

Helping  
local  
churches  
and young  
adults build  
and keep  
connections

# *Creative Connections*



The  
United  
Reformed  
Church Youth

# Creative Connections

## Hebrews 10:24-25 Good News Translation

**24** Let us be concerned for one another, to help one another to show love and to do good. **25** Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more, since you see that the Day of the Lord is coming nearer.

Cover and images throughout – photographs of Building Bridges, a giant sculpture in Venice by Lorenzo Quinn.

**//** Each pair of the sculpture's hands celebrates one of six universal human values: Friendship, to build on the future together; Wisdom, to make mutually beneficial decisions; Help, to cement lasting relationships; Faith, to trust in your heart and self-worth; Hope, to persevere in worthwhile endeavours; and Love, the fundamental purpose for it all. **//**

*Lorenzo Quinn*

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With deep thanks to Lorenzo Quinn for permission to use images of his work. Thanks also to all the young adults who shared their experiences with us and allowed us to use quotes from them throughout the resource.

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# PRAYERS

"I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him." (*Ephesians 1:16-17 NRSVA*)

"Don't let anyone put you down because you're young. Teach believers with your life: by word, by demeanour, by love, by faith, by integrity." (*1 Timothy 4:12 The Message*)

"One generation will praise your deeds to the next. Each generation will talk about your mighty acts." (*Psalms 145:4 God's Word Translation*)

## **From 'Blessings for a New Position' by John O Donohue**

May you come to know that work  
Which emerges from the mind of love  
Will have beauty and form.

May this new work be worthy  
Of the energy of your heart  
And the light of your thought.

May your work assume  
A proper space in your life;  
Instead of owning or using you  
May it challenge and refine you,  
Bringing you every day further  
Into the wonder of your heart.

# Introduction: TO LIVE IS TO CHANGE

18–25-year-olds are increasingly on the move. They are likely to move away from our congregation for a number of reasons: university or further education, changes in jobs, work and shift patterns, changes within family, moving home, starting or endings of relationships, changes within their own spiritual convictions. Some are expected while others can come as a surprise.

Psychologist Jeffery Jenson Arnett<sup>1</sup> identifies a new stage of life between adolescence and adulthood: ‘emerging adulthood’. Shifts in societal norms and expectations, and wider economic changes and technology, have dramatically impacted the traditional milestones such as marriage<sup>2</sup>, parenthood, long term careers and financial independence, which some would argue previously provided a map for navigating from teenage years into adulthood. This road map is no longer as straight forward or as quick to navigate.

Arnett identifies five key markers for this time of transition.

1. **The age of identity exploration** – deciding and exploring who they are and what they want out of life.
2. **The age of instability** – especially in love and work, often exacerbated by frequently moving around for study and/or work.
3. **The age of self-focus** – taking responsibility for decision-making without having to consider others.
4. **The age of feeling ‘in-between’** – having more responsibility but not quite feeling like an adult.
5. **The age of possibilities and optimism** – believing that they can improve their lives and find love.

The challenge is how young adults and local churches keep and build creative connections through this period of change that support and enrich them both.

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1 Jeffrey Jensen Arnett (2014) *Emerging Adulthood: The Winding Road from the Late Teens through the Twenties*. Oxford University Press

2 A higher proportion of men over 65 are marrying now than those under the age of 25.

# PREPARING FOR TRANSITIONS – Church

It is important that, as a Church, we seek to support young adults, as we do with anyone, as they venture through this time of transition. Not all transitions are planned, some are temporary, but often we can help with the practical and spiritual aspects to support young adults to be prepared for the challenges they will face.

Young adults will need to take on responsibility for a host of practical aspects of their lives. Don't assume that they have people helping them learn how to cook for themselves, budget their money, navigate public transport, manage their time. It is often more fun to develop some of these skills with others – why not offer a couple of social evenings which look at these and other aspects of becoming more independent. Could you ask members of the congregation to share their favourite simple, cheap and nutritious recipes and life hacks? These might give you some inspiration:

//  
**W**e had a fun Ready Steady Cook event, and a quiz trying to guess who had done what at what age.

