



Bringing the Gospel to an Anxious Generation

Andy Bannister



www.solas-cpc.org



www.solias-cpc.org



evangelism

The image is a collage of three photographs from church services. The top-left photo shows a woman at a pulpit with a sign that says 'Thy Will Be Done'. The top-right photo shows a man at a podium with a screen displaying 'Welcome to Dumfries Baptist Church'. The bottom photo shows a wide view of a church sanctuary with a red carpet and many people seated in pews. The word 'training' is written in large, white, lowercase letters across the center of the collage.

training



We are **Solas**.
 We **do**
 evangelism.
 We **train**
 Christians for
 evangelism.
 We **resource**
 the church for
evangelism.



**Thanks for coming
 to my sessions at the
 Bridgwater Convention!**

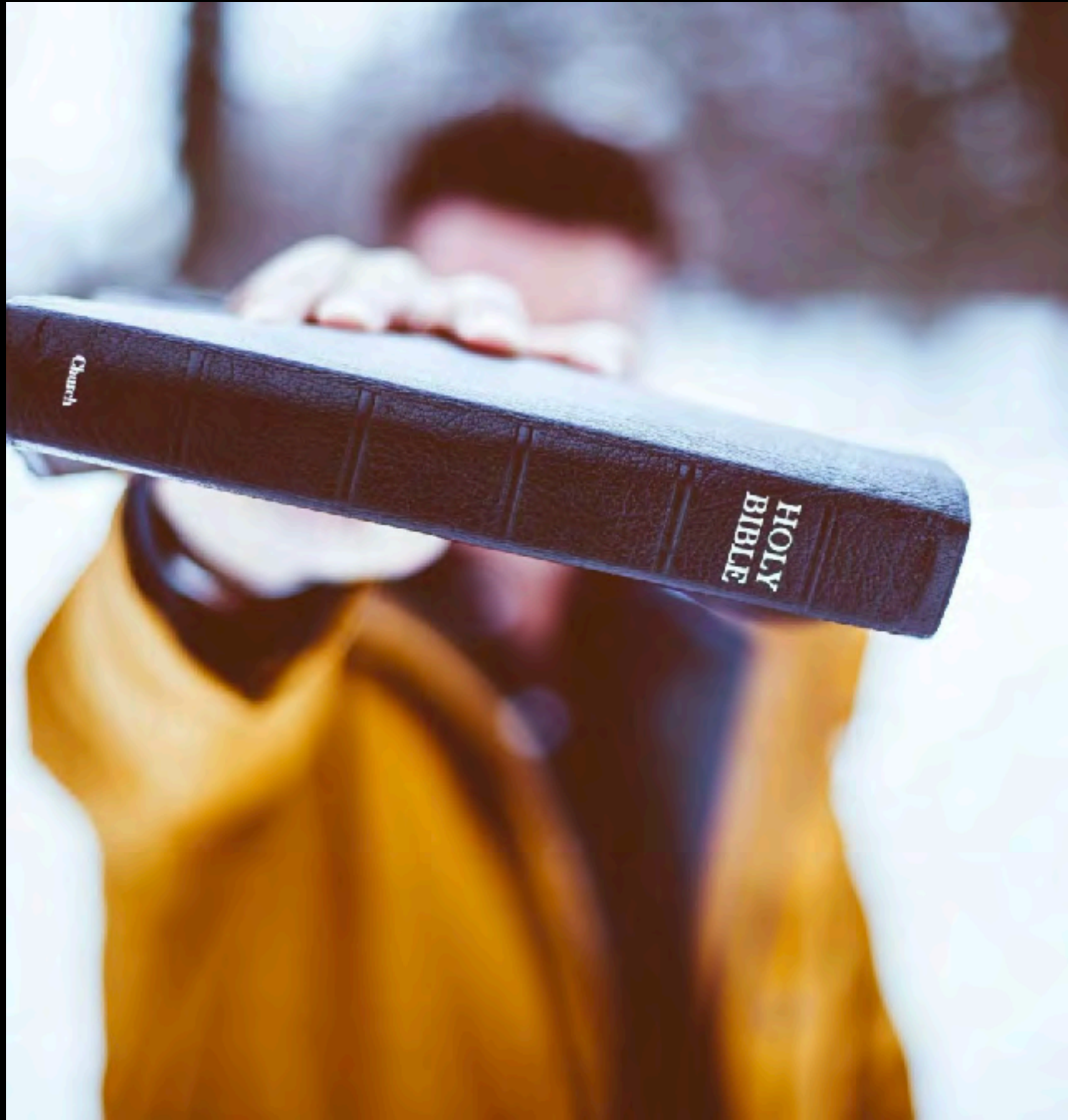
If you found them helpful...



