



THE BECOMING GARDEN

with Opeyemi

IN COLLABORATION WITH THE WAITING GARDEN

A FAITH-BASED TEENAGERS DEVELOPMENT JOURNEY

KNOW GOD • KNOW YOURSELF • DISCOVER PURPOSE • BUILD YOUR LIFE • MAKE AN IMPACT

12-Week Formation Journey + Weekly Confessions + 90-Day Becoming Plan

“You don't have to have it all figured out. You are becoming.”

PARTICIPANT EDITION

Name: _____

Year: _____

The Becoming Garden: A Teenagers Development Book

This book is a participant resource for The Becoming Garden, a teenagers development initiative in collaboration with The Waiting Garden.

It combines the programme's biblical foundation, 12-week learning journey, practical workbook activities, weekly confessions and 90-day post-programme growth plan into one continuous journey.

Designed for reflection, discussion, practice, accountability and personal growth.

All Scripture references should be read in a trusted Bible translation alongside this book.

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PART I

Welcome to the Garden

Before we talk about achievement, we talk about cultivation.



THE BECOMING GARDEN

W I T H O P E Y E M I

Welcome to the Garden

The Becoming Garden is built around one simple picture: a garden.

A garden is not built in a day. A seed is planted, a suitable environment is created, water is supplied, light is provided, roots develop, unhealthy growth is removed, the plant is protected, and with time the plant produces fruit.

That is how we understand teenagers too. Every teenager carries potential, gifts, questions, dreams and purpose. But potential needs cultivation.

The Becoming Garden exists to create an environment where teenagers can know God, understand themselves, ask honest questions, develop practical life skills, receive wise guidance, build healthy relationships and grow into people who produce good fruit.

OUR CORE POSITION

A safe space for teenagers to know God, understand themselves, discover purpose and grow into who they were created to be.

1. What Is The Becoming Garden?

The Becoming Garden is a faith-based teenagers development initiative under The Waiting Garden. It is designed for teenagers approximately ages 13–20, and combines biblical formation with practical personal development.

WHAT WE WANT TEENAGERS TO EXPERIENCE

- A genuine relationship with God rather than borrowed faith.
- A healthier understanding of identity and self-worth.
- Honest, age-appropriate conversations about real life.
- Practical tools for habits, discipline, time and self-leadership.
- Wisdom for friendships, boundaries and influence.
- Support when facing difficult or unhealthy patterns.
- Exposure to mentors, counsellors and other qualified professionals.
- Opportunities to discover gifts, skills, purpose and future direction.
- A culture of service, evangelism, responsibility and leadership.

WHAT THIS IS NOT

- It is not a replacement for parents or guardians.
- It is not a substitute for professional mental-health, medical or safeguarding support.
- It is not a place where teenagers are forced to disclose private trauma.
- It is not built around public comparison or performance.
- It is not only motivational talk with Bible verses added afterwards.

2. The Garden Picture: How Growth Works

The garden analogy is not decoration. It is the framework for understanding the entire programme.

Garden Element	What It Means
THE SEED — THE TEENAGER	Every teenager carries God-given potential, gifts, questions and purpose.
THE SOIL — THE ENVIRONMENT	Safety, love, truth, God's Word, community, accountability, mentorship and appropriate professional support.
THE WATER — WORD & PRAYER	Scripture, prayer, worship and obedience nourish the inner life.
THE LIGHT — GOD'S TRUTH	Truth brings clarity to identity, decisions, relationships, struggles and the future.
THE ROOTS — CHARACTER	Integrity, convictions, discipline, humility, honesty, self-control and obedience create depth.
THE STEM — IDENTITY	A healthy identity gives structure and keeps life from being defined by trends, pressure or other people's opinions.
THE BRANCHES — CAPACITY	Spiritual, academic, career, relational, financial, emotional, physical, leadership and service capacity can develop.
THE FLOWERS — VISIBLE GROWTH	Confidence, wisdom, responsibility, creativity, compassion, discipline and healthier decisions become visible.
THE WEEDS — UNHEALTHY PATTERNS	Comparison, peer pressure, destructive thoughts, unhealthy relationships, addictions, dishonesty and other patterns compete with growth.
THE PRUNING — CORRECTION	Boundaries, discipline, correction and letting go can protect what is growing.
THE PROTECTION — SAFEGUARDING	Young people must be protected from exploitation, grooming, bullying, unsafe adults, harmful content and other threats.
THE FRUIT — IMPACT	Service, evangelism, leadership, excellence, innovation, helping others and solving problems are evidence of growth.

Different plants grow differently. A teenager does not need to copy another teenager's timeline. Growth has seasons. Some seasons feel like sunshine; others feel like drought or storms. A difficult season does not automatically mean that nothing is happening.

