



Adult Faith Formation

From young adults to elders, a person's faith can deepen throughout their entire lifetime.

Explore resources linked here to find ideas for spiritual practices, guided learning, respectful relationships and faith-filled service.

New resources will be shared each season of the year. If you would like a conversation partner about encouraging adult faith formation in your setting, please contact [Lisa Kramme](#), Director for Faith Formation with the Nebraska Synod.

Summer 2021

Spiritual Practices:

- [Find a Labyrinth](#)
- [Praying with a Labyrinth](#)
- [Saturday Prayer Live from Taizé](#)
- [Walking with God](#)

Guided Learning:

- [Resiliency: Faith Practices in Tough Times](#)
- [Resiliency: Setting Free Our Lament](#)
- [Resiliency: A Parent's Guide](#)
- [Personal Inventory: Gifts of Discipleship](#)

Respectful Relationships:

- [The Art of Listening](#)
- [Top Ten Listening Practices](#)
- [Difficult Conversations Within the Church](#)
- [Dialogues On: Race](#)

Faith-Filled Service:

- [Lutheran Disaster Response Video](#)
- [Be involved with Lutheran Disaster Response](#)
- [Volunteer for Nebraska Lutheran Outdoor Ministries](#)
- [Advocacy 101 for Young Adults](#)