



Inmate Overview: Prison Ministry Program

This program is designed to help you discover more about your true identity, strengths, and growth areas through the Identity Trait Program. As you work through the program, you'll gain deeper insights into how God has wired you, how you can grow, and how you can overcome obstacles in your life. The worksheets and sessions will support your rehabilitation, personal growth, and spiritual healing, guiding you toward transformation and a renewed sense of purpose.

Session 1: Understanding Your Identity

In this session, you'll review the program and learn how it will help you uncover your unique identity and the traits that define you. This is a chance for you to reflect on how God has created you and how you can grow from your past experiences. After learning more about the program, you'll complete an identity assessment, which will serve as the starting point for the rest of your journey.

Session 2: Reflecting on Your Character Traits

In this session, you'll reflect on your character traits and how they've influenced your past decisions. You'll be encouraged to think about the traits that have shaped your life and how they can be used to make better choices moving forward. This session will help you understand how your personality and actions have impacted your past and how you can use that awareness to shape a brighter future.

Session 3: Recognizing Your Spiritual Strengths

This session focuses on helping you recognize your spiritual strengths, including your faith and any experiences that have contributed to your resilience. You'll explore how your relationship with God has shaped your character and resilience, and you'll receive encouragement through scripture and prayer. This is a time to deepen your connection with God and recognize the strength you've gained from your spiritual journey.

Session 4: Acknowledging Your Vulnerabilities

In this session, you'll be encouraged to acknowledge your vulnerabilities, including past struggles and trauma. Recognizing these areas of weakness is an important part of personal growth and healing. This is a safe space to explore what has held you back and learn how embracing your vulnerabilities can lead to transformation and healing.

Session 5: Overcoming Challenges

This session is designed to help you develop strategies for overcoming obstacles, especially the challenges you face in prison life. You'll reflect on your personal challenges and learn ways to adapt and overcome difficulties. This session will empower you to see obstacles not as barriers but as opportunities for growth and strength.

Session 6: Understanding Your Learning Style

In this session, you'll identify your learning style, which can help you engage more effectively in education, personal development, and spiritual growth. Understanding how you learn best will enable you to make the most of the resources available to you and give you tools to continue growing both inside and outside of the prison walls.

Session 7: Exploring Your Relational Strengths

This session will focus on your relational strengths and how these qualities can help you build positive relationships, even in a challenging environment like prison. You'll explore the importance of communication, empathy, and understanding in fostering healthy relationships and learn how these strengths can help you connect with others in a meaningful way.

Session 8: Developing Your Conversational Skills

In this session, you'll reflect on your conversational strengths and how you can use them to engage in meaningful dialogue, resolve conflicts, and communicate effectively, even in difficult situations. This session will help you develop stronger communication skills that will serve you well in all areas of your life.

Throughout these sessions, you will have the opportunity to reflect on who you are and how you can grow. Each worksheet is designed to help you better understand your identity, overcome obstacles, and work toward personal transformation. By completing these sessions, you will build a foundation for positive change, both during your time in prison and in your life beyond.