

YOUTH AND YOUNG ADULT



**communion
in action**

WEEK OF PRAYER 2026



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Writers:

Jim Howard
Ron Genebago
Micheal Sokupa
Joe Reeves
Pako Mokgwane
Maria Manderson
James Tham
Busi Khumalo

Project Coordinator:
Mwenya H. Mpundu

Advisors:
Busi Khumalo

Editor:
Maria Manderson

Reviewed by:
Biblical Research Institute

Booklet Designer:
Mwenya H. Mpundu

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Theme Explained

The first four commandments in Exodus 20 emphasize obedience and connection with God. The last six commandments underscore the significance of human relationships. The high rate of conversions in the book of Acts also highlights the link between connection with God and human relationships. "Communion in Action" serves as a rallying cry to prioritize devotion to God by studying His Word and to allow the Holy Spirit to guide us into mission.

About The Authors



Jim Howard

Jim Howard is the President of Adventist World Radio and a Field Secretary for the General Conference, bringing decades of ministry and leadership experience rooted in a deep passion for mission. He has served previously as a pastor in Ohio and Michigan, as Evangelism Coordinator and Personal Ministries Director for the Michigan Conference, as Associate Director and then Director of Sabbath School and Personal Ministries for the General Conference, and as Assistant to the President for Total Member Involvement. Throughout Elder Howard's ministry of preaching, teaching, training, and developing soul-winning resources, he has encouraged both leaders and lay people to accept the call of Christ to become actively involved in making disciples.

Petronio "Ron" M. Genebago, PhD, MPH, MMin, has completed his PhD in Old Testament from AIIAS Seminary. He has served as an instructor at the College of Theology of the Adventist University of the Philippines, a pastor, communication, and youth director in the Central Luzon Conference and North Philippine Union Conference. Currently, he is serving as the youth servant (director) and public campus ministry director of the Southern Asia-Pacific Division.



Ron Genebago, PhD



Michael Sokupa PhD

Michael Sokupa PhD, DTh., Associate director of the Ellen G. White Estate has served in various capacities within the Seventh-day Adventist church. While serving as youth director at the conference level in South Africa his love for serving youth and young adults deepened. He and his wife Ntombizanele Sokupa are the parents of two young adults Siba and Dinga, and a teenager Sani.

Joe Reeves serves as assistant director of the Sabbath School and Personal Ministries Department of the General Conference. His responsibilities include being the editor of the inVerse Sabbath School lesson for young adults (www.inverseible.org) and the host for the inVerse program on Hope Channel (www.hopetv.org/inverse).



Joe Reeves



Pako Edson Mokgwane, PhD

Pako Edson Mokgwane, PhD, is the recently elected Communication Director of the Southern Africa-Indian Ocean Division. He has worked in ministry for over 20 years and encourages everyone to live a life of tenacity, courage, and faith. He grew up in Botswana and is a product of Adventist Education. Very sociable and outgoing, Pako is an endorsed Campus Chaplain and is dedicated to advancing academic research and youth evangelism through diverse media platforms. With expertise in leadership, social media strategy and corporate branding, he is committed to making a positive impact in the field. He holds a Doctor of Philosophy in Organizational Leadership.



Maria Manderson

Maria Manderson is an editorial assistant in the Youth Ministries Department at the General Conference. She has been with the General Conference since 1999, and in her current role for almost 25 years. A Jill of all trades, she loves the Lord and serves her local church and community in many roles

Pastor James Tham, D.Min., serves as Youth Director for the Chinese Union Mission. With pastoral experience in the USA, Singapore, and Hong Kong, he is deeply committed to youth evangelism and discipleship, with a special focus on reaching Chinese young people for Christ.



James Tham, D.Min.



Busi Khumalo

Pastor Busi Khumalo has worked in ministry for over 31 years: 10 years in pastoral ministry and 21 years in youth, chaplaincy, and public campus ministries. He served as a departmental director at the Southern Africa Union Conference from 2003-2010 and at the Southern African Indian-Ocean Division (SID) from 2010 to 2022. Busi's passion for young people and youth ministries is inspired by the last part of the Pathfinder Pledge: "By the grace of God, I will be pure, kind, and true, I will keep the Pathfinder Law, I will be a servant of God and a Friend to man."

Read This First

1. **Start Your Planning Now:** Start your planning, develop your target, get your team together, and make sure your pastor is a part of that team.

2. **Global Youth Day Information:** Get information on the Global Youth Day project. This day will be the launch of the Youth Week of Prayer. Please visit our website, gcyouthministries.org, or contact your local youth director to find out how you can participate.

3. **Commit Your Prayer Warriors:** Get a team of adults together who will commit to praying for you and your ministry on a regular basis. Make sure this is a group with whom you can confidentially share both your personal and ministry prayer needs.

4. **Choose a Theme Song:** Involve your youth choir/praise team. Pick out songs that you all like and which fit the topic of each evening or choose a song for the entire week.

