



## HOW DO I HAVE CONVERSATIONS ABOUT SPIRITUALITY WITH YOUNG PEOPLE?

Young people need a hope and a purpose for their life. When interviewed, young people shared how they value the support of their leaders as they explore what faith can mean for their lives. We want to see young people experiencing what it means to follow Jesus, how do we have conversations about spirituality?

### BUILD RELATIONSHIPS

You wouldn't have a deep conversation with someone who you only knew as an "acquaintance". The same goes for conversations about faith with young people. Always start by building relationships.

- Get to know your young people and their interests.
- Ask them about their week and follow up on important events the next time you see them.
- Always be ready to listen and provide support.

### PRAY

Sometimes it can be complicated or uncomfortable for young people to bring up or engage with conversations around spirituality. In those situations, the best thing to do is pray.

- Pray specifically for individual young people.
- Spend time praying that God may stir up questions and opportunities for faith conversations with your young people.
- Pray together as leaders for your young people.
- If a young person shares something they are struggling with let them know that you will be praying for them.

### BE PREPARED

Be ready for young people to have questions and conversations about faith.

- Remember that questions are ok, and that not every question has an answer.
- When young people bring questions, start by asking them what they think.
- Spend time with God so that you are in tune with Him and ready for tough questions about faith.
- Know your limits. You don't have to be and probably aren't an expert on theology. Be real and transparent when you aren't sure what the answer is.

### ENCOURAGE EXPLORING FAITH TOGETHER

Discipleship is about coming alongside others and journeying together into a deeper relationship with Jesus. A great way to do this is exploring faith together.

- If a young person has a question encourage them to join you as you search for the answer in the Bible.
- Pray with one another. Praying for a young person is powerful but asking a young person to pray for you (if they're comfortable) can empower them in their faith journey.
- Share experiences of faith with one another.
- Peers are a powerful influence in young people's lives. Think about how young people can support each other as a group as they explore spirituality together.