Mothers Union – cookbook: [bit.ly/MUcookbook](https://bit.ly/MUcookbook)

**The SCM Cookbook** ([bit.ly/SCMcookbook](https://bit.ly/SCMcookbook))

An intergenerational session where people share their stories of life aged 18-25 can help everyone understand how different life today is for this age group to even twenty years ago. Hearing how other people negotiated life's challenges, and how their faith helped them through this period of life, can be very encouraging for everyone.

A small Bible study and prayer group, or one-to-one 'buddy'/mentor relationship, where young people can be honest about their fears and concerns, hopes and dreams for the changes ahead, can be very supportive.

Think ahead and prepare for change by identifying who has good connection already with each young person, who shares interests and passions with them – it is not always the obvious people!

# PREPARING FOR TRANSITIONS – 18-25s

Change is a part of life, but it can be unsettling and uneasy to navigate. Especially when it takes us away from what we know and our comfort zone. Any number of emotions can go along with change, from joy and excitement to grief and disappointment. Sometimes these emotions can co-exist together.

You may find yourself at a time of transition, a time of change, preparing to leave your local faith community or church (for many reasons and time lengths, not all departures will be permanent). It is important to listen to your emotions, to pay attention to what is going on and share this with others. The church where you have grown up, who have supported you, may have become like a family and will also be holding a mixture of emotions at the news of you leaving.

Churches are full of people with rich life experience and a wide range of skills – don't be afraid to ask for help with any aspect of becoming more independent or moving away, even if it is just to ask someone how they coped.

We hope you will find some useful hints and tips to help you navigate this time of transition throughout this booklet.

// I have three people from my church offering to give references for me if I need them – one in the professional area I am interested in, one I have worked with as a volunteer, and one who has known me most of my life!

If you are heading off to university, there is some really useful information on the Student Christian Movement Website:

[movement.org.uk/](http://movement.org.uk/); on Fusion: [fusionmovement.org/](http://fusionmovement.org/); and about Student Christian Unions: [uccf.org.uk/christian-unions](http://uccf.org.uk/christian-unions)

All three of these websites are aimed at supporting Christian students to navigate university life and discipleship.

Another contact can be your Synod CYDO+ who can help put you in touch with the CYDO+ and URC Youth rep in the area where you are moving to: [bit.ly/SynodCYDO](http://bit.ly/SynodCYDO)

# MARKING THE MOVE – Church

Young adults are navigating major life transitions, though traditionally churches have marked only ‘hatch, match and dispatch’. Why not consider how you might mark other life events, such as becoming an adult at 18, first job, moving away to study, and so on.

Consider if there is a date that will mark the transition – if so, can you plan ahead. You can mark the transition publicly with the whole church, if that is appropriate (and the young adult involved is happy with that!) in a service, with a cake after a service, with special prayers, a notice in your church newsletter, or any other way that mirrors how you might mark other significant events in the life of the congregation.

Here are some questions to consider:

- How might the whole church be involved?
- What do you want to thank this young adult for – what have they contributed to the life of your church?
- What blessing do you want to give them at this point in their life? How could you pray for them?
- What gift might you give?
- What commitment/promise might you make? This is about how you will love and support them into the future

As a group of churches, we host a meal for those moving away and a ‘sponsor’ or buddy/mentor from their church, and invite back those who did this a couple of years ago to share their experiences – lots of laughter and prayer is shared round the table.





## MARKING THE MOVE – 18-25s

Changes in life can easily mean changes in our relationship to church.

It may be that new work or commitments mean you can't be there on a Sunday very regularly any more. How could you share this with people at church and ask for their prayers and encouragement at this time (rather than just feeling guilty)?

It may be that you will be moving away temporarily or permanently – is there a date that will mark the transition to your next phase of life? Can you let the church know so that you and they can say goodbye in a meaningful way (even if it is just for a short time)?

This is also an opportunity to reflect on the impact your church has had on you:

- What might you want to say to your church as you make this change in your life?
- What have you appreciated? How can you communicate that?
- What would you like to carry on? How can you ask for that?
- What would you value prayer for?
- What commitment/promise might you make? This is about how you will love and support your home church family into the future.

**B**efore uni I used to help with the kids' work most weeks – but now I am part of the holiday club team and the church makes sure I have the dates so I can keep that time free in my summer plans. It's great to still see some of the children and the rest of the team!

As things change for you, so your involvement with church may change. Rather than being part of a group for young people you might now be able to buddy or mentor a young person. Rather than being part of a volunteer team regularly you might only be able to help out at certain times but can pray for the team.

