

BIG IDEA

The gospel should shape the way you parent your young adult and should affect every area of your young adult's life.



KEY SCRIPTURES

- *Jesus is the only way to salvation* (John 14:6).
- *The Scripture equips us to live for God* (2 Tim. 3:16-17).
- *It is important to be involved with the local church* (Heb. 10:24-25).
- *We should be transformed by God, not conformed to the world* (Rom. 12:1-2).



KEY QUESTIONS YOUR YOUNG ADULT IS ASKING

- Is Christianity really true? How can I know?
- Do all religions lead to God?
- Why are my religious beliefs that important?



AT THIS AGE MOST YOUNG ADULTS WILL ...

- Encounter other religious beliefs and worldviews through personal relationships and social media.
- Examine and perhaps question the validity of their personal faith.
- Be solidifying their spiritual framework, whether Christian or otherwise.



DEVELOPMENTAL MILESTONES

- Young adults begin to enjoy the freedom they have longed for. Their desire to live independently of their parents is welcomed, but usually without much thought to the responsibilities that accompany that independence.
- Statistics tell us that during this time of life, many young adults will leave the church. Even though they may not totally abandon their faith, they stop attending a local church for various reasons.
- Young adults may go through a crisis of belief as they realize their faith is tied closely to their parents' faith. While this may result in a time of questions and doubts, many young adults emerge from this crisis with a strong personal faith that is their own.
- Relationships with parents and other significant adults remain vitally important to the spiritual well-being of young adults. In fact, they may now have a more open ear to the wisdom of parents than they did in earlier teen years.



COACHING TIPS

- It is important to remember the changing dynamics in your relationship with your young adult. For eighteen-plus years you have parented, for the most part, by insisting. Now, you're suggesting. You're moving from the role of commander to coach.
- Though your role as a parent is changing, you are still in a position to hold your young adult spiritually accountable. Continue to inquire about the state of his walk with the Lord, his involvement in the local church, and the spiritual condition of the people with whom he surrounds himself.
- Don't panic if your young adult goes through a time of questioning her faith. Listen intently and attentively to her struggle. Be patient with her and answer her questions honestly and biblically.
- Perhaps the best spiritual thing you can do for your young adult is intercede for him. He is going to be challenged like never before in all areas of life. Pray continually and specifically for him. Frequently ask him how you can be praying for him and follow through.



CONVERSATION STARTERS

- **WHAT IS THE SPIRITUAL ATMOSPHERE ON YOUR CAMPUS OR AT YOUR WORKPLACE?** After you ask the question, don't be shocked by the answer. This will help you know how to pray for your young adult and the people surrounding her.
- **WHAT OTHER RELIGIONS AND WORLDVIEWS ARE YOU ENCOUNTERING?** This question may assist you in helping your young adult navigate the pluralistic world he is facing.
- **WHO ARE YOUR CLOSEST FRIENDS, AND WHAT ARE THEY LIKE?** Listen with interest, not judgment. Listen in order to pray more specifically. Listen to know who the influencers are in your young adult's life.



SAY OR PRAY

- Pray that your young adult would not conform to this world, but would "be transformed by the renewing of [his] mind" (Rom. 12:2) through the Word of God.
- Pray that your young adult is surrounded by godly people who are speaking truth into her life.
- Pray that the voice of the Holy Spirit is the loudest voice among many in your young adult's life.