



# WHO AM I?

## WEEK 1: CREATED BY GOD

**Every person is completely unique.**

**Over the next 5 weeks, we will be taking some time to discover who we are and what we were created to do**

**You will need:**

- A printed copy of the Bible verses handout for each group member.

### CONNECT

Find a safe place to throw a ball around.

Have your group stand in a circle.

Tell group members that they can throw the ball to anyone they like but the 'thrower' must always ask a question of the 'catcher'. Keep going until everyone has had a turn being both the 'thrower' and the 'catcher'.

*Leaders: Group members can ask any (appropriate) get-to-know-you question. Here are some example questions in case anyone gets stuck:*

- *If you could have any super power what would it be and why?*
- *If you were to join the circus what act would you want to do?*
- *If you had all the money in the world to make a theme park, what would you make?*

### DISCUSS

- What is one thing that is unique about you? (It could be a physical attribute, a personality trait, a skill, etc)
- What is one thing you like about yourself?

Give each group member a copy of the handout. Ask for volunteers to read the verses out loud.

- What is the main message you are getting from these verses?
- Which of these four verses do you like the most? Why?  
(*Leaders: Give each group member an opportunity to answer*)
- Does it surprise you to hear that God was thinking about you before you were even born? Why/why not?
- What does this tell you about God?



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## WEEK 1: CREATED BY GOD

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- How does it make you feel to know that God was thinking about you back then?
- In Ephesians 2:10 we are told that “We are God’s masterpiece”. What do you think this means? (*Leaders: He created us; We are a piece of art; He spent time on us; we were made with care and love*)  
How does this make you feel?
- In Genesis we read that God created us ‘in his own likeness’. What is one way that you see God’s likeness in your life? (E.g. compassionate, justice-driven, creative, etc.)  
*Leaders: if anyone gets stuck, tell them what you see in them.*
- Why do you think so many young people struggle with self-esteem?
- Do you think God created everyone for a purpose? Or just some people? Why?
- What do you think the world would be like if everyone was living out their God-given purpose?

### INVOLVE

Place a comfy bean bag or chair in the centre of the room.

Have each group member take a turn in the middle, sharing one thing they would love for God to reveal to them during this series. Spend time as a group praying for each person.

With their permission, you could place hands on their shoulders as you pray.

*Leaders: Record these things in a safe place so that you can refer back to them in Week 5.*

### APPLY

What is one thing you will do differently this week based on what you have discussed?

AND

Send your group the following link for them to complete during the week. They will need to send their 4-letter personality type to you during the week for next week’s life group.

<http://www.humanmetrics.com/cgi-win/JTypes2.asp>





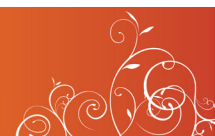
# WHO AM I?

## WEEK 1: CREATED BY GOD

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### LEADER'S NOTES

- For some fun inspiration, show your group the talk: 'Pep talk with kid president' (Search the terms on Youtube)
- Be prepared with a few things that you find unique about each young person in your group. Share as you feel helpful.
- During the week, send a text message to each group member to remind them to complete the personality test, find out what personality type they are and offer to help with any challenges they have.





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## WEEK 1: CREATED BY GOD

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### BIBLE VERSES

#### **Ephesians 1:11 (MSG)**

It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

#### **Psalms 139:13-16 (NLT)**

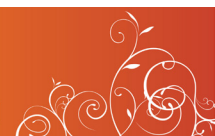
You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

#### **Genesis 1:27 (NLT)**

God created human beings in his own image, in the image of God he created them; male and female he created them.

#### **Ephesians 2:10 (NLT)**

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things we planned for us long ago.





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## WEEK 2: MY PERSONALITY

### You will need:

- A printed description of each group members personality type (1 copy per person) <https://www.personalitypage.com/html/portraits.html>
- A highlighter or red pen for each group member

### CONNECT

Ask your choice of the following questions:

- Score your week out of 5 & tell us why you gave it that score.
- If you had to permanently give up the internet or hot showers which would you choose and why?
- Name someone you admire and share what you admire about them (can be a celebrity, family member, friend, etc.)
- What do you think is the best character trait someone can have (e.g. kind, generous, funny, confident, honest).

