

# BRINGING FAITH TO ADULTHOOD

## A Parent Resource for Helping your Teen Stay Rooted in Christ after Graduation

<p><b>THE MOST IMPORTANT THING YOUR STUDENT CAN DO:</b></p> <p><b>Connect with a Christian community within the first two weeks of college.</b> The first few weeks shape their rhythms and relationships. Encourage your student to pursue Christian community early—before the busyness of college life takes over. Having friends close by who are Christians is invaluable to the life of a young adult.</p>	<p><b>HOW TO HELP THEM FIND A FAITH COMMUNITY</b></p> <p>Most colleges have several trusted national ministries that disciple students:</p> <ul style="list-style-type: none"><li>○ Cru (Campus Crusade for Christ)</li><li>○ Chi Alpha</li><li>○ InterVarsity</li><li>○ The Navigators</li><li>○ Fellowship of Christian Athletes (FCA)</li></ul> <p>Use each ministry’s website to find chapters near campus. Local churches often have college-specific ministries too—visit websites to find local churches near campus. <b>Compass Young Adults meets on Mondays from 7-10pm in Phase 2.</b></p>
<p><b>HOW YOU CAN SUPPORT YOUR STUDENT SPIRITUALLY:</b></p> <ul style="list-style-type: none"><li>• Start the conversation now. Talk about how faith can <i>grow</i> in college, not just survive.</li><li>• Research churches and ministries together. Search for options near campus before they move in.</li><li>• Encourage trying 2-3 ministries. Help them find one that feels like a good spiritual fit.</li><li>• Keep asking the right questions. Try: “What has God been teaching you?” instead of just “How are classes?”</li><li>• Keep praying. Your prayers matter more than you know!</li></ul>	<p><b>10 WAYS STUDENTS CAN CARRY THEIR FAITH INTO COLLEGE:</b></p> <ol style="list-style-type: none"><li>1. Connect to a local church. Attend each week and serve there.</li><li>2. Commit to a campus ministry.</li><li>3. Build simple spiritual habits—prayer, Bible, journaling.</li><li>4. Set digital boundaries and fill time with faith-building content.</li><li>5. Find a mentor. Meet monthly with an older Christian.</li><li>6. Make their dorm a place where faith is welcome.</li><li>7. Start or join a Bible study.</li><li>8. Stay connected to friends from Compass.</li><li>9. Live on mission—invite, serve, and love others well.</li><li>10. Own your faith. Wrestle with difficult topics and new information in a safe space with other believers.</li></ol>

## BONUS RESOURCES

### BOOKS

- Growing With – Kara Powell & Steven Argue
- Doing Life With Your Adult Children – Jim Burns
- How to Stay Christian in College – J. Budziszewski
- Soundtracks: The Surprising Solution to Overthinking – Jon Acuff
- Letting Them Go – Dave Veerman

### WEBSITES

- [Fulleryouthinstitute.org/stickyfaith](http://Fulleryouthinstitute.org/stickyfaith)
- [Axis.org](http://Axis.org)
- [Barna.com/research/belief-in-jesus-rises/](http://Barna.com/research/belief-in-jesus-rises/)