# STAYING IN TOUCH – Church

How many times have we heard people in churches say, “**We don’t have young people, they have gone off to university**”? To view their progression into university, a new career or job, or relocation as ‘an ending’ is a missed opportunity to engage with young people as they enter a new transition in their lives.

Being physically apart can make relationships a challenge but if there is anything the pandemic has taught us, it’s how relationships can be maintained with the use of technology. The importance of social media platforms to young adults cannot be ignored; however, it has not replaced the need for human connectedness. We all need meaningful connections and perhaps the Church can provide a space for, and encourage, these interactions. So, invite young adults into conversation:

- Have the details of the new place, job role or university and the course they are completing – show real interest.
- Help to prepare them spiritually – how does being a Christian impact every part of life including the transitions they are facing?
- Have a support person who is responsible for maintaining contact (by mutual agreement with the young adult).
- Contact the young adult once a term or agree a time-frame for contact together.
- Encourage on-going communication between them and their peers.
- If applicable, ask them to participate in services monthly/termly via zoom, for example recording prayers on a phone, being interviewed by someone in the congregation.
- Help them look for another church they can worship with during term time or in their new location.
- Acknowledge and celebrate their new life transition.

//  
I get actual letters and cards from my church – real post!!

## STAYING IN TOUCH – 18-25s

Transitions mean that you lose many of your previous connections with people as you leave school, previous jobs, clubs and social groups as well as church. Your church would love to stay in touch, in however low key a way! So why not help them to help you:

- Share your new job role, new home or course details with your church leader and your preferred mode of contact. Communication needs to be two-way.
- Think about, and discuss, your wellbeing needs – what support would be helpful from your church? Do not be afraid to ask.
- If applicable, ask if you can contribute to the church newsletter. Share something about your new job, new home, university experience, the course you are doing etc. You may want to do this verbally during a Church service via zoom.
- Ask for a prayer partner who will pray for you and with you regularly.
- Think how your new job or studies honour your belief and God, especially in a non-Christian or anti-Christian environment.

// I realised they hadn't forgotten about me. I was important to them.

If you have been part of a group, perhaps of other young people, a Bible study group or volunteer team, why not set up a WhatsApp group or other type of group and let everyone know if and when you might be back in the area – this will make it much easier to arrange to meet up, even if you can't make it to church on a Sunday.

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## SHARING LIFE – Church

Life experiences are shared through effective support, which begins with conversation and over time creates trust. Regular opportunities to have conversations with young adults can have a positive effect on wellbeing. It is unlikely you will have all the answers to the questions they may pose, and that is fine; being there as a listening ear and a safe space can be enough to know you are heard and seen. Together with support, young adults can discover the necessary tools to help them build resilience and self-confidence, empowering them to manage poor mental health and battle issues such as loneliness.

For communication to be effective it needs to be ongoing and consistent. However, it is important to have space to share as and when the young adult wishes, no pressure to divulge everything in a single conversation, or ever. Sometimes it is enough knowing you can share should you wish, or that there is someone there willing to listen to you, interested in your life and wellbeing. How we respond to young adults will determine whether they continue to share with us. Think about your choice of language and tone of voice. If in doubt, ask for clarity or just listen. Remember the 3 Ts: **TRUST-TIMING-TONE**.

“She asked me, What does being a Christian look like in your context? I didn’t know what to say, no one had ever asked me that before and I had never thought about it.

Sharing Life, involves living our life.

You may explore how being a Christian relates to life beyond local church. What does it look like for young adults? How does it inform their beliefs and actions around their studies, career choices, relationships, lifestyle, politics?

Listen intently and follow up by asking questions to clarify what you heard. It’s important to listen with a sense of curiosity rather than judgment. If young people perceive judgment or irritation during the exchange, they might disconnect altogether.

- Provide opportunities for young adults to share their gifts and skills but also recent experiences. How about “An Evening with...”
- Invite them to engage with seasonal activities e.g. Holiday Clubs, Christmas Services or other events that coincide with when they visit.
- Arrange a meal or activity in holiday periods or annually, providing space for social interaction and fellowship when they are visiting family or friends.
- Recognise they may need space to process their thoughts about events that may have occurred during the term or since they were last visiting.
- Engage with important life questions. Listen, share your experiences if relevant.
- If possible, develop a whole-of-life approach to supporting your young adult.



