



Equip

A session aimed at equipping you
to speak to your teenagers about
Jesus.



St Barnabas
transforming lives - changing the world

NewWine



Defining characteristics of Millennials:

- 1. They are the most educated generation in human history:** they will research and question everything.
- 2. They are largely post-Christian, even if they grew up in the church:** They do not have a Christian presupposition.
- 3. They crave authenticity:** They don't want you to preach at them; they want to see it lived out.
- 4. They struggle to think abstractly:** be careful to not use too many metaphors.
- 5. They are civic conscious and desire collaboration:** They desire community.
- 6. They desire instant gratification and praise:** They are spontaneous and needy.
- 7. They are drawn to radicalism:** give them something that they can live for.
- 8. They are socially aware:** The environment, the homeless and world issues are important to them.

- 9. They are flaky and struggle to assimilate into real world pressures and expectations:** Commitment is not one of their strengths and mental health is a concern.
- 10.They desire to be heard and have an opinion about everything:** Social media.

How to prepare a youth talk:

1. **Make sure that you have researched your topic well:** they will have questions.
2. **Pray and meditate over the passage:** allow the Holy Spirit to guide you.
3. **Make sure that you speak to people about the topic ahead of time:** they might be able to offer insight and real life stories that you hadn't heard before.
4. **Identify your main point thematically or in scripture:** It's a lot better to nail home a single powerful point than multiple abstract points.
5. **Write out your body and structure:** Make sure you know how your talk will flow.
 - **Hook:** Icebreaker, use a funny (relevant) or engaging story to break the ice. This will help the young people identify with you and will allow them to feel a lot more comfortable.

- **Book:** Use the bible as the foundation for your talk. Establish its authority.
 - **Look:** What can we get from this passage? What is your main point?
 - **Took:** So what now? How can they practically apply this teaching to their lives?
- 6. Reduce your notes:** Make sure that you can easily follow what you have prepared.
- 7. Practice:** Rehearse in front of a mirror so that you can watch your body language, record your practice talk so that you can be aware of any filler words or volume problems.

How to deliver a youth talk effectively:

1. **Be yourself:** The youth value authenticity.
2. **Use personal stories:** Following on from the first point, they don't want to just hear what the bible says, they want to see it lived out; share your successes and failures. They don't want a distant God; they want to hear about how you've wrestled with this point.
3. **Get them involved:** Only 10% of the population learns through a lecture styled lesson. Use discussion and exercises to make the spiritual points more relatable. The youth of today battle with abstract concepts.
4. **Use humour:** Don't be afraid to throw in some appropriate humour, especially after a particularly intense point, it will keep their attention. However, if this is a challenge for you, don't force it.
5. **Speak the truth:** Don't dilute a topic. The youth are naturally drawn to radicalism; this can be a negative and a point of caution, but

it also makes them more open to accepting the harder hitting points of Christianity, if you explain the heart behind these points.

- 6. Take your time:** Make your talk a conversation and not a preach; the teens process through discussion, allow time for this. It is better to have a 45 minute conversation than a 15 minute speech.
- 7. Don't be afraid to challenge someone's point of view:** Teens love sprouting their opinions and this is great; but if they're talking nonsense, don't be afraid to respectfully correct them.
- 8. Watch your language:** A lot of these guys will have no biblical knowledge, don't use theological terms or superfluous language, converse with them. Be aware that they might not have any Christian presupposition, so don't expect them to know the story of Moses or what sanctification is.
- 9. Challenge them:** Don't conclude your talk with an up in the air challenge, bring it down

to a very practical application. If you're speaking on eternal life, give them a chance to receive Christ, if you're doing a talk on caring for the poor, have a volunteer signup sheet available. Your challenge must result in immediate action.

How to continue the conversation:

- 1. Establish yourself as a spiritual leader:** your teenager won't listen to you about Jesus unless they have seen Him alive in your life.
- 2. Be patient:** This is something that takes time, don't expect your young person to respond right away.
- 3. Ask engaging questions:** Make sure that you follow on from what was spoken about at Roots. Prepare the topic and ask your young person what they thought about the topic (their opinion), did they agree? Why? Prepare some engaging questions that will allow them to share their opinion. This will be awkward in the beginning, don't give up.
- 4. Create a culture of authentic worship at home:** teach your teenagers how to worship by inviting Jesus into your family. Pray together, read the bible together and share together, show your teen that worship is a lifestyle, not a religious obligation. Make sure

that you encourage your young person to engage with God in whatever way they feel most comfortable.

- 5. Be encouraging and accepting of differences:** Your teen might engage with God in a completely different way to you or to the rest of your family. Encourage them rather than judging them.
- 6. Create an environment where these conversations can happen organically:** make sure that your teen sees you and your husband discussing what was spoken about at church. Your teen craves community, encourage them to invite over Christian friends, ask them questions about topics discussed at Roots.
- 7. Be counter-cultural at home:** If you expect your teen to hold values such as integrity and faith, and for them to break their generation's characteristic of flakiness, make sure that you are demonstrating this at home.

Notes

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