

## I Am ...

By Lee Yates

We are asked to play so many roles in our lives—family member, friend, community citizen, employee. We may land in these roles by circumstance, but at some point who we are becomes a choice. Explore your identity and how faith fits into the picture.

### For

Young Adult

### Season

Fall

### Needed

Hello, I Am worksheet (see last page), pen

### Prepare in Advance

Make a copy of the Hello, I Am worksheet for each person.

### Activity Plan

1. Open in prayer:

*Lord, help me to understand who you made me to be. Help me live my life in a way that will help others understand who I am, and more importantly, how great you are. Amen.*

2. Complete the Hello, I Am worksheet.

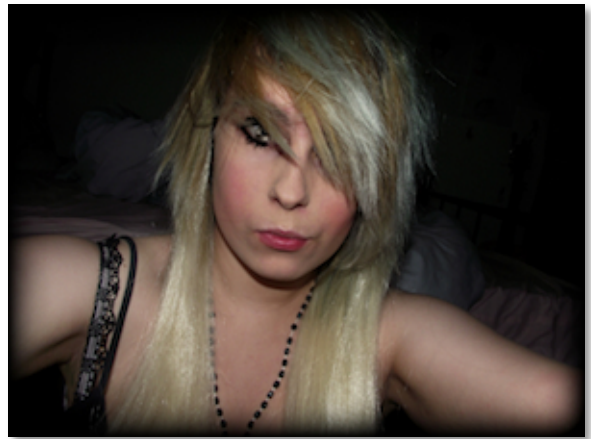
- When you are done, ask a person who knows you pretty well to look at your answers and offer his or her thoughts about what you have marked.
- Put a checkmark next to any topics you feel require further reflection or prayer.
- Put your worksheet in a safe place, perhaps in your nightstand or Bible. Take it out again in three or four weeks. Look over your answers. Do you feel differently about any of your responses?

Variation: Exchange Hello, I Am worksheets with close friends and family members. Spend some time talking together about how one's own self-understanding can be different from how others perceive him or her and why.

3. Try using your "Personal Introduction" statement\* when you are meeting someone new or joining a new group. How do people respond to this statement?
4. Each time you look over your Hello, I Am worksheet, you may want to offer this prayer:

*God, help me claim who I am and love who I am. Help me be OK changing who I am. In all times and in all places, help me remember that who I am is a gift from you. Amen.*

\* Willing to share your personal introduction statement? Come back to the landing page for this activity and use the comment feature to post it.



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# Hello, I Am ...

Name: \_\_\_\_\_

1. What does your name mean? How did you get your name?
  
2. Schools you have attended:
  
3. Check the roles you play in your family:
  - Son or Daughter
  - Sibling
  - Grandchild
  - Aunt or Uncle
  - Cousin
  - Parent
  - Godparent or baptismal sponsor
  - Other:
  
4. Check the roles you play among your friends:
  - Problem solver
  - Banker
  - Guidance counselor
  - Party planner
  - Listening ear
  - Chauffeur
  - Home repair technician
  - Other:
  
5. Write down the ways you identify yourself:
  - Ethnically: \_\_\_\_\_
  - Geographically: \_\_\_\_\_
  - Religiously: \_\_\_\_\_
  - Professionally: \_\_\_\_\_
  - Politically: \_\_\_\_\_
  - Other: \_\_\_\_\_
  
6. What are the most important gifts, talents, or abilities God has given you?
  
7. Which pieces of information on this worksheet are most important in describing who you are?

## ***Personal Introduction Statement***

Hello, I am (*name*) and \_\_\_\_\_.

