



# Identity– Week 3 – How do I change?

<b>Connect and review</b>		15 mins
	Recap last week. Basically, we were encouraged to “let go and let God have His way”. How did you get on with this? It may take time - remember you are a work in progress! This week the objective is <b>to know how I can develop a healthy attitude to myself.</b>	
<b>Inspire and engage</b>		20 mins
These notes are for a starting point – you can add your own ideas and present them in your own style.	Watch You Tube Skit Guys “Chisel” from about 3:30 to end. This is powerful and emotive so a short time of silent individual reflection may be needed.  Basic human needs are security (to belong), self-worth (to see oneself as a person of worth or value) and significance (to achieve or perform certain tasks well). As we saw in week 1 (body, soul, mind and spirit) we are made of 4 parts which overlap and interact with each other. The basic needs relate to soul and mind. If our needs are not met then feelings of insecurity, inadequacy and insignificance arise. Some common coping mechanisms to create a defence barrier are suppression (burying things in the subconscious), rationalisation (finding a reason for our actions, denying the truth), or fantasy. The devil loves to feed these negative feelings, so we need to recognise where these come from and replace them with God’s positive thoughts (from the Word of God – Psalm 19:14; Isaiah 55:8-9; Philippians 4:8-9)	
<b>Explore and apply</b>		30 mins
As you consider each in small groups or pairs allow 1-2 groups for short feedback before moving to the next exercise.	<b>Explore</b> <ol style="list-style-type: none"><li>1. How do you think the need to belong applies in adult life?</li><li>2. How does knowing what “makes me tick” aid me to help others?</li></ol> <b>Apply</b> <p>How has this unit changed the perception of yourself? Try to put recognise and resist into practise.</p>	
<b>Reflect and review</b>		10-15 mins
This area is vital to see how much has been taken on board. Make sure each one in the room (including you) has at least one action point to leave with!	<i>Personal reflection:</i> Am I struggling with any of the issues raised today? Do I need to seek help, talk this through with a trusted friend or counsellor?  <i>Suggested activity:</i> Watch the whole of Skit Guys “Chisel”.	