3. Our Biblical Spine

The programme follows a biblical story so that the lessons remain rooted in Scripture rather than becoming a collection of motivational ideas.

Story	What It Teaches
GENESIS	God created humanity in His image. Identity begins with God's design.
THE FALL	Sin affected humanity and our relationship with God. We need grace, redemption and new life.
ABRAHAM	God calls people into a journey of faith. We can obey even when we cannot see the whole road.
JOSEPH	Character can be formed through difficult seasons.
MOSES	God can use what is already in your hands.
DAVID	God looks beyond appearance and develops the heart.
ESTHER	Position and opportunity can become instruments of purpose.
THE PROPHETS	God cares about obedience, justice, righteousness and faithful living.
JESUS	We know God through Christ and receive new life through Him.
THE EARLY CHURCH	Faith grows in community, service and shared responsibility.
PAUL	Gifts, work, character and life can serve God's mission.
REVELATION	Our lives belong to God's larger story and kingdom.

THE FIVE QUESTIONS OF THE GARDEN

1. What is being planted?
2. What is being cultivated?
3. What needs to be pruned?
4. What is growing?
5. What fruit is being produced?

4. How to Use This Book

This book is both a programme guide and a personal workbook. Do not rush through it. Write honestly. Ask questions. Discuss. Pray. Practise.

THE BECOMING MOVEMENT

SCRIPTURE → CONVERSATION → REFLECTION → PRACTICE → ACCOUNTABILITY

- **SCRIPTURE** — What does God's Word say?
- **CONVERSATION** — What does this mean in real life?
- **REFLECTION** — What is happening in me?
- **PRACTICE** — What will I do differently?
- **ACCOUNTABILITY** — Who will help me stay faithful?

THE STANDARD WEEKLY SESSION

Movement	Time	Purpose
The Check-In	5 min	How am I arriving today?
The Real-Life Question	5 min	What question is this topic answering?
The Word	15–20 min	What does Scripture teach?
The Becoming Conversation	10–15 min	How does this meet real life?
The Becoming Lab	10–15 min	What can I practise?
The Becoming Challenge	2–5 min	What will I do this week?
Anonymous Questions	3–5 min	What honest questions need space?
Prayer & Reflection	5 min	What am I taking to God?

PART II

The 12-Week Becoming Journey

Twelve conversations. Twelve opportunities to practise growth.

Each week is designed to connect biblical truth to the questions teenagers are actually facing.



THE BECOMING GARDEN

W I T H O P E Y E M I



THE BECOMING GARDEN

W I T H O P E Y E M I

Week 1 — Who Am I Becoming?

Identity, self-awareness and God's design

THE BIG QUESTION

“Who am I when nobody is watching?”

SCRIPTURE ROOTS

- Genesis 1:26–27
- Psalm 139:13–16
- Ephesians 2:10
- 2 Corinthians 5:17

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Identity Map
- Social Media Mirror
- Truth Swap

THE BECOMING CHALLENGE

Replace one negative self-statement with biblical truth for seven days.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 1 — My Weekly Confession

-  *I am created by God and my life has value.*
-  *I am not an accident, a mistake or a copy of somebody else.*
-  *I am completely known by God.*
-  *My identity is not determined by likes, followers, grades, appearance, friendship groups, trends, possessions or other people's opinions.*
-  *I refuse to measure my worth by comparison.*
-  *I am fearfully and wonderfully made.*
-  *I can learn, grow, change and mature without hating who I am today.*
-  *I am God's workmanship, created for good works.*
-  *I will discover myself through God's truth, not through pressure from the world.*
-  *I will honour my uniqueness while remaining teachable.*
-  *I choose truth over insecurity, gratitude over comparison and purpose over approval.*
-  *I am becoming the person God is shaping me to be.*

MY BECOMING ACTION

1. Speak truth about myself instead of insulting myself.
2. Identify one gift, one strength and one area I need to grow.
3. Practise gratitude instead of comparison.

PRAYER

Father, help me see myself through Your eyes. Teach me who I am in Christ and give me wisdom to grow without comparison. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 2 — Becoming a Believer

The Gospel, salvation and personal faith

THE BIG QUESTION

“Am I a Christian because I believe in Jesus, or because I grew up around Christianity?”

