

The 5C's of Young Adult Sabbath School Framework for North American Division

The 5C's of Young Adult Sabbath School are: Conversation, Connection, Community, Challenge, and Consistency. This Framework was developed from input by a diverse group of young adult ministry professionals and practitioners who lead Sabbath School in their ministry contexts. It is based on small, medium, and large Sabbath Schools and small groups.



YOUTH & YOUNG
ADULT MINISTRIES

Seventh-day Adventist Church
NORTH AMERICAN DIVISION

1. CONVERSATION – Create safe spaces for people to communicate

True connection starts with intentional, meaningful conversations that respect differences and create safe spaces to explore faith together. By practicing empathetic, active listening, we foster deeper understanding and stronger relationships. This kind of communication ignites a powerful cycle—conversation leads to connection, connection builds community, and community drives spiritual growth and consistency. If we want to cultivate lasting change and community among young adults, we must embrace the art of dialogue that plants seeds for genuine transformation.

1 sentence summary: Intentional conversations are the key to sparking deep meaningful conversations, building excited communities, and fostering spiritual growth that transforms lives.

2. CONNECTION – Create safe spaces to connect emotionally, spiritually, intellectually, socially

Connection is the key to emotional, spiritual, intellectual, and social growth, and it happens best when people feel safe to be vulnerable. Sabbath School can be a powerful space for this, but it depends on leaders who create open, welcoming environments where people can share honestly without judgment. By getting to know each person, gathering feedback, and staying connected throughout the week, we build deeper relationships that strengthen our faith journey. Without real connection, our efforts may fall short, but with it, we create a lasting, supportive community.

1 sentence summary: Building true connection, based on safety and openness, is essential to creating a strong, supportive community that helps people grow spiritually and emotionally.

3. COMMUNITY – Create safe spaces where people do life together outside of Sabbath School

The term “Sabbath School” can unintentionally alienate those unfamiliar with it, while “Bible Study” is more inclusive and accessible to non-Christians. By using more welcoming terminology and fostering thoughtful, safe conversations, we create meaningful connections that lead to organic community growth. This approach helps young adults feel a sense of belonging, not just in church, but in homes, coffee shops, and other spaces where real relationships can flourish. True camaraderie grows when we make space for natural, unforced connection.

1 sentence summary: By creating safe conversations and using inclusive language, we can foster meaningful connections and organic community growth, helping young adults experience true belonging in spaces beyond the church.

4. CHALLENGE – Create safe spaces for open dialogue and exploration

Sabbath School leaders who act as facilitators create a culture that encourages open dialogue and welcomes diverse perspectives, allowing participants to challenge their beliefs meaningfully. By fostering trust through conversation, connection, and community, they empower individuals to explore ideas they may have never considered. This approach honors disagreements and ensures everyone feels seen and accepted. Ultimately, by facilitating discussions in a supportive environment, leaders enable faith to grow and evolve in profound ways.

1 sentence summary: By serving as facilitators, Sabbath School leaders create safe spaces for open dialogue and exploration, enabling participants to challenge their beliefs and engage authentically with their faith.

5. CONSISTENCY – Create safe spaces that are not rushed but real, genuine, authentic

Consistency is key to building reliability and trust in Sabbath School, allowing young adults to feel secure and supported in their faith journey. When they see a commitment to showing up and engaging genuinely, it fosters an environment where they can open up without fear. This reliability is especially important for those healing from church hurt, as it helps them develop the trust they need to grow and connect with both God and community. By embodying God's consistent presence, Sabbath School becomes a safe haven for young adults to strengthen their faith and relationships.

1 sentence summary: Reliability in Sabbath School is crucial for young adults to develop trust, creating a supportive community where they can heal and deepen their faith together.