



Teenspiration

DECEMBER 2025



SPREADING LOVE
@
Christmas!



Jesus OUR REDEEMPTIVE SACRIFICE

“For if by one man’s offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ” (Romans 5:17).

When God created the first man, Adam, He put him in the Garden of Eden. According to the Scriptures, God commanded him to eat from any tree he desired in the Garden, except from the tree of the knowledge of good and evil (Genesis 2:15-16).

However, the serpent deceived Eve into eating the fruit of the tree. And not only did she eat it, but she also gave it to Adam, who was with her (Genesis 3:4-6).

So, by Adam’s transgression, death entered the world and reigned over all men. This was where sickness, affliction, and all the evil in the world came from.

Man’s sin invoked the penalty of death and separation from God. Now, man needed redemption but the righteous demands of justice could only be met by the shedding of blood (Hebrews 9:22).

The sacrifice had to be a man who had rights on earth and could legally take man’s place. Furthermore, he had to be sinless to meet the demands of justice. However, there was no such person on earth.

In what would change the course of life forever, God stepped in and did a most remarkable thing. His Word became a man (John 1:1,14).

With the birth of Jesus, God had provided a perfect sacrifice for man’s redemption: Jesus was a man, as He was born of a woman, and He was also without sin (John 8:29). God had brought forth a Son that He could offer for the redemption and salvation of the world.

With salvation came blessings and benefits beyond imagination, including healing and divine health. Understand that Jesus didn’t only come to die for our sins; He also came to give us life in its fullness.



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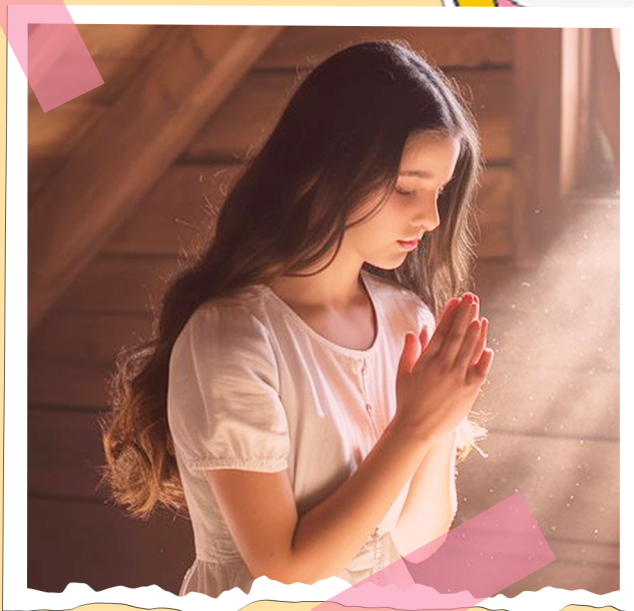


PRAYER OF SALVATION

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@htnmagazine.org. God bless you.



THE HEALING SCHOOL IS A HEALING MINISTRY OF PASTOR CHRIS OYAKHILOME

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TORCHBEARERS OF HEALING & SALVATION

The **Global Youth Leaders' Forum (GYLF)** is a vibrant youth organization dedicated to nurturing young people for global leadership with purpose. GYLF is a dynamic network committed to equipping passionate young leaders with the spiritual, intellectual, and practical tools needed to transform their world.

Among its flagship initiatives is **H.E.A.R.T. (Humanitarian Efforts, Evangelism & Ministry, Arts & Film, Representation, Technology & Innovation)**, a strategic platform through which young people embody Christ's compassion while addressing real human needs.

Through the H.E.A.R.T. Initiative, young people are taking the Gospel of Christ beyond boundaries. From classrooms to boardrooms, from campuses to communities, they are spreading healing and salvation with creativity, boldness, and love.

They use various platforms in technology, the arts and film, humanitarian work, or ministry to fully preach the Gospel to the ends of the earth.

Every great movement is defined by the stories it carries, and H.E.A.R.T. has recorded countless stories of impact.

LOVE IN ACTION IN SAMOA

In Apia, Samoa, GYLF Ambassadors organized a Mother's Day Outreach at the SVSG Shelter, reaching over a hundred children. They provided food and basic necessities, creating an atmosphere of joy, hope, and gratitude.

Several of the children gave their hearts to Christ. The outreach became a true celebration of love,

affirming the value of every child and spreading the transforming power of the Gospel.



BOLD WITNESSING IN CROATIA

In Croatia, Ambassador Ryan displayed the boldness of the Spirit in an extraordinary act of faith. Yielding to the leading of the Holy Ghost, he ministered to a group of young boys in a public park.

Right there, by a water fountain, he baptized them into Christ; a sight uncommon in Central and

Southeastern Europe. It was more than a spectacle; it was a prophetic declaration for God's end-time.