Confident Christianity

Sharing the gospel
in an age of uncertainty

Solas



BRIDGWATER
CONVENTION

Gospel Confidence in a Confused Culture

**HOW TO
TALK ABOUT
JESUS
WITHOUT
LOOKING
LIKE AN
IDIOT**

**A PANIC-FREE GUIDE TO
HAVING NATURAL CONVERSATIONS
ABOUT YOUR FAITH**

ANDY BANNISTER

Edited by
**ANDY BANNISTER
GAVIN MATTHEWS**

**HAVE
YOU EVER
WONDERED?**

Finding the

Everyday Clues to

Meaning,

Purpose & Spirituality



Bringing the Gospel to an Anxious Generation

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An Epidemic of Anxiety

JONATHAN
HAIDT

The Anxious
Generation



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

allen lane

Increase since 2010 in Young Adults Reporting Anxiety and Depression

145% for girls

161% for boys

Increase since 2010 in Incidents of Self Harm Among Young Adults

78% for girls

134% for boys

40%

of all UK adults reported “high anxiety” in 2023

£300 billion

productivity lost each year in England
due to anxiety affecting the workforce

(Source: The Priory Group)



25%

of students report they
feel lonely “all the time”

60%

are lonely “at
least once a week”



20%

of all adults say they
struggle with loneliness



The average person spends a third of their waking time on their phone of which three hours is social networking



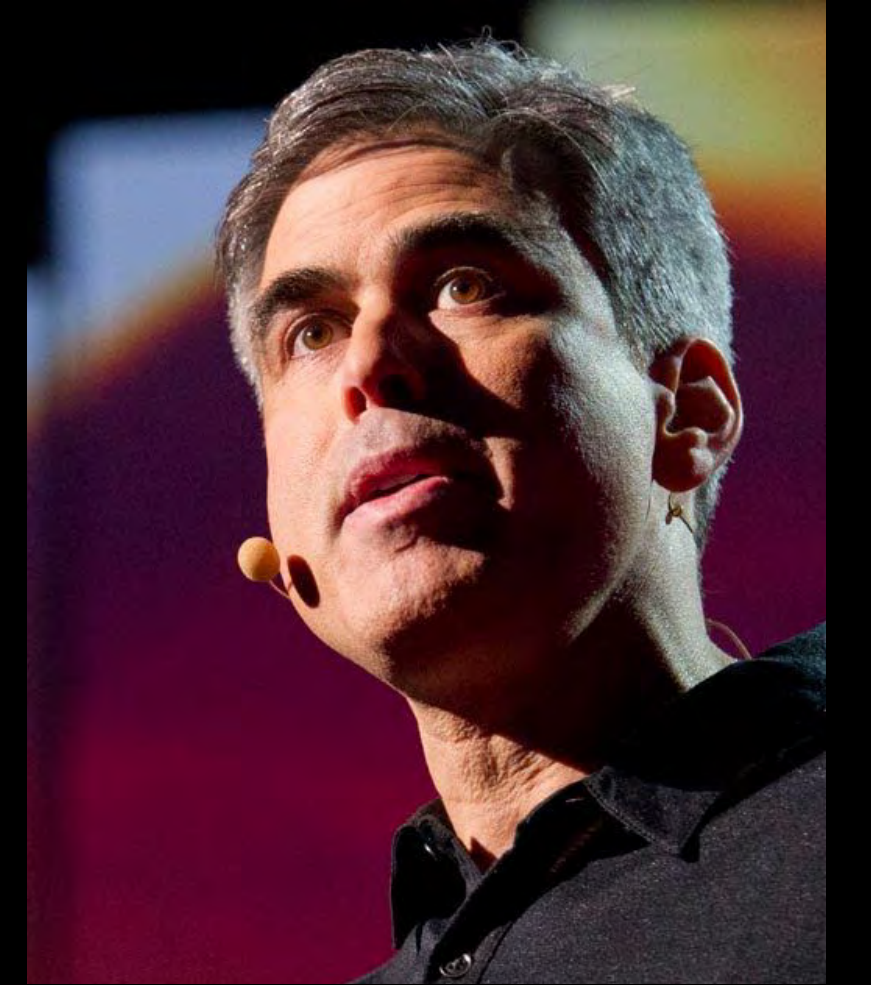
“My generation is incredibly isolated. We have shallow friendships and superfluous romantic relationships that are mediated and governed to a large degree by social media. There is hardly a sense of community on campus and it’s not hard to see why. Often I’ll arrive early to a lecture to find a room of 30+ students sitting together in complete silence, absorbed in their smartphones, afraid to speak and be heard by their peers. This leads to further isolation and a weakening of self-identity and confidence, something I know because I’ve experienced it.”

