

THE ANXIOUS GENERATION: WHAT EVERY CHURCH SHOULD KNOW
AND HOW TO MULTIPLY DISCIPLES ANYWAY

Tim Price (tim@harvestministryteams.com)

*Generation Alpha: 2013–2025

*Generation Z: 1997–2012

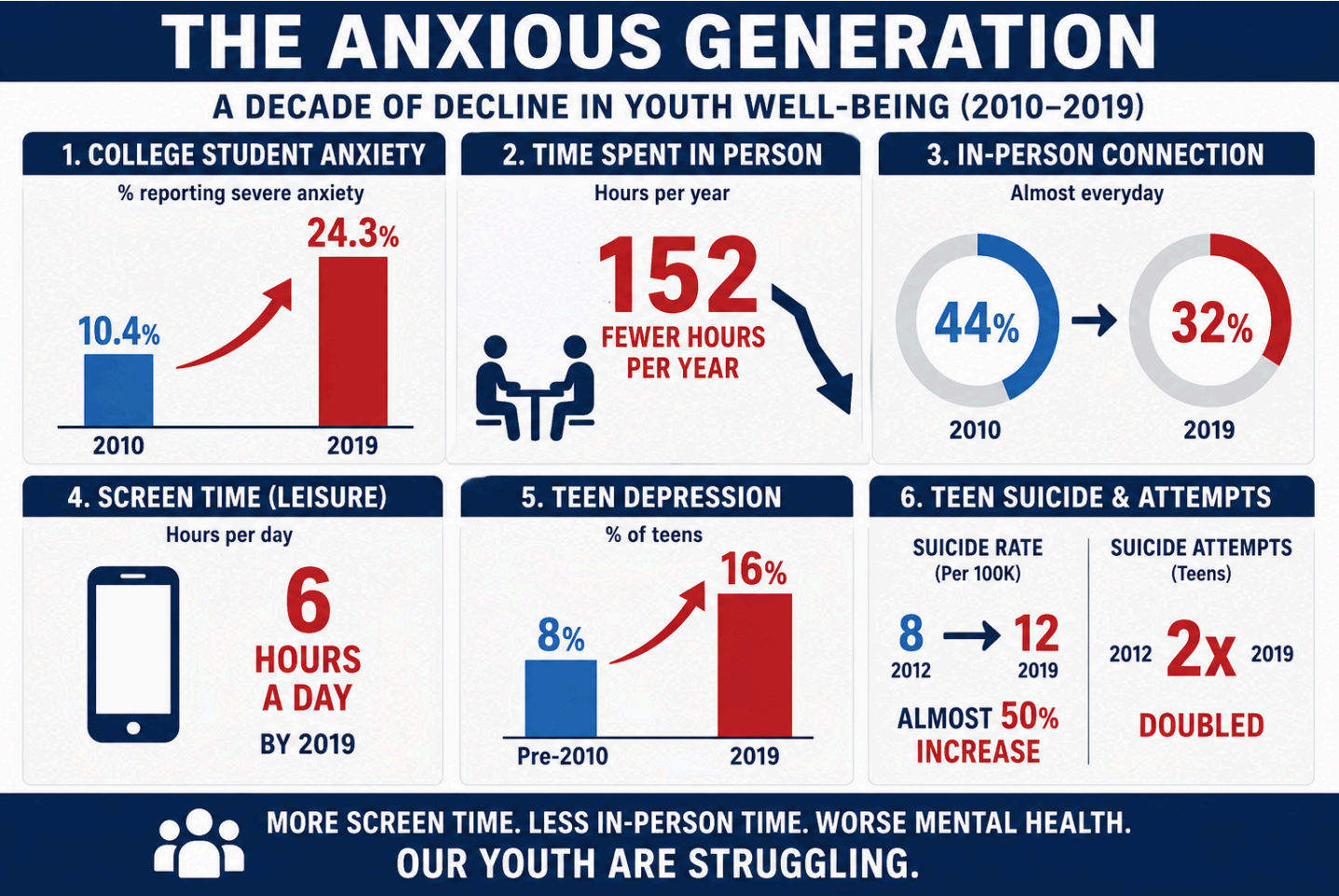
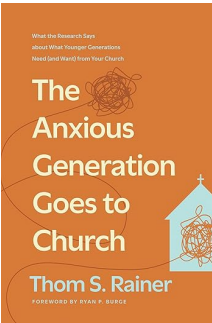
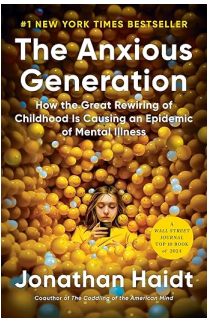
Millennials (Gen Y): 1981–1996

