

Week

1

Who am I?

A Lent course for the youth
of the Diocese of Chichester



YEAR OF VOCATION
2019

Aim

To let the young people know that they are created and loved just as they are. For them to be confident and free to be the person that God created them to be. Looking at how we see ourselves and how our identity is formed. Remembering that God was there at the beginning and knows us so well.

Learning Outcome

1. What does God say about us? (His creation)
2. To connect with God in our own way (He is personal)
3. Where do we get our identity/what informs the way we see ourselves

Materials Needed

- Paper
- Pens
- Coloured pens and pencils
- Bible verse references printed out and cut up into individual cards/strips
- A way of showing the video from this week – Projector/ screen/speakers
- Post-its (other sticky notes are available)

Blank puzzles – can be purchased from amazon or bought in hobby craft or other creative store. – You could make your own with heavy card and a pair of scissors.

https://www.amazon.co.uk/Blank-Jigsaw-Sheets-white-sheets/dp/B005IFIHC2/ref=sr_1_3?ie=UTF8&qid=1547655402&sr=8-3&keywords=blank+puzzle

Informal Start/Recap

Make a list of the positive and negative things you've been told this week. What positive things have people told you about yourself in the last week? Have you been encouraged in a piece of behaviour, an idea that you've had, what you want to be when you're older, the type of person you are, the way you've treated others etc... What are the negative things you've been told this week? Have you been told off for something, have you been criticised for an idea, or what you're wearing, being late etc...

Icebreaker

Have you ever?

Everybody sits around on chairs and a leader asks "have you ever ... (insert wacky activity in here)" If you have never done it then you have to change places with somebody else that has never done it. Each time a question is called a chair is removed. When there is no chair to sit on the young people can have a go at calling out a "have you ever". – This game has the potential to get rude when young people are asking the questions (just so you're aware) There are hundreds of ideas for questions online if you get stuck <https://icebreakerideas.com/have-you-ever-questions>

Bible Verse

These bible verse references are available to download as a separate worksheet from the website at youth.chichester.anglican.org/lent Print them out, cut them up and hand them out for young people to look up. Ask young people to read them aloud to the group or split them into pairs. Give them a minute or so to read their passage and then feedback to the group what they think each passage tells us about how God sees us:

John 1:12 – child of God
John 15:15 – Jesus calls us friends
Romans 3:24 – justified and redeemed
Romans 8:1 – not condemned
1 Corinthians 6:19 – Temple of the holy Spirit
Galatians 5:1 – I'm free
Ephesians 2:10 – Made by god to do good works
Philippians 4:19 – provided for by god
1 Thessalonians 1:4 – Loved by god
Ephesians 1:7 - Forgiven

Video clip

Find the video on youtube. We recommend you watch it yourself first. After watching the video you can ask young people for feedback and thoughts.

Learning to be a friend to yourself.

– School of life

<https://www.youtube.com/watch?v=ERhTJaPaoxU&t=3s>



The bible teaches us to love ourselves, that we're forgiven. We are imperfect and that's ok. Listen to the advice that the girl gives in the video about loving yourself. Reinforcing these things by speaking them to ourselves is good for our mental health and understanding the way that God sees us too.

2-minute input

- The way we see ourselves is influenced by what we see reflected back at us from others. If we are repeatedly told we are stupid or ugly by somebody or something then we begin to believe it.
- Remember the things that the bible teaches us that God tells us about ourselves, this is what we should be believing about us.
- It's not easy to suddenly change the way we see ourselves, we can't just think differently. We need to re-live the emotional experiences that go with what we've learned about ourselves and speak truths to ourselves as we re-live our story.
- Learning to love yourself sounds like a cliché, but it is vitally important for your self-image and your mental health.

Discussion

People say that deep down we're all the same. What do you think?

What makes you, you? How important is your personal identity? Is it ok when we don't want to go with the flow and believe or feel something different?

You could use the opportunity to talk about how we are all different in many ways but there are things that unite us. We're all human, we believe we're all created by God, that he loves us... See the bible verses we looked at earlier that talk about the way that God sees us. How do we learn to live life alongside people that are so different to us politically, theologically etc?

What do you think most impacts your self-image?

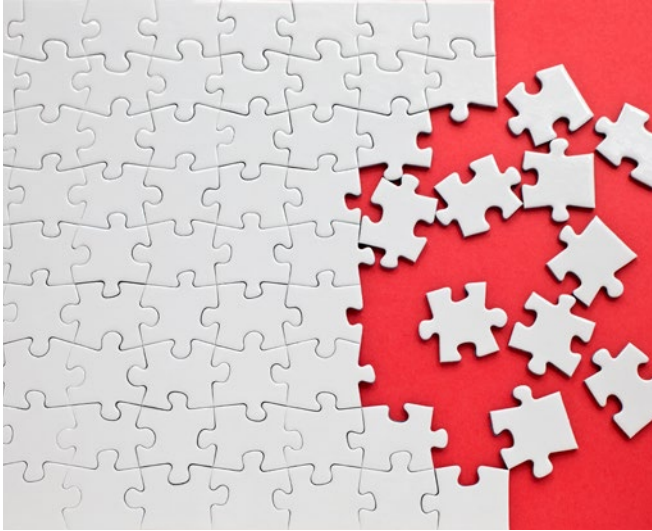
What about social media? Do you ever find yourself comparing yourself to others you see online? How can you protect your self image? Start to unpack some of the things the bible says about our identity and who we are. Especially how we look, how we're created beautiful.

Do you believe different things to your parents? Have you ever talked about it?

Do you ever talk about faith at home. It's ok to believe something different. Relationship with god is about a journey, it's about learning and growing and getting to know God. The way that we relate to him will be impacted by the way that we experience him.

Do you ever pray at home or worship together at home? Do your parents set aside time to talk about God, read your bible and pray?

Response/Creative Prayer



Give every young person a blank puzzle. Create a relaxed space, put on some music quietly in the background.

We are complex beings, we are not just our name, the school we go to, the children of our parents. We are made up of many parts that all interact in different ways.

Take some time to use the puzzle to draw and write to express yourself and your identity on the puzzle pieces. You can overlap between the pieces or you can keep them separate. You can use colours or just words.

Think about:

Your thoughts, feelings, relationships, your faith, things you enjoy, your dreams and aspirations, the things you don't like, things that embarrass you. Are you a planner or do you like to be spontaneous? do you like crowds or your own space? do you like to be tidy or messy? Are you a big picture person or a details person?

Think about all the things that make you, you and be creative in designing your puzzle.

At the end thank God that he made us unique and loves us just as we are.

Memory Verse

Memory verse.

You may want to split the words out between the group so they have to work together to read the passage one word per young person. Some may have to have more than one word. Once you can do the whole verse, see if you can do it quickly.

John 1:12 But to all who believed him and accepted him, he gave the right to become children of God. - NLT

Takeaway

The young people can take the puzzles from the creative prayer section away with them to display somewhere at home that they will see it so it will be an encouragement.

Final Game

Who Am I?/Heads Up – Write the names of famous people onto post it notes. The post-its are stuck to young people's foreheads. They have to head around the room and ask yes or no questions to identify which celebrity they are.