

We have found the following resources incredibly helpful for all things Gen Z. The following points are taken from these pieces of research, and provide a take-away summary of how we might seize the missional moment in which we find ourselves.

1. 18-25-year-olds are an isolated generation craving in-person connection. Community is an extremely important factor for the spiritual growth of young adults. (Eido research commissioned by CCX [Discipleship research - CCX](#)).
2. Young adults want to make a difference, they care deeply about justice and are particularly drawn to church communities that are actively involved in social action ([Hearts for justice: why young adults want missional churches - Evangelical Alliance](#)).
3. The top three greatest spiritual concerns for Gen Z Christians are talking to God in prayer (43%), learning how to pray (28%) and caring for the poor and marginalized (24%). (Barna Group, [How to Help Gen Z Connect Spiritually Online and at Church - Barna Group](#)).

How can we reach young adults in our communities?

- [Reaching Gen Z through passing the TED test – Peter Dray](#). A really useful article about the factors that help draw young adults to an evangelistic event.

How can we disciple young adults who are joining our church?

- [How to Help Gen Z Connect Spiritually Online and at Church - Barna Group](#). This is a great resource about what Gen Z's greatest spiritual concerns are.
- 'Five practices, one experience, and the Holy Spirit: Exploring spiritual growth amongst 18- to 35-year-olds in the UK church' – Eido. [Discipleship research - CCX](#). A brilliant resource about fostering spiritual growth in young adults in terms of what factors best facilitate their growth as well as what factors might be a hinderance.

What courses and/or resource might we use for young adult ministry?

- [Being With | A Course Exploring Christian Faith and Life](#). The Being With course has a strong relational and incarnational focus, grounded in being with others and being with God. The Being With course is designed on the fact that our real human problem is isolation, and what we need is relationships. This marries perfectly with research showing that Gen Z are an isolated generation, and that one of the most significant factors to facilitate spiritual growth amongst young adults is relationship and community. Designed for those who are spiritually curious or on the peripheries of church, the Being With course is focussed on enabling a gut feeling and response to Christ, and an embodied understanding of Him. It is therefore brilliantly suited to young adult ministry, as 18-



25-year-olds (especially those who identify as having no religion), reportedly need an experience of God to explore relationship with Him.



- [The Bible Course](#). Following the Quiet Revival report, the Bible Society's recommendation has been that churches help young adults with Bible literacy. Young adults need resources that are particularly relevant to the 'head' knowledge of the Bible, as they are often thinking about credibility and asking themselves the question 'can I trust this?'. The Bible Course is a brilliant resource that explores these types of questions and that provides thorough teaching on the Bible. For example, the first session of The Bible Course talks about textual criticism, the reliability of scripture, how the Dead Sea Scrolls were found etc. The Bible Course teaches on the Bible as a book, a story, a revelation and as a way for us to experience God for ourselves and to spend time with Jesus.
- [Practicing the Way](#). Practicing the Way is a course that focuses on spiritual practices and spiritual formation, centred on being with Jesus, being like Jesus and doing as Jesus did. Research has shown that young adults often explore faith because they are looking for a different way of life, which is why there is much renewed interest in new monasticism. Practicing the Way is well-suited to this interest in young adults, as it involves developing a rule of life and teaches discipleship in a brilliantly holistic way.
- [Kintsugi Hope](#). Kintsugi Hope is a project that provides mental health support and promotes wellbeing. Kintsugi Hope Wellbeing Groups provide a safe and supportive environment where people can share struggles, gain insights and develop practical tools to enhance their wellbeing. Kintsugi Hope offer Mental Health Friendly Church Training Days, training and support, a 'session builder' to help run groups, and they train volunteer Group Leaders to run Kintsugi Hope Wellbeing Groups. Kintsugi Hope is a brilliant resource for young adults, and is directly aligned with the types of need that young adults need the Church the minister to. Young adults have the poorest mental health of any age group in the UK, with 34% of 18-24-year-olds reporting symptoms of 'common mental disorders' ([What is happening to young people's mental health? - The Health Foundation](#)). Evangelical Alliance recommends that mental health is one of three topics (along with doubt and racial justice) that the Church must talk about with young adults ([7-conversations.pdf](#)), and Kintsugi Hope equips churches with the resources to do so.
- [Table UK - Reaching A Generation Around The Table](#). The Table is an initiative that aims to connect with 20-30-year-olds through hospitality, and to foster community amongst young adults. The Table is designed to facilitate faith-inspired conversations that can connect young adults to Journey Groups if they would like to explore faith.
- www.youtube.com/@thewayuk. The Way UK produces podcasts and videos for young adults to break assumptions about Christianity, discuss faith and answer practical questions on Scripture and lifestyle.



- [Bridge The Gap Football](#). Bridge the Gap is a charity that partners with churches to support young adults who are isolated, lacking community or struggling with mental or physical wellbeing. They seek to bridge the gap between people who love football and the church, connecting football groups into church communities and supporting them in exploring faith.



- [Parenting for Faith | Three truths Christian grandparents need to know](#). Parenting for faith has advice and encouragement for grandparents, with the reminder that as many as 9 out of 10 adult grandchildren feel their grandparents influenced their values and behaviours. This is particularly useful for congregations who currently don't currently have young adult members.