Participant Overview: Youth Group Program

Welcome to the Identity Program! This guide is designed to help you as you journey through a series of sessions that will empower you to uncover and better understand your true identity in Christ. Through this program, you'll explore your strengths, vulnerabilities, and areas for personal growth. Each session is crafted to help you reflect on who God has created you to be, and to guide you toward transformation, healing, and deeper spiritual connection.

Session 1: Understanding Your Identity

In this first session, we'll discuss the purpose of the program and how it will help you discover your God-given identity. You'll take the Identity Assessment by clicking on the QR code or at www.faith-identity.org/sm-gp-assessment, register and gain access to your results. This will help identify your primary and secondary identity traits, which will serve as a foundation for your personal reflections throughout the program. You'll also receive worksheets based on your traits to use in future sessions.

Session 2: Character Traits Worksheet

Reflect on your personal character traits and consider how they've shaped your past decisions. In this session, you'll think about how your strengths and challenges have influenced your choices. The goal is to help you see how these traits can guide you in making better decisions moving forward.

Session 3: Spiritual Strengths Worksheet

In this session, you'll recognize your spiritual strengths and explore how your faith and experiences have contributed to your resilience. Through prayer, scripture, and shared stories, you'll have the opportunity to minister to each other, encouraging one another in your spiritual growth and resilience.

Session 4: Vulnerabilities Worksheet

This session invites you to acknowledge your vulnerabilities, including past struggles and traumas. Recognizing your weaknesses is an important part of spiritual and personal growth. You'll be encouraged to reflect on these areas in a safe and supportive environment, allowing for healing and growth.

Session 5: Navigating Challenges Worksheet

In this session, you'll focus on strategies for overcoming the personal challenges you face. You'll explore ways to adapt to and overcome difficulties with God's guidance and the support of the group. Together, you'll discuss how to face challenges with resilience and trust in God's help.

Session 6: Learning Styles Worksheet

Understanding how you learn best will empower you to engage more effectively in church programs, spiritual development, and personal growth. In this session, you'll identify your learning style, which can help you participate more fully in the program and other areas of your spiritual journey.

Session 7: Relational Strengths Worksheet

Reflect on your relational strengths and how they can help you build positive, healthy relationships with others in the church and in your broader community. In this session, you'll discuss the importance of empathy, communication, and understanding in building Christ-centered relationships.

Session 8: Conversational Strengths Worksheet

This session will help you reflect on your conversational skills and how you engage in meaningful dialogue with others. You'll explore how to resolve conflicts, communicate effectively, and build stronger relationships within the church community through positive communication.

Throughout the program, you will have the opportunity to reflect on your identity and your relationship with God, growing through each session as you discover more about yourself and your journey of faith. The worksheets and activities are designed to guide you in your personal reflection, and the group discussions will allow you to share, learn from, and encourage one another.

By working through these sessions, you will develop a stronger understanding of who you are in Christ, how you can grow spiritually, and how to navigate the challenges and relationships in your life. We hope this program will help you build a lasting foundation for transformation and healing, both during the program and beyond.