

## **Resource Review: *Six Essential Strategies to Help Young People Discover and Love Your Church* by Kara Powell, Jake Mulder, and Brad Griffin**

### **What It Is**

Fuller Youth Institute published its study of 250 churches effectively engaging teenagers and young adults who were growing spiritually, emotionally, missionally, and sometimes numerically in the book, *Growing Young*. While all organizations naturally grow older, these churches intentionally grow younger. *Growing Young's* research revealed six core commitments a church needs to grow young.

*Growing Young* shows pastors and leaders how to position their churches to engage younger generations in a way that breathes vitality, life, and energy into the whole church. It profiles innovative churches that are engaging fifteen to twenty-nine-year-olds, and as a result, these churches are growing—spiritually, emotionally, missionally, and numerically. This book is full of research and ideas for leaders to learn about growing young.

### **How We Used It**

We used *Growing Young* to learn more about young adult behavior and how to engage with this age group. We used the statistics and research to identify and relate to young adults in our church and community. Young adult leaders worked through the principles. This book was not great for a small group setting for young adults, but was very helpful for church staff and volunteers to work through.

### **What We Like**

The research is thorough on what the church is doing right and what it can be doing better. It documents in detail information about churches of all sizes and stages and their effect on young adults. It gives information to make it easier to understand and strategize how to reach teens and young adults. Across the United States, churches are losing both members and vitality as increasing numbers of young people disengage. Based on groundbreaking research with over 250 of the nation's leading congregations, *Growing Young* provides a strategy any church can use to involve and retain teenagers and young adults.

This book is challenging for church leaders. It speaks not just to young adult ministry, but to the whole church's approach to reaching and keeping people. Growing younger is essential for reaching younger people. The intentional decision to do this in vibrant growing churches can't be denied.

### **What Could Be Better**

Researchers were quick to point out their conclusions were about correlations, not causations. The order of focus or intensity of presence for each of these varied from church to church. However, *Growing Young* claimed the “pursuit of Jesus is the overriding motivation” and the centrality of a Jesus-focused message in a Jesus-focused community is the heart of these churches. While the purpose of the book was not to present tips and profiles, this would have been a great addition. Their website has more resources that accomplish some of this. Overall, there was nothing to critique in their writing and research. I highly recommend this book.

### **Where Can You Get It**

You can get *Growing Young: Six Essential Strategies to Help Young People Discover and Love Your Church* on Amazon at [https://www.amazon.com/dp/B01L9IVGCM/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B01L9IVGCM/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

### **Reviewed by:**

Randy Jumper