

# How to Make the Most of Young Adulthood

In *The Defining Decade*, Meg Jay says that your twenties are the easiest years to start the life you want. As a church, we want to help you make the most of young adulthood and start the life God wants for you. This is why we've created a young adult discipleship pathway *where ordinary young adults learn to live everyday life like Jesus*. (Yes, it's a checklist, but don't be in a hurry to check everything off.)

- ❑ **Eat some brunch.** The best place to start is the Connecting Brunch, which we host three times a year right after church. It's less than a hour long and you'll get the opportunity to meet the staff, make some friends, and discover next steps. Sign up for the next one at [bellevuechristian.church/brunch](http://bellevuechristian.church/brunch).
- ❑ **Make sense of discipleship.** After the Connecting Brunch, we encourage everyone to try the Discipleship On-Ramp. It's four 90-minute sessions on the gospel, baptism and belonging, serving in the power of the Spirit, and everyday discipleship. It happens three times each year. Find out more and sign up at [bellevuechristian.church/onramp](http://bellevuechristian.church/onramp).
- ❑ **Make some friends.** You are not meant to do your twenties alone. We encourage you to join a Discipleship Community where you'll make friends with others who are learning to live everyday life like Jesus (even if you're not sure what you think about Jesus, yet). See if there's one in a neighborhood near you and sign up at [bellevuechristian.church/community](http://bellevuechristian.church/community).
- ❑ **Get into a rhythm.** Your twenties are the *easiest* time in your life to establish new habits. Every year, we offer a workshop on how to create a rhythm (or rule) of life with habits like reading Scripture, prayer, confession, and solitude.
- ❑ **Create a budget.** Yay, budgets! Seriously, one of the best things you can learn in your twenties is how to spend less than you make. Every year our church hosts *Financial Peace University*—a two-day course where you learn how to create a budget, get out of debt, save money, and give to causes that matter to you.
- ❑ **Take a retreat.** If you get away for at least one day every year, it will change how you live the other 364 days. This is why every year we host MERGE—a one-day fall retreat for young adults from all over the city. Find out more or sign-up at [mergepgh.com](http://mergepgh.com).
- ❑ **Get a coach.** Sometimes, it's hard to know the best next step in your life. Discipleship Coaches are people from our church who are equipped to ask you the right questions that will help you move one step further into who God has called you to be. (More information soon!)
- ❑ **Leave the country.** Getting out of the country can give you a better perspective on what God is doing in the world. Every year, we send a team to the Dominican Republic to work with our partners at Breath of Life International for about ten days. Give it a try!
- ❑ **Discover your timeline.** Looking back on your life so far can give you clues on where God might be leading you next. Every year, we host a workshop in which you create your own personal timeline with sticky notes to help you see how God has been at work in your life.
- ❑ **Join a team.** Serving our church is one of the easiest to discover how God has uniquely equipped you (and how he has *not* equipped you!). We want to see young adults serving in every ministry of our church. See a list of our teams and sign up at [bellevuehchristian.church/teams](http://bellevuehchristian.church/teams).

Sign up for our email at [bellevuechristian.church/young-adults](http://bellevuechristian.church/young-adults) to find out about other events we host for young adults at our church or send Austin Gohn an email at [austin@bellevuechristian.church](mailto:austin@bellevuechristian.church).