5. **Form a Week of Prayer Development Team:** Include on your team only interested and

committed young adults and youth ministry leaders (Pathfinder, Sabbath School, etc., your pastor/s); this is important because it gives ownership to the entire group, rather than just you and your assistant. Ask the group to commit to meeting for at least three weeks—at least one week for four lessons, and an extra week to wrap things up. Be sure to identify the goal and direction you want to go, preferably at the first meeting, and choose a young person to speak for each day.

6. **Day of Fasting:** Pick a day during the week to dedicating to fasting. As a team identify the areas in which you will be petitioning to God for a breakthrough.

How To Use This Booklet

1. **Journal Space:** This book is designed to be filled with your thoughts. Use the space provided to: record your reactions to the something you may hear in the sermon and the questions at the end of each day or to write a prayer request or praise to God. Encourage participants to use it anyway they want. It's their journal!

2. **Start a Prayer Journal:** Nothing is greater for your personal spiritual growth than time spent in prayer. Your youth group will grow as you grow. Prayer journaling will help you encounter God in new and exciting ways. You will be able to "track" your walk with God as you go back, and review answered prayers and see how He has led you step by step each day. New, fresh ideas will come to mind as you spend time in His presence journaling your prayers.

3. **Daily Questions:** Included with each sermon are questions designed to get you thinking. Form small groups and discuss these questions. Take a moment to really think about the point the question is trying to get across. Listen to the Holy Spirit as He teaches you through Scripture. Encourage participants to record their thoughts in their journals.

Editorial

From Talk to Action

You cannot follow Jesus and stay still.

This year's Week of Prayer is a call to move from talk to action. Too many of us are living with a form of godliness but without power. Witnessing without devotion runs dry, prayer without obedience is empty. The answer is not doing more programs but spending more time with Him. The sermons this week remind us that discipleship is not theory—it is prayer, Bible study, and mission work every day. It's a lifestyle.

What You'll Find:

- Personal devotion as the foundation for authentic witness
- Prayer strategies that produce feasible results
- Bible study methods that transform daily life
- Digital ministry approaches for modern mission fields
- Spiritual gifts identification and activation
- Campus ministry tactics for secular environments

God acts when His people pray. Nehemiah rebuilt walls in 52 days. Esther saved her nation. Daniel preserved lives. Hezekiah saw an army destroyed. Jesus, the busiest man on earth, prayed before, during, and after ministry. These were prayers in action.

- Set a fixed time daily for prayer and Bible study
- Notice who is missing in your youth group and reach out
- Start or join a prayer network
- Share your faith in class, online, and in your dorm
- Support global and local mission projects

Statistics show most Adventist young people who stay committed have strong personal devotion and an active role in church life. Your presence and involvement matter. This week is not about hearing inspiring stories and moving on. It is about acting. God is looking for witnesses, prayer warriors, and disciple-makers.

Will your communion with God propel you to act?

After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly. Acts 4:31

MWENYA MPUNDU
General Conference Youth Dept.
MEDIA COORDINATOR



Global Youth Day

5-Month Plan

From its inception in 2013, Global Youth Day (GYD) had these core aspects: salvation, discipleship, and mission involvement. We are still committed to that vision and hope that all the youth and young adults who participate in this outreach will realize that Global Youth Day is not just about what they are doing but also why they do what they do. Yearly, we are bringing a fresh approach to make Global Youth Day a more mission-focused outreach initiative for young people.

A Five-Month Plan for a Successful GYD

NOVEMBER (PREPARATION: PRAYER AND PLANNING)

1. Unions and Conferences should help churches identify projects aligned with the year's GYD theme.
2. These projects should not be far from most of the youth.
3. The choice and nature of the project will determine a suitable approach.
4. Do area studies to appreciate the size and the scope of the projects.
5. Where possible, divide the youth into small groups of six for effectiveness. But, the nature of the project will determine the size of the group.
6. At the local church level, assign someone to create a list of all the young people who have been missing from church or are coming but are unengaged. Begin calling the missing/inactive young people and invite them to participate in your upcoming projects. Also, begin inviting them to Bible Studies. Visit our website for more tips on doing this.
7. Assign leaders for the small groups: group leader, secretary (to compile reports), spiritual coordinator, media coordinator (permission should be obtained before publishing or sharing any photos and videos), and project coordinator.
8. Youth leaders should share their vision with community authorities to seek permission to do service projects.
9. Churches are encouraged to designate the last Sabbath of November as the day of prayer for the service projects. Dedicate all community projects to the Lord in prayer.

DECEMBER (IMPLEMENTATION)

- 1.** Young people go out into their communities every Sabbath or Sunday (depending on the project) to participate in projects.
- 2.** After conducting projects, the youth should share weekly testimonies or reports with the church.
- 3.** The secretaries of the small groups should compile records of the people they serve (personal information, with their permission).
- 4.** December to January is a long school break in some parts of the world. We suggest that the third week of December be dedicated to recruiting young people to participate in Caleb Mission (a project where youth utilize their vacation time to do community projects and evangelistic programs).
- 5.** The last part of December is usually the time when families spend time together. We recommend that the youth give special consideration to the lonely, the bereaved, the depressed, the sick, the disabled, the homeless, and the needy.

