



Shaping the Journey of Emerging Adults: Life-Giving Rhythms for Spiritual Transformation

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Between Adolescence and Adulthood Is a New Stage of Life: Emerging Adulthood

Emerging adulthood is a time of identity exploration and instability, yet many emerging adults find themselves without meaningful relationships to help them find their way. Disciplemakers who are willing to connect in simple yet significant ways during this transitional period will shape the journey of emerging adults with grace and truth.

Veteran disciplemakers Richard Dunn and Jana Sundene offer guidance by answering these questions:

- Why do emerging adults need disciplemaking relationships?
- Why do emerging adults have difficulty finding the kinds of relationships they seek?
- What makes emerging adulthood in this particular time in history so unique?
- Why should we emphasize disciplemaking relationships over disciplemaking formulas?
- What is the biblical vision for disciplemaking?
- How can natural life rhythms like discernment, intentionality and reflection be utilized in the disciplemaking process?
- What are some of the specific challenges emerging adults face?
- What advice do you give to men and women who work with emerging adults?

“Whether in the desperate slums of Kampala or the affluent neighborhoods of Chicago’s suburbs or the overcrowded streets of Saigon, we stand amazed at the passion with which emerging adults are pursuing radical Christ-centered, kingdom-based visions for change. And, in every country and culture, the key factor that determines whether young adults are thriving or simply surviving is always the same: the availability and accessibility of teachers, coaches, pastors, friends and mentors who are committed to investing in their spiritual vitality.”

—From the introduction