



# The Commissioning Stage

The **Commissioning Stage** supports families with teens entering their junior year in high school up through early adulthood, as they navigate growing independence and life transitions. This season of life can be rocky, but intentional encouragement and spiritual grounding can help adolescents grow in Christlike maturity.

Just as Jesus commissioned His disciples, this stage helps you help young adults stay rooted in their faith, seek wisdom, and form Christ-centered relationships.

**“But the Helper, the Holy Spirit, whom the Father will send in my name, will teach you all things and bring to your remembrance all that I have said to you.”**

***John 14:26***

## Tips for Caregivers

- Encourage your young adult to reflect on his/her identity in Christ.
- Help your young adult embrace both grace and responsibility as they make decisions.
- Partner with your young adult as they build supportive relationships with mentors and peers.
- Remind your young adult that they will be commissioned for a purpose.

## Growth Model



### Plant

Your young adult may face challenges like feeling judged or misunderstood.



### Root

Your young adult will find encouragement through healthy connections.



### Growth

Your young adult will build belonging while setting boundaries.



### Fruit

Your young adult will help others find community and friendship.

# Activity: Community Friendships

## STEP 1 (The Why)

Healthy friendships teach us who we are and who we may become. However, young adults are often drawn to relationships where they feel most accepted, which may or may not be healthy.

This activity helps you and your young adult identify and invest in friendships that are mutual and promote growth in Christ.

## STEP 2 (Activity Directions)

You and your young adult should take a moment to think through a current friendship before discussing the following questions.

- 1** What are three qualities you respect in a friend? (e.g., patience, honesty, loyalty)
- 2** How do you experience these qualities in that friendship? (e.g., They listen without judgment when I share my struggles.)
- 3** How do you live out those qualities in your own friendships? (Be specific. Think about your actions and responses.)
- 4** How do these qualities reflect the character of Jesus, like the fruit of the Spirit found in Galatians 5:22, 23?  
Debrief with your young adult after you've walked through this exercise by sharing your own answers to these questions.

## Encouragement

As your young adult reflects, don't rush the process. Be available. Celebrate progress. Remind them that God's Spirit is with them, and you're in their corner—always.