

# Sacred Rhythms

## Living Faith in Daily Practice

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# Welcome to **Reach**

## A Faith Formation Journey for Youth

**Reach** is a faith formation curriculum for youth in grades 9–12, designed to help young people explore the call of Jesus in every aspect of their lives. Through Scripture, story, discussion, and active practice, **Reach** invites youth to deepen their relationship with God, grow in community, and live out their faith with courage and compassion.

Each unit consists of six sessions on a biblical or life-topic theme relevant to youth today. Lessons are interactive and adaptable, providing leaders with options to meet the needs of diverse groups. Whether your group is meeting in a church building or gathered in a home or community space, **Reach** offers flexible guidance and creative approaches that encourage honest and engaging conversations.

### Faith that Crosses Generations

Faith is not meant to be formed in isolation, but in relationship with people of all ages. That's why **Reach** includes *FlexGen* sessions—intergenerational sessions where youth gather with children, young adults, and older generations to explore faith together.

*FlexGen* sessions create space for mutual learning; youth bring fresh questions and energy, while other generations offer perspective, stories, and encouragement. In these settings, faith is both caught and taught—shaped through prayer, conversation, and shared activities. We believe this kind of intergenerational interaction strengthens the whole body of Christ and helps young people see their place within the larger story of God's people.

### Mid-week Encouragement

Another feature of **Reach** is weekly text messages that leaders can send to youth. This content serves as a reminder of the week's scripture and emphasis and offers encouragement for youth as they live out their faith during the week. Before collecting phone numbers and sending texts, be sure to check your church's policy around safe technology usage with youth.

### Your Role as a Leader

This guide provides session plans, discussion prompts, background notes, and tips for adapting each lesson. As a leader, you are both a facilitator and a companion—someone who helps youth wrestle with hard questions, celebrates their insights, and models a life of faithful discipleship.

Our prayer is that **Reach** will inspire your group to take bold steps in following Jesus, trusting God's Spirit to lead the way. May you and your youth not only reach toward deeper faith but also *be reached* by the boundless love of God.