JANUARY (SPIRITUAL AND MISSION FOCUS)

- 1.** The global church's Ten Days of Prayer occur every January. Visit our website to download the 10-day Prayer and Devotional book.
- 2.** We encourage the youth to pray for themselves and various projects they are doing.
- 3.** Dedicate January to implement spiritual and evangelistic projects in preparation for Global Youth Day, Week of Prayer, and Homecoming Day. Evangelistic ideas for youth include Bible studies, outreach seminars, evangelistic campaigns (Voice of Youth), and recruiting young people to participate in One Year in Mission (OYIM).
- 4.** By January 31 Conference and Union should receive GYD reports of the project process/work done.

FEBRUARY (FOLLOW-UP)

- 1.** February is the month to revisit those we have been serving over the past months.
- 2.** Those who delayed in doing their service projects can use this month to engage in intensive community work.
- 3.** The unions and conferences should send their reports to the divisions.

MARCH (CELEBRATION)

- 1.** GYD is usually on the third Sabbath in March. Visit our website to see the GYD theme and resources.
- 2.** In the first two weeks of March, we encourage churches to celebrate with the youth what God has accomplished through them.
- 3.** Invite those we have been visiting and providing services to come to church.
- 4.** On GYD, churches may visit communities in the morning and come back to the church to give reports of their visits.
- 5.** On GYD, the GC will be showcasing to the world what young people have been doing for Jesus.
- 6.** GYD is the precursor to the global Youth Week of Prayer. Visit our website to get the resources for the week of prayer.
- 7.** Homecoming Sabbath: baptisms of young people who made this decision because of the direct efforts of their fellow youths.

Sample Program

Week of Prayer

Welcome

Invocation

AY Pledge, Law and Song

Praise and Worship

Opening Prayer

Special Item (Music or skit)

Scripture Reading

Sermon

Discussion

Theme Song

Prayer

Sample Program

Homecoming Sabbath

Countdown Video

Processional

Invocation

AY Pledge, Law, Motto and Song

Welcome and Announcements

Praise and Worship

Opening Prayer

Special Item (Music or skit)

Scripture Reading

Intercessory Prayer

Tithes and Offering

Special Music

Sermon

Special Music

Baptism

Closing Song

Closing Prayer

comes from communion with God.

Yet the Bible warns that trying to be disciples without spiritual preparation is a unique and big problem for God's people in the last days.

Form Without Power

Read 2 Timothy 3:1-5.

One of the greatest hindrances to our Christian witness occurs when we are too easily satisfied with a superficial religious experience. Paul calls this a "form" of godliness. We may go to church, and even participate in outreach, but the power that motivates and transforms the life can still be missing.

Ellen White strikes at the root of the problem for many end-time believers: "The love of the world, the love of some darling sin, has weaned the heart from the love of prayer and of meditation on sacred things. A formal round of religious services is kept up; but where is the love of Jesus? Spirituality is dying" (Testimonies for the Church, vol. 5, p. 538).

One of the greatest hindrances to effective witnessing is a dying spirituality. It is hard to be an effective witness if you are losing your interest in heavenly things. It is hard to be enthusiastic about your faith if you are not experiencing Jesus in your own life.

David understood this very well. After his great sins of adultery and murder (see 2 Samuel 11), he cried out to God to restore the joy of salvation in his heart again: "Create in me a clean heart, O God, And renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take

tracts—as important as these things are. “Buy from Me,” He says. The only remedy is to come to Jesus.

Notice in verse 20 that Jesus promises to “dine” with us if we will open the door to Him. But what does this mean? Notice the following description by Ellen White:

“The Lord draws out the soul in prayer and gives us to feel His precious love. We have a nearness to Him, and can hold sweet communion with Him. . . . The promises flow into the soul. Our peace is like a river, wave after wave of glory rolls into the heart, and indeed we sup with Jesus and He with us” (Prayer, p. 11).

Did you catch that last phrase, “we sup with Jesus and He with us”? The promise of Jesus to “dine” with us is a promise to bless our times of communion with Him. It’s a promise to fill us with joy and power that can motivate us to live and work for Him.

But it can be so easy to have a form of religion but lack the power, to have the truth but lack the Spirit, to be lukewarm Christians. And when we are lukewarm, witnessing is especially hard.

The Source of Life and Power

Jesus used a beautiful illustration to teach us how essential our communion with Him really is. He said in John 15:5: “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” (NKJV)

In another place, John writes that “in Him was life, and the

life was the light of men" (John 1:4). Jesus is the source of spiritual life for everyone, and as we draw life from Him, we will bear "much fruit." This is a wonderful promise! Whether it is personal spiritual growth, or making disciples, we will bear fruit when we abide in Christ—the source of life and power for the Christian. Without Him, we "can do nothing." This is why Ellen White offered some very pointed counsel to Christians, emphasizing the danger of neglecting alone time with God:

"Prayer is the breath of the soul. It is the secret of spiritual power. . . . Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God" (Prayer, p. 12).

