

Faith Identity

4-WEEK PROGRAM GUIDE FOR LEADERS

Helping Students Discover Who They Are and Why They Matter

Week 1 – Who Am I? (*Strengths & Vulnerabilities*)

Theme: Discovering my God-given wiring - the good and the struggles.

Scripture Focus: Psalm 139:13–14, 2 Corinthians 12:9.

Leader Overview:

Students need to know they are wonderfully made. But they also need to learn how their weaknesses can become places for God's strength.

Student Relevance:

- HS: "I'm not good enough" vs. "I'm better than others."
- College: Fear of failure or pressure to be perfect.

Conversation Starters:

- "What's one thing you're good at?"
- "What's one area you struggle with?"

Practical Activity:

- **Affirmation Circle:** Each student shares one strength they see in another.
- **My Weakness, God's Strength:** Write a vulnerability, then reframe it with scripture as a growth opportunity.

Wrap-Up & Reflection:

- Journaling: "One strength I want to use for God this week" + "One weakness I want to invite Him into."

Week 2 – How Do I Grow? (*Learning & Communication*)

Theme: Growing in school, faith, and relationships through learning and communication.

Scripture Focus: Proverbs 18:15, Ephesians 4:29.

Leader Overview:

When students understand how they learn and communicate, they gain confidence in school, studying the Bible, and building friendships.

Student Relevance:

- HS: Feeling “dumb” when they don’t learn like others.
- College: Struggling to connect with roommates, professors, or peers.

Conversation Starters:

- “What’s your best way of learning in school?”
- “When do you feel most understood by others?”

Practical Activity:

- **Learning Style Bible Study:** Break into groups by learning style, study one verse, and share how each group approached it.
- **Communication Role-Play:** Pairs act out common conflicts (friendship, group project, family).

Wrap-Up & Reflection:

- Journaling: “How I’ll study the Bible in my learning style this week” + “One way I’ll improve my communication.”

Week 3 – How Do I Handle Life? (*Challenges & Relationships*)

Theme: Facing challenges and building real friendships.

Scripture Focus: John 16:33, Romans 12:10.

Leader Overview:

Students face real stress - school, friendships, pressure, and they need to see how their wiring shapes their response. Relational strengths show them how to build community.

Student Relevance:

- HS: Peer pressure, stress from grades, friendship drama.
- College: Anxiety, loneliness, independence challenges.

Conversation Starters:

- “What’s one challenge you’re dealing with right now?”
- “Who in your life is a great example of a loyal/encouraging friend?”

Practical Activity:

- **Challenge Mapping:** Write a current stress, brainstorm how strengths can help face it.
- **Strengths in Action:** Students commit to practicing a relational strength this week.

Wrap-Up & Reflection:

- Journaling: "How I want to use my relational strength to help a friend this week."

Week 4 – What's Next for Me? *(Purpose: Career, College, Service & Mission)*

Theme: Discovering God's direction for my future.

Scripture Focus: Colossians 3:23, James 1:5, Matthew 28:19.

Leader Overview:

Students are under huge pressure about the future. By connecting careers, majors, service, and missions to their wiring, they see that God has a path uniquely suited to them.

Student Relevance:

- HS: "What will I do after graduation?"
- College: "How do I pick a major or career that matters?"

Conversation Starters:

- "What kind of work excites you most?"
- "Would you consider a mission trip? Why or why not?"

Practical Activity:

- **Career Buckets:** Students sort themselves into groups (overall fit, social impact, vocational, ministry) and discuss.
- **Adventurousness Scale:** Students place themselves on a spectrum (local → international missions).

Wrap-Up & Reflection:

- Commissioning Prayer: Pray over each student's next steps.
- Journaling: "One step I can take this week toward my future direction."