Canadian University Student



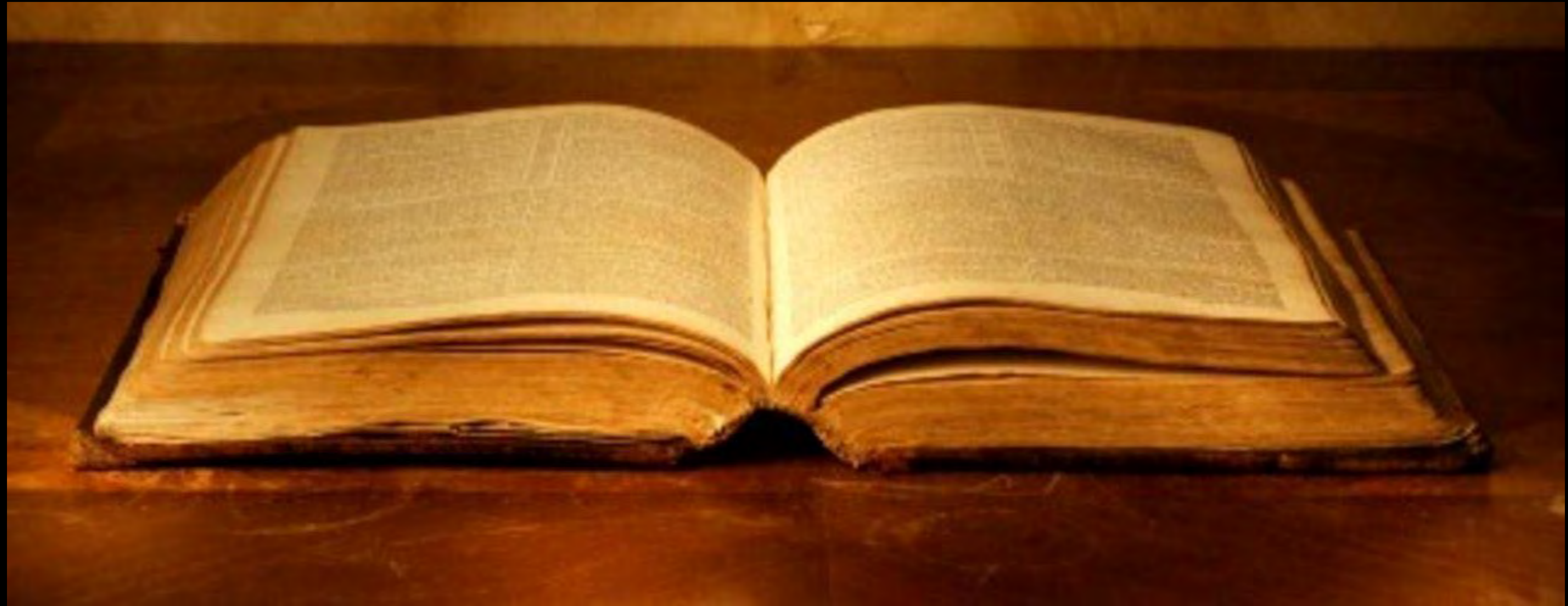
Jonathan Haidt
Social Psychologist

Although we [may] disagree about its origins, we agree about its implications: there is a hole, an emptiness in us all, that we strive to fill. If it doesn't get filled with something noble and elevated, modern society will quickly pump it full of garbage. That has been true since the beginning of the age of mass media, but the garbage pump got 100 times more powerful in the 2010s.



