

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 starts with one step." (Lao Tzu)
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 a mirror into what we may believe is our own soul. When we rely on others' opinions to form our beliefs about ourselves, we may develop an erroneous view 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: A perfect individualization of God.

Creative Expressions

Progressive Mural: Who Am I?

Setup

1. Attain four pieces of poster board or a piece of butcher paper six feet long for each person. Tape the four pieces of poster board together (2 x 2) so that it makes a large rectangle.
2. Place the poster board or butcher paper on the floor.

Activity

3. Have one of the youth lie on top of board/paper. Have two or three other youth trace the body of the first youth.
4. Cut the drawing into four separate squares, or separate the poster boards again into four pieces.
5. Put three of the pieces away for the following weeks, and keep one out.

6. Have youth decorate/draw/write on that piece of the puzzle to illustrate the responses they made in the "Activity" for this lesson.
7. Continue with each piece of the puzzle in the following weeks.

**Opening
Ritual**

Community Spiritual Practice (prayer and ritual)

Circle In

From Have You Ever...?

- Ask youth to give his/her name.
- Ask each youth the following question: Have you ever had a favorite piece of clothing?

**Conscious
Conversation**

See "Activity" discussion questions in this lesson.

Activity

Tell Me Who You Are

Purpose: This activity/process allows students to go deeper and deeper in sharing and discovering who they are, and introduces them to an experience of listening without hurried response.

- Have the group divide up into pairs. If possible, play some calming music to bring the energy down.
- Ask each pair to decide which person will be "A" and which will be "B."
- Invite the "As" to say to the "Bs," "Tell me who you are."
- "As" will listen without judgment or personal interpretation. At the end of the responses by the "Bs," the "As" will simply say, "Thank you."
- The "As" will invite the "Bs" to take a deep breath with them and repeat the process, starting with "Tell me who you are." The pairs will repeat this cycle for about 5 minutes. (Each response goes a little bit deeper, and trust is built within the pairs.)
- The pairs then switch roles and begin again.

Discussion

- After each partner has shared, invite the youth to circle up for a discussion.
- Lead the discussion by asking:
 - What was your first response?
 - What was your last response?
 - Did it get harder as time went on? Why do you think that is?
 - Were there any responses that you gave that surprised you?
 - How did your responses relate to the three things you wrote on your "snowball"? (See Snowball game above in "Circle-In" section.

Music "This is Me" from Camp Rock

Personal Tithing to Yourself: Time

Empowerment Give yourself five minutes every night this week to write in your journal. Write about how you showed up as a source of strength each day.

Connecting Snowball!

- Students write on a piece of paper three things they like about themselves.
- They crumple the paper up into "snowballs" and have a one-minute snowball fight.
- At the end of the minute, everyone grabs the closest snowball and has to try to find the person who wrote it.
- They then introduce that person to the rest of the group, sharing the three facts.

Conscious Giving Time, Talent or Treasure

Circle Out Closing ritual

Materials Needed

- Music: "This is Me" from Camp Rock
- Creative Expressions: Progressive Mural: Who Am I?
 - Four pieces of poster board or a piece of butcher paper six feet long, per person
 - Tape
 - Sharpies, colored pencils
 - Crayons and other items to decorate puzzle pieces with
- Activity: Tell me who you are.
 - CD of calming music
- Connecting: Snowball!
 - Paper, one piece per person
 - Pens and/or pencils

References

- Music: "This is Me" from Camp Rock Walt Disney Records 2008
- Christie, Les. (1998) Have You Ever...? Zondervan Publishing