

Who Are You? A Lesson Plan on Identity

In our journey of faith and self-discovery, one of the most profound questions we can encounter is "Who are you?" This inquiry, simple yet deeply introspective, was posed to John the Baptist, a pivotal figure in our Christian history. Our lesson plan, inspired by this significant moment, invites our youth to delve into the complexities of identity.

We often define ourselves by our roles, talents, relationships, and characteristics. Yet, how does our faith shape who we are? This Who Are You? Lesson Plan on Identity, rooted in the scriptural passage of John 1:6-8, 19-28, offers a unique opportunity to reflect on our identities through the lens of our Catholic faith.

In this session, we will conduct a survey, encouraging students to explore various facets of their identity, ranging from their activities and talents to their family roles, personality traits, and faith. This interactive approach not only engages our youth in self-exploration but also fosters a deeper understanding of how their Catholic identity intertwines with other aspects of their lives.

Most importantly, we will reflect on John the Baptist's response when questioned about his identity. His humble assertion, "I am not the Christ," serves as a powerful reminder that our true identity is often found not in glorifying ourselves, but in how we point to and follow Jesus. This Who Are You? Lesson Plan on Identity aims to guide our youth in understanding that our identities, while multi-faceted, are ultimately anchored in our relationship with Christ and our Catholic faith.

Opening Game for the Who Are You? Lesson Plan on Identity

The [Candy Identity game](#) sets the stage for our discussion on identity and perception. As catechists, we can use this simple yet effective game to draw powerful parallels between guessing candy flavors and understanding our own identities. ([See the complete instructions.](#))

- Which colors were the most difficult to guess?
- Were you surprised by any in particular?
- Did anyone get a flavor they didn't like?

A key discussion point can be around the experience of guessing a flavor incorrectly or encountering an unexpected taste. This leads to a broader conversation about how we often form judgments or assumptions based on external appearances. Just like the candies, which may look similar but taste different, people can also defy our initial perceptions.

Sometimes it is difficult to know the identity of someone or something. That is what we are talking about today.

How does our faith inform our understanding of ourselves and others? In what ways can we look beyond the surface to truly understand and appreciate someone's unique identity?

Scripture Reading for the Who Are You? Lesson Plan on Identity

It's fascinating, isn't it, how our eyes can sometimes deceive us into thinking we know something, only to be surprised when we actually experience it? This brings us to a very special part of today's lesson, where we'll explore a similar theme in Scripture. In the Gospel of John, we hear about John the Baptist, who was asked a very important question: "Who are you?"

Just like we had to guess the flavors of the candies without tasting them, people had to guess who John the Baptist was without truly knowing him. Let's dive into this passage together and see what it reveals about identity, expectations, and how we perceive ourselves and others in the light of our faith. Keep in mind the surprises and revelations you experienced during our game as we read and discuss this Scripture.

[John 1:6-8, 19-28](#) (John the Baptist is asked about his identity) - the Gospel Reading for the [3rd Sunday in Advent – Year B](#)

A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him. He was not the light, but came to testify to the light.

And this is the testimony of John. When the Jews from Jerusalem sent priests and Levites to him to ask him, "Who are you?" He admitted and did not deny it, but admitted, "I am not the Christ."

So they asked him, "What are you then? Are you Elijah?" And he said, "I am not." "Are you the Prophet?" He answered, "No."

So they said to him, "Who are you, so we can give an answer to those who sent us? What do you have to say for yourself?"

He said: "I am the voice of one crying out in the desert, 'make straight the way of the Lord,'" as Isaiah the prophet said."

Some Pharisees were also sent. They asked him, "Why then do you baptize if you are not the Christ or Elijah or the Prophet?"

John answered them, "I baptize with water; but there is one among you whom you do not recognize, the one who is coming after me, whose sandal strap I am not worthy to untie."

This happened in Bethany across the Jordan, where John was baptizing.

[John 1:6-8, 19-28](#)

Discussion for the Who Are You? Lesson Plan on Identity

Give everyone a piece of paper and a pencil. Have them write down as many possible answers as possible to the question "Who are you?" Allow plenty of time for this activity. If some of them seem to finish, encourage them to dig deeper and come up with more answers.

Let's do a survey:

- Raise your hand if you had an answer related to something you do at school or in a club, such as "I am a soccer player" or "I am involved in Student Council".
- Raise your hand if you had an answer related to a talent such as "I can play the piano" or "I am a good student".
- Raise your hand if you had an answer related to your family, such as "I am an only child" or "I am a daughter".
- Raise your hand if you had an answer related to your personality such as "I am nice" or "I am faithful".
- Raise your hand if you had an answer related to faith, such as "I am Catholic" or "I am a disciple".
- Raise your hand if you had an answer related to your habits or preferences, such as "I am somebody who likes to sleep in" or "I am a person who loves dogs".
- Raise your hand if you have an answer which starts with "I am not", such as "I am not good at math" or "I am not an athlete".

