MISSION BRIEF

WEEKLY TOPIC SHEET

SUMMARY

What does it look like to carry your faith with you when the routines and people you've always relied on are no longer right down the hall? Annabel Baker, a chemical engineering student at the University of Alabama, shares what she learned navigating college, from finding Christian community to working through loneliness and growing in her relationship with God. She explains why building habits like prayer and Bible reading before college matters, especially when your schedule becomes less structured and there are more opportunities competing for your time. Annabel also shares how mentors, small groups, and a gratitude journal have helped her grow in her faith and recognize God's presence in everyday moments. Her advice for seniors: start building those habits now, be intentional about finding community, and remember that you can make plans while trusting God to direct your steps.

KEY WORDS

- college transition
- faith
- community
- high school to college
- spiritual growth
- college advice
- Christian faith

THINK ABOUT IT!

How can you find Christian community when you're starting somewhere new and don't know many people yet?
What can you do when college doesn't feel the way you expected and you start feeling lonely or out of place?

ANNOUNCEMENTS

Podcast Episode 159:
College Student Testimony
Blog Posts:

- Building a College List that Actually Fits You
- What Actually Makes A College the Right Fit?

ACTIVITY SHEET

MONDAY	Listen to Podcast Episode 159: College Student Testimony with Annabel Baker. Write down three things that stood out to you about her college experience. What can you learn from how she prepared for the transition?
TUESDAY	Annabel emphasizes the importance of developing spiritual habits before college. Choose one habit, such as reading Scripture, praying, or journaling, and set aside time to practice it today. How can you make it part of your daily routine?
WEDNESDAY	Christian community played a huge role in Annabel's college experience. Think about the friendships and mentors who currently strengthen your faith. Research a church, campus ministry, or small group at a college you're considering.
THURSDAY	Annabel shares how keeping a gratitude journal helped her recognize God's presence in everyday moments. Write down three things you're grateful for today, one small moment that brought you joy, and a prayer for the season ahead.
FRIDAY	Read Proverbs 16:9 and reflect on how God guides our steps, even when life doesn't go according to plan. Write down three hopes you have for college and spend time praying over them. How can you trust God's direction while preparing intentionally?