Jonathan Haidt

The Anxious Generation (London: Allen Lane, 2024) p216



Matthew 7:24-27

[Jesus said]: “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

Matthew 7:24-27



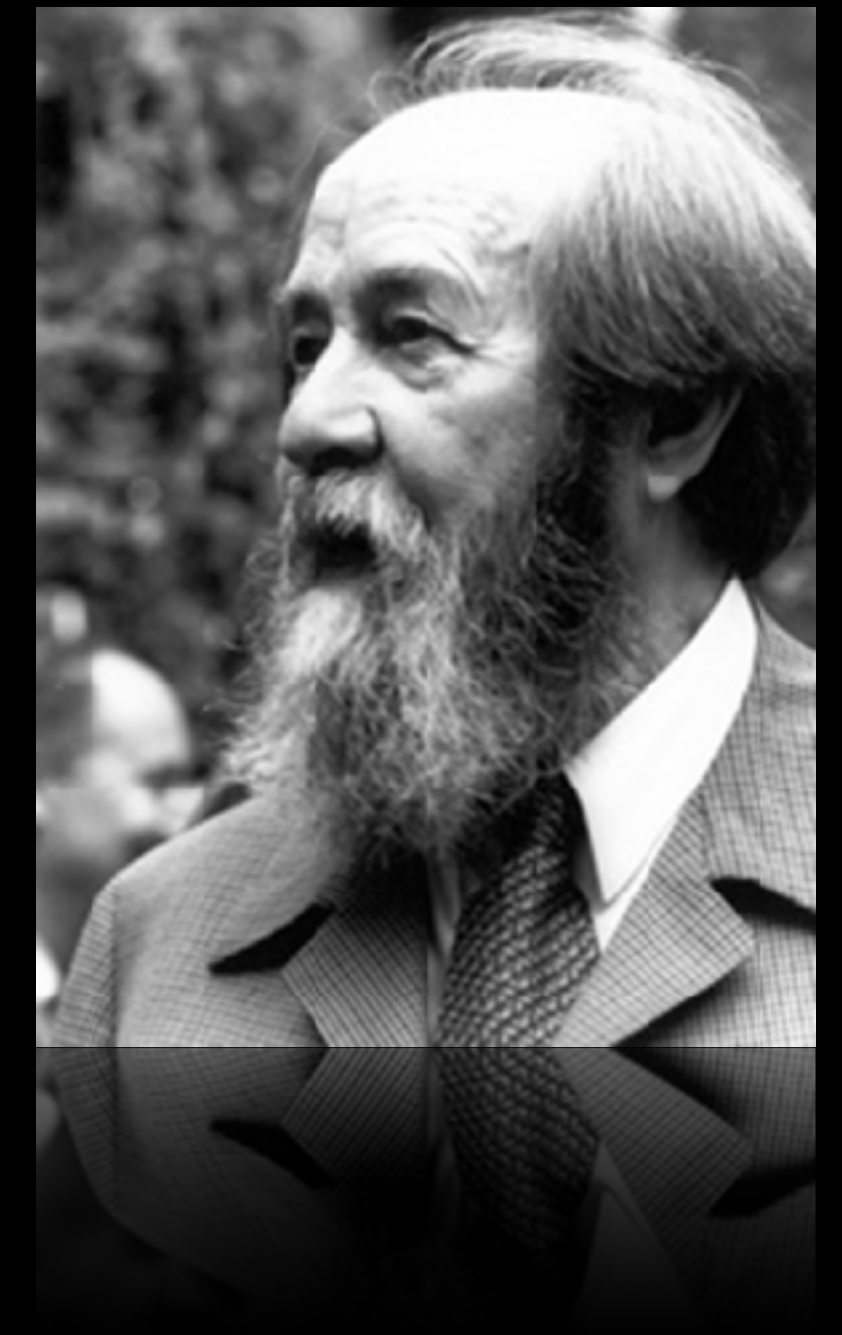




Aleksandr Solzhenitsyn

1918 - 2008

The strength or weakness of a society depends more on the level of its spiritual life than on its level of industrialization ... If a nation's spiritual energies have been exhausted, it will not be saved from collapse by the most perfect government structure or by any industrial development: a tree with a rotten core cannot stand ... It is an unfortunate fact that a pure social atmosphere cannot be legislated into being. And that is why the destruction of our souls over three quarters of a century is the most terrifying thing of all.



Aleksandr Solzhenitsyn

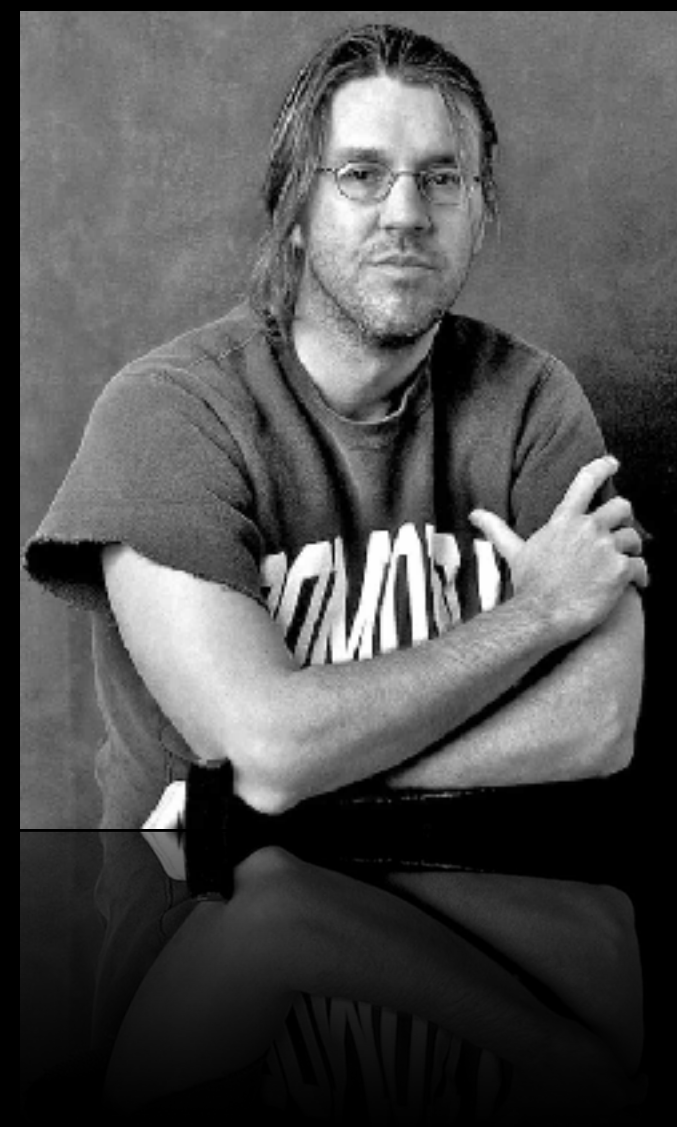
Rebuilding Russia: Reflections and Tentative Proposals (London: Harvill, 1991) p. 49.