SCRIPTURE ROOTS

- Genesis 3
- John 3:16
- Romans 3:23
- Romans 5:8
- Romans 10:9–10
- Ephesians 2:8–9

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Personal Faith Story
- Gospel in My Words
- Belief Check

THE BECOMING CHALLENGE

Read one Gospel passage daily for seven days.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 2 — My Weekly Confession

🌿 *I am not a Christian merely because I grew up in a Christian home, attended church or know Christian language.*

🌿 *I choose to know Jesus for myself.*

🌿 *I acknowledge that I need God's grace.*

🌿 *I believe that Jesus Christ is Lord and that salvation is God's gift, not something I earn by performance.*

🌿 *I do not have to pretend to be perfect before coming to God.*

🌿 *Because of Christ, I can receive forgiveness, new life and a new identity.*

🌿 *I will ask honest questions rather than hide my doubts.*

🌿 *I will build my faith on God's Word and not merely on other people's experiences.*

🌿 *I will not be ashamed of the Gospel.*

🌿 *My faith will become personal, informed and lived out.*

🌿 *I belong to Christ, and my life is being transformed by Him.*

MY BECOMING ACTION

1. Write your faith story in your own words.
2. Read a Gospel passage daily for seven days.
3. Ask a trusted adult or mature believer about one genuine faith question.

PRAYER

Jesus, help me know You personally, understand the Gospel and live as someone who truly belongs to You. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 3 — Knowing God for Myself

Personal relationship with God

THE BIG QUESTION

“How do I know God for myself when my parents, pastor or mentor are not around?”

SCRIPTURE ROOTS

- Exodus 33:13–18
- Psalm 27:8
- Jeremiah 9:23–24
- John 17:3
- Philippians 3:8–10

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Personal Devotion Plan
- God-Knowledge Card
- Prayer Lab

THE BECOMING CHALLENGE

Practise seven intentional days with God.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 3 — My Weekly Confession

-  *I can know God personally.*
-  *My relationship with God is not borrowed from my parents, pastor, mentor or friends.*
-  *I choose to seek Him.*
-  *I can talk to God honestly in prayer, listen to His Word, worship Him and obey what He teaches me.*
-  *I do not need to perform for God to earn His attention.*
-  *I approach Him with reverence, confidence and a willing heart.*
-  *I will create time for God even when I do not feel like it.*
-  *I will learn to read Scripture carefully, ask questions, reflect and apply it.*
-  *I will not make feelings the only measure of my relationship with God.*
-  *I will pursue Him in ordinary days, difficult days and joyful days.*
-  *I am growing in the knowledge of God, and my relationship with Him will influence the way I think, speak, choose and live.*

MY BECOMING ACTION

1. Build a simple personal devotion routine.
2. Spend intentional time in prayer each day for seven days.
3. Record one thing you learn about God from Scripture each day.

PRAYER

Lord, draw my heart toward You. Help me know You beyond religious routine and grow in genuine relationship with You. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 4 — From Passion to Purpose

Gifts, calling, purpose and contribution

THE BIG QUESTION

“What if I don't know what I'm supposed to become?”

SCRIPTURE ROOTS

- Genesis 12:1–4
- Exodus 31:1–6
- 1 Samuel 16:1–13
- Esther 4:14
- Acts 9:1–22
- Ephesians 2:10

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Purpose Discovery Map
- Gift in Action
- Purpose Myths

THE BECOMING CHALLENGE

Use one gift to serve someone.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 4 — My Weekly Confession

- 🌿 *My life has purpose.*
- 🌿 *I do not need to know every detail of my future today.*
- 🌿 *I can discover purpose step by step.*
- 🌿 *God has given me gifts, interests, experiences, opportunities and abilities that can be developed and used for good.*
- 🌿 *I will not confuse popularity with purpose or pressure with calling.*
- 🌿 *I will learn, serve, experiment, ask questions and grow.*
- 🌿 *I will not bury my gifts because I am afraid of failure or because someone else seems more talented.*
- 🌿 *I understand that purpose is bigger than a job title.*
- 🌿 *My purpose includes who I become, how I serve, what I build and how I represent Christ.*
- 🌿 *I will use what is in my hands today while trusting God with tomorrow.*
- 🌿 *I am available to be shaped, equipped and sent.*

MY BECOMING ACTION

1. List three gifts or interests you want to develop.
2. Use one gift to serve someone.
3. Start one small project connected to something you care about.

PRAYER

Father, reveal the gifts You have placed in me and give me wisdom to develop and use them for Your glory and the good of others. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 5 — Mindset & Self-Leadership

Thoughts, beliefs and personal responsibility

THE BIG QUESTION

“What if the biggest thing holding me back is the way I think?”