Generation X: 1965–1980

Baby Boomers: 1946–1964

The Silent Generation: 1928–1945

The Greatest Generation: 1901–1927



FOR THE CHURCH:

- 1. We're not intimidated; we're _____. (Mark 6:34)
- 2. We're don't have a _____ mindset for our church. (John 14:12)
- 3. Anxiety is often rooted in _____ and the church can help. (Gal. 6:2)
- 4. Gen Z desperately wants _____. (2 Timothy 2:2)

FOUR RESTORATIONS (A LIST FROM HAIDT, WITH ADDED CHURCH PERSPECTIVE)

- 1. Restore **Play**
 - a. Camps, trips, fun
 - b. Outdoor adventures, retreats,
 - c. Not extra, builds friendships and connection
- 2. Restore **Independence**

- a. Help them gain confidence
 - b. Lead worship, tech, outreach
 - c. Lead prayer, hospitality, and teach younger kids
3. Restore **Face-to-Face Community**
- a. Church must be relational
 - b. Shared meals, serving together
 - c. Mentoring and small groups
 - d. At a time when the world went looking for simple, analog, the church went digital
4. Restore **Meaning**
- a. These generations want purpose, and the church can give it.
 - b. Mission, service, discipleship
 - c. Witness to the world



CONCRETE PLAN:

1. BUILD A _____ CULTURE

- a. Every student should know at least one adult who cares about them
- b. Worship together, sit together
- c. Pray for students
- d. Intergenerational mission trips, events

2. PRIORITIZE RELATIONSHIPS OVER _____

- a. Programs are tools that can be changed
- b. The question shouldn't be "how many in youth group?" but "Who is mentoring who?"

3. INVOLVE STUDENTS IN THE _____

- a. Don't silo the next generation
- b. Get them into tech, media, hospitality, etc.
- c. In the homes of the church

4. TEACH AND _____ DIGITAL WISDOM

- a. Parent conversations, workshops, shared info
- b. Don't call on students to use phones all the time
- c. Keep your own phone down and make eye contact

5. CREATE SHARED _____

- a. Uniting generations is much easier with hands-on ministry
- b. Food banks, local ministries, outreach, etc.
- c. Leading small groups, studies, etc.



⊕ Great Lakes Conference
Youth Ministry

As the church steps into this moment empowered by the Holy Spirit, we won't just help a generation survive—we'll help a generation become disciples of Jesus.

(<https://harvestministryteams.com/>)

GREAT LAKES 2026 SEMINAR NOTES

THE ANXIOUS GENERATION: WHAT EVERY CHURCH SHOULD KNOW AND HOW TO MULTIPLY DISCIPLES ANYWAY

Tim Price (<https://harvestministryteams.com/timprice/>) | Harvest Ministry | Troy
Methodist Church

Great Lakes Conference 2026

VIEW SEMINAR HANDOUT (<https://harvestministryteams.com/wp-content/uploads/2026/06/HANDOUT-Great-Lakes-Seminar-2026.pdf>)

Thank you for joining in this breakout! If I can be of help to you or your church, let me know! (<https://harvestministryteams.com/timprice/>)

THE ANXIOUS GENERATION:

WHAT EVERY CHURCH SHOULD KNOW AND HOW TO MULTIPLY DISCIPLES ANYWAY

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-4.jpg>)

- *Generation Alpha: 2013–2025*
- *Generation Z: 1997–2012*
- *Millennials (Gen Y): 1981–1996*
- *Generation X: 1965–1980*
- *Baby Boomers: 1946–1964*
- *The Silent Generation: 1928–1945*
- *The Greatest Generation: 1901–1927*

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-3.jpg>)



**I crashed my
bike in 1976 and
skinned my
knee. We didn't
have social
media back
then, so I'm
telling you now.**

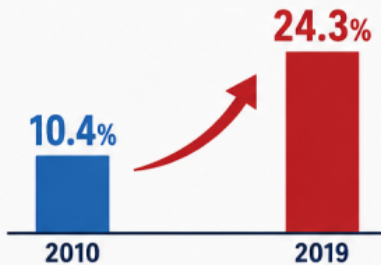
(<https://harvestministryteams.com/wp-content/uploads/2026/06/crashed-my-bike.png>)

THE ANXIOUS GENERATION

A DECADE OF DECLINE IN YOUTH WELL-BEING (2010-2019)

