

# POWER YOUR VISION



A teenager's guide to finding their identity and  
discovering the path to their purpose



**JUDY MZUNGU JABALI**

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## INTRODUCTION

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The journey of becoming a teenager can be compared to a caterpillar changing into a pupa before finally becoming a butterfly. This is a beautiful and yet curious chapter of self-discovery as you ask yourself questions such as “Who am I? Why am I here?”

It can sometimes seem confusing and uncomfortable as you move from the familiar world of childhood into the unpredictability of adulthood.

As you journey through this stage, you may face unexpected challenges that somehow blur your vision. You could then lose sight of your potential and the future you once dreamt of.

Some, unable to deal with the discomfort and anxiety, may retreat into isolation and become a dull version of themselves. Others, in an attempt to cover up for their inner struggles, could gravitate towards negative habits.

**Power Your Vision for Teens** is a guide designed to inspire you to draw from the rich deposit of what God has given you, and to empower you to overcome the challenges of this stage of your life.

In this book, the word “Vision” refers to “the eye of the mind”, which means having an inner understanding and awareness that goes beyond what you can see with your physical eyes. While our physical eyes can only see the past and our current situation, our inner eyes can see what is in us and what we are created to become. In Ephesians 1:18 (MSG) Paul says, “*I pray that your eyes are focused and clear, so that you can see exactly what it is he is calling you to do, grasp the immensity of this glorious way of life he has for Christians*”.

By reading and reflecting on the questions in this book, you will;

- Become aware of your uniqueness
- Deal with underlying issues that could affect your choices and decisions
- Develop healthy relationships and overcome peer influence and life-controlling problems
- Successfully navigate both success and failure now and in the future

**Power Your Vision for Teens** draws lessons from the journey of the children of Israel to the promised land, examples of Bible characters, as well as my life and coaching experiences. I aim to reflect the transition period and prepare you for the journey into adulthood through relatable stories.

This is more than a book. It is a friend, talking to you and guiding you to reflect on your life. My desire is to hold your hand as you transition into adulthood and prepare you for the journey ahead.

I hope and pray that reading this book strengthens your sense of identity and anchors your faith. May you find the courage to step out and make a lasting impact on your generation and beyond.

***The world is waiting!***

## HOW TO GET THE MOST OUT OF THIS BOOK



First of all, congratulations on having this book in your hand.

The next step is quite simple, just read it - one chapter at a time.

Each chapter is filled with relatable stories, illustrations, and quotes to make the journey memorable.

Highlight, mark, underline, or circle anything that stands out to you. Take notes.

At the end of each chapter, take time to reflect and answer the given questions. Write down your thoughts.

This book is a great guide for you. Use it now, keep it, and refer to it. Trust me, you will definitely need it even in the future.

As you take this journey, you may seek the company of like-minded young people with whom you can share and enjoy the benefit of discovering yourselves early.

We have an additional section to guide your **Group Discussions** at the end of the book.

No matter your individual circumstances, God in His Divine wisdom puts you in environments that stir the expression of what lies within you and guide you to your purpose.

In Numbers 13:1-2 (NIV), God tells Moses to “*send some men to explore the land of Canaan, which I am giving to the Israelites.*” Likewise, God will ‘send’ your mind to explore your own version of Canaan- the place of your purpose. This mental journey involves seeing all aspects of yourself, recognising chance encounters that ignite your inner light, and beginning to imagine new opportunities.

Looking back on my journey, I recognise my heritage, the special gifts, and the people I met in my life as gentle flickers guiding me towards my life’s purpose.

In my early years, neither my gifts, abilities, nor chance encounters held much significance for me; I only understand this as I look back.

I believe that the sooner you start to understand and make sense of the patterns in the events of your life, the better your chances are to intentionally walk the path of your purpose. With guidance, that journey can be easier.

This is the reason behind writing Power Your Vision for Teens - to equip you to join the dots earlier and give you the advantage of discovering your purpose early in life.

Allow me, therefore, to guide you as you embark on an inward journey and start to understand every gift within you and every pattern in your life.



**God in His Divine wisdom puts you in environments that stir the expression of what lies within you and guide you to your purpose**

Consider your lineage and its uniqueness, the environment in which you were raised, as well as the gifts and abilities you have demonstrated so far. I invite you to consider the personalities that inspire you and what it is about them that attracts you.

Take the time to write down every detail of your story, including every chance encounter and opportunity that left a mark on you.

To better understand the purpose of this conversation, let us briefly consider the life story of Joseph, as highlighted in Genesis 37, 39-41. You will realise;

- Joseph's childhood gift was that of a dreamer. His father, Jacob, was also a dreamer (refer to Genesis 28:12).
- Joseph demonstrated his leadership skills both in Pharaoh's house, where he was responsible for the household, and in prison, where he managed all the prisoners.
- Joseph had close interactions with Potiphar, the chief baker, and the cupbearer. All these individuals worked closely with the Pharaoh.