SCRIPTURE ROOTS

- Proverbs 4:23
- Proverbs 23:7
- Romans 12:2
- Philippians 4:8
- 2 Corinthians 10:5

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Thought Audit
- Mental Reset
- Scenario Room

THE BECOMING CHALLENGE

Catch and challenge one recurring negative thought each day.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 5 — My Weekly Confession

- 🌿 *I take responsibility for what I allow to shape my mind.*
- 🌿 *I do not have to believe every negative thought that enters my head.*
- 🌿 *I can examine my thoughts and bring them under the truth of God's Word.*
- 🌿 *I choose thoughts that are true, honourable, pure, lovely and worthy of praise.*
- 🌿 *I will not let one failure become my identity.*
- 🌿 *I will not allow comparison, fear or rejection to define me.*
- 🌿 *I can pause before reacting.*
- 🌿 *I can ask for help.*
- 🌿 *I can change an unhealthy pattern.*
- 🌿 *I can learn from correction.*
- 🌿 *I choose a teachable mind, a disciplined mind and a hopeful mind.*
- 🌿 *I will not make excuses for choices I can take responsibility for.*
- 🌿 *With God's help, I can grow in self-control, wisdom and emotional maturity.*

MY BECOMING ACTION

1. Keep a one-week thought audit.
2. Test negative thoughts against Scripture and replace them with truth.
3. Practise pausing before responding when angry or pressured.

PRAYER

Holy Spirit, renew my mind. Help me recognise unhealthy thoughts and replace them with truth, wisdom and self-control. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 6 — Building Systems for Growth

Habits, time, structure and discipline

THE BIG QUESTION

“Why do I know what to do but still don't do it?”

SCRIPTURE ROOTS

- Proverbs 6:6–11
- Luke 14:28–30
- Daniel 1:8
- 1 Corinthians 14:40
- Colossians 3:23

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Weekly Systems Planner
- Phone Reality Check
- Friction Design

THE BECOMING CHALLENGE

Follow one simple growth system for seven days.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 6 — My Weekly Confession

-  *I understand that growth requires more than good intentions.*
-  *I choose discipline, structure and consistency.*
-  *I will learn to manage my time instead of allowing my phone, distractions or procrastination to manage me.*
-  *I can build simple systems that help me pray, study, rest, exercise, learn, serve and complete responsibilities.*
-  *I will not wait until I feel motivated before doing what is right.*
-  *I will start small and remain consistent.*
-  *When a system fails, I will review it and improve it instead of giving up.*
-  *I choose preparation over last-minute panic.*
-  *I choose faithfulness in small things because small choices become patterns, and patterns shape my life.*
-  *By God's grace, I am becoming more organised, responsible and dependable.*

MY BECOMING ACTION

1. Create a realistic weekly routine.
2. Choose one habit and practise it for seven days.
3. Identify one distraction and put a practical boundary around it.

PRAYER

Lord, teach me discipline. Help me build wise routines and remain faithful in the small things. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 7 — Strategic Relationships

Friendship, influence, boundaries and wise relationships

THE BIG QUESTION

“Are my friends helping me become, or helping me become something I shouldn't be?”

SCRIPTURE ROOTS

- Genesis 13:1–12
- Proverbs 13:20
- Proverbs 27:17
- 1 Corinthians 15:33
- Ruth 1:16–17
- 1 Samuel 18:1–4
- 2 Timothy 2:22

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Relationship Map
- Peer Pressure Role-play
- Friendship Audit

THE BECOMING CHALLENGE

Have one intentional conversation with a positive influence.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 7 — My Weekly Confession

-  *I understand that relationships influence who I become.*
-  *I will choose friends who encourage wisdom, growth and what is right.*
-  *I will also seek to be the kind of friend who adds value, tells the truth with love and celebrates other people's growth.*
-  *I do not need to follow a crowd to belong.*
-  *I can say no to pressure.*
-  *I can set healthy boundaries without feeling guilty.*
-  *I will not stay in relationships that repeatedly pull me toward destructive choices.*
-  *I will seek help when a relationship becomes unsafe, controlling, manipulative or harmful.*
-  *I will honour people while maintaining wisdom and boundaries.*
-  *I will learn to recognise healthy influence, unhealthy influence and the difference between acceptance and approval.*
-  *My relationships will help me grow in love, wisdom and character.*

MY BECOMING ACTION

1. Complete a relationship map.
2. Practise one respectful way to say no to pressure.
3. Have one intentional conversation with someone who positively influences your growth.

PRAYER

Father, give me wisdom in my relationships. Help me recognise good influence, set healthy boundaries and become a trustworthy friend. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 8 — Consistency & Discipline

Perseverance, faithfulness and recovering after failure

THE BIG QUESTION

“Why do I start strongly and stop quickly?”

