



TO COMMUNITY

Session: "I am..."

Session Aim: A chance for the young people to think about how they are a child of God, but also to reflect on who God is and so what difference having God in your life can make.

Time	Activity
00	Welcome and Introductions Go around and introduce yourselves (name an interesting fact!)
05	Icebreaker (Please see Icebreaker booklet)
20	"I am..." Ask the young people to write 10-20 statements about themselves that follow the opening, 'I am...'. For example, I am... a child of Peter and Pauline, a pupil at St Mary's, allergic to shellfish etc. This is how they see themselves. But how does God see them? You could use here Psalm 139 or another suitable passage of scripture to remind them of the love God has for them. You could also link this to the session on 'Affirmations'.
30	This is how we see ourselves, but what about how we see God? Who is God? Have a box of random items and ask young people to take one item that represents God to them, and they have to feed back to the group. For example, a sponge could symbolise God wiping us clean, a coat could be protection. There should be ample opportunities to engage with the individual and the group about these views of what/who God is.



	<p>It can be interesting to hear how young people see God and you should not be afraid of using this opening to talk about who God is to you. Personal witness can be very powerful. Stories from your own life can also be a great witness to show how your view of God has changed or has is now based on specific incidents.</p>
45	<h3>Jesus' 'I am...' Statements</h3> <p>Jesus himself answered the question of who God is in the Gospels when he gave us the 'I am...' statements.</p> <p>You can read these statements now.</p> <p>If you think the group will need more background to what Jesus means when he says these things you can easily find explanations by simply googling 'I am Statements'.</p> <p><i>"Then Jesus declared, 'I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.'" (John 6:35)</i></p> <p><i>"Then Jesus declared, 'I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.'" (John 6:35)</i></p> <p><i>"I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture." (John 10:9)</i></p> <p><i>"I am the good shepherd. The good shepherd lays down his life for the sheep." (John 10:11)</i></p> <p><i>Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die." (John 11:25-26)</i></p> <p><i>Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." (John 14:6)</i></p> <p><i>"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." (John 15:5)</i></p>
50	<h3>Discussion and Feedback</h3> <p>Smaller groups can then be given one of the statements and ask them to think about what the statement means.</p> <p>They should feedback to the bigger group and allow for discussion.</p>



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	<p>It might not be a surprise if some of the 'I am' statements echo in some ways the definitions the young people came up with earlier but are expressed in (very) different language.</p>
1.00	<p>Final Prayer (Please see attached booklet)</p>