David Foster Wallace

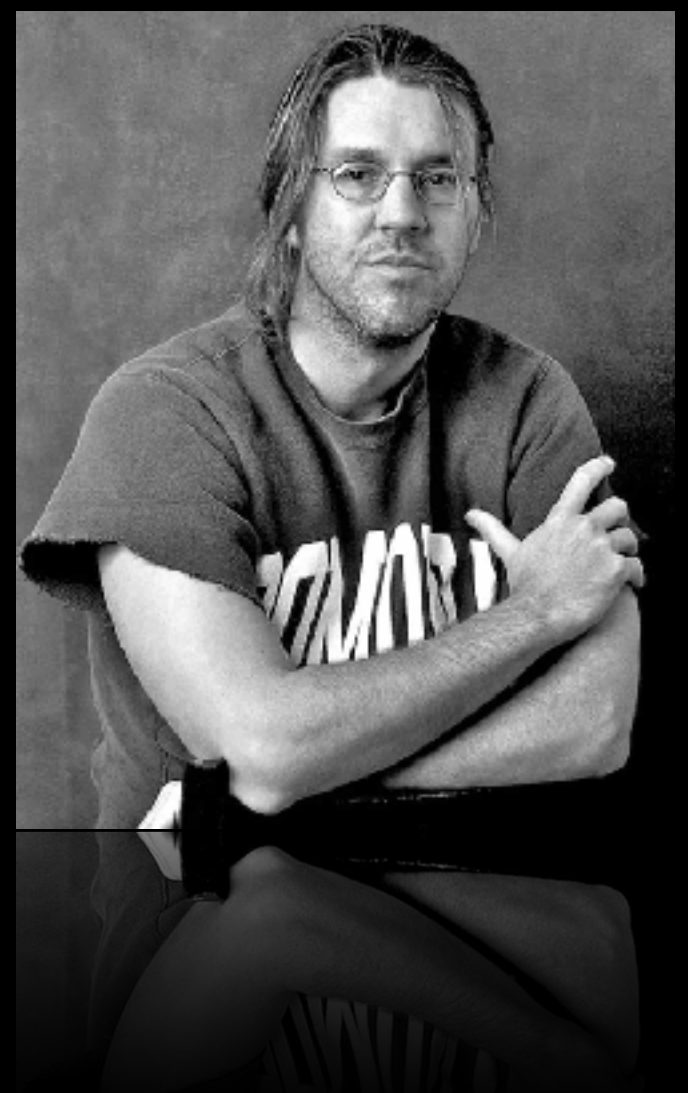
1962 - 2008

In the day-to-day trenches of adult life, there is actually no such thing as atheism. There is no such thing as not worshipping. Everybody worships. The only choice we get is what to worship. And an outstanding reason for choosing some sort of God or spiritual-type thing to worship ... is that pretty much anything else you worship will eat you alive. If you worship money and things — if they are where you tap real meaning in life — then you will never have enough. Never feel you have enough. It's the truth. Worship your own body and beauty and sexual allure and you will always feel ugly, and when time and age start showing, you will die a



real meaning in life — then you will never have enough. Never feel you have enough. It's the truth. Worship your own body and beauty and sexual allure and you will always feel ugly, and when time and age start showing, you will die a million deaths before they finally plant you ... Worship power — you will feel weak and afraid, and you will need ever more power over others to keep the fear at bay. Worship your intellect, being seen as smart — you will end up feeling stupid, a fraud, always on the verge of being found out. And so on.

David Foster Wallace



PBA

PBA

Performance Based Acceptance





The Long Journey Home

Three Powerful Questions

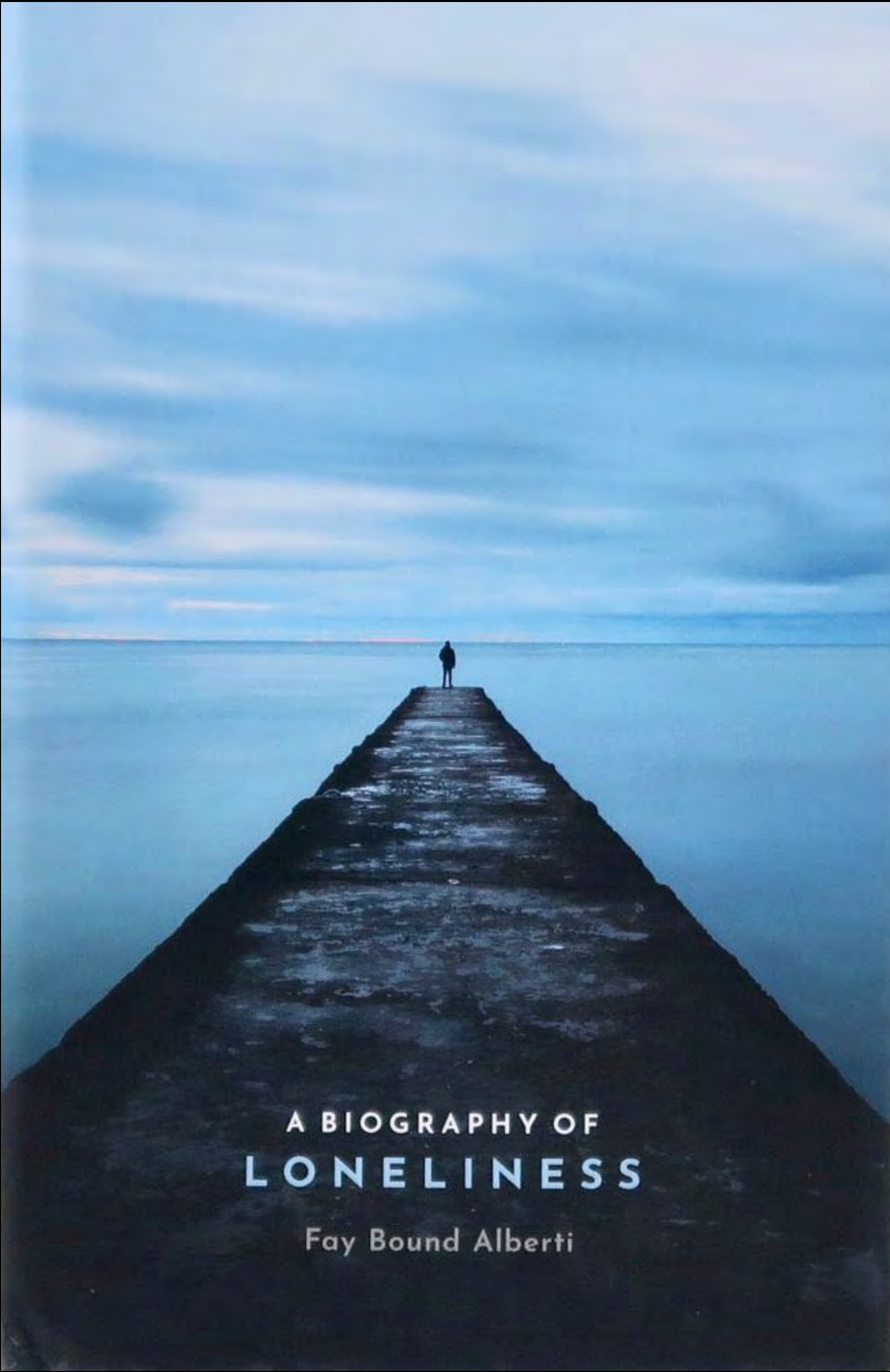
What do you mean by that?

