New Spiritual Practices Micro-Certificate for Young Adult Leaders Launches at Princeton Seminary

Four new online offerings focus on Christian discernment, Sabbath, pilgrimage, & contemplative prayer to support leadership, vocation, & spiritual well-being.



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PRINCETON, NJ, UNITED STATES, October 1, 2026 /EINPresswire.com/ -- A series of four new micro-courses invites young adults to engage in intentional spiritual practices spanning discernment, Sabbath, pilgrimage, and prayer to support their leadership, vocation, and spiritual well-being.

Developed by Princeton Theological Seminary's Polaris Young Adult Leadership Network, these four-to-six-week courses may be taken individually, but the full series is designed to form a Micro-Certificate in Spiritual Practices for Young Adults that helps those ages 23-32 navigate questions of calling, purpose, rest, and faithful action. Each course is fully online, combining self-guided curriculum with facilitated small groups to foster authentic, discussion-based engagement. The first offering begins in October. A discount of more than $100 is available for bundling all four micro-certificate courses, and scholarships are available through an application.

> Spiritual practices contribute to young adults' growth as Christians and as leaders. These offerings connect young adults who want to listen and faithfully respond to God's call in their lives."
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> *Polaris Director Shari Oosting, MDiv '09*

"We know that spiritual practices contribute to young adults' growth as Christians and as leaders," said Polaris Director Shari Oosting, MDiv '09. "At this stage in their lives, they often feel pressured to choose a path professionally and personally — or question the one they're on — which can be overwhelming. This is a chance to slow down,

reflect, and connect with others who want to listen and faithfully respond to God's call in their lives."



Princeton Seminary's new offerings offer young adults a chance to slow down, reflect, and connect with others who want to listen and faithfully respond to God's call in their lives.

Spiritual Practices for Young Adult Leaders Micro-Certificate Courses

Pilgrimage Practices for Spiritual and Leadership Growth
Six-week, online session runs Oct. 13 to Nov. 24, 2026, or March 23 to May 4, 2027
This micro-course introduces Christian leaders to the history and stages of pilgrimage from a Christian perspective, exploring how stages of pilgrimage fuel spiritual transformation. Learners will discover how the practice of pilgrimage can deepen their own faith formation and leadership development, walking away with practical tools and frameworks to apply in their personal, professional, and spiritual lives. It is not required or expected that you have been on a pilgrimage to join.

Sabbath Practices for Sustaining Leadership
Four-week, online session runs Nov. 1 to Nov. 27, 2026, or March 10 to April 7, 2027
In a culture of overwork, this micro-course offers a sacred pause. Through individual and communal Sabbath practices, including group liturgies, journaling, and curated readings, leaders learn to cultivate habits of wholeness that support lifelong leadership and prevent burnout.

Christian Discernment Practices for Young Adults
Six-week, online session runs Jan. 14 to Feb. 18, 2027
Participants explore God's call in their lives and gain a spiritually grounded reflection toolkit in this vocational discernment micro-course. Together with other like-minded, spiritually curious young adults, participants explore their own stories and the process of navigating life decisions, while practicing gratitude, listening, story-sharing, and prayer.

Prayer Practices for a Deeper Spiritual Life
Five-week, online session runs Sept. 12 to Oct. 15, 2027
This micro-course is designed to help participants develop a deeper, more meaningful prayer life. Through guided contemplative practices, reflective exercises, engaging videos, group discussions, and curated readings, participants explore diverse approaches to Christian prayer and discover practices to enrich their everyday spiritual lives.

To register for these courses, visit the Polaris website.

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About the Polaris Young Adult Leadership Network

Founded in 2023, the Polaris Young Adult Leadership Network is dedicated to amplifying and supporting the leadership of Christian young adults in all sectors of public life across the United States. A Lilly Endowment Inc. grant-funded initiative, Polaris offers online learning, events, resources, and a fellowship program for Christian young adults to help them discern their calling, empower their leadership in diverse contexts, and build community among a network of peers.

To learn more about the Polaris Young Adult Leadership Network, visit polaris.ptsem.edu.

About Princeton Theological Seminary

Founded in 1812, Princeton Theological Seminary equips women and men for faithful, compassionate, and competent leadership in ministry, academia, and public life — preparing them to serve Christ with integrity, scholarship, and joy.

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