Let us also learn from the story of Jesus;

- He was born of the Holy Spirit (Luke 1:35) and was therefore not Joseph's biological child.
- Jesus received the benefits of his adoptive father's lineage. (Matthew 1)
- Jesus became a carpenter (Mark 6:3), having learnt the trade from his adoptive father.
- He was drawn to and mentored by teachers in the synagogue. (Luke 2:46-47)

In the chapters ahead, we will explore how everything about you guides you to your Purpose. Take a moment to explore the treasures inside you.

Using the roadmap in diagram 1.0 and the reflection questions on Page 9, let us identify your pattern.

- 📍 Your lineage
- 📍 Your place of upbringing
- 📍 Your inborn gifts
- 📍 Your learnt skills
- 📍 The people you are drawn to

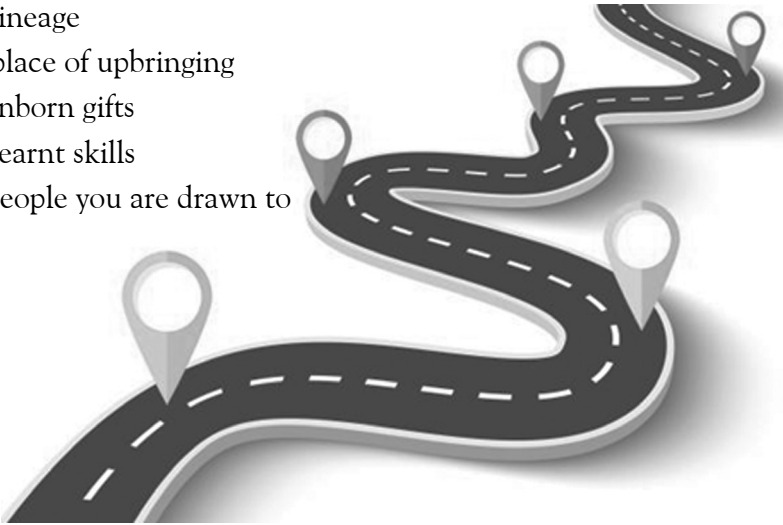
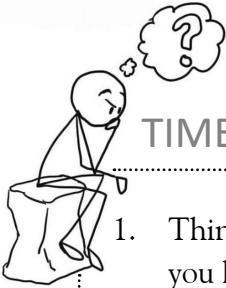


Diagram 1.0

*The path to your purpose is discovered by recognising your childhood influences, your gifts and skills, chance meetings that leave a mark on your heart, the opportunities that keep recurring, and what you are passionate about*

**Your inner vision will begin to come alive when you can recognise your gifts and abilities, and understand the unique giftings of the people you are connected with.**



## TIME TO REFLECT...

1. Think about your biological parent or the people among whom you have been raised. What gift might you have inherited from them?

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2. What unique gifts have people complimented you about?

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3. a) What have been your favourite subjects in school?

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- b) What co-curricular activities do you participate in?

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- c) What are your hobbies?

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4. a) Which individual or individuals inspire you?

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- b) What is it about them that draws you to them?

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God-given gifts. My vision had been blurred, and I could not see what I carried. I became a pale shadow of the vibrant, outgoing speaker I once was.

What may have happened to you in your past? What could stand in the way of your becoming everything God created you to be?

The dark experiences of your life cloud your perception of the good within you.

Criticism, rejection, failure, and disappointment can reduce your confidence, harm your self-image, and make you lose sight of the bright future ahead.

When I think about my own mother, once ambitious and driven, but later shrouded in a dark cloud of anger and bitterness, and many of my coaching clients, both young and mature, I realise that people generally tend to remember their negative experiences more than their positive moments.

Unfavourable life circumstances may cause us to lose sight of the precious gems of our gifts and abilities. Sadly, not everyone has the opportunity to rediscover their true identity.

Joseph overcame the human tendency to harbour pain and bitterness, remained devoted to God, and allowed his natural gifts to flourish.

You must understand that hurt and pain, if ignored, will prevent you from recognising the gifts within and the treasure hidden in even the difficult experiences more.

To bring out the good and remain positive despite the challenges you have faced, you have to overcome the natural human tendency

to cover things up and pretend they did not happen. You need to deliberately allow yourself to face and accept what happened at every stage of your life.

You see, God does not work with your wounds; He works with your gifts and the good that comes from your wounds.

And while God understands every part of your life's journey, He will only work with the good that the journey has produced in you. You must endeavour to guard your heart and ensure you bring out the good even in the midst of not-so-favourable circumstances.