## SHARING LIFE – 18-25s

It is well documented that loneliness is more prevalent among younger people than old people – and there are lots of theories for why this is the case at a time of super intense connectivity via devices. However, there is lots of agreement about what helps to combat this – real life connectivity with actual people that you know!

Those people of all ages from church back home are actual people that you know and who know you at least a little. So, finding ways to keep sharing life can be important for you and for them. This means keeping in contact with a person or some people you feel able to talk to about how life is going in this new phase for you – and in return you will hear how life is going for people in your home church.

“  
**M**y church ask me to write a little bit for the newsletter each term on what I have been up to, which is nice – shows they are still interested in me!

So do ask for advice. It may offer you a different perspective on your situation. At the very least someone else will know what you are working your way through.

Do not be afraid to ask for help, whether practical or spiritual. You will hopefully discover you have a little team of cheerleaders (imagine them all waving big pom-poms!) who want to see you succeed and are happy to provide whatever help they can, even if this is just sharing their own experiences and hard-won wisdom from the school of life.

Do address the challenges and opportunities life brings your way. Do not underestimate the power in sharing them with a trusted person. Speaking things out can help cut problems down to size and enable you to recognise steps forward you have taken.

And don't forget to try to eat well and engage in some physical activity. This does not need be expensive. Some fruit and veg and a 30-minute walk will help your mental health as well as your physical wellbeing (and God has created us as embodied spirits).

# ENCOURAGING FAITH – Church

It can feel a little like a minefield trying to engage with faith and life, especially during a time of transition when a lot can change in a short space of time. The local church can be a refuge and offer some strong support through prayer and encouragement. As well as a place where questions and doubts can be shared.

It shouldn't be a surprise, but young adults may be a little distant during this time, as they navigate identity, juggle jobs, studies, moving home and relationships. Your regular meeting times may no longer match their timings, but that isn't to say they are no long people of faith.



Show interest in young people's faith ... expect their faith to change and grow

Finding other ways of sharing faith, through conversation, over a meal, on social media, can be ways to both keep in touch and encourage young adults in their own faith.

The London Institute for Contemporary Christianity (LICC) has a number of resources which can be helpful in connecting faith and life. Wisdom Labs are designed for small group conversations (maybe over a shared meal), exploring some of the thorniest issues facing the world.

[licc.org.uk/ourresources/wisdom-labs/](http://licc.org.uk/ourresources/wisdom-labs/)

You can continue to encourage and support young adults in their faith journey through keeping in touch with them, sharing conversations and bible study. The Bible Society offers a subscription to a reflective journal called Rooted which might be good to offer.

[bit.ly/bsRu](http://bit.ly/bsRu)

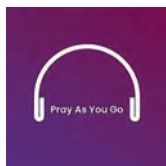
## ENCOURAGING FAITH – 18-25s

Take charge of your own discipleship. Be creative and adventurous. What is it that has helped you know God? Seek it out. Share it with your church community, minister or elder.

How have you served in your church community? Where have you shared your gifts? Knowing these things can help when it comes to moving on, being able to name when you have felt close to God, can be a source of strength during those times of transition.

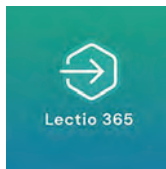
You don't have to go it alone. Sharing your experience with others, befriending older members of the church can offer you support. Their experience will have been different, but they may have some wisdom to share.

There are a number of apps which help to support faith and discipleship and may be helpful during this time of transition. Here are two examples:



[pray-as-you-go.org/](http://pray-as-you-go.org/)

Pray As You Go offers a daily prayer session, designed to go with you wherever you go. It comes from the Jesuit community.



[24-7prayer.com/resource/lectio-365/](http://24-7prayer.com/resource/lectio-365/)

Lectio 365 is a daily devotional app that helps you pray the Bible every day. It comes from 24-7Prayer, a multi-denominational prayer movement.

Share with your home church stories about where you are finding God in your new circumstances and new life – encourage them, as your faith is stretched and built, by giving testimony to how you are finding new ways to embed your faith in daily life.

