

BECOME *Disciples*

BE ONE • MAKE ONE •

Session: The First Mark of a Disciple:
Loving God (Identity)

Identity Assessment

Youth 12-17

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and Become Disciples



How to use this assessment

This isn't a test, and nobody's grading you. It's a chance to be honest about what shapes how you see yourself, and to hear what God says about you.

Answer honestly, then bring it with you when you meet with your leaders.

Use this scale for each statement:
1 = Not really | 2 = Kind of | 3 = Totally

1) WHAT GETS TO ME

Tick any that affect how you feel about yourself.

If anything here brings up hurt, talk to one of your leaders or another adult you trust. If someone is hurting you, please tell a trusted adult straight away. You don't have to carry it alone.

- ☐ Likes, followers, or comments online
- ☐ My grades, sport, or being good at something
- ☐ What my friends think of me
- ☐ How I look or what I wear
- ☐ What's going on in my family
- ☐ Something I've done, or something that was done to me

Check-in: Which one gets to me the most?

2) WHO GOD SAYS I AM

Being God's kid isn't something you earn. It's who you are.

I believe...	1	2	3
I am a child of God.	☐	☐	☐
God loves me on my worst day, not just my best.	☐	☐	☐
I don't have to be perfect for God to accept me.	☐	☐	☐
What God thinks of me matters more than what anyone online thinks.	☐	☐	☐

Check-in: What would change if I really believed this?

REAL TALK

There are two ways to live.
Trying to be loved: you perform, post, and push, hoping it’s enough.
Living loved: God already loves you, so you’re free to just be you.
Same actions. Totally different reasons.

3) LIVING IT OUT

Knowing who you are changes how you live.

Statement	1	2	3
When I mess up, I go to God instead of hiding.	☐	☐	☐
I can scroll without comparing myself to everyone.	☐	☐	☐
I don’t have to be someone else to fit in.	☐	☐	☐
I treat other people like they’re God’s kids too.	☐	☐	☐

Check-in: Where do I feel the most pressure to be someone I’m not?

Where You’re At

- Mostly 3s: Love that. Keep reminding yourself who you are, especially on hard days.
 - Mostly 2s: You’re growing. Pick one next step and give it a go this week.
 - Mostly 1s: That’s okay, and you’re not alone. Talk it through with your leaders.
- That’s what they’re there for.

One Next Step:

- ☐ Make “I am a child of God” my lock screen for a week
- ☐ Mute or unfollow one account that makes me feel like I’m not enough
- ☐ Read Romans 8:15-16 every day this week
- ☐ Before I post, ask: “Am I sharing, or looking for approval?”
- ☐ Tell my leaders which one gets to me the most

SAY IT OUT LOUD

**I am a child of God.
I am not my likes.
I am not my grades.
I am not my mistakes.
I am loved, all the way down.
I belong.**

CLOSING PRAYER

Father,
Thank You that I don’t have to prove myself to You.
When I feel like I’m not enough, remind me who I am.
When I compare myself to others, remind me whose I am.
I am Your child, not because of what I do, but because of what Jesus did.
Help me live like it.
Amen.

REMEMBER

- You are not your likes, your looks, your grades, or your mistakes.
- You don’t have to earn God’s love. You already have it.
- God says you’re His. That’s the final word.

You’re not trying to be loved. You already are.