Why do you think that?

Have you ever wondered?

A top-down view of a group of people sitting on a grassy area. Their hands are stacked in a circle in the center, symbolizing unity and connection. The text is overlaid on this image.

Have you ever
wondered why we long
for connection in the
first place?

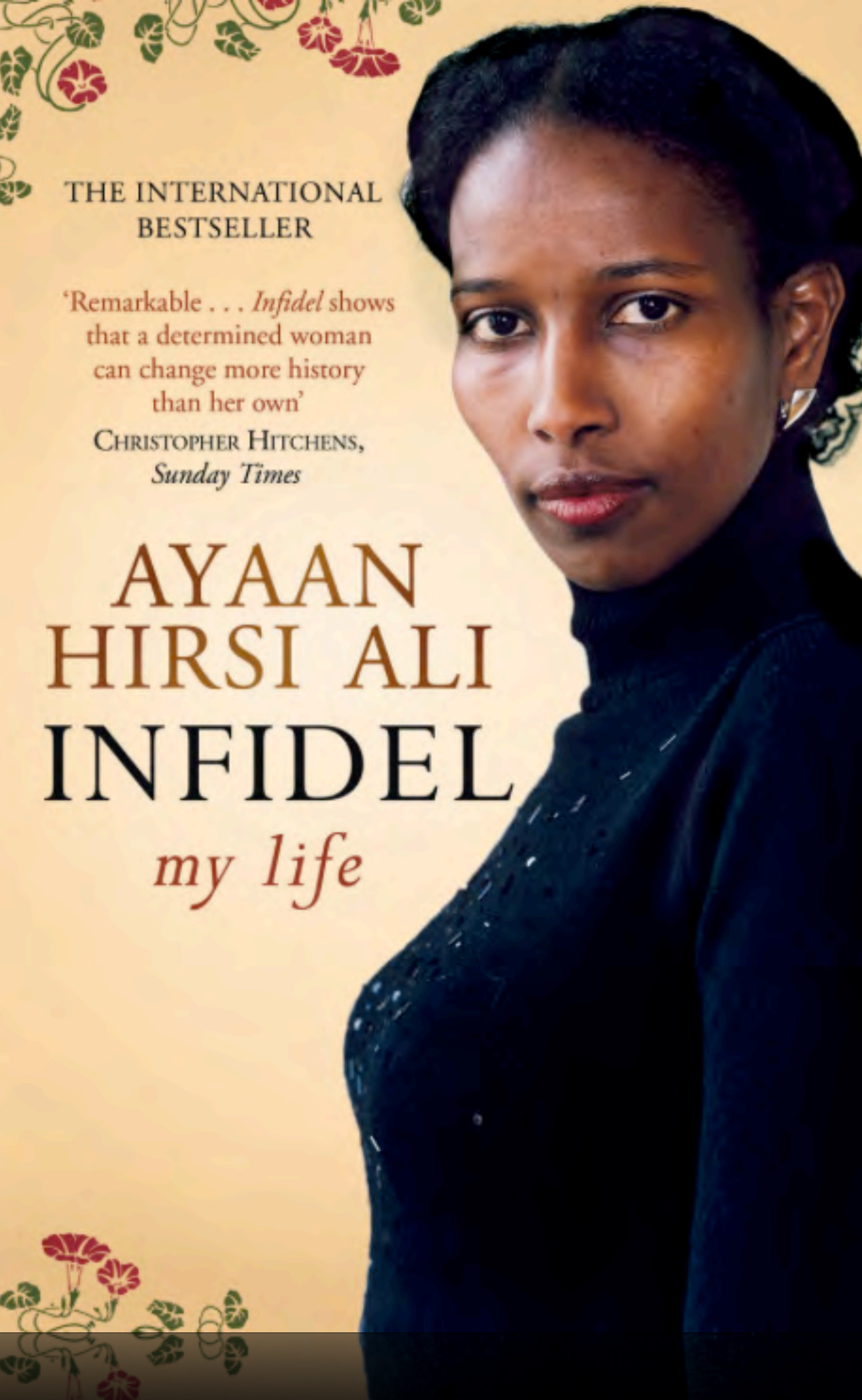


A BIOGRAPHY OF
LONELINESS

Fay Bound Alberti



Ayaan Hirsi Ali



THE INTERNATIONAL
BESTSELLER

'Remarkable . . . *Infidel* shows
that a determined woman
can change more history
than her own'

CHRISTOPHER HITCHENS,
Sunday Times

AYAAN
HIRSI ALI
INFIDEL
my life

“You’ve reached the end of
everything and you’ve lost hope
— why not try praying?”



