

THEME: IDENTITY



Hello! BRAVE content is here to be used in whatever way you think would work best for your group but below is an optional session plan that may help you structure your event.

Intro to the evening:

So, who are you and what makes you, YOU? Identity can be a difficult one to figure out but how can we help to understand ourselves better and what can we learn from the Bible about this?

We undergo lots of changes around our identity while in our teenage years and here's a video explaining more...

Intro video- Figuring out who you are

Following question- did anything particularly stand out to you from the video, or did you learn something new you didn't know before?

Game time- The Who Am I Game (This game gets the conversation around identities started!).

Two options on Bible based videos are available to use at this point, either 'When you have to re-think your identity' (based on the life of Paul) or 'Taking on the Trolls' (based on the life of Noah.

Questions to follow the video:

1. Why is it hard to sometimes stand up for what we believe in?
2. Why do you think we care so much about what other people think?

3. How would you describe yourself to someone who had never met you? In just a few lines? What are the four key things you would say about yourself?

4. How do you think that belonging to God changes our identity and the way we see ourselves?

Feedback from group around the last question to generate lots of ideas.

Game- The Who are they game

Takeaway from session, these can be sent out or printed off.

