

Sharing *Faith & Strength*, Bk 1 and/or Bk 2 With Your Students

A Youth Leader's Guide to Encouragement, Conversation, and Discipleship

Before You Begin:

As a youth leader, mentor, or ministry volunteer, you have a unique opportunity to encourage young people during some of the most important years of their lives.

The goal of sharing Faith & Strength isn't to diagnose a problem, assign homework, or **fix** anyone.

The goal is simply to say:

"I care about you, I believe in you, and I thought this resource might encourage you as you continue growing in faith and confidence."

Not every student will read every page.

That's okay.

Sometimes the greatest gift we give young people is simply placing encouragement within reach.

Don't present this books as solutions to problems. Present them as tools for growth.

Option 1:

***Sharing Faith & Strength With Students You Already Have Established Relationships With**

You already have trust and rapport with students through youth group, retreats, mission trips, small groups, or ongoing mentoring relationships.

What you might say:

"We've had some really great conversations this year, and these books actually reminded me of a lot of the things we've talked about together."

Or:

"There's no expectation that anyone reads every page. I just thought there might be sections that encourage you or help you think through some things you're already experiencing."

Group approach:

- Give books out at the end of a small group semester.
- Present them as a resource and encouragement gift.
- Invite students to share thoughts with you privately if they'd like.

Option 2:***Sharing Faith & Strength When Students Are Going Through a Difficult Season**

Your students may be navigating friendship struggles, anxiety, family stress, grief,, disappointment, or major life transitions..

What you might say:

"Sometimes it helps to hear from someone outside our immediate circle who understands what it feels like to struggle, question, worry, and keep going anyway. I thought there might be a few pages in here that feel like that."

Or:

"I know life can feel really heavy sometimes, and I wanted you to have another source of encouragement and support. You don't have to read it now, or all at once, but I thought there might be something in here that speaks to you when you need it."

Group approach:

- Offer the books during a series on anxiety, identity, relationships, or resilience.
- Make them available to everyone rather than singling out individual students.
- Encourage students to engage with them at their own pace, and Invite them to share with you privately if they'd like.

Option 3:***Sharing The Faith & Strength Series With Students who are Wrestling With Faith, Identity, or Purpose**

Your students are asking hard questions about themselves, their faith, their future, or where they fit in..

What you might say:

One of the things I appreciate most about this generation is that you're willing to ask honest questions,. These two books give so many practical answers that I wanted each of you to have your own copy."

Or try saying:

"These books don't assume you already have everything figured out. They create space to think, reflect, and grow."

Group approach:

- Use selected chapters during discipleship groups.
- Invite discussion rather than teaching.
- Focus on questions and reflection rather than finding the "right answers."

Option 4:***Sharing Faith & Strength Simply As Encouragement**

Your students don't appear to be struggling but would still benefit from encouragement, wisdom, and confidence-building tools.

What you might say:

"I wish I had something like this when I was your age, and I thought some of you might feel the same way."

Or try saying:

"I don't think these books are just for people having a hard time. I think they're for anyone who wants to keep growing."

Group approach:

- Present the books as optional resources.
- Offer them as gifts at camp, retreats, graduations, or milestone events.
- Emphasize growth, encouragement, and faith rather than problems or weaknesses.

One Final Thought

Not every student will read these books immediately.

Some may read them tonight.

Some may return to them months or even years from now.

That's okay.

Because the greatest gift youth leaders often give isn't advice.
It's the quiet message:

"I see you. I believe in you. I'm praying for you. And I'm glad you're here."

I want to personally thank you for the hours you devote to these girls,
and I would love to hear about your experience. Send me a quick note to
drevajames@faithandstrengthforgirls.com

-Dr. James