//  
**D**on't be afraid to try something different. Try different churches... Don't worry if your home church doesn't feel like it fits any more... Doubt is OK



## MOVING INTO MISSION – Church

Mission is fundamental to our lives as disciples – living out our faith in ways that impact the world and share the Good News. Take a moment to reflect on the young adult or adults who have moved on from your church – how have they called you into mission in different ways? What were they passionate to pray for, to raise money for, to campaign for, to actively start doing as individuals or as a church? What mission-shaped mark have they left on the church?

Now consider what testimony you can share with young adults who have moved away, about where you have seen God at work in your local church this week, this month, this season. How might you tell them about this?

Remember that you have recent experience of supporting young adults in transition away from your church.

How might you draw on that to engage with young adults moving into your own area for study, work, family, or other reasons? What support might you be able to offer – and how would you advertise that?

Thinking more widely, what have you learned from supporting young adults who have moved away that could help you understand what you have to offer others? How might you connect with people outside the church to share the Good News of Jesus and God's love?

//

My church has carried on working towards the eco-church award, which I pushed them to start, even though I'm not there anymore!



## MOVING INTO MISSION – 18-25s

Mission might seem a scary word, but with your church you have seen (and been involved in) mission in action – it's really just about sharing God's love and finding where God is at work in the world then, joining in. Now you find yourself somewhere else you can start to discover new ways God might be calling you into action, and hopefully new people to share this call with!

Student Christian Movement has created a great little booklet on theological reflection to help translate faith into action, which you can download here: The SCM Theological Reflection Journal | Student Christian Movement ([bit.ly/SCM-TRjournal](https://bit.ly/SCM-TRjournal)); or buy Theological Reflection Journal ([bit.ly/Buy-TRjournal](https://bit.ly/Buy-TRjournal)).

- What testimony can you share – with your home church – about where you have seen God at work in the world?
- What have you brought with you from your home church that has prepared/enabled you to step out in faith? Can you share that story with the church?
- What passion for justice/social issue have you engaged with? How does your faith enable this?
- Where are you giving time, energy, prayer, money<sup>3</sup> to make the world a better, fairer place (however small your action)? Where has that impetus come from?

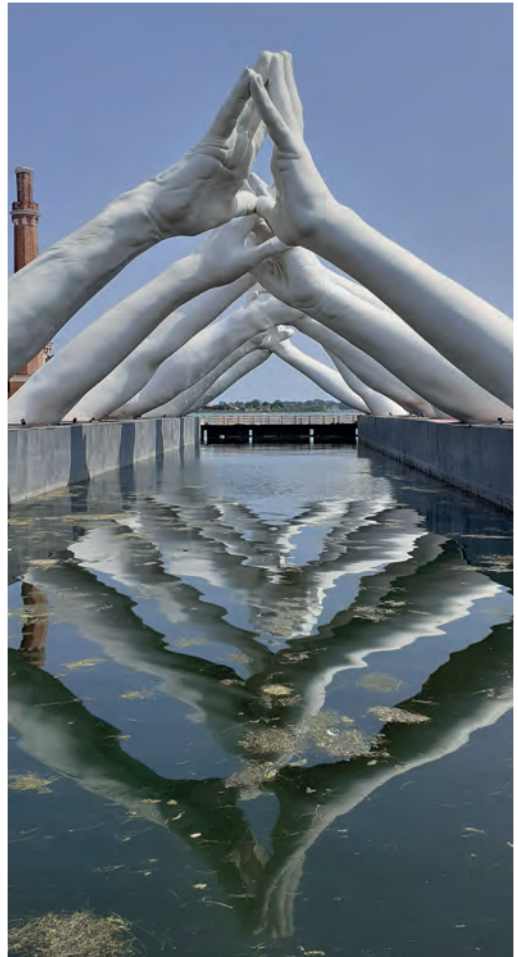


When I got to college I realised how much I had learnt about pushing for the change you think is important from all my experience with URC Youth and my local church

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<sup>3</sup> Research in 2025 by Stewardship found Christians between the ages of 18 and 24 give a higher proportion of their income to charity than any other age group, giving away around 11 per cent of their income each month. 80 per cent of this age group give regularly to their church.

- How have you shared something of your faith with another person?
- When have you found yourself supporting another Christian in developing their faith?
- How have you embedded practices into your life to reduce your impact on the natural world (like using a refillable water bottle, recycling, eating less meat or dairy, choosing to buy second hand etc)?



