
Newsletter

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#34 – October, 2025

adelphicare.org

God-centred care
for everyone



In this issue...



“What is happening to our young people? They disrespect their elders, they disobey their parents. They ignore the law. They riot in the streets, inflamed with wild notions.”

Does this apply to young people you know? Probably not. Does it apply to today's young people generally? Possibly, at least to some. Is it a new observation? Certainly not. **This statement is attributed to Plato in the 4th century BC!**

It is so easy for older people to be critical of the young. However, young people face inordinate challenges that we of the older generation certainly did not face when younger. **We need to give as much direct support as we can to our Youth.**

Adelphicare invited younger and older people across Australia to contribute to our consideration of challenges facing youth in our Christadelphian community. We received a number of responses that have been collated and summarised. In addition, a ChatGPT (AI) search on the question **‘Christian Perspectives on Youth Challenges’** was carried out. The results of the survey and these searches have been included in a Report that refers to all the findings. The Report can be accessed from: <https://www.adelphicare.org/documents/121-youth-challenges.pdf>

(Please note - you may need to cut and paste the address into a browser to access the document.)

The following is a brief summary of the main findings of both the survey and the search. **You may find it useful to devote a youth session or a Bible class to consider some of the issues raised.** In some ways, they are not edifying. **At the same time, they are REAL issues for our youth and we – people of all ages – need to address them and help where we can.**

What are the challenges?

1 Identity and belonging – and self-worth

This seems to be one of the most important issues facing young people. There are so many conflicting and competing promotions on the whole coming from media, social networking platforms and peer pressure that they are becoming confused as to what their real identity and self worth is. Take, for example, self worth. So many of the images that are portrayed in the media promote ‘standards’ which the young people do not find they measure up to. Because they are not as good as those being promoted in other ways, they feel they have no value and/or they don't know who they really are.

2 Mental Health and Emotional Struggles

Not unrelated to the above thoughts is that the consequences young people face relating to various pressures can cause considerable mental health difficulties and emotional struggles, some of which are caused through, for example, bullying. This is not unrelated to constant use of, and in some cases addiction to mobile telephones and tablets. This can lead to further instability and a feeling of not measuring up to somebody else's perceived standards

3 Cultural and Moral Issues – sexuality, social justice

And, of course, the same pressures can be seen on cultural issues such as modern style concerts, parties and other social activities. Young people particularly are constantly being bombarded with sexually-related issues. These include the greater social acceptance of divergence of gender identity, sexual change, sexual immorality and same-sex inclinations. At the same time, many young people who have a developed sense of social justice believe that they should become involved in standing up against some of these divergent social issues.

4 Purpose and direction

A constant accompaniment to all of the above is that young people can **lack a sense of purpose and direction.** As one young person put it, they can feel “What's the point?”

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5 Role of Jesus and God in Meeting Challenges

All of this can lead to young people sincerely seeking for something. Many are finding that they can develop a greater relationship with our Father and His Son Jesus. It can be comforting to see that young people can get closer to God and find direction and purpose in Him when properly encouraged.

6 Ways Youth Overcome Challenges

Many young people find different ways to face and overcome these challenges, including faith-based strategies: relying on prayer, Bible study, and biblical role models (e.g. Daniel, Esther, Joseph, Jesus). They also adopt healthy life practices: exercise, nature, hobbies, outdoor activities, reducing screen time. Another important issue is communication: talking problems through with trusted people, counsellors, or peers. In addition, withdrawal/avoidance can be used where youth cope by blending in, withdrawing from conflict, or avoiding certain groups.

7 Support from Older Generations

Many young people really want assistance from the older generation. **So how can we help?** They have suggested some ways:

- **Listen without judgement:** Many want older people to listen compassionately rather than criticise.
- **Encouragement- being heard and valued:** Allow youth to serve and lead with support and guidance. Yes, and some may make mistakes but can they not learn from mistakes as older people did?
- **Role models:** Demonstrate genuine Christian living and share personal faith stories.
- **Connection and conversation:** Initiate interactions, show interest, and create safe spaces for discussion.
- **Acceptance:** Welcome youth as they are, even if they have different perspectives or struggles.

- **Mentorship:** Be present, available, and consistent in offering guidance, care and hope.

Some youth noted that in their ecclesias, older members already provide mentorship and encouragement — which they find invaluable.

Conclusion – our help

As Christadelphians, we need to **care for everyone, no matter our age.** Some simple practical ways can be to just make a point of saying “Hello”! Maybe we can ask how things are at school or work? Do they have particular things they like? It is so essential that we show an interest in them and what they do so that we can establish a relationship. They may not want to ‘open up’ immediately but, if we can establish a foundation for interaction we show that we accept their self-value.

Above all, we need to pray earnestly with and for the young people in our community! As well as starting with simple communication we can arrange for times when frequent interaction can take place.

We need to help them feel at ease with us so that they have the confidence to come and talk with us if they wish.

All of this is not easy. We need to work at it. And we cannot do without God’s guidance and help. And we pray for this!

Laurence Lepherd, Editor

