

# Life Skills for Freshmen

Serving a while in campus ministry, we used to assume students came into college with essential life skills. We could connect them to the movement and quickly move toward discipleship and evangelism. But that is no longer the norm; we are adjusting to meet their needs.

Many young people today struggle to keep their heads above water spiritually, emotionally, and relationally. It is challenging to establish spiritual disciplines if they are overwhelmed in life. And they likely won't engage others and live on mission unless something changes.



First meeting with freshmen athletes at Butler

## Matt & Jenny Williams

Serving as campus missionaries with Athletes in Action

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To help remedy this, we are starting a six-week "life skills workshop" for freshmen athletes at Butler. The idea is to meet their unspoken felt needs by helping them develop life skills shaped by a Christian worldview.

**Please pray for open and teachable hearts as we cover these six lessons in the fall:**

- 1 - From Anxiety to Grace Inspired Peace
- 2 - From Digitally Distracted to Focused Faith
- 3 - From Exhaustion to Intentional Rest
- 4 - From Self Absorbed to Others Focused
- 5 - From Endless Choices to Embracing Limits
- 6 - From Chaotically Busy to Purposefully Productive

# Discipleship at IUPUI

For six years, we've prayed for open doors at IUPUI, one of our campuses in downtown Indianapolis. Matt connected with Medard from the soccer team in the spring, and he came to Ultimate Training Camp with us in May. Matt recently met Noah from the golf team this fall, and he's beginning to walk with Christ.

Matt will meet with Noah and Medard every Monday this fall to teach them five fundamental lessons of the Christian faith. The goal is to help them begin growing toward maturity. **Pray for wisdom as he disciples these two young men!**



First meeting w/ Noah & Medard