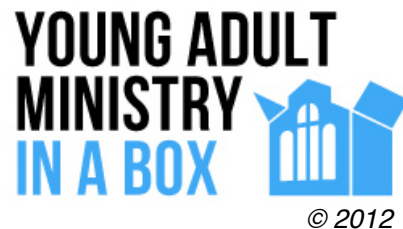


Making A Plan for Balanced Young Adult Ministry

Teach – Pray – Serve



Young Adult Ministry Includes

- The **evangelization** of active and inactive young adults
- Creating and nurturing active young adult **disciples**
- **Integrating** young adults into the life of the church

The Bishops have named the goals of young adult ministry:

- Connecting Young Adults with Jesus Christ
- Connecting Young Adults with the Church
- Connecting Young Adults with the mission of the church in the world
- Connecting Young Adults with a peer community

(from Sons and Daughters of the Light)

Who Are Young Adults?

Sons and Daughters of the Light defined Young Adults as “people in their late teens, twenties, and thirties; single, married, divorced, or widowed; and with or without children” ... “more significant than age, the young adult years are best described through the various developmental tasks undertaken.” The term Young Adult has various meanings in different cultural traditions.

Where Are YAs?

- Online: It's the primary way to connect with friends and build lasting relationships (including marriage) – and the most trusted place to learn new things and spend all their time.
- @ Work (or Campus): Young adults are overworked, overwhelmed, and overcommitted, so chances are, on Sunday mornings, they are either working overtime or taking a much-needed rest.
- With Friends and Family: Young adults crave community – and with any free time, use it to connect with friends and family (either through social media or in person).
- Praying: Surprisingly, even though young adults are going to church less often, studies show that many do strive for a spiritual life – through personal prayer, meditation, and exercise, among other spiritual disciplines.

What have we learned from our SWOT process?

- What surprised you?
- What will be the quickest/easiest/most economical things to do?
- What are the most important ideas that came up in the process? What do you most want to address?
- Draw conclusions, make a list of them.

Interests & Needs of YAs

- What they are interested in?
- What do they need?
- What kind of time do they have?

Interests & Needs of YAs

Consider what issues the young adults in your area are facing. They may be leaving for college, graduating from college and looking for jobs, getting married, getting divorced, or caring for children or aging parents. Brainstorm a list of issues you have observed or know are typical for young adults. Some issues will be specific to an age group or subset, while others will be universal – go ahead and identify them as such.

Next Steps

- Choose your priorities
- Set your goals
- Make your calendar