



FOCUSED LIVING IN CHRIST

Facilitator Guide – Lesson One

REMEMBER who you are in Christ.

Starting the Discussion

Use one (or both) of the following questions to begin the discussion.

- If you had 15-20 seconds to introduce yourself to someone new, what would you tell about yourself?
(Thoughts for the leader – This question might be beneficial if the youth don't know each other. It may also reveal what the youth may look at to “define” who they are.)
- Without revealing the name, share the plot of an interesting or impactful movie or show you saw recently. What did you learn from it?

Watch the “Remember Video”

Before viewing, encourage the youth to listen for takeaways from the video which they might be willing to share with the group. After viewing, ask the youth to share some of their takeaways. Their comments might lead naturally into some of discussion thoughts below.

Connecting & Applying Colossians 3:12-14

- Satan, the sinful self, and society can distort our identity and have us looking at the wrong metrics to define who we are. Which poses a greater challenge in your life and why?
 - Defining and seeing yourself by your worst or most embarrassing moments/features?
 - Defining and seeing yourself by your best talents or greatest skills?

Thoughts for the leader – If the youth are willing, ask them to share an embarrassing moment or tell of a time when they learned how empty it is to try and find value in someone or something other than Jesus. Consider sharing an example from your life, too.

- We are not defined by our most embarrassing moments or by our best talents and skills. We are defined by who Jesus says we are and by what Jesus has done for us! (Read the opening words of Colossians 3:12 to reinforce this). How will remembering who you are in Christ help you in the coming week, year, and all throughout your life?

Thoughts for the leader – These questions are aimed at reminding youth that they don't have to prove their worth to God, they already have the highest worth from God. They are redeemed and loved by him! They joyfully get to live as who he says they are and who he made them to be.

- How do we keep on remembering who we are in Christ so that we don't forget it? Come up with 2-3 passages from the Bible that remind us who we are in Christ or come up with 2-3 creative ways to help us remember who we are in Christ.

Thoughts for the leader – Many passages will work (1 John 3:1, Galatians 3:25, Ephesians 5:25-27, etc.) Perhaps have the youth share their confirmation verse or a favorite verse as a reminder. These passages could be posted on a bathroom mirror or in a car. They could dig out their baptism certificate and frame it to put on their desk).

Close with Prayer

The leader may include specific youth prayer requests in the prayer.