Now, let's take a moment to reflect further on the answers you've written down. Notice how varied our identities are, filled with roles, talents, relationships, and beliefs. This diversity in how we see ourselves is a beautiful reflection of God's creativity in making each of us unique. But let's dig a bit deeper.

- How many people had more answers which started with "I am not" than answers with started with "I am"?

After seeing the variety of your responses, let's think about how often we define ourselves by what we're not, similar to how John the Baptist started by saying, 'I am not the Christ.' It's interesting to note that sometimes, what we are not can be as telling as what we are.

John understood his role was not to bring glory to himself but to prepare the way for Jesus. In our lives, how often do we focus on what we're not, rather than embracing the role God has for us? How can we shift our focus from our limitations to our potential in Christ?

Now, let's take a moment to share. I'd love to hear from a few of you about your reflections. What did you learn about yourself through this activity? How does understanding who you are not help you focus more on who you are in Christ? This is a safe space, so feel free to share

openly and listen to each other with respect and kindness. Our identities in faith are not just about who we are individually, but also about how we connect and support each other as a community.

Reflection Questions for the Who Are You? Lesson Plan on Identity

Break into small groups for a more intimate and focused discussion. Each group should have a mix of different individuals to encourage diverse perspectives and if possible one leader or facilitator. Provide some starter questions to steer the conversations:

- Using Identity to Glorify God: Reflect on the question, "Do you think about how to use your identity to glorify God?" Discuss how your unique talents, traits, and roles can be channels to honor Him. Share personal experiences or aspirations in this regard.
- Bringing Others to Jesus: "What are some specific ways you can use your identity to bring others to Jesus?" Consider how your everyday interactions, hobbies, or talents can be opportunities to witness and share your faith.
- Challenges in Faith Expression: "Are some parts of your identity more difficult to use to point to God?" Discuss any struggles you face in aligning certain aspects of your identity with your faith. How can you overcome these challenges?
- Self-Focused Identity: "Do any parts of your identity seem to be more focused on yourself?" Explore areas where your focus might be more on self-promotion or self-interest. How can you redirect these towards glorifying God?
- Actionable Steps: "How can you change your actions to use these self-focused parts of your identity to glorify God?" Brainstorm practical steps you can take to align your actions with your faith values.
- Role Models in Faith: "Who in your life or in the Church is a good example of using their identity to glorify God?" Discuss role models who inspire you to live out your faith authentically.
- Balancing Identity and Humility: "How can we balance a strong sense of identity with the humility exemplified by Christ?" Reflect on maintaining a balance between confidently embracing who you are and practicing the humility Jesus taught us.

Remind participants to remember to listen actively and respect each other's views. This is a time to learn from each another and grow together in faith and understanding. After the discussion, regroup and share any insights or common themes that emerged in your small groups.

Challenge for the Who Are You? Lesson Plan on Identity

As we continue our journey in faith and self-discovery, let's take up a meaningful challenge this week. Reflect on the various aspects of your identity that we've explored today. Identify one specific trait, talent, or part of your life that you feel doesn't usually point people to Jesus. This could be a hobby, a skill, a role you play, or even a personality trait.

Once you've identified this part of your identity, commit to transforming it in a way that glorifies God. For example, if you're a talented musician, consider playing music at a church service or community event. If you're known for your sense of humor, use it to bring joy in a Christ-like manner, perhaps by volunteering at a youth group or sharing uplifting content with friends. If you're a natural leader in your peer group, lead by example in showing kindness, integrity, and compassion.

The key here is to take something that is inherently you and use it to reflect God's love and grace. It's about letting your light shine in a way that directs others to Him. Document your journey through this challenge, whether it's through journaling, taking photos, or even sharing experiences with friends or family.

At the end of the week, take some time to reflect on this experience. How did it feel to use your unique trait or talent for God's glory? Did you notice any changes in how others responded to you? Share your experiences in our next gathering, and let's inspire each other with how we've used our identities to witness God's love in our everyday lives.

Prayer for the Who Are You? Lesson Plan on Identity

Conclude by praying [Help Me Know Who I Am](#). ([Printable copy here](#).)

As we close our session today, let's turn our hearts and minds to God in prayer. This prayer, titled "Help Me Know Who I Am," invites us to seek understanding of our true identity through God's loving gaze. Let us pray together, asking God to reveal to us how we are seen and cherished by Him, and to guide us in reflecting His love to others.

Dear God,

Help me to know who I am.

Let me see myself as you see me.

As you gaze upon me
show me that you love me
in my strengths and my weaknesses.

Open my heart so I can
hear you call me
"Beloved Daughter" or
"Beloved Son".

<https://young-catholics.com/14383/youth-ministry-lesson-plans-reflections/>

Then, secure in my identity,
let me act so that others
see you through me.

Rid me of the need to
draw attention to myself.
May I always point to you.

Glory to you forever.

Amen.

[More Themes](#)

[Background Material](#)

[Music Suggestions](#)

[More Youth Ministry Lesson Plans and Reflections](#)