### DISCUSS

- Have you ever done a quiz to find out which TV character or movie star you are most like (e.g. on Facebook or in a magazine)? What do you think motivates people to do these quizzes?
- Do you think any quiz can accurately sum up who a person is? Why/why not?

This week you completed a quiz to find out more about your personality.

*No quiz can perfectly sum you up (humans are wonderfully complicated!) but the test you did this week has helped more than a million people better understand how God has wired them.*

- What's one word your friends would use to describe your personality? Do you agree or disagree? Why?
- Have you ever wished you had someone else's personality? Who was it? What made their personality so desirable?

Ask a volunteer to read 1 Corinthians 12:14-18

- What does this bible passage tell you about personality? (*Leaders: All different; All important; All needed*)



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## WEEK 2: MY PERSONALITY

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- Are you surprised that God uses people with such different personality types? Why/why not?
- Can you think of some possible benefits of knowing your personality type? *(See leader's notes for clues)*
- Do you think it is fair to use our personality type as an excuse for things? E.g Being late, offending people.
- Based on this verse, why is it important that everyone is different? What would it be like if everyone was the same?

### INVOLVE

Give every member of the group a handout about their personality type.

Give your group a highlighter/pen and a few minutes to read over the information prayerfully, asking God what he would like them to pay particular attention to, and highlighting those things.

*(Leaders: Try to create an environment that allows people to spread out and relax on their own. You might like to play some reflective music, put out some comfy bean bags, pillows, etc).*

Come back together and share with the group a few things you have learnt about yourself.

### APPLY

What is one thing you will do differently based on what you have learnt this week?

AND/OR

Meet with an adult you trust and talk with them about what you discussed this week and how you might make use of this in your life.

### LEADER'S NOTES

- You will need to ask your group to complete the Learning Styles quiz in preparation for next week's session. To find a copy of the quiz online, Google "youth learning styles quiz" and choose the second result.





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## WEEK 2: MY PERSONALITY

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- Knowing your own personality style can help you:
  - \* Better understand yourself
  - \* Choose jobs that suit your personality
  - \* Influence others to accept who they were created to be
  - \* Develop an awareness of how you work best
  - \* Appreciate why others don't behave the same as us
  - \* Understand how we can all fit together to achieve an outcome
- It's important that your group understand that no personality type is 'best' or 'better'
- Your group might find the following online handouts funny/helpful. If you have access to a printer, they could be worth sharing with your group:
  - \* Prayers for Myers Briggs Personality Types  
*To find, type the following search terms into Google: 'Prayers for Myers Briggs' and select the first option.*
  - \* Myers Briggs Personality Types in the Bible  
*To find, type the following search terms into Google: 'Personality Types in the Bible' and select the first option.*



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## WEEK 3: MY LEARNING STYLE

**Knowing your learning style isn't just about how to do well at school. It's about what activities and processes engage your whole body and mind.**

**This week we will find out how we were created to learn, and discuss the impact of this on our everyday lives.**

### What you need:

- Butchers paper
- Markers/pens

### CONNECT

Ask your choice of the following questions:

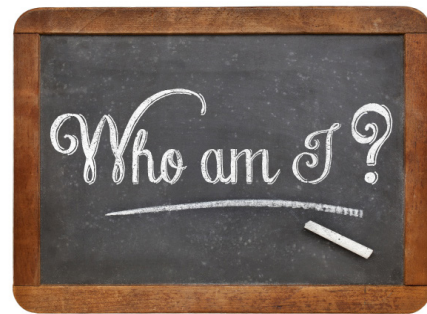
- What is the best gift you have ever received?
- Do you have a secret talent or skill?
- What's your favorite thing about the person sitting next to you?

### DISCUSS

This week your group should have completed the Learning Style Profile.

Ask each member to share with the group what their learning style was – visual, aural, read/write, kinesthetic. Have one volunteer from each learning style explain to the rest of the group what that style means. *(See leader's notes for more information).*

- Were you surprised by your learning styles? Why/why not?
- Do you think it's important to know your learning style? Why/why not?
- How does knowing your learning style contribute to your understanding of who you are?
- Which learning style do you think is used most in schools? Can people with other learning styles still succeed at school? How?
- Does having a different learning style to the one being used give you an excuse to not participate in class? Why/why not?
- Have you ever been in a situation where you found it really easy to learn a topic? What learning style was being used?