1. COLLEGE STUDENT ANXIETY

% reporting severe anxiety



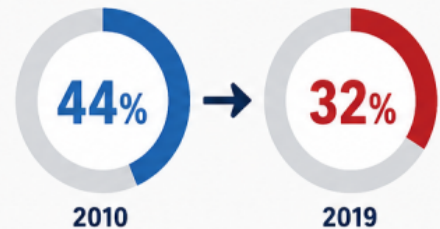
2. TIME SPENT IN PERSON

Hours per year



3. IN-PERSON CONNECTION

Almost everyday



4. SCREEN TIME (LEISURE)

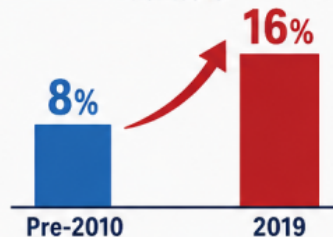
Hours per day



6
HOURS
A DAY
BY 2019

5. TEEN DEPRESSION

% of teens



6. TEEN SUICIDE & ATTEMPTS

SUICIDE RATE
(Per 100K)

8 → **12**
2012 2019

ALMOST **50%**
INCREASE

SUICIDE ATTEMPTS
(Teens)

2012 **2x** 2019

DOUBLED



MORE SCREEN TIME. LESS IN-PERSON TIME. WORSE MENTAL HEALTH.
OUR YOUTH ARE STRUGGLING.

(<https://harvestministryteams.com/wp-content/uploads/2026/06/stats.png>)

Day for the average teen might be like this:

- **7+ hours** on screens
- **2 hours** gaming
- **Less than 45 minutes** outdoors
- **15–20 minutes** around family meals
- **Phone checked 80–120+ times per day**
- **Much of friendship is maintained digitally rather than face-to-face**

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-5.jpg>)

- **We're not intimidated; we're compassionate.**
- **We don't have a scarcity mindset for our church.**
- **Anxiety is often rooted in isolation.**
- **Gen Z desperately wants mentors.**

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-6.jpg>)

FOUR RESTORATIONS (A LIST FROM HAIDT)

1. Restore **Play**
2. Restore **Independence**
3. Restore **Face-to-Face Community**
4. Restore **Meaning**

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-7.jpg>)

Build a Mentoring Culture: Every student should know at least one adult who cares about them

Prioritize Relationships Over Programs: Too often the church is spending inordinate amount of time on a program that is tradition and has long lost the relational component...

Involve Students in the Whole Church: Don't silo the next generation

Teach and Model Digital Wisdom: Churches must help families navigate phones.

Create Shared Mission: Nothing unites generations like mission.

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-8.jpg>)

LIFE'S BIG QUESTIONS

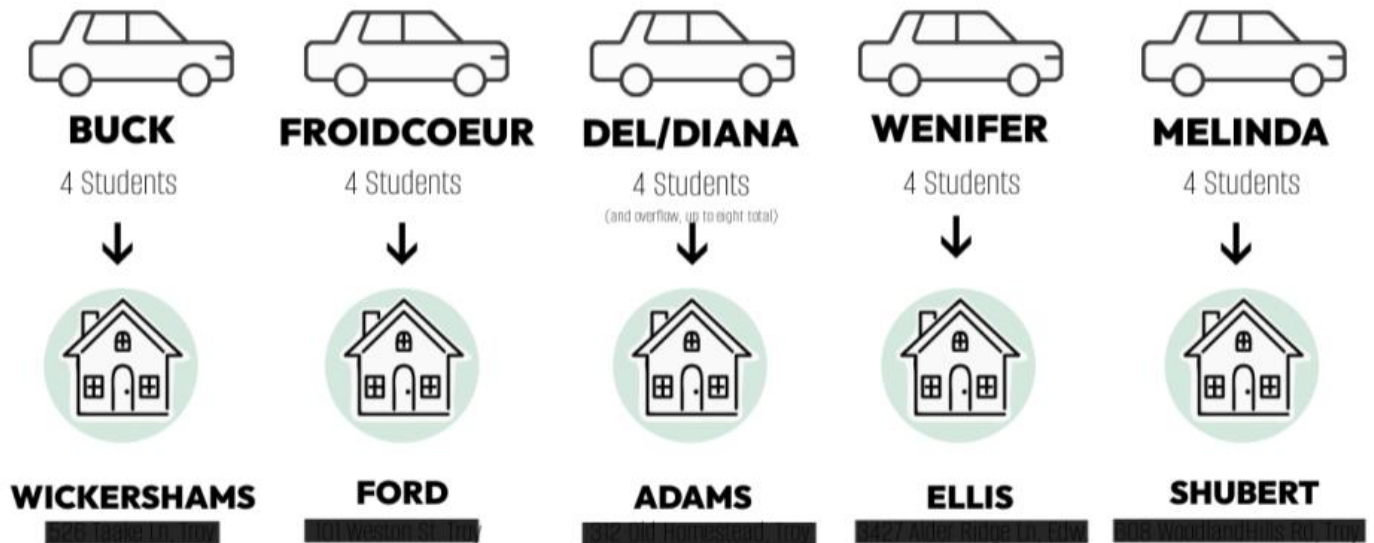
 QUESTION	 ANSWER	 SCRIPTURE
 Who am I?	God's Creation	Psalms 139:13-14
 Where do I fit?	God's Family	1 Corinthians 12:12-27
 Do I matter?	Deeply Valued	Luke 12:6-7
 Why am I anxious?	Need God's Peace	Philippians 4:6-7
 What is truth?	Jesus Christ	John 14:6
 What gives life meaning?	Love God	Matthew 22:37-39