SCRIPTURE ROOTS

- Galatians 6:9
- Proverbs 24:30–34
- Luke 16:10
- 1 Corinthians 9:24–27
- Hebrews 12:1–2

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- 30-Day Becoming Challenge
- Failure Review
- Consistency Scorecard

THE BECOMING CHALLENGE

Begin a 30-day habit and keep returning when you miss a day.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 8 — My Weekly Confession

-  *I choose faithfulness over quick excitement.*
-  *I understand that meaningful growth takes time.*
-  *I will not quit simply because progress is slow.*
-  *When I fail, I will learn, make corrections and begin again.*
-  *I refuse the mindset that one bad day means the whole journey is ruined.*
-  *I can return to the right path.*
-  *I will practise what I say I value.*
-  *I will keep commitments, complete responsibilities and honour small opportunities to grow.*
-  *I will not compare my chapter one with someone else's chapter twenty.*
-  *I will run my race with patience and endurance.*
-  *God is still working in me, and I will cooperate with that work through obedience, discipline and perseverance.*
-  *I am becoming more faithful, resilient and dependable.*

MY BECOMING ACTION

1. Start a 30-day habit challenge.
2. Review what worked, what failed and what needs adjustment.
3. When you miss a day, restart rather than abandon the habit.

PRAYER

Lord, strengthen me to keep going. Teach me to return after failure and remain faithful in the journey of becoming. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 9 — Breaking Free

Destructive patterns, temptation, addiction and seeking help

THE BIG QUESTION

“What do I do when something I know is hurting me has become difficult to stop?”

SCRIPTURE ROOTS

- Genesis 4:6–7
- Psalm 32:3–5
- John 8:34–36
- Romans 6:12–14
- 1 Corinthians 6:12
- Galatians 5:1
- James 5:16

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Trigger, Healthy Pattern and Support Map
- Safety Plan
- Anonymous Question Box

THE BECOMING CHALLENGE

Identify one trigger, one healthier response and one safe person to approach.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 9 — My Weekly Confession

-  *I am not defined by a struggle.*
-  *A difficult habit, temptation or destructive pattern does not become my identity.*
-  *I can bring hidden struggles into the light with wisdom and seek appropriate help.*
-  *I will not use shame as a substitute for change.*
-  *I will learn my triggers, recognise unhealthy patterns and create practical boundaries.*
-  *I will not romanticise behaviours that are harming me or others.*
-  *I will ask for help from a trusted adult and, where necessary, a qualified counsellor, therapist, medical professional or other appropriate support.*
-  *I understand that prayer and professional help are not enemies.*
-  *I can receive spiritual support and responsible professional care.*
-  *I will protect myself from harmful content, unsafe relationships and environments that repeatedly pull me backward.*
-  *I believe freedom can involve a process, accountability, boundaries, support and perseverance.*
-  *I choose honesty, wisdom and the courage to ask for help.*

MY BECOMING ACTION

1. Map a trigger, pattern and healthier response.
2. Identify two safe adults or professionals you could approach.
3. Create one practical boundary around a known trigger.

PRAYER

Father, give me courage to bring unhealthy patterns into the light, wisdom to seek help and strength to walk in freedom and healthy choices. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 10 — Honour, Character & Integrity

Who I am when nobody is watching

THE BIG QUESTION

“What kind of person am I becoming?”

SCRIPTURE ROOTS

- Genesis 39:7–12
- 1 Samuel 24:1–7
- Proverbs 10:9
- Luke 16:10
- Romans 12:10
- 1 Peter 2:17

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Character Audit
- Integrity Scenarios
- Repair Plan

THE BECOMING CHALLENGE

Practise one act of honour each day for seven days.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 10 — My Weekly Confession

- 🌿 *My character matters.*
- 🌿 *Who I am in private matters as much as what people see in public.*
- 🌿 *I choose honesty when lying would be easier.*
- 🌿 *I choose integrity when nobody would know.*
- 🌿 *I choose respect when I disagree.*
- 🌿 *I will take responsibility for my actions instead of blaming everyone else.*
- 🌿 *I will apologise when I am wrong and make reasonable efforts to repair harm.*
- 🌿 *I will not steal, cheat, manipulate, deceive or take advantage of people.*
- 🌿 *I will treat people with dignity.*
- 🌿 *I understand that trust is built through repeated faithful choices.*
- 🌿 *I want my words and actions to agree.*
- 🌿 *I will not build an impressive image while neglecting my character.*
- 🌿 *By God's grace, I am becoming a person others can trust.*

MY BECOMING ACTION

1. Do one hidden act of integrity.
2. Identify one character quality you need to strengthen.
3. Where appropriate, repair one relationship or responsibility you have neglected.

PRAYER

Lord, build strong character in me. Help me choose integrity when nobody is watching and humility when I am corrected. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 11 — Building My Future

Education, skills, money, work and leadership

THE BIG QUESTION

“What can I start building now instead of waiting until I’m older?”