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## WEEK 3: MY LEARNING STYLE

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- Have you ever been in a situation where you found it really difficult?  
What learning style was being used?

Ask for volunteers to read the following passages: Matthew 13:31-34, Luke 1:1-4, John 6:1-14, John 11:38-44, John 20:24-29.

- What examples of different learning styles can you find in these verses?  
(Leader: Matthew 13 – Aural, Luke 1 – Read/Write, John 6 – Visual, John 11 – Kinesthetic, John 20 – Kinesthetic)
- Why do you think Jesus used stories as illustrations when he was teaching? Do you think this helped everyone or just some people?
- Thomas said he couldn't believe Jesus had been raised from the dead until he could physically place his fingers in the holes in Jesus hands. Do you think this made him a worse disciple than the others or did he just have a different learning style?
- In John's gospel Jesus follows up each 'sign' with a verbal explanation. For example, after raising Lazarus from the dead he teaches: 'I am the resurrection', and after the feeding of the 5000 he teaches: 'I am the bread of life'.  
He did this 7 times. Why would he teach in this way?
- Do you ever feel like the odd one out or feel like you are 'wrong' because of your learning style?
- In what ways can knowing your learning style help you do better at school or study more effectively? Can knowing your learning style help in any other situations?

### INVOLVE

On a piece of butchers paper, brainstorm all the situations you can think of where different learning styles would be used, or where it would be important to understand different learning styles (e.g. School, University, Life Group, Church, sport teams, jobs/careers, etc.)

Ask each person to choose 2-3 environments from this list that they are regularly involved in.

Has anyone ever experienced difficulty engaging in these environments due to the learning style used?  
How did it make it difficult?

Ask each person to spend some time thinking about practical ways they could help themselves (or others) engage better.





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## WEEK 3: MY LEARNING STYLE

*(Leaders: if your group is stuck, some examples may include: asking teachers for more help at school if the information doesn't make sense; drawing diagrams of different strategies for sports teams; taking notes as your boss gives you tasks so you don't forget them).*

### APPLY

What will you do differently this week based on what we've talked about?

### LEADER'S NOTES

- **Visual** – Learning by seeing.
- **Auditory** – Learning by hearing.
- **Read/Write** - Learning by reading & writing.
- **Kinesthetic** – Learning by doing
- You can find help sheets about the different learning styles at <http://www.vark-learn.com/english/page.asp?p=helpsheets>  
It may be helpful to print these and bring them to Life Group this week for more information.
- Knowing your learning style can help you:
  - \* Better understand yourself
  - \* Achieve better results in school/university
  - \* Choose the right path after school (e.g. university study, internship, career, etc.)
  - \* Choose jobs that engage you (based on your learning style).
  - \* Be involved in church ministry in a way that engages and appeals to your preferences.
- Now that you're aware of the different learning styles that are present in your group, you may like to think of some ways to incorporate these into your Life Group times.
- If your group would like some more information about how to get the most out of school or study now that they are aware of their learning styles, you might like to give them a copy of the handout attached.





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## LEARNING STYLE TIPS FOR SCHOOL & STUDY

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### **VISUAL Learners**

- Take lots of notes, and underline, highlight or colour code important information.
- Draw diagrams/pictures to help make sense of information.
- Use flash cards.
- Avoid distractions (e.g. sitting near a window)
- If something doesn't make sense, ask the teacher to explain it in a visual way (e.g. diagram, picture, etc.)

### **AUDITORY Learners**

- Sit closer to the front of the classroom so you can hear the teacher easily.
- Take notes, which you can read out loud at home later.
- Study with a friend so you can talk out loud and hear the information.
- Ask someone to quiz you on your notes.
- If something doesn't make sense, explain the content back to your teacher in your own words so they can correct you if you're wrong. Doesn't have to be in front of the class! Could be once class is over.

