29 Teens In the Bible
By Daniel Darling
The following are the 29 young people from the Bible and their stories as told in Teen People of the Bible. (New Hope, 2007)

1) Cain –
   Story: Cain’s open rebellion against God resulted in his tragic choice to kill his brother.

   Where in the Bible: Genesis 3:1 through 4:5

2) Abel –
   Story: Abel lived a short, but meaningful life. His name mean’s “whisper”, but his testimony for God spoke volumes.

   Where in the Bible: Genesis 3:1 through 4:5

3) Isaac –
   Story: Isaac was born for a special purpose and had the faith to give up his life for God.

   Where in the Bible: Genesis 22

4) Rebekah –
Story: Rebekah displayed extraordinary faith on an ordinary day and embarked on a radical journey of faith.

Where in the Bible: Genesis 24

5) Esau –
   Story: He bartered away his future for momentary pleasure. His life was an unending series of regrets and misfires.

Where in the Bible: Genesis 25:20-34

6) Jacob –
   Story: Jacob exploited his friends and his family for his own gain, but a radical encounter with God set him on course.

Where in the Bible: Genesis 25-28

7) Leah –
   Story: She couldn’t live up to anyone’s expectations and battled depression and insecurity.

Where in the Bible: Genesis 29

8) Rachel –
   Story: She was the favored sister, the girl that everyone wanted to have. She struggled with pride her entire life.

Where in the Bible: Genesis 29-30

9) Joseph –
   Story: Joseph was betrayed, resisted sexual temptation, and was falsely accused and yet trusted God enough to see God’s will prevail.

Where in the Bible: Genesis 37-39

10) Miriam –
    Story: Her quick thinking not only saved her brother’s life—it saved an entire nation.

Where in the Bible: Exodus 2:1-10
11) Moses –
   Story: Moses left all the perks of his royal life to identify with God’s people.


12) Rahab –
   Story: Rahab left behind a checkered past and embraced the grace of a loving God. She became part of Israel’s history.

   Where in the Bible: Joshua 2

13) Samson –
   Story: Samson wasted his natural talents, good parents, and golden opportunities and pursued a life of pleasure and pain.

   Where in the Bible: Judges 13-16

14) Samuel –
   Story: Samuel’s birth was a miracle. As a young man, he listened to God’s voice and became an agent of change in a decadent culture.

   Where in the Bible: 1 Samuel 3

15) David –
   Story: David was an obscure and overlooked young man who sought God as a teen and never looked back.

   Where in the Bible: 1 Samuel 16

16) Michal –
   Story: Michal pinned all her hopes on one man’s love and became disappointed and bitter toward God.
Where in the Bible: 1 Samuel 18:28-30

17) Jonathan –
   Story: He gave up the throne for his best friend and willing spent the rest of his life in the shadows of David.

   Where in the Bible: 1 Samuel 18:1–4; 23:16–18

18) Solomon –
   Story: He began life with such promise, but allowed lust and greed to eat at his soul.

   Where in the Bible: 1 Kings 1 and 2:13–25

19) Naaman’s Servant –
   Story: Her compassion for her slave master helped him find healing and hope.

   Where in the Bible: 2 Kings 5:1–14

20) Joash –
   Story: He coasted off of the faith of his godly aunt and uncle, but when they passed from the scene, he abandoned God.

   Where in the Bible: 2 Chronicles 24

21) Josiah –
   Story: Even though he was raised in a non-believing home by parents and grandparents who rebelled against God, Josiah chose to pursue God.

   Where in the Bible: 2 Kings 22:1 through 23:30; 2 Chronicles 34:3–7

22) Jeremiah –
   Story: At the age of 17, he was called by God to be a prophet in Israel.
Where in the Bible: Jeremiah 1

23) Daniel –
   *Story:* He was ripped from his home as a teen and forced to live in a culture that celebrated sensuality, greed, and indulgence. Still, Daniel stood tall for God.

Where in the Bible: Daniel 1

24, 25, 26) Shadrach, Meschach, and Abednego –
   *Story:* Like Daniel, they too were ripped from their homeland and forced to live in a culture. And like Daniel, they refused to abandon their faith.

Where in the Bible: Daniel 3

26) Esther –
   *Story:* Her grace won the heart of the king and her courage saved her people.

Where in the Bible: Esther

27) Mary –
   *Story:* Mary willingly became a teenage mother and raised the Son of God.

Where in the Bible: Luke 1

28) Salome –
   *Story:* Instead of living her own life, she allowed others to live through her.

Where in the Bible: Matthew 14:1-12

29) Lunch Boy –
   *Story:* He was the only one who thought Jesus could do the unthinkable—and he gave everything he had.

Where in the Bible: John 6:1-14