SCRIPTURE ROOTS

- Proverbs 22:29
- Proverbs 21:5
- Matthew 25:14–30
- Colossians 3:23
- Ecclesiastes 9:10

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- Future Blueprint
- Skill Market
- 90-Minute Project

THE BECOMING CHALLENGE

Start one small future-building project.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 11 — My Weekly Confession

-  *I do not have to wait until I am an adult before I start building my future.*
-  *I can learn, practise, create, serve and develop skills now.*
-  *I will take my education seriously while recognising that learning happens beyond the classroom.*
-  *I will develop useful skills and seek wise mentors.*
-  *I will learn basic financial responsibility: earning, saving, budgeting, giving wisely and avoiding careless decisions.*
-  *I will not despise small beginnings.*
-  *I can start with a small project, a book, a course, a skill or an idea.*
-  *I will work with excellence rather than doing the minimum simply because nobody is watching.*
-  *I will become a responsible steward of opportunities.*
-  *My future is not built in one dramatic moment; it is shaped by repeated choices.*
-  *I will prepare before opportunities arrive.*

MY BECOMING ACTION

1. Choose one skill to develop over the next 90 days.
2. Create a future blueprint covering education, skills, character, relationships and service.
3. Start a small project that gives you practical experience.

PRAYER

Father, give me wisdom for my future. Help me become prepared, skilled, responsible and useful, and teach me to steward every opportunity well. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

Week 12 — Becoming on Purpose

Integration, commitment and the next 90 days

THE BIG QUESTION

“Now that I know more, what am I going to do with it?”

SCRIPTURE ROOTS

- Philippians 1:6
- Philippians 3:12–14
- Hebrews 12:1–2
- 1 Timothy 4:12
- 2 Peter 1:5–8

THE BECOMING CONVERSATION

This week is an invitation to move beyond knowing a concept and examine how it affects your real decisions, relationships, habits, faith and future.

THE BECOMING LAB

- 90-Day Becoming Blueprint
- Stop/Start/Continue
- Letter to Future Me

THE BECOMING CHALLENGE

Keep your 90-day blueprint visible and practise accountability.

MY REFLECTION

What stood out to me?

What challenged me?

Where does this meet my real life?

What do I need to change?

Week 12 — My Weekly Confession

-  *I am still becoming.*
-  *I will not treat growth as a one-time event.*
-  *What I have learned must become how I live.*
-  *I choose to keep growing in my relationship with God, character, wisdom, discipline, relationships, skills and service.*
-  *I will celebrate progress without becoming proud and acknowledge weaknesses without becoming hopeless.*
-  *I will set meaningful goals, build systems, ask for accountability and review my progress.*
-  *I will not wait for the perfect time to obey, serve, learn or begin.*
-  *I will take the next right step.*
-  *I believe God is still working in me, and I will cooperate with Him.*
-  *I will be an example in speech, conduct, love, faith and purity.*
-  *As I grow, I will also help others grow.*
-  *I am not only being cultivated; in time, I can become a gardener for someone else.*
-  *My life belongs to God. My gifts belong to God. My future belongs to God.*
-  *I choose to become on purpose and live for His glory.*

MY BECOMING ACTION

1. Complete your 90-Day Becoming Blueprint.
2. Choose three areas to focus on.
3. Choose one person who can hold you accountable.

PRAYER

Father, thank You for the journey. Help me continue becoming with intention, humility, courage and faithfulness. Let my life produce good fruit and point people to You. Amen.

ACCOUNTABILITY

Who will check in with me?

What will I tell them?

PART III

My 90-Day Becoming Plan

The programme may end. The becoming continues.



The next 90 days are where knowledge becomes practice. Choose a few meaningful priorities. Build small systems. Review your progress. Ask for help. Keep going.

ROOT → BUILD → PRACTISE → REVIEW → ADJUST → GROW → FRUIT

Looking Back

Before planning the next 90 days, pause and honestly examine the journey you have just completed.

What is the most important thing I learned about God?

What did I learn about myself?

What belief about myself do I need to change?

What habit or behaviour do I need to build?

What habit or behaviour do I need to reduce or stop?

Which relationship is helping me grow?

Which relationship or influence needs a healthier boundary?

What gift or ability do I want to develop?

What fear or pressure do I need to stop allowing to control my choices?

What is one area where I have already grown?

My Becoming Scorecard

Rate yourself honestly. This is not an examination. It is a mirror for awareness.

Area	Before (/10)	Now (/10)	Next 90-Day Focus
Relationship with God			
Bible study & prayer			
Identity & self-awareness			
Mindset			
Discipline & consistency			
Time & systems			
Relationships & boundaries			
Character & integrity			
Handling unhealthy patterns			
Purpose & gifts			
Education & skills			
Future & leadership			
Serving others / evangelism			

The area I most want to strengthen:

Why:

My Three Priorities

Do not choose everything. Choose three areas that can meaningfully move you forward.

PRIORITY 1

What is the area?

Why does this matter?

What would growth look like after 90 days?

What specific result do I want?

PRIORITY 2

What is the area?

Why does this matter?