"Satan well knows that all whom he can lead to neglect prayer and the searching of the Scriptures will be overcome by his attacks. Therefore, he invents every possible device to engross the mind" (The Great Controversy, p. 519).

God gives us these warnings to help us in our weakness. He knows that if we fail to commune with Him, we will be powerless to resist sin and selfishness. But if we prioritize time alone with Christ, it won't be in vain. We will see results!

"Nothing is more needed in our work than the practical results of communion with God.... This will impart to the worker a power that nothing else can give. Of this power he must not allow himself to be deprived" (The Ministry of Healing, p. 512).

Do you see how communion with God not only provides for our own spiritual growth but brings "practical results" in our witness to others! Once again, we see that one of the greatest keys to making disciples is our personal communion with God.

God who keeps covenant and steadfast love with those who love him and keep his commandments, let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father's house have sinned. We have acted very corruptly against you and have not kept the commandments, the statutes, and the rules that you commanded your servant, Moses. Remember the word that you commanded your servant Moses, saying, 'If you are unfaithful, I will scatter you among the peoples, but if you return to me and keep my commandments and do them, though your outcasts are in the uttermost parts of heaven, from there I will gather them and bring them to the place that I have chosen, to make my name dwell there.' They are your servants and your people, whom you have redeemed by your great power and by your strong hand. O Lord, let your ear be attentive to the prayer of your servant, and to the prayer of your servants who delight to fear your name, and give success to your servant today, and grant him mercy in the sight of this man."

Prayer in Action Point:

In Nehemiah 6:15, the outstanding result was recorded as response to Nehemiah's fervent prayer: "So the wall was finished on the twenty-fifth day of the month Elul, in fifty-two days." Indeed, a testament of prayer in action.

2. Esther's Prayer in Action

Esther 4:15-17 tells us of Esther's dedication and her request to fast and pray to save God's people in response to the looming annihilation of the Jews as Haman commanded, and to the challenge to her to do something as Mordecai appealed.

5. Jesus's Prayer in Action

Jesus is a man of prayer. His disciples asked Him to teach them how to pray. They noticed His prayer life. The Bible records that He prayed the whole night (Luke 6:12), he prayed early in the morning. Mark 1:35 describes, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." He prayed when He was happy (Luke 10:21). He prayed after an event, "After leaving them, he went up on a mountainside to pray" (Mark 6:45-46).

Jesus also prayed when He was suffering (Luke 22:41-44). He prayed when He was experiencing excruciating pain on the cross (Luke 23:34; Matthew 27:46). He prayed when He was happy (Luke 3:21). He prayed when he had a big decision to make (Luke 6:12). In Jesus's life, prayer is like breathing. He couldn't live without prayer. Ellen White commented on Jesus's prayer life. She writes, "As a man He supplicated the throne of God till His humanity was charged with a heavenly current that should connect humanity with divinity." (DA 362) She adds, "No other life was ever so crowded with labor and responsibility as was that of Jesus; yet how often He was found in prayer!" (DA 362)

Oswald Chambers rightly describes Jesus's prayer life. He said, "In the life of Jesus, prayer was the WORK, and ministry was the prize." He further added, "Prayer is not a preparation for a great work, it is the great work." Thus, before implementing youth events like Global Youth Day, Pathfinder Day, PCM Day, Adventurer Day, and even this Week of Prayer, we must fervently pray because prayer is crucial and foundational to productive and fruitful ministry programs.

AUP for 5 years and after graduation, I was called to serve at the Filipino Adventist Church, which conducted the evangelistic meetings that led to my conversion, as their pastor.

While I was studying in AUP, the LORD had given me blessed opportunities to use my spiritual gifts both in church and in the college. I became a youth elder of a newly planted church, a youth leader of Filipino Church, a district youth president, area president of the province of Cavite, president of the Young Ministers Club in AUP, and later the church pastor of Filipino Church in Puting Kahoy, Silang, Cavite.

After my almost two years of service as a pastor of Filipino Adventist Church, I received a call to serve as a district pastor in the province of Cavite, in the province of Bulacan, and in Metro Manila. I served as a district pastor for five years until the LORD has called me to become the Communication Director and Hope Channel Coordinator for the Central Luzon Conference (CLC) and later the Youth and AMiCUS Director of CLC and of the North Philippine Union Conference for five years. The LORD has also called me to teach in the College of Theology of AUP, while completing my PhD in Biblical Studies. However, when I was writing my dissertation, He called me to youth ministries again as the youth (servant) director of the Southern Asia-Pacific Division. I am still currently holding this assignment upon writing of this testimony how prayer is in action in my life.

To end, prayer is not a lifeless inactivity. It is full of life. It is connecting yourself with the living God. It is a blessed meeting with the divine Council of God, the Father, the Son, the Holy Spirit. It is the lifeline of being a Christian. Ellen White said, "Those who will devote sometime every day in medita-

4. Make every breath a prayer. This will lead you to an atmosphere of prayer making it your lifeline and lifestyle.

Prayer

Heavenly Father,

We thank You for reminding us that when we pray, You work. Teach us to depend on You as Nehemiah, Esther, Daniel, Hezekiah, and Jesus did. Make prayer our first response, not our last resort. Align our hearts with Your will, strengthen our faith to act with courage, and make our lives fruitful for Your glory. May prayer be our lifeline and our work in Your mission.