### **READ/WRITE Learners**

- Write down the key words the teacher is saying.
- Read relevant textbooks or other information.
- Turn pictures/diagrams into words.
- Rewrite notes in your own words.
- If something doesn't make sense, ask your teacher if they can recommend any other books/information that you could read to help you understand better

### **KINESTHETIC Learners**

- Take notes as the teacher is talking (written or diagrams) to keep yourself moving while listening.
- Learn/memorise material while doing something active (e.g. walking around the house).
- If you fidget in class, maybe have a stress ball or pen handy that you can play with. Make sure it doesn't disturb the rest of the class or distract you from listening!



## WEEK 4: WHAT IS YOUR HOLY PASSION?

### What you need:

- A piece of paper and pen for each person

### CONNECT

- What's the best game you've ever played?
- What is the best thing you've watched in the past month? (can be on TV, a movie, Youtube clip, etc.)
- If you were given 10 minutes to talk to the Prime Minister about something that was important to you, what would you choose to talk about?

### DISCUSS

- What do you think it means to be 'passionate' about something?
- The dictionary defines passion as: "an intense desire or enthusiasm for something" Can anyone think of an item that you feel this way about? (Leader - e.g. chocolate, iPhone, an item of clothing).

Ask a volunteer to read the following verse out loud:

Jeremiah 1:5: *'Before I shaped you in the womb I knew all about you, before you saw the light of day I had holy plans for you'*

- What do you think it means by: "I had holy plans for you"?
- Do you think God has the same plan for everyone? Why/why not?

Ask a volunteer to read Nehemiah 1:1-4.

- In a time of war, why might it be such a big deal to have no wall around your city?
- Nehemiah wasn't from Jerusalem and was not personally harmed by what was happening there. Do you find it weird that he cared so much about people he didn't even know? Why/why not?
- Can anyone share about a time when they felt angry or sad on behalf of someone else? (E.g. When you hear about bullying, kids being mistreated by parents)
- Why do you think God gives us these feelings?



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## WEEK 4: WHAT IS YOUR HOLY PASSION?

Ask a volunteer to read Nehemiah 6:15-16.

Nehemiah took his sadness and anger about how the people of Jerusalem were suffering and did something about it.

Give your group a copy of Attachment 1. Explain to your group that this handout lists a number of people throughout history who have had a 'holy passion' about an issue, and did something about it.

- Have you heard of any of the people on this list before?
- Who do you identify with the most/least?
- What do you think our world would be like if these people had ignored their God-given passion?
- How do you think they got from point A (feeling passionate) to point Z (changing the world)?

### INVOLVE

God has given all of us 'holy passions' - a particular concern for issues that he cares deeply about.

Give every group member a copy of Attachment 2 and give them some time to reflect and feedback to the group. (*Leader: If you think it will help your group, you could play some reflective music*)

Come back together, and ask each person in the group to share what they came up with. (*Leader: It's important to encourage your group that their answer doesn't have to be a global issue, but may be something small that they see in their community/school*).

### APPLY

What is one thing you can do differently this week based on what we've discussed?

AND/OR

Choose one thing (big or small) that you will do this week to grow your passion. (If group members struggle think of something, ask the rest of the group to make suggestions)





## WEEK 4: WHAT IS YOUR HOLY PASSION?

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### LEADER'S NOTES

- If your group are keen to find out more about their holy passions you could recommend: 'Holy Discontent' (Bill Hybels) & 'The purpose driven life' (Rick Warren).





## WEEK 4: ATTACHMENT 1

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**Amos** – stood up against inequality between the rich and poor.

**Esther** – spoke up to save her people from death.

**Jesus** – fought against all injustice.

**Mary Wollstonecraft** – fought for equal rights for women.

**Martin Luther King** – fought for racial equality.

**Moses** – fought for the oppressed.

**Mother Teresa** – cared about the poor.

**Nehemiah** – helped those in need and who were being treated unfairly.

**Nelson Mandela** – fought for racial equality.

**William Wilberforce** – campaigned against slavery.



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## WEEK 4: ATTACHMENT 2

Below are some examples of 'holy passions' that people may have.  
There is also space to add any others that you can think of.

