



## Leader Overview: Youth Group Program

This guide is designed to equip you as a youth group leader to effectively use the Identity Trait Program and Worksheets within a youth group setting at your church. These tools will empower you to help group members identify their strengths, vulnerabilities, and growth areas as they work toward personal growth, spiritual healing, and transformation. By guiding participants through these sessions, you will foster resilience, encourage deeper connections, and support their journey toward discovering their true identity in Christ.

### Preparation:

Take the following steps to prepare for Session 1 and begin the Identity Program with your youth group:

1. **Review this Leader Overview:** Familiarize yourself with the overall process and structure of the program, including the purpose of each session and the tools provided.
2. **Download and Print the Youth Group Participant Overview:** Bring this to the Session 1 meeting to share with your youth group members.

### Session 1: Program Buy-In and Identity Assessment

1. **Review the Youth Group Participant Overview:** During your meeting (Session 1), discuss the youth group program with your group to ensure everyone understands how the program works and how it will help them uncover how God has created them. This will set the foundation for the journey ahead.
2. **Complete the Identity Assessment:** Once the group is ready to proceed, have each participant click on the QR code or go to [www.faith-identity.org/sm-gp-assessment](http://www.faith-identity.org/sm-gp-assessment) to take the assessment and register to get access to their results. This will be the starting point for their personal reflection based on their 'primary' and 'secondary' identity trait.
3. **Download and Print Trait Worksheets:** The online Identity Assessment will indicate each participant's primary and secondary traits. Download and print these worksheets to share with the group in future sessions.



### Session 2: Character Traits Worksheet

Guide your group members to reflect on their character traits. Encourage them to think about how these traits have shaped their decisions in the past and how they can use

them to make better choices moving forward. This is a time for personal reflection and group sharing.

### **Session 3: Spiritual Strengths Worksheet**

This session helps participants recognize their spiritual strengths, including their faith and experiences that have contributed to their resilience. Use this time to minister through prayer, scripture, and encouragement. Invite group members to share their personal stories of faith and resilience.

### **Session 4: Vulnerabilities Worksheet**

Help participants acknowledge their vulnerabilities, including past struggles and trauma. Create a safe and supportive environment where they can openly discuss their challenges. Emphasize that acknowledging weaknesses is a crucial part of spiritual and personal growth.

### **Session 5: Navigating Challenges Worksheet**

In this session, work with participants on developing strategies for overcoming personal challenges, especially those they face in their current circumstances. Discuss how they can adapt to and overcome these difficulties with God's help and the support of the group.

### **Session 6: Learning Styles Worksheet**

Assist participants in identifying their learning styles. Understanding how they learn best will empower them to engage more effectively in church programs, spiritual development, and personal growth. Encourage them to apply this knowledge to their journey of transformation.

### **Session 7: Relational Strengths Worksheet**

Focus on the relational strengths participants possess and how these strengths can help them build positive relationships with others in the church and beyond. Discuss the importance of empathy, communication, and understanding in fostering healthy relationships in Christ.

### **Session 8: Conversational Strengths Worksheet**

Encourage participants to reflect on their conversational strengths and how they can engage in meaningful dialogue, resolve conflicts, and communicate effectively. Emphasize the role of positive communication in building stronger relationships within the church community.

As a youth group leader, your role is to guide participants through these sessions with empathy, encouragement, and spiritual support. Each worksheet serves as a tool for personal reflection, and together they create a roadmap for participants to discover their potential, overcome obstacles, and experience healing and transformation. By working through these materials, you will help your group members build a strong foundation for lasting change, both in their spiritual walk and in their lives beyond the group.