

# SELF-EXPRESSION

## Getting to Know Me

God is all. All there is, is the manifestation of the self-knowingness of God.

Our life is eternal, continual, and forever expanding.

Life is eternally good, eternally loving, and eternally giving. We depend on this.

### Spiritual Truth

#### Self-knowingness

"The journey of a thousand miles begins with one step" (Lao Tzu, Tao De Ching).

In each stage of a person's spiritual development, there is an unfolding much like a rose. As we open to knowing ourselves in a deeper way, more of the Truth of who we are is revealed. In learning to function in the world of "effects," though, we may start "believing" that who we are is in relationship to the world around us. Often we use the people who matter most as mirrors into what we may believe is our own soul. When we rely on "other's" opinion to form our beliefs about ourselves, we may develop erroneous views of who we are. Yet it is in these beliefs that we have the opportunity to reconnect with our own "inner compass" to direct us to the Truth of who we are: Perfect individualizations of God.

### Creative Expressions

Open-at-the-Top Creations

### Circle In

Community Spiritual Practice (prayer and ritual)

### Check In

- Ask youth to give his/her name.
- Ask each youth the following question:  
Would you rather live in Oz or Narnia? Why?

### Conscious Conversation

- Read and discuss the spiritual truth above.
- Which person in your life do you think knows you the best? Why?
- Which person in your life do you know the best? Why?
- Have you learned any new things about yourself in the past year?
- Have you ever surprised yourself by doing something? Why did it surprise you?

**Activity**Make a Journal

- Explain to the group that the spiritual practice for this month is "journaling," so they are going to make their own journal to use during their meetings for the rest of this month. After October is finished, the journals can be either taken home or the youth can continue to use them during additional classes.

## One or more weeks before class

- Either ask the youth to bring two of their favorite 4" x 6" photographs, or the teacher can take group pictures of the youth with a digital camera and then print the pictures on 4" x 6" photo paper.
- I recommend watching the online demonstration video at <http://photojojo.com/content/diy/make-your-own-photo-notebook-journal/>

## In-class activity

- Play the song ("Know Who You Are" by Supertramp) while making the journals.
- Directions for youth:
  - Trim your two photographs and the sheets of paper so they are all the same size.
  - Stack together the sheets of paper; put one photograph on top and one on the bottom of the stack with the pictures facing outwards. Try to line up the papers and covers along the left edge as neatly as possible (this is the spine). Hold everything in place with the wooden clothespins.
  - Prop the clothespinned sheets and covers between two wooden blocks or two books, holding the entire stack together firmly.
  - Apply a thin layer of glue to the spine (left edge of the stack); use the brush to spread glue on evenly. Wait a few minutes for the glue to dry, and then apply another layer of glue.
  - When the second layer has dried, remove the wooden clothespins and wrap the stack in a sheet of wax paper. Place the bundle on a flat surface and put some heavy books, wooden boards, a brick (or any flat heavy thing) on top. Wait for half an hour; the group can do the connecting activity while they are waiting for the glue to

dry.

[After half an hour]

- Take your almost-finished journal out from under the brick.
- Trim the strip of paper so it's the same height and then trim the width so it's about 1.25" to 1.5" (depending on how thick your journal is).
- Hold the strip of paper up to the glued spine, using your fingers to fold creases so that the paper will wrap around the spine.
- Apply a thin layer of glue to the strip of paper so it attaches firmly to the front-cover photo, spine, and back-cover photo.
- Sit back and revel in what you've made.

**Music**

"Know Who You Are" by Supertramp  
Lyrics attached

**Personal  
Empowerment**

See "Connecting"

**Connecting**

Who Are You?

- Give each youth a "Who Are You?" handout—see attachment.
- Give each youth a pen or pencil.

**Conscious  
Giving**

Time, Talent, or Treasure

**Circle Out**

Closing ritual

**Materials  
Needed**

- Activity: Make a Journal
  - Two photographs printed at 4" x 6" for each participant
  - 50-75 4" x 6" sheets of paper for each participant
  - Two clothespins, binder clips, or pegs for each participant
  - A small sheet of construction paper or craft paper for each participant
  - White glue (or Elmer's glue) and scissors
  - Small paintbrushes for the glue
  - Wax paper (for each participant)

- Music: "Know Who You Are" by Supertramp  
Lyrics attached
- Connecting: Who Are You?
  - Copies of worksheet of the attached exercise.
  - Pens or pencils

**References**

- Motivational & Inspirational Corner. [http://motivational-inspirational-corner.com/motivational\\_inspirational\\_quotes.html](http://motivational-inspirational-corner.com/motivational_inspirational_quotes.html) (accessed 6/24/2008).
- Fields, Doug. (1996) Would You Rather...? Zondervan/Youth Specialties.
- "Make a Journal" activity adapted by Juliet Inoue from "from prints into journals" <http://www.fiveandahalf.net/blog/from-prints-into-journals/> (accessed 7/3/2008) and "Make Your Own Photo Journals and Notebooks" <http://photojojo.com/content/diy/make-your-own-photo-notebook-journal/> (accessed 7/3/2008).
- Supertramp. "Know Who You Are." Available from iTunes. Retrieved from lyricsdomain.com (July 6, 2008)
- Toner, Patricia Rizzo. "Who Are You", (1993) Stress-Management and Self-Esteem Activities (Just for the Health of It!) Center for Applied Research in Education.

# WHO ARE YOU?

Directions: Draw a circle around the numbers that are true for you. Discuss your answers with a partner, small group or the entire group.

1. I am usually very friendly to others.
2. I can usually accept other people for what they are without trying to change them.
3. I accidentally hurt other people's feelings.
4. I am very competitive.
5. I am a quiet, reserved, laid-back person.
6. I like to be the leader and run things.
7. I am usually very energetic.
8. I prefer to be with other people than alone.
9. I exercise a lot.
10. I practically never lose my temper.
11. I often get my feelings hurt by other people.
12. I love physical adventure and some risk or chance.
13. I need at least 8 hours of sleep a night.
14. I usually let other people lead.
15. I have a loud voice.
16. My friends say I am a good listener.
17. I find it difficult to relax at times.
18. I have a good relationship and open communication with my parents.
19. I usually tell people what I think.
20. I will avoid a confrontation if at all possible.
21. I dislike noise and loud voices.
22. I prefer to be alone when I am upset.

23. I get my work done on time.
24. I am very intense about my grades and schoolwork.
25. I worry a lot.
26. I am frequently tired.
27. I like outdoor sports and camping.
28. I keep my belongings organized and neat.
29. I am a good liar.
30. I want everyone to like me.