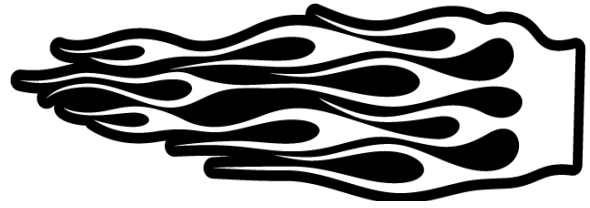


FLAME TEEN HANDOUT

Week 4 – An Evolving Personal Identity



I think.
I question.
I imagine.
I create.
I struggle.
I collaborate.
I try.
I fail.
I persist.
I reflect.
I change.

I learn.

GROWTH IS PAINFUL.
CHANGE IS PAINFUL.
BUT NOTHING IS AS
PAINFUL AS STAYING
STUCK SOMEWHERE
YOU DON'T BELONG

MANDY HALE

WHAT WOULD HAVE BEEN
NEARLY IMPOSSIBLE IN
ONE GIANT LEAP BECAME
MANAGEABLE IN SMALL STEPS...

CHANGE IS A PART OF LIFE.
BE OPEN TO CHANGE, BECAUSE THAT'S GOD
OPENING THE DOOR TO GROWTH IN YOUR LIFE.

If it's
Challenging you,
Testing you,
& Pushing you...
it's helping you
become more of
who you're meant
to BE. {mandy
{hale}

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Anxiety *Insecurity* **LAUGHTER** *Loneliness*

Joy *Fear* **LOVE** *Hate* **Anger** **Boring** *Fun* *Nervous*

Do these words describe your life at times? What makes you feel this way? What are other words that describe what a teen is going through?—write them below

Create a list of words that come to your mind when you hear the phrase, "I am...."

The Puzzle of Personal Identity Everyone we meet, every experience we have helps us to put our particular puzzle together.

I am statements – (I am an athlete, I am smart, I am outgoing, I am an artist...). Use a pen or marker to fill in pieces of the puzzle with facts about yourself.

The missing pieces – are there things you wish you knew more about yourself? I used to think I was less shy than I think I am now. I used to love soccer, but now I am more into lacrosse. Jot down some words to describe your missing pieces.

List five ways you see yourself changing and choose any five puzzle pieces and write a word or two to represent those changes -



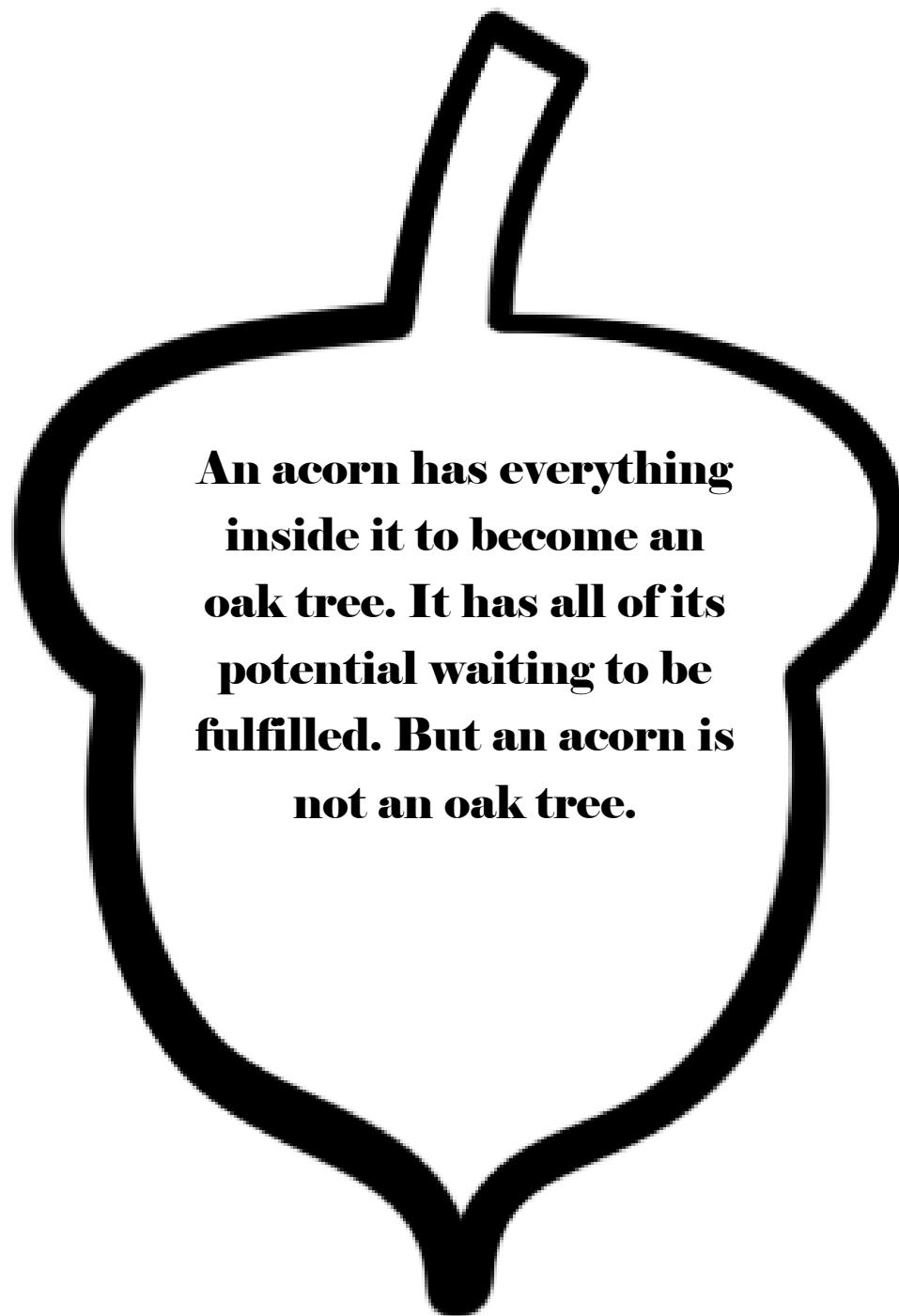
Think about who you were when you were 5 years old. Think about who you were last year. Is this person the same person you are today? How have you grown and changed?