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# SUPPORT THROUGH UPS AND DOWNS – Church

Churches can play a fundamental role in supporting young adults navigate the transitions of life. However, it can sometimes be difficult to start a conversation with a young adult about how they are feeling. You may be concerned about making them uncomfortable or you may feel uncomfortable yourself. You may be concerned about finding solutions or saying something which will be taken the wrong way and make them feel worse. As older adults, we often want to have the answers but what is important in this relationship is to enable the young adult to exercise autonomy, to feel empowered in making their own decisions, and to find the answers which are right for them.

The key to providing support is making sure the young adult feels safe and comfortable to share what support they may need. Do not assume young adults will only want to share negative experiences or difficulties. They may wish to share positive experiences too. Being able to appropriately share of yourself and your successes and mistakes is an important part of creating bonds and strengthening connections. This can be challenging. Finding an activity you can do together rather than sharing a meal may make it easier to start difficult conversations.

- Help the young adult relate the Christian faith to all areas of their life. You may consider contextual bible study.
- Meet specific needs – using a whole-of-life approach with young adults. This might mean adapting your support methods when necessary.
- Actively Listen – listen intently, asking questions for clarification if necessary. Listen without judgment.
- Acknowledge – validating feelings helps a young adult to recognise they have been heard and understood. Even if you do not agree with their point of view, it may help you understand their behaviours and motivations to better support them.

- Action. This may or may not be necessary but should always be with permission from the young adult. It may be to support their practical or spiritual needs, or both.
- Consider a series of theological discussions and reflections for the whole church on supporting each other through life's transitions.
- Consider a practical course/development opportunity e.g. Mental Health First Aid Course.
- Have a designated person a young adult can call in a crisis.



# SUPPORT THROUGH UPS AND DOWNS – 18-25s

Life is a rollercoaster – sometimes you are shrieking with delight, sometimes you are screaming with terror, sometimes you just want to get off. Moving away, starting new jobs, having to alter your whole routine, from how much sleep you get to what you eat and when, navigating new public transport and living arrangements, meeting lots of new people, finding your place in lots of new situations... It can be fun, scary and a bit much all at the same time.

Prioritise self-care.

The good news is you don't have to navigate all these ups and downs on your own – lean into God and lean into the people God has placed in your life to support you. This can include people from your church fellowship back home as part of your wider support network.



The biggest thing was how different it was, not like home. The food was different, the environment different, the people were strange.

- Express your preferences/needs, to ensure you receive the support you need.
- Do not feel pressured to divulge all your concerns/difficulties at once. Share what you want, when you are ready.
- It is OK not to be OK – this is not a failure and not a permanent state of affairs, but where you find yourself at this point.
- It is also OK to be more than OK – to find you are coping well and enjoying new challenges and opportunities.

## CELEBRATING – Church

Celebration is an important aspect in the life of local church fellowships.

The Church year is full of celebrations such as Christmas, Easter, Harvest. There will be special events to mark anniversaries, local events with other churches, fêtes, fairs, fun days and socials. Think about how you might invite the young adult to come, or how they might be part of it in some other way if they can't be there in person. Could they send a video or message? Also consider how you might share the celebration with them after the event. Will someone be taking photos, writing a short piece for the website or sharing a few words in the next service? If so, can you share those?

“My church has always made photo collage records of events – and now they send me a copy. It is lovely to see those familiar faces.”

Being part of a local congregation is about being part of a church family. Celebrating the various milestones in the lives of church members is important. Significant birthdays, baptisms, weddings, funerals, and when members become parents or grandparents, are all shared events. Consider how you might enable a young adult who has moved away to remain connected to these church family events. If you are giving a card can someone invite them to send a short message to be included? If you are sharing a cake can someone send a piece with a card to them straight after the event?

## CELEBRATING – 18-25s

When everything is changing and might feel like a struggle it is important to remember to celebrate the little things. Things like first edible meal cooked; load of washing done and dried properly; first toilet cleaned; making a new friend; first time hosting people in your space; finding a Christian group or church; going to an event for the first time; joining a group or club. Telling someone else you have done these things is a way of celebrating them – sharing the little things matters because the little things matter.



