

**To Nurture and Empower:
The Gift of Faith-Filled Communities on the Lives of Young Adults**

Some of the important things young adults think about is their spiritual, personal and life/work skills growth. As young adults, I feel, we are in a place where most of us have crossed that bridge of embracing our passions and missions in life more than ever. We are starting to make in-depth considerations and decisions about what we want to do and how we want to live. Whether it's starting our careers, discerning religious life or raising a family, we are at the most meaningful stage of our realizing our life's callings. But like every growth journey, we need to surround ourselves with a "resource" to nurture and empower us.

Faith-filled communities do play a significant, positive role in doing just that. These communities focus on nourishing the heart, mind and spirit of an individual. We become surrounded by individuals who share the same core beliefs, and individuals who can provide new viewpoints that compliment our own. It gives us more push to follow our passions and opens doors for us. It also encourages us to look beyond ourselves and into embracing the value of the community and the world.

In a faith-filled community we are empowered to take care of our faith through prayer and service, keeping our hearts and spirits rejuvenated. It gives us a place to share and reflect on our own life experiences, helping us identify our strengths and next steps. Finally, it gives us a place where individuals who come from different backgrounds and who have their own experiences to share, connect us to a world where our self-awareness grows and we take on new life lessons. As life goes on we will always be learning and will be experiencing new things, but there will always be a faith-filled community that exists (or you can start) that is ready to become that fostering resource.