In Jesus' name,

Amen.

with all the bees surrounding it. It does a waggle dance while they watch every movement. The movement is a measurement of the distance to the source of nectar. What is most interesting is that the bee that does this performance to direct other bees does not go with them. It stays in the hive while they follow the directions that were demonstrated with the dance. This points out clearly that this cannot happen by chance. In nature there is an intentional design that can be traced to the Creator God.

3. God's Special Revelation: The Prophetic Voice

God's revelation in action is seen as he communicates his messages to us through special revelation to prophets. God communicates to men and women who have been given the gift of prophecy by God Himself through visions. In Numbers 12:6, God presents His communication plan: "Then He said, hear now My words: if there is a prophet among you, I, the Lord, make Myself known to him in a vision." The Bible records some supernatural phenomena that occur when prophets are in vision. Daniel experiences a supernatural touch; he sees a man that people around him did not see. He moves from a position of weakness to strength because of the touch from the heavenly being (Daniel 10:4-19). Can you imagine being around a prophet while they are in vision? Ellen White comments on the way God communicated to prophets in visions: "God Himself employed pictures and symbols to represent to His prophets lessons which He would have them give to the people, and which could thus be better understood than if given in any other way. He appealed to the understanding through the sense of sight. Prophetic history was presented to Daniel and John in symbols, and these were to be represented plainly upon tables, that he who reads might understand" (2SM 319, 20).

At times, God used dreams to communicate to prophets. "The prophet who has a dream, let him tell a dream; and he who has My word, let me speak My word faithfully" (Jeremiah 23:28). Jacob's prophetic dream in Genesis 28 is significant for understanding how God communicated to prophets through dreams. Jacob saw a ladder in his dream that connected earth and heaven. On this ladder the angels of God were moving up and down. He heard a voice from God saying "I am the Lord God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and your descendants. Also, your descendants shall be as the dust of the earth; you shall spread abroad to the west and the east, to the north and the south; and in you and in your seed all the families of the earth shall be blessed. Behold, I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have spoken to you." (Gen. 28:13-15). The prophetic dream was specifically about the very place where Jacob had decided to retire for the night. God was reminding him of the covenant he had made with Abraham, Isaac and now with him. In recognition to God's promise about this place, Jacob created a marker using the very stone that he used as a pillow and poured oil on it. He also named the place Bethel. He made a vow: "If God will be with me, and keep me in this way that I am going, and give me bread to eat and clothing to put on, so that I come back to my father's house in peace, then the Lord shall be my God. And this stone which I have set as a pillar shall be God's house, and of all that You give me I will surely give a [a]tenth to You." (Gen. 28:20-22).

Prophetic dreams continue into the future as God wills. Through the prophet Joel, God promises that he will continue to communicate His messages to the end of time. "And it shall

from most people in church.

It's easy to feel invisible and go unnoticed in church, but Sabbath School is the best place to be seen, heard, known, and remembered. This is because Sabbath School fosters personal connections with both peers and cross-generational relationships. While church accommodates social interaction before and after the program, Sabbath School is designed around personal interaction from beginning to end. It is common to only know a few names in church but to know everyone's name in your Sabbath School.

The Sabbath School places supreme value on the individual person. While the church service is optimized to reach large crowds, Sabbath School is optimized for small groups. Jesus emphasized the power of personal contact by touching people when He healed them (read Matt. 8:3, 15; 9:29; 17:7). Those who start a channel on Youtube or TikTok can quickly be seen and heard by millions, but touch is not about reaching large crowds. Touch is about giving personal attention to one person at a time. Sabbath School is all about touch. Sabbath School is not a program. Sabbath School is about people. It provides some of the best spaces to be personal with people and show that Jesus cares.

Done right, Sabbath School promotes what many young people are looking for today: a place of belonging, community, and connection. With good leadership and strong support of the members, Sabbath School can be a place where young people develop the habits and culture of the early church. Let's examine our Bibles today and analyze the example of the early church.

on the doctrines of Christ. We need to teach and preach the Jesus of the gospels, the Jesus of Revelation, and the Jesus of the whole Bible. The mission of our church is dead unless we are committed to reviving and restoring the Christ-centered doctrinal teachings of the apostles in every Sabbath School and in every church service every week. A Sabbath School without a strong culture of Bible study is just a social club. Our Sabbath Schools need young people who can clearly explain the doctrinal truths of the Bible. More than ever before, Sabbath Schools should be known for their in-depth study of the Scriptures.

3. Fellowship

The early church was held together by fellowship. Remember, our theme verse from Acts 2:42 says, "And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers." Fellowship defined the early church just as doctrine did. Those early churches ate together, spent time together, and wrote letters to each other when apart. Perhaps Adventists have too often considered fellowship optional. Just as it is the mission of God's end-time remnant to restore the doctrines of the apostles, so the mission of God's remnant must include reviving the rich, close fellowship of the early church. The interactive format of Sabbath School promotes fellowship. Sabbath School is a place where people look forward to connecting with friends and engaging with each other.