(Christian Marquardt/Getty Images)



Weekend Essay

Why I am now a Christian

Atheism can't equip us for civilisational war

BY **AYAAN HIRSI ALI**



Ayaan Hirsi Ali is an UnHerd columnist. She is also a research fellow at Stanford University's Hoover Institution, Founder of the AHA Foundation, and host of *The Ayaan Hirsi Ali Podcast*. Her new book is *Prey: Immigration, Islam, and the Erosion of Women's Rights*.

Ayaan

In 2002, I discovered a 1927 lecture by Bertrand Russell entitled “Why I am Not a Christian”. It did not cross my mind, as I read it, that one day, nearly a century after he delivered it to the South London branch of the National Secular Society, I would be compelled to write an essay with precisely the opposite title.

The year before, I had publicly condemned the terrorist attacks of the 19 men who had hijacked passenger jets and crashed them into the

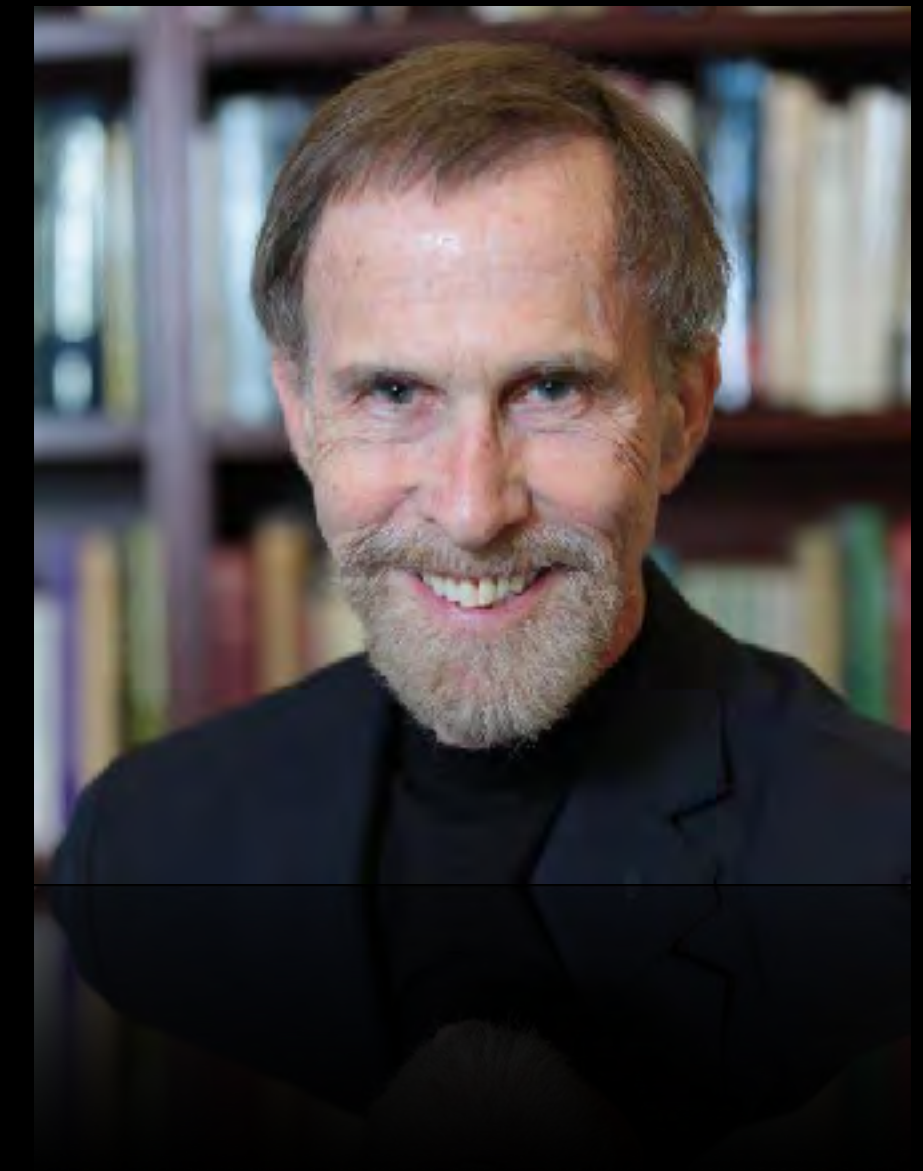


“You’ve reached the end of
everything and you’ve lost hope
— why not try praying?”



