



Equipping our leaders to tell the next generation

*“We will tell the next generation
the praiseworthy deeds of the Lord,
his power, and the wonders he has done.”*

Psalm 78:4

Understanding Gen Z

11th Feb 2026

Gen Z (those born between 1997 and 2012)

Understanding the generation:

- Immersed in technology
- A creative generation
- Are inquisitive, passionate about justice and have a desire to make change
- Instant gratification
- Crave authenticity
- Anxiety, loneliness, isolation, depression are common
- Taught 'individualism' and 'relativism' – no absolute truth, and 'make your own truth'

Discipling Gen Z:

- Not imparting information but leading them into an encounter with the living God, cultivating a sense of awe at who God is and what He has done
- Building authentic relationships with them
- Helping them to build real and meaningful relationships with others
- Teaching perseverance: spiritual discipline and long-term faithfulness
- Teaching them the biblical doctrine of image and identity
- Providing a safe, Christ-centered space for them to talk, be vulnerable, ask hard questions and wrestle with doubts

What are the challenges in having honest conversations with Gen Z?

Helpful principles / tips in having honest conversations with Gen Z:

Helpful verses to turn to with young people who are suffering:

Look at God's promises in the Bible...

- Look at Jesus and all he went through – Isaiah 53
- God will put an end to suffering – Revelation 21
- Our world isn't going to stay broken – Revelation 21
- God cares about our suffering – 1 Peter 5:6–7
- God is with us in our suffering – Isaiah 41:10
- God can help us in our suffering – Psalm 34:17–18, Matthew 11:28
- God understands our suffering – Isaiah 53
- God comforts us in our suffering – Romans 8:38–39
- God sent a Solution to our suffering – a good God who is in control – John 3:16, Mark 15:34, 1 Pet 2:21–23

See what God is doing in and through our suffering:

- 1 Peter 1:6–7,
- 1 Peter 4:12–13,
- Philippians 3:10

Other helpful verses/passages:

- Psalm 145:18
- Deuteronomy 31:8
- Psalm 42:11
- Psalm 119:105
- Psalm 57
- Psalm 27:1

There is no easy answer to the question: '*Why am I suffering?*', but there is an easy answer to the question: '*Where is God in my suffering?*' - Right there with me!