

## Program Description

Columbia's **QUEST** program is designed to help young adults foster a life of Christian discipleship from which they can launch their adult life. It creates the space for students to deepen their intimacy with God, cultivate a Christ-centered identity, build healthy relationships with themselves and others, and learn to be good stewards of their gifts and of the rest of creation. The program combines Columbia's core biblical curriculum with leadership and decision-making courses while integrating outdoor adventures, service practicum, mentoring experiences and cross-cultural mission opportunities that promote character, worldview, and vocational formation.

## Program Objectives

1. Students will grow in their understanding of who God is and how God sees them through biblical study and spiritual formation practices.
2. Students will learn more about themselves in the context of intentional Christian community. This is done through personality and strength assessments, exploration of their personal narratives, and the lens of a Christ-centered identity.
3. Students will explore healthy relationships through a cohort community experience that integrates in-class teaching with outdoor adventure and service opportunities.
4. Students will gain an appreciation for stewarding God's creation through direct engagement in the outdoors alongside biblically-rooted teaching.
5. Students will prepare for their next steps in vocation through an exploration of decision-making frameworks, habit formation, and discernment of personal core values.