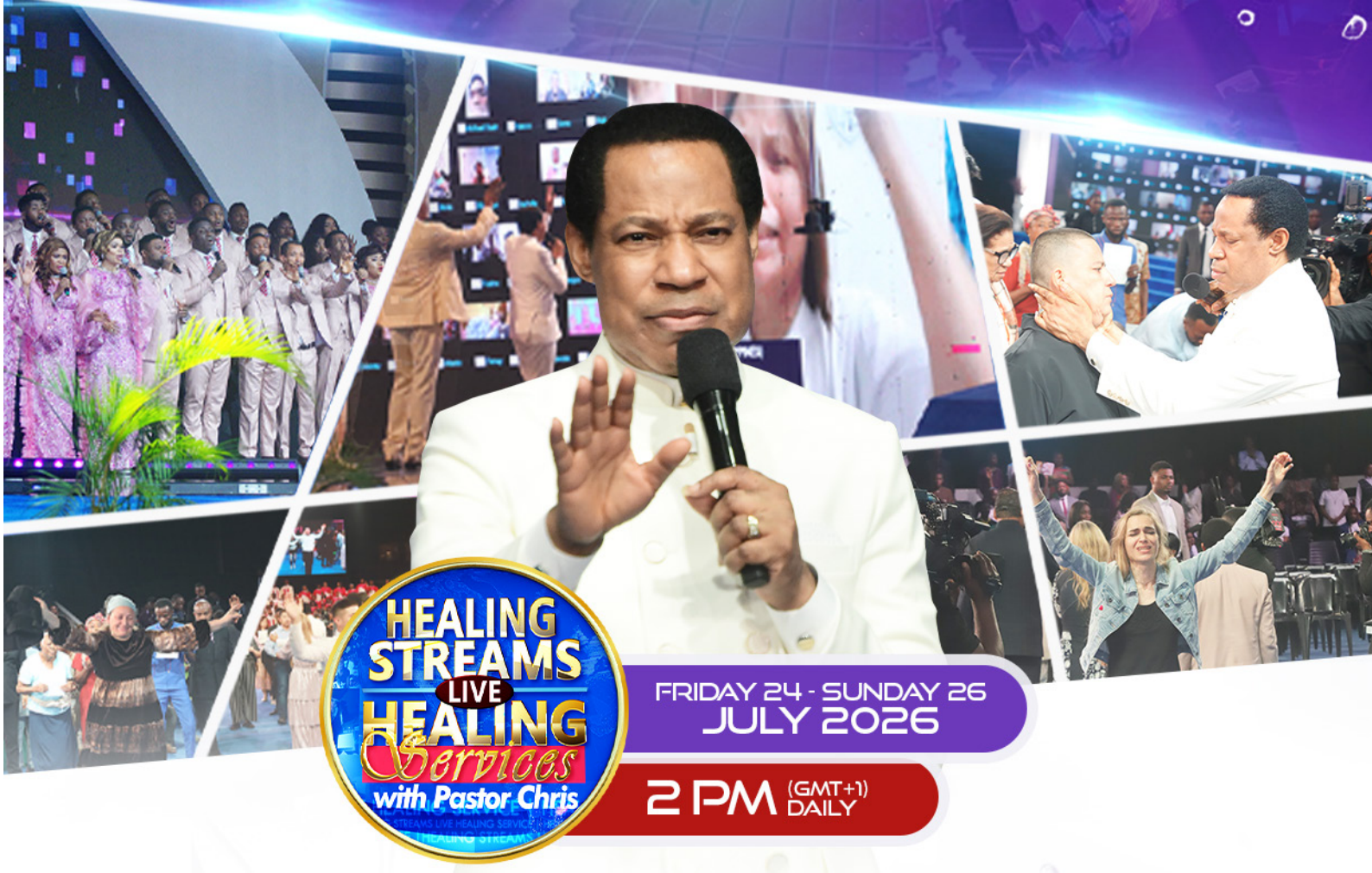
I reign triumphantly, enjoying all the benefits of divine life in Christ Jesus. Every fiber of my being is energized and infused with miracle-working power. I’m strengthened and invigorated by the Holy Spirit in my inner man, and I function with God’s divine power that works in me mightily. Hallelujah!

I’m full of joy and I bask in the grace and glory of Christ. In Christ, I have everything that pertains to life and godliness. My body is perfected by the unfailing Word of God, and I flourish in health and strength today, like never before. I have the life of God. My life is sickness-proof, poverty-proof, and failure-proof. Nothing of the devil can stay in me, for I have embraced the transcendent life in Christ Jesus. I am a partaker of the divine nature.

Dear Lord, I thank You for the blessing of Your Word and the wisdom it imparts to me. My faith is working, and I live a life of total joy and fulfillment in Christ. I’m healthy, strong, and sound. I am full of life and aglow in spirit. I live my days in health and prosperity. I do not suffer from headaches, colds, fevers, diabetes, stomach pain, or any such thing.

The Holy Spirit in me keeps my spirit, soul, and body invigorated and full of life. In the Name of Jesus, I’m alive and well. Greater is He that is in me, than the sickness that is in the world. My body is the temple of the Holy Ghost; therefore, it doesn’t accommodate sickness or anything that’s not of God. Dear Father, thank You for Your life in me that makes me more than a conqueror.

I live above sickness and disease. My life is excellent and full of glory, as I walk in and manifest the dominion of Christ today. Amen. I am who God says I am; I have what He says I have. God wants me well; therefore, I will always be well. I choose health, not sickness. I choose strength, not weakness. I choose life, not death. Satan has no authority over me because my life is hidden with Christ in God.



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JULY 2026

2 PM (GMT+1)  
DAILY

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