



HELPING CHURCH LEADERS MAKE THE TRANSITION FROM THE PRESENT TO THE FUTURE

Number 56 October 14, 1996

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AN ADULTHOOD SURVIVAL KIT

“Life is a journey, not a destination” says the poster. For the past twenty-five years, large segments of the US population have been on a journey to and through adulthood. What is it that allows some to fare better on the journey than others? What are the essential tools one might find in an “adulthood survival kit?” Here are at least six courtesy of Scott Walker and *The Baptist Standard*.

- 1. Faith in God.** At some point in his or her life, an individual will decide whether or not there is a God. This is the pivotal and primary decision for all of life. If there is a God, then there is a higher authority for our living other than ourselves. But if we decide that there is not a God, then inevitably we make ourselves god, directing our lives solely toward our own satisfaction. The decision of whether or not we will have faith and obedience toward God sets the direction and priorities for the rest of our life.
- 2. Values.** Flowing from our decision concerning God is the value system by which we live. Our values shape our actions and attitudes; whether we succeed or fail.
- 3. Developmental Knowledge.** In recent years, the study of adult development has produced a large body of knowledge concerning predictable challenges, transitions, crises and adjustments of the adult years. Adults who have knowledge of the developmental challenges before them have a much better chance of surviving the adult years.
- 4. Dreams and Visions.** Adult development theorists tell us that one of the most important issues of adulthood is whether or not we have a dream or a vision for our life. People who have a dream in life--a shining star they can reach for; a principle for which they struggle; a cause that has captivated their mind and heart--are people who will find the most satisfaction and fulfillment in life. When your dream is allowed to die, you die with it. But when the dream is nourished and supported--no matter how much it is altered over the years--then life has meaning, joy and purpose.
- 5. Work.** Work is a gift from God, not a necessary evil of life. It is through work that we are enabled to co-create with God. One of the major tasks of surviving adulthood is to find a form of work that is compatible with our God, our values and our dream.
- 6. Relationships.** Without quality relationships, all the dreams and hard work of our life become meaningless. Human beings are made to live in relationship with each other. When we do not put intentional energy and time in developing and nurturing family and friends, we will have difficulty surviving the adult years.

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