

BIG IDEA

Your young adult's identity is to be rooted in and defined by who he or she is in Jesus.



KEY SCRIPTURES

- *When we receive Christ, we become children of God* (John 1:12).
- *As children of God, we are becoming more like Christ* (Rom. 8:29; 12:1-2; 2 Cor. 3:18).
- *Our acceptance of others isn't based on their actions. It's based on Christ's acceptance of us* (Rom. 15:7).



KEY QUESTIONS YOUR YOUNG ADULT IS ASKING

- Who am I?
- What is my purpose in life?
- How do I find acceptance?
- Why do I feel as if my identity is wrapped up in my accomplishments? How can I avoid becoming a failure?



AT THIS AGE MOST YOUNG ADULTS WILL ...

- More personally encounter social controversies in our culture, such as issues related to gender, mental health, and so forth.
- Be wrestling with questions about their purpose in life.
- Feel more pressure to acquire peer approval and affirmation.
- Still be struggling with issues of personal identity, especially in light of what they have done and what has been done to them.



DEVELOPMENTAL MILESTONES

- Young adults will move from identifying themselves as extensions of their parents to realizing they are unique individuals.
- Although young adults will have a firmer sense of identity, they will still be exploring identity in different areas, such as personal relationships, education, vocation, and so forth.
- They will go through a time of feeling “in-between”—no longer a kid but not quite an adult. Unfortunately, sometimes the place they experience this the most is at church.



COACHING TIPS

- Create an environment where your young adult can ask tough questions like: *What's wrong with me? Why am I so depressed? What type of person will I turn out to be? Why can't I get this habit under control?* Make sure you give prayerful, measured, and biblical answers to help them navigate these issues.
- Be aware that your young adult may always want to put his best foot forward. He may always paint a pretty picture, even if things in his life are going south. So don't take everything he tells you at face value. You may need to dig deeper by observing actions, decisions, and habits.
- Encourage your young adult to excel, but be careful not to give off the message that your love for her is tied up in her accomplishment or performance.
- Continue to help your young adult find his identity in Christ. Discuss together what that means. Make sure you have a good grasp of the concept and are applying it in your own life before talking with your young adult about it.



CONVERSATION STARTERS

- **BASED ON WHAT YOU HEAR AND SEE IN MEDIA, HOW DOES OUR CULTURE DEFINE WHAT IT MEANS TO BE A MAN OR A WOMAN?** This question should open the door to talk about biblical manhood and womanhood. Be careful not to revert to gender stereotypes.
- **DO YOU FEEL LIKE I'VE PUSHED YOU TOO HARD IN SOME AREAS?** This may be a difficult question to ask, and even more difficult to hear the answer. But hopefully the hard truth will begin healing wounds that you may not have even realized you inflicted.
- **DO YOU EVER FEEL TEMPTED TO BASE YOUR IDENTITY ON THE THINGS YOU HAVE DONE OR THE THINGS THAT HAVE BEEN DONE TO YOU?** Hopefully this discussion moves to talk about what it means to find our identity in Christ.



SAY OR PRAY

- Pray your young adult will find his identity in Christ.
- Pray for yourself to have strength to model and live biblical manhood or womanhood. Pray your young adult would do the same.