

# S.E.L.F. Assess.ment - Overview

As youth enter into a time of seeking a personal identity with Christ, it is important for them to reflect the importance of faith in their life. These lessons will help them break down common misconceptions and questions that youth of today face and struggle with on a daily basis. Students will be given the chance to look deep within their self to see where they are struggling. You, as youth leaders, will be able to come along side them and support them in facing those struggles as the weeks pass by. These lessons do not build upon one another, so feel free to use them where you feel fit based upon your students individual needs and struggles. Use them together or use them separately, let God guide your heart to what the students need to hear.

In lesson one, **Sincerity – How Honest is Your Faith**, students will explore the concept of having an identity in Christ. They will be prompted to look at whether they are living a life that they believe to be Christ-like, or whether they are hiding their faith to fit in with their peers and friends.

In lesson two, **Enthusiasm – Faithful Attitude Reflected in Christ**, students will learn what it means to live in the light of Christ, and how others can see that light through their actions, words, and deeds.

In lesson three, **Love – Showing God's Love to Others!**, students will explore that everyone has a different experience in life. Through their exploration students will learn that God loves each and every person and they have the opportunity to receive that love and show it to others. They will discover and brainstorm ways to practically show God's love in their every day lives.

In lesson four, **Faithfulness – Is Seeing, Believing?**, students will learn what it means to have ‘blind’ faith and how God will reward us for believing even if we don’t understand what exactly we are believing. The concept of doubt will also be explored to give students a better understanding of why we have to cast all doubts aside when they occur.

In lesson five, **Assess Yourself and Where You Go From Here**, students will look at how they can contribute to the body of Christ by reflecting and realizing what their God-given talents and gifts are.