What would growth look like after 90 days?

What specific result do I want?

PRIORITY 3

What is the area?

Why does this matter?

What would growth look like after 90 days?

What specific result do I want?

My 90-Day Blueprint

Goal	Why	Weekly Action	How I Will Measure It	Deadline

MY NON-NEGOTIABLES

My daily spiritual practice:

My weekly learning practice:

My health/rest practice:

My relationship practice:

My future-building practice:

My service/evangelism practice:

My Weekly Growth System

Use this page each week. The goal is consistency, not a perfect week.

Area	This Week's Action	Done?
God / Prayer		☐
Bible / Learning		☐
School / Work		☐
Health / Rest		☐
Relationships		☐
Skill / Purpose		☐
Service / Evangelism		☐
Personal Discipline		☐

MY WEEKLY REVIEW

What went well?

What did I struggle with?

What distracted me?

What did God teach me?

What will I change next week?

Where do I need help?

13-Week Becoming Tracker

Ninety days is approximately 13 weeks. Use this tracker to record your journey.

Week	Main Focus	Key Habit	Action	Reflection	Accountability	Done
1						☐
2						☐
3						☐
4						☐
5						☐
6						☐
7						☐
8						☐
9						☐
10						☐
11						☐
12						☐
13						☐

30-Day Habit Builder

Choose ONE habit first. Make it small enough to repeat and meaningful enough to matter.

My habit:

Why I am building it:

When/where I will do it:

What could stop me:

My backup plan:

My accountability person:

Week	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Week 1	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐

Rule: If you miss a day, do not quit. Restart at the next opportunity.

My Walk With God

The most important part of becoming is not simply becoming successful; it is becoming rooted in God.

What am I learning about God in this season?

What Scripture is currently shaping me?

What am I praying about consistently?

What is God asking me to obey?

Where do I need greater trust?

MY WEEKLY SCRIPTURE PRACTICE

Week	Scripture	What I Learned	What I Will Practise

Purpose, Gifts & Skills

Purpose becomes clearer as you learn, serve, practise and pay attention.

A gift I want to develop:

A skill I want to learn:

A problem I would love to help solve:

A person I admire and what I can learn from them:

A project I can start small:

A person I can serve with my gift:

MY 90-DAY SKILL PROJECT

Project:

What I will learn:

Resources I need:

Who can guide me:

What I will produce:

My deadline:

Relationships & Influence

The people around you can influence your thinking, choices and direction.

Person / Group	How They Influence Me	Healthy Boundary?	Action

BOUNDARY PRACTICE

One situation where I need to say no, step back or ask for help:

A respectful way I can communicate my boundary:

When I Need Help

Everyone needs help sometimes. If you are dealing with abuse, exploitation, self-harm, suicidal thoughts, substance use, sexual pressure, addiction or another serious struggle, do not carry it alone. Speak to a trusted adult and seek appropriate professional or emergency support.

You do not need to disclose sensitive details publicly in a group.

MY SAFE SUPPORT PEOPLE

1. Name / role:

How to reach them:

2. Name / role:

How to reach them:

3. Name / role:

How to reach them:

A professional or support service I can approach if necessary:

A pattern or trigger I want to address:

One healthy response I can practise:

One boundary that can protect my growth:

REMEMBER

Asking for help is not weakness. Prayer and appropriate professional support can work together. Mentors and facilitators are not substitutes for parents, qualified clinicians or emergency responders.

30 / 60 / 90 Day Reviews

DAY 30 REVIEW

What has changed?

What am I proud of?

Where am I still struggling?

Which habit is becoming stronger?

What needs to change in my plan?

What have I learned about myself?

What have I learned about God?

What is my next most important step?

DAY 60 REVIEW

What has changed?

What am I proud of?

Where am I still struggling?

Which habit is becoming stronger?

What needs to change in my plan?

What have I learned about myself?

What have I learned about God?

What is my next most important step?

DAY 90 REVIEW

What has changed?

What am I proud of?

Where am I still struggling?

Which habit is becoming stronger?

What needs to change in my plan?

What have I learned about myself?

What have I learned about God?

What is my next most important step?

Letter to My Future Self

Write a letter to yourself at the end of the 90 days. Tell yourself who you want to become, what you are trusting God for, what you are committed to and what you hope you will have learned.

My 90-Day Commitment

For the next 90 days, I choose to be intentional about my growth. I will seek God, study His Word, pray, learn, build healthy habits, honour my relationships, develop my gifts, take responsibility for my choices and ask for help when I need it.

I will not allow one failure to make me quit. I will review, adjust and continue. I will not compare my journey with another person's journey. I will focus on the next faithful step.

I understand that growth is not measured only by how much I know, but by how I live. I want my life to produce good fruit.

