



Headspace

HIT PAUSE. GO DEEP.

A YEAR OF CALLING, IDENTITY AND MISSION

HEADSPACE.NZ

Being a young person of deep faith is challenging.

Life is rushing by. Decisions are getting bigger. So hit pause on the busyness of life and set aside a year to dig deep with God.

Headspace is a year-long discipleship intensive for ages 18 to 25, designed to equip you for a life of loving and serving God. Journey together as you wrestle with Scripture, get involved in ministry placements and integrate faith into all of life.

PHASE 1

(7 months)

Community, learning experiences, missional encounters, spiritual formation.

PHASE 2

(2 months)

Express God's Kingdom through grass-roots mission partnership in Asia.

PHASE 3

(1 month)

Debrief your year with an eye to the future, reflecting on all God has done in you.

KŌRERO WITH OUR TEAM

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GO TO HEADSPACE.NZ

FOR MORE INFORMATION



headspace.nz



Headspace is run by
GC3 (Global Connections)
gc3.org.nz