EMPOWERING TEENS TO SHAPE THE FUTURE IN ANGOLA

Breaking barriers and uplifting over 500 teenagers in Lubango, Angola, a group of ambassadors visited the community to stir hope and encouragement among the youngsters. Ambassador Severino met with the community leaders to discuss meaningful ways to support their dreams and aspirations.

Together, they set in motion an exciting workshop and training program to equip young people with valuable skills and educational opportunities. The visit was a huge success, paving the way for positive changes that will empower every teen in the community.



DAUNTLESS MOVE FOR EPIC IMPACT IN SEYCHELLES

From Seychelles, Samira Legaie paid a courtesy visit to the Mayor of Victoria, the nation's capital. She shared the GYLF's global vision and introduced the H.E.A.R.T. Initiative. The meeting opened doors to collaborations on projects, outreaches, and leadership training for teenagers and young people. The Mayor expressed excitement about the visit, marking a major step that amplifies the initiative and creates a lasting impact in Seychelles.



GIVE A H.E.A.R.T. THIS SEASON

This Christmas, you have the extraordinary opportunity to make a lasting impact in the life of a young person. The H.E.A.R.T. Initiative is more than a giving campaign; it's a global movement to inspire, empower, and uplift teenagers with the message of the Gospel and the transformative love of Christ.

By giving a H.E.A.R.T., you are lighting up destinies and helping to raise a generation that will preach the Gospel with boldness and excellence. Your giving will fuel life-changing projects and initiatives, enabling us to train, support, and mobilize leaders, soul winners, and ambassadors of hope.

Sponsor the H.E.A.R.T. projects today and be part of something eternal at teenspiration.org.

For more information about the Global Youth Leaders' Forum, our programs, and ongoing global impact, please visit globalyouthleadersforum.org.



Christmas just got a whole lot brighter because you are about to step into something big. Teenagers everywhere are set to inspire their world in exciting ways with **TeenGift: Spreading Love at Christmas**, a global Christmas outreach powered by Teenspiration.

This December, you are called to **be the gift**. Not the kind wrapped in shiny paper, but the gift that speaks hope, shows love, carries light, and shares Jesus this special season. Your tool? The Teenspiration magazine, packed with impactful stories, faith articles, healthy lifestyle tips, and real-life inspiration, along with other goodies that make every TeenGift moment unforgettable.

TeenGift is all about teens like you taking the lead. You're stepping out with confidence, sharing the magazine, checking on people, praying for others, starting conversations that matter, and reminding your world that they are the reason for the season.

From **December 1 to December 25**, you and thousands of other teens across nations will be in action, visiting schools, hospitals, orphanages, communities, and more. You'll be gifting TeenGift packs, spreading joy, and mobilizing your friends to join the movement. Everywhere you show up, you spread love, hope, and life.

And guess what? You're not doing it alone. Through **Project TEENSPIRE**, you get a chance to participate in the following ways:

- **LIGHT A SPARK:** Sponsor and share 5 copies of the Teenspiration Magazine.
- **FAN THE FLAME:** Lead a TeenGift group of like-minded teenagers to sponsor/distribute at least 100 copies of the Teenspiration Magazine.
- **BLAZE TRAILS ACROSS YOUR CITY** with outreach missions, and gift Teenspiration to 1,000 people or more. Adopt schools, correctional facilities, rehab centers, etc.
- **SET NATIONS AFLAME:** Spread faith, hope, and love beyond borders. Sponsor 2,000 copies or more for distribution in other nations.

This is the opportunity for every teen to shine, take action, and make a real impact. TeenGift is more than a Christmas campaign. It is you stepping boldly into purpose and lighting up your world.

Give now with Espees Code: TEENSPIRATION.

For more information,

- Visit www.teenspiration.org
- Or chat with us @teenspiration on KingsChat

SETTING PRIORITIES THAT BUILD YOUR LIFE

Life as a teen is full of choices: what to focus on, who to listen to, and how to spend your time. The secret to living a meaningful and impactful life is setting the right priorities. Here's the truth: setting the right priorities isn't about time-management hacks, it's about choosing to live purposefully.

Here are five key principles to guide you.



1. PUT GOD FIRST

God must be the center of everything you do. Let Him guide your choices, your friendships, and your goals. When He's your top priority, everything else begins to fall into place. **"But seek first the kingdom of God and His righteousness, and all these things will be added to you"** (Matthew 6:33).

2. LIVE WITH AN ETERNAL VISION

It's easy to get caught up in trends or temporary gains, but those only bring fleeting satisfaction. Living with eternity in mind brings lasting joy and meaning. Let your priorities be shaped by the Word, and place value on things that matter eternally – faith, purpose, and righteousness. **"Do not store up for yourselves treasures on earth..."** (Matthew 6:19 NIV).