Bullying	Quality church services	People not being left out	Children having positive role models
Loneliness	Older people being respected	People who are sick feeling cared for	Every child getting an education
Incurable diseases being cured	Quality preaching	Teen self-esteem	Teen self-image
Stoping racism	Children knowing they are loved	Equality for men and women	Getting rid of the stigma of depression

**Which of these issues angers you the most?**

**Which would you most love to help fix?**

**Which makes you most sad when it is done wrong?**

**Which makes you most happy when you hear about progress/ improvements/healing?**

**What would you be most willing to stand up for?**





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## WEEK 5: VALUES

**Roy Disney (nephew of Walt Disney) once said: “It is not hard to make decisions when you know what your values are...”**

**You will face many moments in life where you need to make choices. This week we are looking at what things guide our choices.**

### You will need:

- A pre-cut copy of the ‘values’ handout for each member of your group.

### CONNECT

- If you found an envelope with \$500.00 in it lying on the ground what would you do?
- What was the best part of this last week for you?
- Share something that you found challenging this week.

### DISCUSS

What is a value?

- Words can have different meanings for different people and different contexts. How would you describe what a value is?  
(Leaders: the beliefs people have about what is right and wrong [precious and worthless] and what is most important in life, which control their behaviour)
- Think of a person you admire. What do you think their personal core values might be? Share your ideas with the rest of the life group.
- What are the benefits of knowing your personal values?
- Do you think that your values can change over time?

### INVOLVE

Give each member of your group their ‘values’ cards.

(Leaders: make sure you have some blank cards available for each person to write their own if it isn’t listed on the cards already)



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## WEEK 5: VALUES

Ask them to spend some time identifying their 'top 5' values, placing them in order in front of them, with the one that is most important to them at the top. Ask each person in your group to share why their "No 1" is most important to them.

Once you have done this, have a look at each other's values and identify any that are common across your group.

### DISCUSS (CONT.)

- Look at your top values. Who and/or what influences your values the most? (e.g. parents, friends, religion, etc.)

Read the following verses out loud, asking your group to think about what values are being mentioned while you read:

Matthew 6:14-15

Matthew 19:21-23

Matthew 22: 26-40

Mark 11: 22-24

Luke 4:18-19

Luke 6:12

- Based on these verses, what are some of the values Jesus has?  
(See Leader's notes)

Can you think of any others that haven't been mentioned? (e.g. Jesus valued close relationships, faith, compassion, etc.)

- Thinking back to your 'top 5' values, do you think any of these align with Jesus' values? Which ones?
- It is possible for Christians to have different values to each other? Why, why not?

### APPLY

What is one thing that Jesus valued that you want for your life? (e.g. to be more justice-driven, more generous, be more loving, etc.).

Spend some time this week praying that God will help you to make this a value in your life.



## WEEK 5: VALUES

AND/OR

*Leaders: In Week 1 we asked each person to share one thing they would love for God to reveal to them in this series. Remind your group (if they don't remember) what they said in Week 1.*

Spend this week reflecting on what God has revealed to you during this series. Think and pray about what you will do beyond this week, based on what you've learned about yourself during this series.

### LEADER'S NOTES

- The values for The Salvation Army Australian Eastern Territory are: Compassion, Integrity, Transformation.
- Values Jesus showed:
  - \* Matthew 6:14-15 – Jesus values **forgiveness**
  - \* Matthew 19:21-23 – Jesus values **sacrifice** and **generosity**
  - \* Matthew 22: 36 – 40 – Jesus values **love**
  - \* Mark 11:22-24 – Jesus values **faith**
  - \* Luke 4:18-19 – Jesus values **justice**
  - \* Luke 6:12 – Jesus values **time with God**



## WEEK 5: VALUES

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<b>FAMILY</b>	<b>HEALTH</b>
<b>SAFETY</b>	<b>RELIGION</b>
<b>SUCCESS</b>	<b>MONEY/ WEALTH</b>
<b>WISDOM</b>	<b>JUSTICE</b>
<b>HONESTY</b>	<b>LOYALTY</b>
<b>RESPECT</b>	<b>INDEPENDENCE</b>