If our personal identity stops evolving, we're stuck. We all know people like that. They're stuck. As humans, we're meant to change and develop into our true potential.

At this moment, you have not discovered all your giftedness. God created you with unlimited potential. God's will for us is to be all we can be.

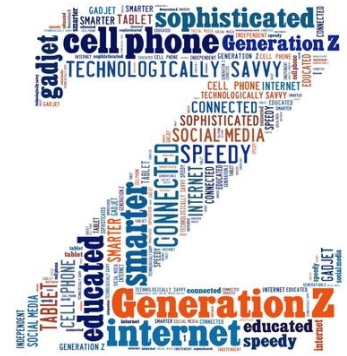
There is no "I'm meant to be a..." What you're meant to be is YOU! What can impact your potential? Negatively? Positively?

Why do you go to faith class your whole life? Because you're still growing and developing! In sports, you are not maxed out on your potential. In music, you're not maxed out. You're not done learning! You will continue to grow emotionally. In the same way, your spirituality and relationship with God will evolve and develop.



IDENTITY IS...

*The story we tell
ourselves or others
when someone asks,
“WHO ARE YOU?”*



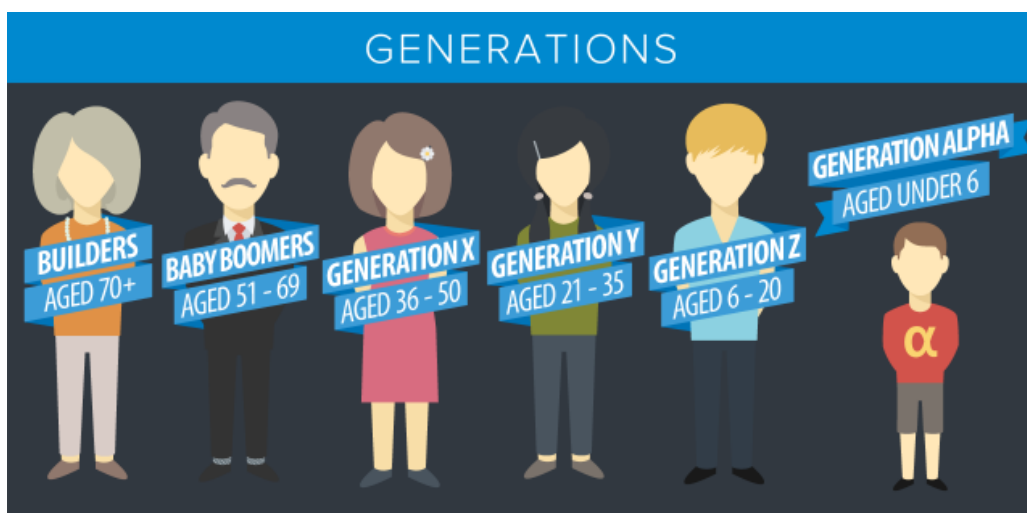
YES, THAT WOULD BE YOU!