Today, God is calling the next generation of leaders who will help Sabbath Schools and churches rediscover the apostolic model of (1) mission, (2) doctrine, and (3) fellowship. The pillars of Sabbath School are designed on the same model. Thriving Sabbath School classes are strong in Bible study and

prayer, mission, and fellowship. Every Sabbath School participant can contribute to the success of Sabbath School by living the principles of Acts. You don't have to be a Sabbath School teacher or leader to help your Sabbath School reach more people for Jesus.

Make it Real!

What role can you play in helping your Sabbath School realize its true potential? Let's consider practical ways that you can help your Sabbath School:

Spend Time with God. You can help your Sabbath School be strong when you first spend time alone with God. You cannot give what you do not have. Do not go to Sabbath School to get a blessing; go to Sabbath School to be a blessing. You become a very valuable participant in Sabbath School when you study the Scriptures deeply and complete your weekly lesson. Everybody should share the burden of helping the Sabbath School be a place where people find substantive Bible answers. Sometimes, young people don't want to speak too much in Sabbath School, because they are afraid of saying something wrong or are self-conscious about how their peers might view them. But people are encouraged, and their faith grows when they see youth and young adults who read the Scriptures with interest and who can clearly explain the meaning. Young people should never underestimate the strong positive influence they can have on their peers. While it can be very difficult when your peers make jokes about you being too religious or exclude you because you are different, always remember that it is more important to consider what God thinks of you than what people think of you (John 12:43). Never allow peer pressure to silence you from being involved in Sabbath School. Study your Bible seriously and share what

c) Practical application: Prioritize personal devotion time—prayer, Bible study, fasting—even amidst academic pressure. In essence, Back to the Altar!! Live at the Altar! www.backtothealtar.org. Back to the Altar is a global call from the Seventh-day Adventist Church inviting everyone to return to daily personal worship with God. Many are missing the deep spiritual connection they truly need in a world overwhelmed by busyness and media distractions. Following Jesus' example—who prioritized time alone with His Father—believers are urged to begin, live, and end each day in communion with God. Wherever we choose to meet with Him becomes our Altar. This appeal is for anyone seeking a closer walk with God, preparing for Christ's return, and wanting to lead others to do the same.

d) SOP Quotation for Bible Study: "There is nothing more calculated to strengthen the intellect than studying the Scriptures. No other book is so potent to elevate the thoughts, to give vigor to the faculties, as the broad, ennobling truths of the Bible. If God's Word were studied as it should be, people would have a breadth of mind, a nobility of character, and a stability of purpose rarely seen in these times." (Ellen White, Steps to Christ, p. 90)

e) SOP Quotation for Prayer: "And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer." Ellen White, Steps to Christ, p. 93.4)

2. The Renewal of the Mind (Romans 12:2a)

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."

This is a continuation of verse 1. Here, Paul tells us not to

masquerade as people of the world. We should not pattern ourselves after the world or become its victims. Instead, as an act of intelligent worship, we do not conform, but we are transformed. Do not let what's happening on your college campus squeeze you into its world....be not conformed. But be TRANSFORMED. Think of a caterpillar and its transformation process... Think about the transformation of a caterpillar into a butterfly. Known as metamorphosis, it is a fascinating biological process involving four distinct stages: egg, larva (caterpillar), pupa (chrysalis), and adult (butterfly). This is what we go through when we allow the Holy Spirit to transform us. Public campuses are fertile grounds for intellectual growth but also secular worldviews, hence the need to be rooted in Jesus lest wrong worldviews permeate our carnal nature.

a) We need the Word of God to anchor our thoughts – it's the lens through which we filter everything else.

b) Allow the Holy Spirit to shape your thoughts, desires, and decisions through Scripture.

c) Meditate on the Word. Find a quiet place and meditate on what you have read. He studied the Word of God, and His hours of greatest happiness were found when He could turn aside from the scene of His labors to go into the fields, to meditate in the quiet valleys, to hold communion with God on the mountainside, or amid the trees of the forest. The early morning often found Him in some secluded place, meditating, searching the Scriptures, or in prayer. With the voice of singing, He welcomed the morning light, with songs of thanksgiving, He cheered His hours of labor and brought heaven's gladness to the toil-worn and disheartened. Ellen White. The Ministry of Healing, p. 52.

exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness." Earlier you heard God telling Moses that His presence will go with Him, and here Peter is reminding you that when you accept the Lord, the Spirit of God now dwell inside of you. So, while you may have more than one type of spiritual gift, you know for sure that you at least have one spiritual gift—and that is God dwelling inside of you. Amen.

So, what are spiritual gifts?

Spiritual gifts are special abilities or capacities given to Christians by the Holy Spirit, to be used for the betterment and upliftment of others. They are not natural talents. Yes, some gifts may align with natural talents, but spiritual gifts are supernatural empowerments from the Holy Spirit that are meant to edify, encourage, and strengthen the church and the world.

