

WHO AM I? (Leader's Guide)



Remind the class of the Ground Rules before starting the discussion:

These group discussions are designed to help you take the information presented in class and apply it to your lives—to make a personal connection with the material. In order to have a successful outcome, everyone is expected to follow our discussion ground rules:

Participate: Everyone must participate, which means to complete the worksheet, to be engaged, and to follow the discussion. Sharing your answers is encouraged but you will not be forced to share your answers with the group.

Opinions aren't Right or Wrong: For the most part, the worksheet questions have no right or wrong answer. They are meant to solicit viewpoints and promote discussion.

Respect: Everyone must display a respectful attitude towards each other, especially when there is a difference of opinion. You don't have to agree with everyone, but personal attacks or making fun of someone never adds to the discussion and will not be tolerated. This is a no judgment zone.

Listen: This goes with respect. When one person is speaking or sharing, everyone else should be listening.

Stick to the Subject: Because our time is limited, and it's easy to get off the subject, the leader may cut off certain discussions that are not relevant to the subject matter. Other than that, your comments and questions are always welcome.

Leader discussion tips:

Allow students to share their values for each response.

Note areas where students have shared views.

Stress that there are no right or wrong answers here. This is an opportunity to get the students thinking and talking. It's not about being right or wrong.

Introduce the topic

As middle school students you may begin to seriously ask the question, "Who am I?" Perhaps you haven't asked that question specifically, but it's typical for people your age to begin to develop a sense of self, of who you are, independent of your parents. The truth is you've been working on this independence issue for quite some time. Even when you were still a baby you were striving for independence. Just ask your parents. They will have countless stories to tell you about times where you insisted on doing things your way. Even toddlers, who have barely mastered speech, are quick to say "Me do" in asserting their independence.

But you are no longer toddlers. You have grown and matured, and as you reach your teen years, it's natural to think about who you are, and who you want to be. Today we will talk about the various ways that we go through that process.

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Debrief: What Can We Learn?

So, we learned that in trying to answer the question, “Who am I?” we all look to various people or things to help us define who we are or who we want to be. Because people may come and go from my life, or my interests and things I do will change throughout my life, that means that my view of myself may change over time. This is natural and to be expected. As a parent, I view myself very differently than when I was in high school. The same will be true for each of you, as you continue to grow and mature.

But there is one thing that does not change and that is the way that God sees me. God’s love for each of us is eternal. Even if we turn away from Him, He will never abandon us, or stop loving us.

If we answer the question of who we are by **only** looking at what we’ve done, how others see us, or who our friends are, then we end up always trying to look or act a certain way to maintain that identity. But if we dig a little deeper and see ourselves as God sees us, then we begin to see our true, authentic self. We are more than what we do, who our friends are, or how we look. We read in Psalm 139 that God knew us before we were born, and he knows us through and through. This is something that might be hard for us to believe at first. But it’s true! Our situation in life can and will change, but God’s love for us will never change. Our society tells us that we have to look a certain way, or dress a certain way, or be a certain way in order to be good enough or to be accepted and loved. But God, who truly knows us, loves us just the way we are.

WHO AM I?



1. **Place a checkmark next to the responses that best answer the question "Who am I?" (you can choose more than one)**

A I am what I do

B I am what I have

C I am what others think of me

D I am whatever I want to be

E I am my achievements

F I am my failures

G I am my appearance

2. **From the list below, circle what might influence the person you are or want to be:**

Movies or TV shows I watch

Music I listen to

Clothes I wear

My group of friends

My Family (parents/siblings)

Whoever's trending

Whatever's trending

Social Issues that interest me

My Faith

Favorite celebrities

Jesus Christ

My personal hero

My best friend

My pets

Sports I play

Books I read

My hobbies

Instrument I play

3. **Circle either YES or NO to answer the question:**

Do you have a role model in your life? YES / NO

4. **Circle "A" (Agree) or "D" (Disagree) for each of the following statements about us being made in the "image and likeness" of God:**

- | | | |
|---|---|---|
| A | D | It means that humans are more important to God than anything else He created |
| A | D | It means that human beings have something that other created things don't have |
| A | D | It means that we are part of God's family |
| A | D | It means that God has a purpose and plan for my life |
| A | D | It means that I can relate to God in a way that no other created thing can |
| A | D | It means that I am worthy of dignity and respect |
| A | D | It means that I have certain duties and obligations to God, to others and to myself |

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5. Read the following Bible verses, then circle the words that describe “us” and who or what God says we are:

Ephesians 1:4-5	as he chose us in him, before the foundation of the world, to be holy and without blemish before him. In love he destined us for adoption to himself through Jesus Christ
John 15:15-16	I have called you friends, because I have told you everything I have heard from my Father. It was not you who chose me, but I who chose you
Romans 8:16-17	The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ
1 Corinthians 3:9	For we are God’s co-workers
Ephesians 2:10	For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance
1 John 3:1	See what love the Father has bestowed on us that we may be called the children of God
Galatians 3:28	There is neither Jew nor Greek, there is neither slave nor free person, there is not male and female; for you are all one in Christ Jesus.

6. Consider the following:

There were approximately 266 days from your conception until the day of your birth. In that short time, one single fertilized cell grew into the complex collection of trillions of cells that is you.

Each cell divided to create exact copies of your unique genetic code, so that each and every cell would be uniquely you.

To get an idea of the amazing growth that takes place during this time, consider this: If you continued growing after you were born at the same rate as you did before your birth, you would reach the average adult height of U.S. adults (5’ 7”) by your 2nd birthday!

Everything about who you are today was present in that one single cell when your life began. You are special and unique.

7. Read Psalm 139:13-16 (below) and then place a checkmark next to the statements that best sum up this Psalm for you:

You formed my inmost being;
 You knit me in my mother’s womb.
 I praise you, because I am wonderfully made;
 Wonderful are your works!
 My very self you know.
 My bones are not hidden from you,
 When I was being made in secret,
 Fashioned in the depths of the earth.
 Your eyes saw me unformed;
 In your book all are written down;
 My days were shaped, before one came to be.

<input type="checkbox"/>	My life is not an accident or a mistake. I am willed by God.
<input type="checkbox"/>	God created me with great care. I am wonderfully made.
<input type="checkbox"/>	My dignity comes not from what I can do, or how others see me, but that I am loved by God who made me.
<input type="checkbox"/>	God made me, and God doesn’t make junk.
<input type="checkbox"/>	God has a plan and a purpose for me before I was even born.
<input type="checkbox"/>	God’s love for me is unconditional.