

SESSION 1. IDENTITY – WHO AM I?

Aim of the session

We want to start a journey where we can just stop and think about how we see ourselves. We are in a world of constant information sharing and a lot of it is not bringing out a positive perspective of who we are. In this session, we want to stop for a moment, think about who we are, give a space to allow God to remind us what he wants to say to us, and then say that this is a journey of renewing our minds.

Game - 5/10 mins

Start by sitting everyone in a circle facing inwards. Each person should choose their own unique 'sign' which is a movement or motion such as touching their nose, brushing their hair, giving two a thumbs up etc. Go around the circle and give people the chance to demonstrate their sign to the rest of the group.

Choose someone to be the 'guesser'. Get them to close their eyes whilst you choose someone in the circle to start the game. The guesser can then open their eyes. This person you choose to start then has to secretly 'pass' the sign onto another player without being caught by the 'guesser'. To pass, you must make your sign followed by the sign of the player you are passing to.

The game continues until someone is caught, then they become the guesser.

For younger groups, you can make the "pass" simpler by making people just do their sign and look at the person they are passing to.

Group work / Discussion – 10/15 mins

Get them to share in small groups, and then get feedback from them - maybe collate consistent words on a flip chart, so they are visual to them...

If you could describe yourself with 3 words what would those words be?

If your best friend, closest person to you would describe you in 3 words what would they be?

Testimonies - 5

Paul Smith video testimony (this will be sent to you)
Introduce the idea of exploring our identity in God

Additional Video if helpful – 5 mins

<https://www.youtube.com/watch?v=ikGVWEvUzNM>

Talk – 5/10 mins

Ephesians 1:5 – As we are adopted into God’s family, we need to adopt a new identity.

Romans 12:2 – we are transformed by the renewing of our minds

Key points

1. Our identity is formed from the world around us
2. God knowing us better than anyone else, knows who we really are and has something to say about it
3. We want to transform the way we see ourselves. we are transformed by the renewing of our minds. we want to go on a journey of renewing.

Challenge – 5 mins

Write the name of one friend who you are close too but who isn’t a Christian. We are going to commit over the next 5 weeks to love them, pray for them and intentionally reflect God’s love to them. Write their names down, put it in an envelope and as a group pray for them.

Worship – 10 mins

You can do sung worship, reflective worship or for more ideas - <https://engageworship.org/ideas>