My name:

Signature:

Date:

My accountability person:

Accountability person's signature:

MY FINAL 90-DAY CONFESSION

I am still becoming. I will keep growing in God, wisdom, character, discipline, relationships, purpose and service. I will use what I have learned. I will take the next right step. I will seek help when I need it. I will remain teachable, faithful and courageous. I will cultivate what God has placed in me, and I will use my life to bless others and glorify God.

PART IV

The Garden Continues

The end of the programme is not the end of the journey.



From Participant to Gardener

The long-term picture of The Becoming Garden is multiplication. A teenager who has been cultivated can eventually help cultivate someone else.

- Participant — I enter the garden and begin to learn.
- Becoming — I practise what I am learning.
- Alumni — I continue the journey beyond the programme.
- Young Leader — I take responsibility and serve others.
- Contributor — I use my gifts, skills and experience to strengthen the garden.

The Safe Garden

A garden must be protected if what is growing is to thrive. The Becoming Garden therefore treats safeguarding as part of the culture, not an appendix.

- Parental or guardian consent and clear programme information.
- Age-appropriate participation rules and adult–teen communication protocols.
- No inappropriate private or secret adult–minor communication.
- Clear expectations for online sessions, breakout rooms, recordings, screenshots and data.
- A documented response process for abuse, exploitation, self-harm, suicidal thoughts and immediate danger.
- Referral pathways to qualified professionals and appropriate services.
- Vetting and training for adults serving in the programme.
- A clear code of conduct and complaint/concern process.
- Data minimisation and responsible handling of participant information.

The goal is to create a space where teenagers can be honest without being exposed, supported without becoming dependent on one adult, and guided without replacing the role of parents, guardians or qualified professionals.

The Raw Room

Real growth requires honest conversation. The Raw Room creates appropriate space for difficult questions without turning teenagers into public case studies.

WHAT THE RAW ROOM CAN INCLUDE

- Anonymous questions.
- Real-life scenarios.
- Respectful disagreement.
- Appropriate stories and lessons.
- Adults acknowledging what they do not know.
- Practical tools for difficult situations.
- Qualified professionals addressing sensitive subjects.

WHAT IT SHOULD NEVER REQUIRE

- Forced trauma disclosure.
- Public confession of sensitive experiences.
- Amateur diagnosis.
- Absolute confidentiality promises where safety is at risk.
- Shame or humiliation.
- Dependency on one facilitator or mentor.

The Community of Gardeners

Teenagers grow best when the garden is supported by more than one kind of gardener.

- Parents and guardians — primary support and care.
- Pastoral and spiritual leaders — biblical and spiritual oversight.
- Counsellors and therapists — appropriate emotional and behavioural support.
- Safeguarding professionals — protection, policy and response.
- Career and education professionals — direction and exposure.
- Financial and business professionals — practical stewardship and enterprise.
- Young Christian professionals — relatable examples, mentorship and exposure.
- Facilitators and volunteers — consistent programme delivery and community support.

The Role of Opeyemi

The garden is not built around personality. Opeyemi serves as the Visionary and Steward of The Waiting Garden and the Programme Lead for The Becoming Garden. The role is to prepare the environment, coordinate people and resources, create space for growth, observe, protect, encourage, connect teenagers to appropriate support and help the garden remain faithful to its purpose.

The Becoming Garden: Our Philosophy

The Becoming Garden is a garden of formation. We believe every teenager is a seed carrying God-given potential, gifts and purpose. But seeds need the right environment to grow.

The Becoming Garden exists to cultivate that environment, one rooted in God's Word, prayer, truth, honest conversation, community, accountability, professional support and practical development.

We do not expect teenagers to have everything figured out. We give them room to ask questions, make mistakes, learn, develop, practise and grow.

We plant truth. We water through God's Word and prayer. We cultivate character. We prune unhealthy patterns. We protect what is growing. We provide light and direction. We give room for gifts to develop. We patiently walk through different seasons. And we look for fruit, not perfection.

Because becoming is a process.

The goal is not to manufacture perfect teenagers. The goal is to cultivate grounded young people who know God, understand themselves, develop their gifts, build healthy lives, serve others and ultimately live for God's glory.



WELCOME TO THE WAITING GARDEN

You are here to grow.
You are here to learn.
You are here to ask questions.
You are here to practise.
You are here to become.

PLANT TRUTH.
WATER WITH THE WORD AND PRAYER.
CULTIVATE CHARACTER.
PROTECT WHAT IS GROWING.
DEVELOP YOUR GIFTS.
PRODUCE GOOD FRUIT.

THE BECOMING GARDEN

with Opeyemi

In collaboration with The Waiting Garden

One God. One journey. A life being cultivated for His glory.



**THE
BECOMING
GARDEN**
WITH OPEYEMI