3. OWN YOUR TIME

Time is your most valuable resource. How you spend it shows what you value. Avoid distractions and use time wisely. Good time management teaches discipline, responsibility, and balance. **"Look carefully then how you walk, not as unwise but as wise, making the best use of the time..."** (Ephesians 5:15-16).

4. CHOOSE YOUR CIRCLE WISELY

The people closest to you help determine the direction of your life. People of strong character refuse to lower their standards to fit in. Select a core group that challenges you toward higher goals, godly living, and genuine growth. **"Don't fool yourselves. Bad friends will destroy you"** (1 Corinthians 15:33 CEV).



5. CULTIVATE A HEART FOR SERVICE

There is no greater honor than serving the Lord. Service in God's house is not an obligation; it's an opportunity to invest your time, energy, and talents into things that have eternal value. In serving the Lord, your character is shaped by love, humility, and a deep desire to make a difference in God's kingdom. **"For even the Son of Man came not to be served but to serve..."** (Mark 10:45)

When you choose to live intentionally with the above in mind, you're choosing to guide your path. Don't let the world push you around. Take charge and live with purpose.



CREATIVE CORNER

THINK ON THESE THINGS

A Poem by Constance Chitombo

When the world shouts chaos, be still inside
For peace begins where your thoughts abide
Your mind is a garden; your heart is the ground
What you plant within will soon be found

Think on the good, the pure, the right
On love that glows in the darkest night
For every thought is a seed you sow
And from your mind your life will grow

Do not dwell on what brings fear
Don't feed the doubt that lingers near
For negative thoughts, like poisoned rain
Can steal your joy and breed your pain

But fix your gaze on Heaven's way
Let truth and virtue fill your day
Whatever is true and noble, think on these things
And watch the peace of God take wings
Your thoughts are gates to your destiny
Your words are the keys to your victory
As a man thinks, so shall he be
So think in faith and live in harmony

Reject the lies that bring despair
God's Word has life beyond compare
Speak it, believe it, and you will find
The power of Heaven renews your mind

So rise, young dreamer, think with grace
Let light and love your heart embrace
The world will mirror what's inside
So think on the good, and let Christ abide

*Inspired by "The Power of Your Mind"
by Pastor Chris Oyakhilome*



DECEMBER 2025 "CELEBRATION & VISION MONTH"

5TH to
11TH
DEC

**TEENSPIRATION
OUTREACH &
MISSIONS WEEK**

**TEENSPIRATION
SUMMIT 2025
(GLOBAL EDITION)**

6TH
DEC

13TH
DEC

**TEENSPIRATION
SKILLS & CREATIVITY
WEEK**

**TEENSPIRATION
GLOBAL IMPACT
PARADE**

20TH
DEC

28TH
DEC

**INSIGHT'26
- ILLUMINATING NATIONS
- SHAPING DESTINIES
FOR GREATER
HEIGHTS TOMORROW**

**THE PURPOSE
CHRONICLES 2025
(DOCUMENTARY SERIES)**

THROUGHOUT
DEC

CHRISTMAS BIBLE QUIZ CHALLENGE

**Think you know the Christmas story?
Let's find out! Grab a pen, circle your answers,
and see how many you can answer correctly!**

- 1. Who told Mary she would birth Jesus?**
 - A. Gabriel
 - B. Michael
 - C. Raphael
 - D. A Shepherd
- 2. Which prophet said the Messiah would be born in Bethlehem?**
 - A. Micah
 - B. Isaiah
 - C. Hosea
 - D. Amos
- 3. What sign did the angel give to the shepherds?**
 - A. A bright rainbow
 - B. A star over the sea
 - C. A baby wrapped in cloths
 - D. A voice from the clouds
- 4. Where were the wise men from?**
 - A. The North
 - B. The East
 - C. The South
 - D. Egypt
- 5. The angel first said to the shepherds?**
 - A. Glory to God in the highest
 - B. Fear not
 - C. Unto us a child is born
 - D. Peace on earth
- 6. What gifts did the wise men bring?**
 - A. Gold, silver, bronze
 - B. Gold, frankincense, myrrh
 - C. Clothing, sandals, bread
 - D. Corn, wine, oil
- 7. Mary and Joseph went to Bethlehem?**
 - A. For a festival
 - B. For a census
 - C. For a wedding
 - D. To visit a friend
- 8. Who wanted to harm baby Jesus?**
 - A. Pilate
 - B. Herod
 - C. Caesar
 - D. Pharaoh
- 9. Where did Joseph take Mary and Jesus to escape danger?**
 - A. Babylon
 - B. Egypt
 - C. Nazareth
 - D. Syria
- 10. What were the shepherds doing when the angel appeared?**
 - A. Sleeping
 - B. Playing music
 - C. Watching their flocks
 - D. Eating dinner

Flip this page upside-down and use a mirror to see the answers

ANSWERS: 1. A | 2. B | 3. C | 4. B | 5. B | 6. B | 7. B | 8. B | 9. B | 10. C

Keep Your VOICE happy

It's finally here, that time of the year when everything feels brighter, warmer, and wrapped in joy. December is a season of celebration, thanksgiving, and sharing love. You'll probably be singing a lot, laughing a lot, and sharing Christ with others, reminding them that they are the reason we celebrate Christmas. It's a beautiful time to let your light shine and draw people to Him with your voice.