"Your word is a lamp for my feet, a light on my path."

— Psalm 119:105

(<https://harvestministryteams.com/wp-content/uploads/2026/06/promises.png>)

JULY 26 - DINNER IN HOMES - TROY METHODIST STUDENTS



(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-9.jpg>)

SEMINAR HANDOUT (<https://harvestministryteams.com/wp-content/uploads/2026/06/HANDOUT-Great-Lakes-Seminar-2026.pdf>)



✓ No Phones With Food

✓ No Devices During Dinner

✓ No Mobile During Meals



(<https://harvestministryteams.com/wp-content/uploads/2026/06/no-phones-with-meals-2.jpg>)



(<https://harvestministryteams.com/wp-content/uploads/2026/06/no-phone-woman.png>)

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-- Director, Harvest
Ministry Teams
-- Next Gen Minister,
Troy Methodist Church



harvestministry.online

(<https://harvestministryteams.com/wp-content/uploads/2026/06/ANXIOUS-GENERATION-PRESENTATION-10.jpg>)

Tim Price (<https://harvestministryteams.com/timprice/>)

Harvest Ministry Teams

Troy Methodist Church

tim@harvestministryteams.com

OTHER LINKS AND RESOURCES:

Practical Benefits Of Church Involvement For The Anxious Generation



I have written several posts after reading two books about the Gen Z and Gen Alpha (those born from 2010 to 2019). Living their entire lives with devices, phones, and ... [Continue reading](#)



Tim Price Blog

Making a Powerful Impact on the Anxious Generation



The anxious generation, those in Gen Z and Gen Alpha born from 2010 to 2019, has grown up with smartphones and social media their entire lives. Now, they are suffering ... [Continue reading](#)



Tim Price Blog



Interesting Findings about the Attitudes of the Unchurched

I just finished reading *The Anxious Generation Goes To Church* by Thom S. Rainer; and some of the recent findings about the attitudes of unchurched are really interesting. The premise ... [Continue reading](#)



Tim Price Blog

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

A
WALL STREET
JOURNAL
TOP 10 BOOK
of 2024

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

(<https://amzn.to/4o7LnK2>)

What the Research Says
about What Younger Generations
Need (and Want) from Your Church

The Anxious Generation Goes to Church

Thom S. Rainer

FOREWORD BY RYAN P. BURGE



(<https://amzn.to/4oUQayv>)

The graphic features a background of vertical wooden planks in a dark teal or green color, showing signs of weathering and peeling paint. The text is centered and reads: "a collection of" in a small, white, sans-serif font; "JOKES" in large, bold, white capital letters with a thick pink outline; "& stories" in a smaller, bold, white font with a thick orange outline; and "timpriceblog.com" in a white, sans-serif font at the bottom.

a collection of
JOKES
& stories
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(<https://www.timpriceblog.com/jokes/>)



CONNECT WITH US!

(<https://harvestministryteams.com/connect/>)

			
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CONNECT

Harvest Ministry Teams
 407 Edwardsville Road
 Troy, IL 62294
 618-541-8291

Get The Newsletter!



Ministry Events

(<http://harvestconferences.org/>)

Upcoming Events

JUN 10:00 am - 11:00 am

18 ShoutCo! at Benedictine Living (<https://harvestministryteams.com/event/shoutco-at-benedictine-living/>)

JUN 7:00 pm - 8:00 pm

18 Outdoor Worship Night – Troy, IL (<https://harvestministryteams.com/event/outdoor-worship-night-troy-il/>)

JUN 10:00 am - 11:00 am

21 Worship at Mascoutah Community Church
(<https://harvestministryteams.com/event/worship-at-mascoutah-community-church/>)

JUN June 22 - June 25

22 Beulah Bible Camp (<https://harvestministryteams.com/event/beulah-bible-camp-7/>)