



## CELL GUIDE

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<b>TOPIC</b>	Winning The Youth - Touching Their Minds	<b>SPEAKER</b>	SP Chua Seng Lee
<b>THEME</b>	Critical Concerns of Our Times	<b>DATE</b>	29 & 30 July 2023

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# MESSAGE SUMMARY

## INTRODUCTION

Our youths, the future of our nation, are those who are aged between 15 to 35 years old. Based on a survey conducted by Thir.st Youth Night of 300 youths across 60 churches, majority of the youths struggle with mental health challenges, either personally or know of someone who struggles with it. Some mental health struggles include anxiety, depression and suicidal thoughts.

In Malachi 4:5-6, God sends Elijah to restore the hearts of the fathers to their children and the hearts of the children to their fathers. The heart of God is for the souls of the youths. Restoration involves bringing back the initial love and affection that a parent has for their child. As parents and adults, we must first allow God to change our hearts towards the youths and reach out to the new generation lovingly and wisely, then likewise the hearts of the youths to their parents.

## HOW CAN WE REACH OUT TO THE YOUTHS?

### 1. **Seeking to know** - know the facts about mental health and the youths

Youths may need guidance as they encounter new feelings and struggle to take every thought captive (2 Corinthians 10:5). We need to be curious to learn about the facts of mental health and the world of the youths, to seek to know each youth afresh and see them with a new mind and heart (Proverbs 18:15, 19:2).

### 2. **Seeking to understand** - connect the facts to make meaning of what youths are going through

As we gain knowledge by learning, we have to grow in understanding to acquire wise counsel (Proverbs 1:5). Youths today face different challenges compared to previous generations. For youths growing up today, the world is intimidating and stressful as they learn to manage their thoughts and emotions. We need to meet them where they are, walk alongside them and give them opportunities to share their views. As we listen, connect and seek to understand deeper from their perspective, we need to avoid making assumptions and prescribing solutions for them.

### **3. Seeking to love - love the youths wisely**

We need to recognise the mental health struggles of the youths, support and help them make referrals for professional help. We need wisdom to love them, without limiting or overprotecting them. Love means being in their “corner” for them, providing love and encouragement at all times (Pro 17:17, Pro 27:5).

## **CONCLUSION**

Our Lord Jesus Christ modelled the way for us to love others. Through Jesus’ unfailing love, he meets us where we are, connects, supports and relates to us in a way that we can understand because he understands. We need to change our hearts and turn our hearts towards the youths to love them, so that God will have mercy over all (Malachi 4:6). Are we willing to imitate our Lord Jesus Christ, who became a Man, to save the lost and restore our hearts for the youths?

# QUESTIONS

1. Think about the youths within your family, workplace, school or community. How has the sermon influenced your views of them?

2. SP shared 3 changes that we should make to connect with the youths of today. Share an example of how you would execute each change.

3. Malachi 4:6 talks about obedience to God's word in order for relationships in the family to be restored. Are there unresolved issues with your parents/child where you are looking for restoration within the family? What is God prompting you to do today?