UNIVERSITY OF
TORONTO

What should we scientific folks do when overcome by Weltschmerz (world-weariness)? Take two of whatever neuropharmacology prescribes. If you don't feel better in the morning ... or three weeks from now, switch to another one. Three weeks is often how long it takes serotonin reuptake suppression drugs like Prozac, Wellbutrin, Paxil, Zoloft, Celexa, or Luvox to kick in. And if one doesn't work, another one probably will.



Alex Rosenberg

The Atheist's Guide to Reality (New York: W.W. Norton and Co., 2011) p. 282



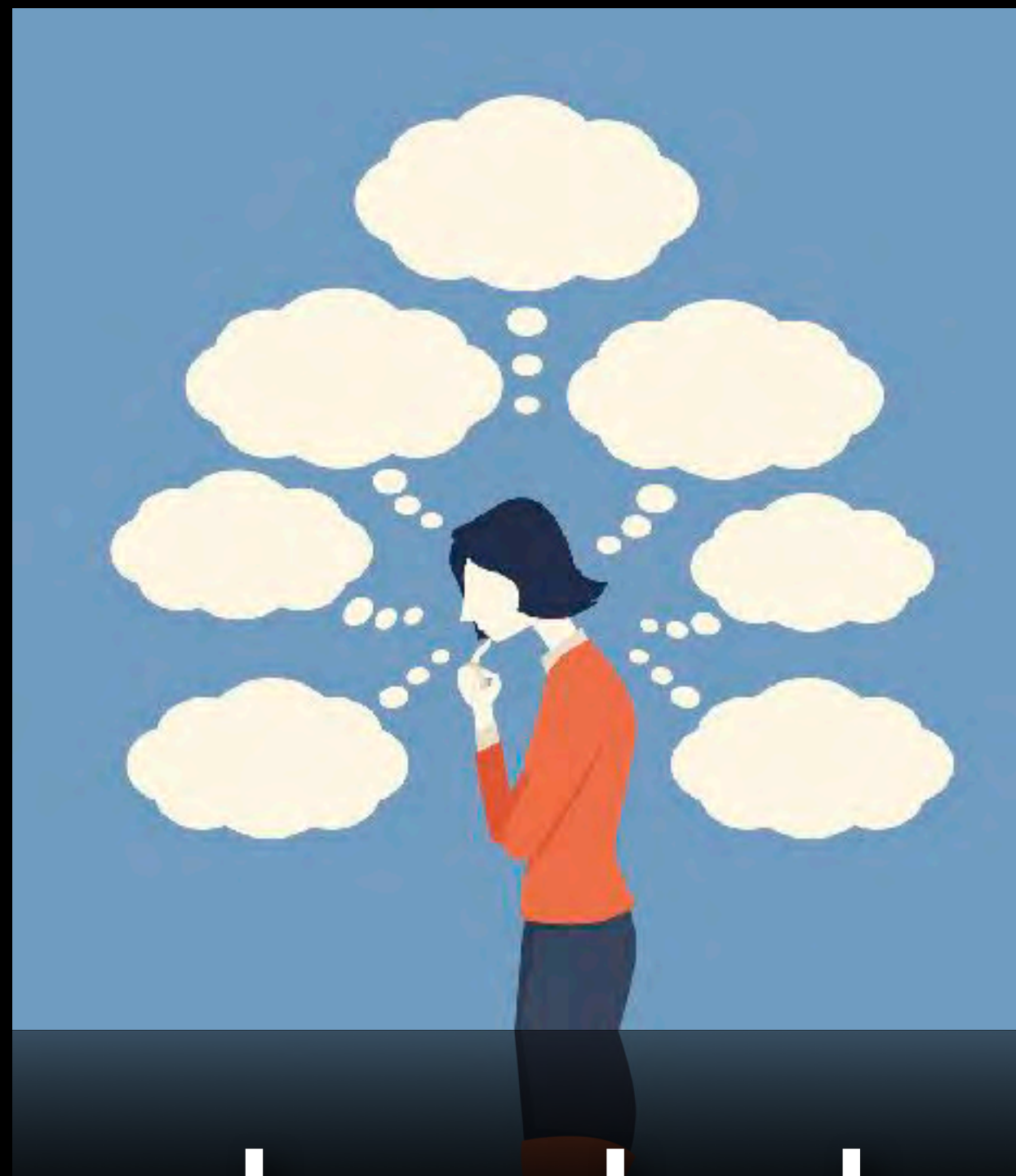
Have you ever wondered why we
long for something more?



Have you ever wondered if there's a better story than the one that says humans are just atoms and particles and of no deeper value?



Have you ever wondered whether there is more to life than just the endless hamster wheel of performance?



Have you ever wondered whether the very fact we're anxious is a clue that we're designed for something more—or maybe even not a *something* but a *someone*?



Have you ever wondered whether our deepest longings—
love, peace, meaning—exist because we were made for
something, or someone, beyond this world?



“I believe in Christianity as I believe that the Sun has risen, not only because I see it but because by it, I see everything else.”

C. S. Lewis





Jesus said: “I have come that you
may have life and have it to the full.”

The Bible: Gospel of John 10:10

Gospel

Gospel

= “good news”

Jesus said: “I have come that you
may have life and have it to the full.”

The Bible: Gospel of John 10:10

Jesus said: “I have come
that you may have life
and have it to the full.”

John 10:10

