

Signs of Revival Rise Amid Gen Z's Struggles With Self-Worth

This past summer, a Gallup survey found a surprising number of teenagers feel the pressure to be perfect all the time, leading to negative emotions. Young Life, a Christ-centered ministry that focuses on helping kids to know Jesus wanted to learn more in hopes of turning those feelings in a more positive direction through something called the Relate Project. The study aims to bridge the gap, offering a deeper understanding of Gen Z.

"Around 40% of young people don't know or don't believe that they're worthy of love," Dr. Arthur Satterwhite, Young Life Ministry Vice President told CBN News. "It's something that should burden us all."

For more than 80 years, Young Life has focused on the lives of kids in the U.S. and beyond building relationships through trust and sharing the good news of Christ.

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Satterwhite helped conduct research for the project.

"As those who are called to come alongside young people, knowing who this generation is, where they are, what's their context, is a big part of us being able to go to them, build relationship, and earn the right to be heard," explained Satterwhite.

The study found that relationships and communication, not online but in person, are on the minds of this generation.



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More than half communicate most often one-on-one with their closest friend. Another 20% talk through phone calls, Facetime or WhatsApp. The remaining 25% tend to use texts, email and direct messages to communicate with friends.

The research also found that friends and family are the primary sources of help for adolescents.

Signs of Revival? Gen Z Responding to Faith

And when it comes to faith, Gen Z is responding positively.

"What we found was that faith as a framing story helps folks, especially young people, to contextualize what does belonging mean? 'Where do I fit in?' and what could that look like as we help them to know not just who they are but who they are and what they're called to. That's what we're seeing as a direct correlation to increased flourishing."

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It is a flourishing that Young Life hopes to continue to shape.

"There are 60 kids showing up every Friday before school to go to Bible study," Heron said. "We started, there might've been 10 people and that was a big number for us. So, to have 60 and it's just continuing to grow again, I think these kids are really resonating with the purpose, the love, the consistency that Jesus gives and they're really grabbing hold to that."

"I know and have seen kids walk from death to life," said Young Life volunteer Natalie Browning. "They're not hopeless. This generation is not hopeless."

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