Bringing out the good is not about pretending that you did not get scarred along the journey, or get pricked by thorns. It is about acknowledging the difficult and distressing moments. Better still, it is realising that the value of your gifts and the wisdom gained from tough experiences outweigh the pain and discomfort you had to endure.

Once you acknowledge and accept what happened, take a moment to reflect on the people who caused you pain, or betrayed and hurt you. You should try to understand what your offenders might have gone through in the past, seek to understand their position and empathise with them.

In your case, it might not necessarily be your mother. It could be someone who caused you pain, but you might not have the understanding of why they acted as they did.

The people responsible for your pain often have unresolved issues that, unfortunately, get passed on to you.



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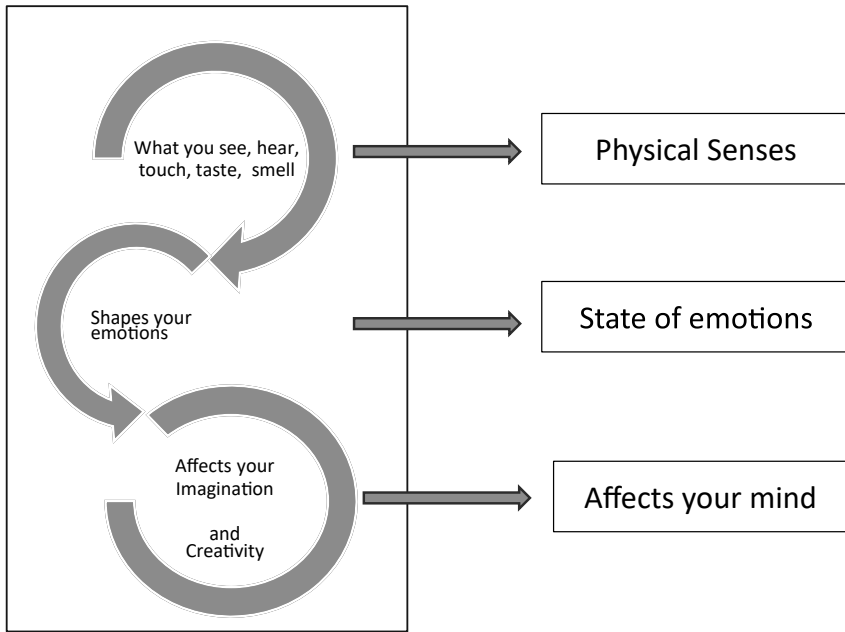


Diagram 3.0

*What you consume through your five senses affects the state of your emotions, and eventually affects the state of your mind*

When faced with setbacks that hurt our emotions, we often lose our sense of identity. In the search for an answer to the inner struggle due to the loss of identity, some people tend to give in to negative influences through what they see, hear, touch, feel, and smell.

The environment may expose you to negative influences such as drugs and alcohol (what you taste), pornography and sensual videos (what you see), smoking and drugs (what you smell), music with offensive lyrics



**When faced with setbacks that hurt our emotions, we often lose our sense of identity.**

and negative rumours (what you hear), and the tempting appeal of affection (what you touch).

All these are intended to stir your emotions and influence your mind.

Although it may seem fashionable and help you gain entry into your peer groups, giving in to these influences leads to emotional instability and a lack of peace. It affects your mind and ultimately your actions—causing you to lose your sense of purpose.

Like Caleb, we have to overcome our past experiences – our failures or mistakes - and seek to believe what we now know to be true.

Remember that you have gifts, skills, and experiences that can still be utilised as you continue your journey towards purpose.

Starting my career and working my way up meant that I had to chart a new path based on where life had placed me. I read widely and intentionally trained on the job at every opportunity that came my way. The closed door of failure to gain university admission was not the end of the road. My path had simply been redirected.

Your mind is built to be lively and vibrant, eager to explore life's colours and create a beautiful collage of the future that awaits you.

Although you may have been affected by setbacks and disappointments or made poor choices that affected your mind, there is still hope. When you heal from past wounds, you can rediscover your identity and find your path to purpose.

You are built to maintain the inner confidence that comes from knowing who you are and what you carry. You also need peace and stillness that allow you to listen internally, follow your inner guidance, and lead you in the right direction.

Your mind needs to have the capacity to understand the inner leading, process the vision into an image, and then, with passion and enthusiasm combined with your faith in God, strengthen you to move forward.

As a human being, you are made of spirit, soul and body. Your spirit is the part of you that communicates with God. Your soul, which is made up of the mind, emotions and will, is responsible for interpreting the communication from the spirit. Your body is your physical form, which interacts with the environment and takes action based on instructions from the soul. Refer to Diagram 4.0



*Diagram 4.0*

*When your spirit intuitively gets conviction, your soul being in a harmonious state, gives your mind the ability to create the image and your will motivates you to act on the vision*