My church set up a monthly zoom with some older people from church where we catch up with life – I really appreciate their wisdom and support.

It is also important to celebrate the big things! Birthdays can feel very different in a strange place where no one knows you, so connecting with people who do (like your home church) can help. Sharing news about exam results or getting a job is not boasting, it is inviting other people into share your sense of achievement and joy.

Over time there might be even bigger life changes that other people who have known you for many years would be delighted to be able to celebrate for you: getting engaged or marking a committed relationship; starting a family; finding somewhere to live and people to share with; becoming part of a new church; starting your dream job; responding to a call to serve the Church in a particular role; returning home for a new phase of life – these are just some examples.



## FURTHER RESOURCES – Church

Engage with students moving to your local area by creating a church profile on either or both Fusion Student Linkup and/or Student Christian Movement (SCM) Link Church. Both of these websites let you create a profile to let Christian students (and those exploring faith) moving to your area can see a little bit about you, who you are and what they can expect when they arrive at your church. You will also receive a notification when students register with Fusion Linkup and are moving into your area so that you can send them a message of welcome and invitation.

- [fusionmovement.org/studentlinkup](https://fusionmovement.org/studentlinkup)
- [movement.org.uk/scm-connect](https://movement.org.uk/scm-connect)

Both of these websites also have a wealth of resources to help with ideas of how to engage with students.

Grove booklet: *How To Engage Emerging Adults in Church*, by Rebecca Glover.

Contact your Synod CYDO+ team member and your Synod Youth Rep.



## FURTHER RESOURCES – 18-25s

If you are heading off to university, consider signing up to Fusion Student Link and/or Student Christian Movement (SCM) Link Church to see what churches are in your new area and find out a little bit more about them.

- [fusionmovement.org/studentlinkup](https://fusionmovement.org/studentlinkup)
- [movement.org.uk/scm-connect](https://movement.org.uk/scm-connect)

Both of these websites also have a wealth of resources and advice to help encourage you in your discipleship while away at university. Your university chaplaincy might also be a good place to discover more about more specialised Christian groups (such as LGBTQ+, Student Christian Union, Interfaith, local mission projects etc).

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No church is perfect, but try and find one, you feel you can fit, that you can grow in, and that you feel you can contribute to.

London Institute for Contemporary Christianity (LICC) has a number of resources to connect life and faith. Three which might be of use:

- [licc.org.uk/ourresources/routed/](https://licc.org.uk/ourresources/routed/)
- [licc.org.uk/ourresources/launched/](https://licc.org.uk/ourresources/launched/)
- [licc.org.uk/ourresources/wisdom-labs/](https://licc.org.uk/ourresources/wisdom-labs/)

Just Love equips students and graduates to pursue justice in the way of Jesus:

- [justloveuk.com](https://justloveuk.com)

Find out more on the URC Youth Facebook pages and follow us on Instagram:

- [bit.ly/URC-Youth-FB](https://bit.ly/URC-Youth-FB)
- [www.instagram.com/urc\\_youth](https://www.instagram.com/urc_youth)

# PRAYERS

## Blessing from Northumbria Community Morning Prayer

May the peace of the Lord Christ go with you,  
wherever He may send you.

May He guide you through the wilderness,  
protect you through the storm.

May He bring you home rejoicing  
at the wonders He has shown you.

May He bring you home rejoicing  
once again into our doors.

The Lord bless you  
and keep you;  
the Lord make his face shine on you  
and be gracious to you;  
the Lord turn his face toward you  
and give you peace.

*(Numbers 6:24-26 NIV)*



**Connections create a sense of belonging, a feeling of closeness and being supported. They are a result of consistent, authentic relationships. Connectedness is a fundamental part of what it means to be human. So, how can we encourage young adults and their local churches to creatively make and maintain meaningful connections rather than assume they will end because progression into studies, work, and relocation mean they may no longer be worshipping together every Sunday at church?**

More copies are available from the Children's and Youth Work office:

- [children.youth@urc.org.uk](mailto:children.youth@urc.org.uk)
- [www.urc.org.uk/children-and-youth](http://www.urc.org.uk/children-and-youth)
- [www.facebook.com/URCchildren.and.youth](https://www.facebook.com/URCchildren.and.youth)
- 020 7916 8683



*The*  
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Reformed  
Church Youth**

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