

## Introduction

To begin with scripture, the Gospel of John, chapter 6:

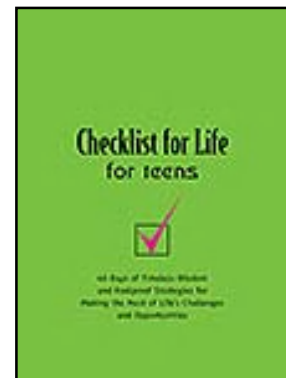
Jesus said, **“I am the Bread of Life.** The person who aligns with me hungers no more and thirsts no more, ever.

This devotion, “Checklist for Life”, is aimed at assisting the teen or young person through the transition to adulthood. **The introduction encourages you, the reader, to “take heart”:** though the transition involved unknowns and risks, opportunity and cause abound for you to prepare in part with this book.

The book contains forty (40) topics – or issues that the teen likely faces in and through this transition. Topics such as:

- Self-acceptance, entitled “Mirror, Mirror”
- Loss, “Things Fall Apart”
- Cliques, “Exclusive Offer”
- Accepting Others, “Zero Tolerance”
- Values, “Choosing Friends”

...and the list goes on.



My summary (s) will be a snapshot of each devotional – in the order of the book. My desire and intention is to capture the essence of each – such that you may potentially benefit...though not having access to the book.

Each devotion (or summary) will offer scriptures, quotes, and content in support of the topic. From the introduction, the following scripture & quote:

Charles Dickens said: “A loving heart is the truest wisdom”

Continuing in John, chapter 6, Jesus told his disciples:

“This, in a nutshell, is that will: that everything handed over to me by the Father be completed—not a single detail missed—and at the wrap-up of time I have everything and everyone put together, upright and whole.

**This is what my Father wants:** that anyone who sees the Son and trusts who he is and what he does and then aligns with him will enter real life, eternal life...

Above all, God is love; and this love is found in his son, Jesus – and love “is the truest wisdom.”