Generation Z

BORN BETWEEN 1994 AND 2010

Interesting Facts about Generation Z

1. Never before have there been so many young people – 1.8 billion from ages 10-24 (36.3% of the world's population)
2. They embody diversity Gen Z are the most ethnically diverse group ever. They feel positive about the idea of increasing racial diversity, and are much more likely than their parents to form social groups containing a mix of race and religion.
3. Generation Z will become the most entrepreneurial, conservative, diverse and educated generation in the world.
4. Gen Zers are do-gooders; they want to make a difference in the world. Sixty percent want their jobs to impact the world, 26% of 16- to 19-year-olds currently volunteer, and 76% are concerned about humanity's impact on the planet. 79% display symptoms of emotional distress when kept away from their personal electronic devices.
5. 52% of Gen Z state that honesty is the most important quality for being a good leader
6. 50% of Gen Z's will be university educated compared to 33% of millennials and 25% of Gen X
7. Gen Z are adept researchers - they know how to self-educate and find information
8. Forty-two percent of Gen Zers follow their parents influence, compared to just 36% of millennials.
9. They're highly connected 'digital natives' – dubbed 'screenagers' by the media
10. They're more morally conservative than their elders



The Five Components Of Emotional Intelligence At Work

Self Awareness	The ability to recognize and understand personal moods and emotions and drives, as well as their effect on others	Self-confidence, Realistic Self-assessment, And A Self-deprecating Sense Of Humour.
Self-regulation	The ability to control or redirect disruptive impulses and moods, and the propensity to suspend judgment and to think before acting.	Trustworthiness And Integrity, Comfort With Ambiguity; And Openness To Change.
Motivation	A passion to work for internal reasons that go beyond money and status -which are external rewards. A propensity to pursue goals with energy and persistence	Strong Drive To Achieve, Optimism Even In The Face Of Failure, And Organizational Commitment.
Empathy	The ability to understand the emotional makeup of other people. A skill in treating people according to their emotional reactions.	Include Expertise In Building And Retaining Talent, Cross-cultural Sensitivity, And Service To Clients And Customers
Social Skill	Proficiency in managing relationships and building networks, and an ability to find common ground and build rapport.	Effectiveness In Leading Change, Persuasiveness, And Expertise Building And Leading Teams.

IT TAKES
COURAGE
TO GROW UP
AND BECOME
WHO YOU
REALLY ARE
- e.e.cummings -

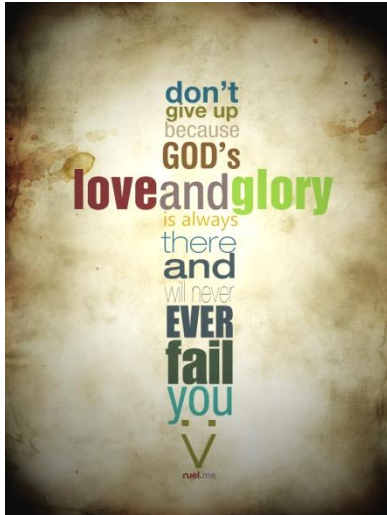


What's been hard for you?



TO SAY THAT I AM MADE
IN THE IMAGE OF GOD IS
TO SAY THAT LOVE IS
THE REASON FOR MY
EXISTENCE, FOR GOD IS
LOVE.
LOVE IS MY TRUE
IDENTITY. SELFLESSNESS
IS MY TRUE SELF. LOVE IS
MY TRUE CHARACTER.
LOVE IS MY NAME.

- THOMAS MERTON



Which of the passages below speaks to you?

John 1:12 - Yet to all who received him, to those who believed in his name, he gave the right to become children of God.

I am a child of God and I belong to God.

Romans 8:35-39 - Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written, "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,

neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

I am loved by God and nothing can separate me from His love.

Ephesians 1:4 - For he chose us in him before the creation of the world to be holy and blameless in his sight

1 Peter 2:9 - But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.

I am chosen by God.

Philippians 4:13 - I can do everything through him who gives me strength.

I am strengthened for all tasks to which God calls me.

- Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."

I am never alone --- God will not leave me.

Let's Talk
about it

Which of these verses stand out to you?

Which verse most applies to your life?

Which verse can help you through the day?

Which verse do you think you need to have in your life more often?

Key Ideas



- We all have talents that others may not and are made in God's image
- Your experiences make up you and effect how you grow and change
- Growth, change and pain are inevitable, but during this time of your faith community supports and loves you

I Learned Statements – complete at least two of the sentences below

I discovered. . .

I learned...

I was reminded that. . .

The question I have is. .

I was surprised by. . .