In the beginning of 1 Corinthians 12 we see Paul telling the church in Corinth, and us,

"Now concerning spiritual gifts, brothers, I do not want you to be uninformed. You know that when you were pagans you were led astray to mute idols, however you were led. Therefore, I want you to understand that no one speaking in the Spirit of God ever says "Jesus is accursed!" and no one can say "Jesus is Lord" except in the Holy Spirit."

Paul is writing this letter to the Corinthians to help them properly understand and properly use their spiritual gifts. This is essential to the plan of salvation, yes, God wants to include us in His plan of salvation, and so He equips us through spiritual gifts. The primary way of knowing what spiritual gifts are is through the BIBLE.

family members, coworkers, online acquaintances, and sometimes strangers who found their way to your profile. They might live on the other side of the globe or just down the street. They struggle and rejoice, just like you. They may have questions about life, God, purpose, or hope. You don't need a passport to reach them; you just need a willingness to post, to comment, and to engage with an authentic heart.

Jesus spoke in Acts 1:8 about witnessing to Jerusalem (those closest to you), Judea (your broader community), Samaria (people who might be very different from you), and to the ends of the earth. In our modern context, the "ends of the earth" is as close as our notifications. That classmate from high school who still watches your stories? A potential divine appointment. The cousin who likes all your photos but rarely speaks to you face-to-face? A heart waiting to connect. The friend who sends you a DM at 2 a.m. when they are in crisis? A precious soul who might be seeking hope, even if they cannot articulate it.

You might say, "But I don't have many followers," or "I'm not that interesting." The truth is influence isn't about large numbers, it's about the depth of impact. Each person who views your story, checks your latest Tweet, or reads your posts is a potential life impacted by the message of Christ. Don't underestimate the power of a single verse, a brief encouraging note, or a compassionate response. Just one post that points to Jesus can speak volumes to a person journeying through loneliness or doubt.

How to Live Out #DigitalFaith

So, how do we practically translate these insights into a life of faithful digital discipleship? We are called not just to avoid pitfalls but to actively shine as beacons of hope in a world

that is overloaded with information yet often starving for genuine connection and truth.

Be Real, Not “Churchy”

In an age of filters and curation, authenticity is refreshing. Many people assume that Christians only share Bible verses, worship songs, or “perfect” moral stances online, unable to empathize with everyday struggles. Break that assumption. Show glimpses of your actual life—your hobbies, interests, big wins, and small lessons learned. You can post about your basketball game, your favorite band, or your latest baking experiment. Then, alongside that reality, you can also share scriptures that have impacted you recently, or maybe a prayer request or a praise report.

Being “churchy” might feel like an artificial display of faith, using language that doesn’t resonate with everyday life. Being real, on the other hand, means you share how your faith intersects with your challenges and victories. Talk honestly about how God helped you overcome a personal struggle, or how you felt peace in the middle of a stressful deadline. When people see you’re genuine, they sense that the faith you talk about is deeply woven into your daily existence rather than confined to Sabbath mornings.

Engage—Don’t Just Scroll

One major digital habit involves mindless scrolling. We flick through countless updates, watch short videos, and momentarily amuse ourselves. However, what if we shifted from passive consumption to active engagement for the sake of Christ?

When a friend posts a success—maybe they just landed a new internship or got accepted into their dream school—offer a comment that shows support: “So proud of you! God’s got even greater plans in store.” When you sense someone is hurting because they share a vulnerable story or a cryptic status, send them a DM saying, “I see you’re upset. I’m praying for you. If you need someone to talk to, I’m here.”

Small gestures of empathy or encouragement can profoundly touch someone’s heart. Even a quick, sincere reaction can open a door for a deeper conversation. In a digital world so often filled with negativity, cynicism, and trolling, your warmth and kindness can stand out as a powerful witness to Christ’s love.

Use Your Unique Gifts

God’s Word is clear that each member of the body of Christ has distinct gifts (Romans 12:4–8). This diversity is by design. Some are natural communicators, while others are visually creative. Some excel at singing or playing instruments, while others are more inclined towards coding, gaming, or writing. You do not have to mimic someone else’s style or gifts; you simply need to ask God how to leverage what He has already given you.

If your skill set leans toward graphic design, consider creating motivational verse graphics or wallpapers. If you are a writer, tweet or blog short reflections that infuse everyday scenarios with spiritual insights. If you are musically inclined, record worship covers or original songs that guide listeners into God’s presence. Gamers can stream their gameplay while keeping the atmosphere clean, uplifting, and free of toxicity, offering a stark contrast to foul language or negativity that

Spirit, faced hatred from a crowd. Even as they stoned him, he prayed for them. While social media comments don't compare to the physical danger Stephen faced, the principle of responding with grace to hostility remains relevant.

Occasionally, you may be led to respectfully challenge falsehood or clarify misconceptions about faith. Do so with empathy and humility. Remember: the goal isn't to "win" an argument; the goal is to reflect Christ. It's less about saying, "I'm right, you're wrong," and more about saying, "Here's a perspective from Scripture. I hear your concerns, and I believe God has answers for you." If someone grows more hostile, you can politely bow out or block them. The Holy Spirit can still work in ways we don't see or comprehend, long after the conversation ends.