Let's talk about how to keep your voice strong, steady, and healthy.

1. Don't Strain Your Voice

Shouting for long periods or forcing your voice can irritate your vocal cords. Yes, you will celebrate and make joyful noise this season, but learn when to pause, breathe, and speak calmly. If your throat ever feels tight or scratchy, simply relax your voice and speak gently. It protects your vocal cords and keeps your voice sounding clear.

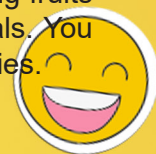
2. Get Enough Sleep

Your body repairs itself while you sleep, including your voice. Not getting enough rest makes your voice tired and harder to project. Create a good sleep environment. Make your room clean, tidy, and calm before bedtime. Avoid sleeping directly under a fan blowing cold air at you. Good sleep equals a stronger, healthier voice.

3. Eat for Your Voice

What you eat affects your voice more than you think. Fruits and vegetables help keep your throat

clear. Too much fried or frozen food can make your voice feel heavy or unclear. Try adding fruits rich in vitamins A and C to your daily meals. You can make it fun with fruit salads or smoothies.



4. Stay Hydrated

Water is one of your voice's best friends. Your vocal cords need moisture to function smoothly. Drink water often, especially room-temperature or warm water. Cold drinks can tighten your throat, making it harder to speak or sing.

5. Keep Warm

If it's cold where you live, layer up. Wear scarves around your neck and chest. Warmth protects your throat, lungs, and voice.

6. Breathe the Right Way

Good breathing helps your voice stay strong. Relax your shoulders, breathe in deeply, and let your stomach expand. This supports your voice so you don't have to strain to be heard. Try it, it feels calming too.

7. Move Your Body

Exercise improves your breathing and builds vocal strength. Even short daily workouts make a difference.

If your voice feels tired, rest it. Sip ginger + honey + lemon tea, stay quiet for a bit, and you'll bounce back stronger. Cheers to a season of fun, love, and celebration, and to a glorious new year ahead.

SPEAK LIFE & HEALTH



“For by thy words thou shalt be justified, and by thy words thou shalt be condemned” (Matthew 12:37).

The ability to speak is one of the greatest gifts God has given us. In God’s Kingdom, we live by words. It’s about what you say. If you talk right, your life will be right. If you talk negatively, your life will be in jeopardy (see **Proverbs 15:4** and **Proverbs 18:21**).

Jesus said that you will have what you say. This means your health, peace, confidence, and success all have a connection to your words. So here is the real question: **What are you saying about your life today?**

PROCLAIM BOLDLY

Dear Father, by Your Word and unfailing power, I rise above every situation and circumstance. I live by Your Word today and always. The forces of righteousness, success, divine health, victory, and prosperity are activated and working in my life.

Lord, I am the shining outflow of Your glory, Your perfection, beauty, and grace made visible. I am fully aware of Your supernatural life in me. I am the expression of Your righteousness and the unveiling of Your glory to my world. Amen.

I am thankful for the goodness of the Lord and the victories He has brought into my life through Christ Jesus! The power of His unfailing Word is at work in me, causing me to experience supernatural blessings of divine health and prosperity.

My faith is alive! God’s Word is producing results in my life. I am not controlled by what I see or how I feel, because I walk by faith and not by sight. Therefore, I live in absolute peace, health, and prosperity.

Everywhere I turn, and in everything I do, the lines have fallen for me in pleasant places. I have a good and godly heritage. Joy, health, peace, and the good

life are my birthright in Christ. Sickness and disease have no place in my life.

I live in absolute victory every day. I reign and rule over the forces of darkness in this world. I dominate my environment, and I reign over sickness, disease, the powers of darkness, and death. Hallelujah!

My life shines with the excellence of God’s nature. I’m filled with His life from head to toe. No sickness, pain, or weakness can attach itself to me. I walk in strength, wholeness, and divine health every day.

I am a new creature in Christ. Every fiber of my being, every bone of my body, and every cell of my blood is replete with God. I’m a walking expression of His glory, grace, and righteousness wherever I go.

The Lord has made my life easy, glorious, and full of joy. I live stress-free in Christ because I dwell in His rest. My days overflow with peace, prosperity, and joy. I walk strong and steady in divine health always.

Blessed Father, thank You for the body of Jesus that was broken for me. Because of Him, I can never be broken, sick, weak, or defeated.



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