

Weekly Writing Prompts

Gentle Ideas to Help Teens Grow Their Voice and Writing Skills

Use these prompts once a week, or as often as you'd like. These are designed to encourage thought, self-expression, and communication—not stress.

Personal Reflection

1. What's something you've learned this week that surprised you?
2. Write about a time when you felt proud of yourself.
3. What's one area of your life you want to grow in—and why?
4. Describe your perfect day from start to finish.
5. Write a letter to your future self ten years from now.
6. What does success mean to you personally?
7. What's something you've struggled with—and what helped?

Faith-Based Prompts

8. What's a Bible verse that has encouraged you lately? Reflect on it.
9. Write a prayer asking God for help in something specific.
10. Describe a time when you saw God's hand in your life.
11. What does it mean to you to live with purpose?
12. How can you be a light to someone this week?
13. Write about a character in the Bible you relate to—and why.
14. What do you think it means to walk in faith during hard times?

Creative Writing

15. Write a short story starting with: "She found the letter tucked inside the book."
16. Invent a character who lives in a lighthouse. What's their daily life like?
17. Create a world where there's no electricity—how do people live?
18. Write a modern-day parable with a lesson at the end.
19. Describe your favorite season without saying its name.

20. Write a “choose your own adventure” story with at least two possible paths.
21. Imagine your future home—describe the space, colors, and feelings it gives.

Thought & Opinion

22. What’s one issue in the world you care deeply about?
23. Write your opinion on whether technology helps or hurts relationships.
24. Do you think everyone should go to college? Why or why not?
25. Should teens be required to take life skills classes in high school?
26. Is social media more helpful or harmful for your generation?
27. What’s one thing you’d change about the world if you could?
28. What makes a good leader—and why?

Real Life Application

29. Write a set of instructions for something you know how to do (a recipe, DIY project, or hobby).
30. Draft a professional email asking for information about a job, internship, or opportunity.
31. Write a review of a book, movie, or product you recently used.
32. Create a weekly schedule that reflects your ideal routine.
33. Write a list of 10 ways to save money as a teen.
34. Describe your dream job—and how you plan to prepare for it.
35. Interview someone older than you and write a summary of what you learned.

You can have your teen choose from this list each week or assign one based on what fits their current interests or goals. Many of these prompts could be shared with family, turned into devotionals, or saved in a personal writing portfolio.