Passing the Torch: Encouraging Others to Join in

Digital ministry is not something you do alone. Consider inviting your friends or youth group to join in a social media challenge: for instance, committing to one post a week that shares an encouraging verse, a short prayer, or a reflection on God's goodness. When a handful of believers consistently post about faith, the collective ripple effect grows stronger. Each person has a unique circle of influence, so working together can expand the reach.

You might find creative themes: #TestimonyTuesday for sharing testimonies, #WorshipWednesday for posting a favorite worship song along with a brief personal reflection, or #FaithFriday where you summarize a lesson God taught you that week. By uniting and supporting one another, you help each other stay accountable and encouraged. Plus, seeing others share their faith can inspire you to keep moving forward, especially on days when you may not feel like it.

wronged them and may bring a change of heart that will benefit young people in the church. We should not mistake candidness with rudeness. It is possible to express your wounded feelings without being abrasive. An exemplary youth in speech can be a good example to everyone at home, church, and society. This formula will make your peers, parents, schoolteachers, and church leaders respect you because you are mindful of what you say.

Conduct

Matthew 7:16 declares, "By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles?" Our behavior is a public display of who we are. Which kind of conduct is Paul referring to? The Bible provides characteristics of a person who professes to be a Christian. We will consider a few of the biblical references that define who we should be:

- Found in Exodus 20, God's Ten Commandments serves as a compass to everyone who claims to love God. While obedience to the laws of God does not grant us pardon from sin, they serve as a mirror that screens our lives and exposes our character defects and propensities towards sin. God introduced the laws on Mount Sinai because He desired to detox the nation of Israel from the idolatrous life they had lived for over 400 years in Egypt. Embedded in the Ten Commandments are the two dimensions underpinning human relationships – the vertical connection with God and the horizontal connection with humanity. In the New Testament, Jesus said: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two

founded on the principle of love. We cannot claim to love God and hate our enemies. Satan offers us a counterfeit of the love God wants us to have. Gospel and secular songs have been written on love, and yet this is still a rare trait among God's people. Romantic movies and songs continue to captivate our minds because humanity admires those who seem to have the capacity to love. It also shows that love is as elusive as a mirage.

Jesus challenged all His disciples when He said: "By this everyone will know that you are my disciples, if you love one another." (John 13:35). Ellen White has written extensively on love.

Let me share some of her excerpts on love:

- "Love must be the principle of action. Love is the underlying principle of God's government in heaven and earth, and it must be the foundation of the Christian's character. This alone can make and keep him steadfast. This alone can enable him to withstand trial and temptation" (Counsels on Stewardship, p. 197).

- I have found no sterner rebuke to those who trivialize love than this one Ellen White has issued to young people: "To trifle with hearts is a crime of no small magnitude in the sight of a holy God. And yet some will show preference for young ladies and call out their affections, and then go their way and forget all about the words they have spoken and their effect. A new face attracts them, and they repeat the same words, devote to another the same attentions" (Letters to Young Lovers, p. 74). If the youth want to be taken seriously by their parents and others, they should take this counsel to heart and do as admonished. We often weaken our case

Purity

What does Paul mean when he says Timothy should be an example to the believers in purity? What does it mean to be pure? We will look for answers from the Bible and the writings of Ellen White.

- 1 Corinthians 6:19 says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." When you rent a car, you are expected to return it in its condition you received it in. Failure to comply will make you financially liable for any damage to the company's property. Our bodies belong to God, who created us (Genesis 1:26-27). Purity is about stewardship and temperance. It is a recognition that everything belongs to God and is given to us in trust. God expects us to keep what belongs to Him with care.

- Daniel 1:8 says, "But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way." Daniel set the moral bar very high when he and his friends were offered the foods and beverages of Babylon. God honored the young Jewish men who had chosen to abstain from unclean foods for ten days. They were healthier and better in appearance than their peers because they were disciplined.

- Ellen White describes the conduct of Daniel and his friends, "At the very outset of their career there came to them a decisive test of character. It was provided that they should eat of the food and drink of the wine that came from the king's table. In this the king thought to give them an expression of his favor and of his solicitude for their welfare. But a portion having been offered to idols, the food from the king's table was consecrated to idolatry; and one partaking of it would be regarded as offering homage to the gods of Baby-

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General Conference of Seventh-day Adventists®
Adventist Youth Ministries Department
Departmental Director: Busi B. Khumalo
Associate Director: Ron Genebago
Associate Director: Alfred Kwasi Asiem
Departmental Advisor: Saw Samuel
Media Coordinator: Mwenya Mpundu
Editorial Assistant: Maria Manderson
Editorial Assistant: Ivonne Omaña

For more information
Email: youth@gc.adventist.org
Website: gcyouthministries.org
Mailing Address:
Adventist Youth Ministries
General Conference of Seventh-day Adventist
12501 Old Columbia Pike,
Silver Spring, MD 20904-6600, USA.

