

For Immediate Release

3 BIG QUESTIONS THAT CHANGE EVERY TEENAGER

NEW BOOK ADDRESSES CORE TEEN CHALLENGES IN 2021

Breaking Research from the Fuller Youth Institute Leads to Better Relationships and Greater Ministry Impact



Grand Rapids, Michigan, (March 1, 2021) — Disruptive challenges of 2021 hit teens hard with social isolation, online learning, racial strife, and deferred dreams. According to new research from the Fuller Youth Institute, today's teenagers represent the most anxious, diverse and adaptive generation in history.

Experienced authors Kara Powell and Brad M. Griffin address these complicated issues head-on in their new book, ***3 Big Questions That Change Every Teenager: Making the Most of Your Conversations and Connections***. Emerging from landmark research conducted by youth ministry experts at the Fuller Youth Institute (FullerYouthInstitute.org), *3 Big Questions* offers pastors, youth leaders, mentors, and parents practical and proven conversation starters and connecting points that help teenagers answer their three biggest questions and reach their full potential.

QUESTIONS ADDRESSED ARE:

1. Who am I? A question of *identity*
2. Where do I fit? A question of *belonging*
3. What difference can I make? A question of *purpose*

“At the Fuller Youth Institute, we love listening to teenagers’ tough questions, as well as the (equally tough) questions *about* teenagers asked by churches, ministries, and families,” says Powell. “Over the last couple of years, we’ve conducted surveys and focus groups with over 2,200 teenagers, as well as in-depth multi-session interviews with 27 youth group high school students nationwide.”

The purpose of *3 Big Questions* is to equip anyone who has a heart for young people to lean toward teens with empathy, practice listening, and gently point them in the direction of better answers: they are *enough* because of Jesus, they belong *with* God’s people, and they are invited into God’s greater *story*.

HIGHLIGHTS INCLUDE:

- Learning how to listen to understand and exhibit empathy, rather than seeking to solve a problem too quickly.
- Addressing top stressors affecting teens, including anxiety and the effects of social media.
- Teaching young people that they are “enough,” not because of what they do but because of God.
- Understanding that in a world that loves us conditionally, we find our greatest sense of belonging in God and the church.
- Discovering our biggest purpose by finding our place in God’s unfolding story.

Additionally, the book addresses how to have honest and hopeful conversations about disruption and loss, two pandemic themes for all generations, but especially young people. Plans have been crushed. Dreams were deferred, or altogether decimated. Anger spurred action around racial injustice. Even in the midst of so much upheaval, surprises broke through. Many teenagers got creative during quarantine. They made music, baked bread, encouraged one another from a distance, and found ways to help their communities. They also organized to call for local and widespread change. Disruption, it turns out, can be a powerful catalyst for change.

“Whether we experience disruptions as positive or negative, we don’t get to escape them,” Griffin explains. “We have to find our way through. We have to make meaning from our hardships. As leaders and parents, we may want to protect kids from all kinds of struggles, but we can’t. And even if we could, we would be hindering them from the growth they need.”



Kara Powell, PhD, is the chief of leadership formation and executive director of the Fuller Youth Institute (FYI) at Fuller Theological Seminary (see fulleryouthinstitute.org). Named by *Christianity Today* as one of “50 Women to Watch,” Kara serves as a youth and family strategist for Orange and speaks regularly at parenting and leadership conferences.



Brad M. Griffin is the senior director of content for the Fuller Youth Institute, where he develops research-based training for youth workers and parents. A speaker, writer, and volunteer youth pastor, Brad is the coauthor of over a dozen books.

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3BigQuestionsBook.com

SOCIALS: @KPowellFYI and @BGriffinFYI

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***3 Big Questions That Change Every Teenager:
Making the Most of Your Conversations and Connections***

By Kara Powell and Brad M. Griffin

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