

# Who Am I?

## Objectives

Helping students to reflect and find out who they really are, then share their story to others.

## Materials Needed

- Print out the lesson "Who Am I?"
- Create a Youtube account for your Doan. We will use this account throughout the year to upload group's videos to share with other Knights of the Eucharist in the organization. *Do not use your personal Gmail account to sign up.*

## Contents/Activities

Knowing "who you are" is a very first step and essential before entering your new vocation, a life hood of a Knight of the Eucharist.

- There are things you cannot change about who you are, such as your parents, siblings, grandparents, date of birth, place of birth,...
- There are things you can change from time to time and it is totally up to you to decide your changes such as your attitudes, your characters, your friends, spouse, health, faith, knowledge, education, career, ...

## What Would Jesus Do:

*(Ask 7 volunteers or assign 7 students to read the following Bible verses)*

- I AM the Bread of Life. He who comes to Me will never go hungry, and he who believes in Me will never be thirsty. (JOHN 6:35)
- I AM the Light of the World Whoever follows Me will never walk in darkness, but will have the light of life (JOHN 8:12)
- I AM the Gate Whoever enters through Me will be saved. He will come in and go out, and find pasture. (JOHN 10:9)
- I AM the Good Shepherd. The Good Shepherd lays down his life for the sheep (JOHN 10:11)
- I AM the Resurrection and the Life He who believes in Me will live, even though he dies; and whoever lives and believes in Me will never die (JOHN 11:25)
- I AM the Way and the Truth and the Life. No one comes to the Father except through Me (JOHN 14:6)
- I AM the Vine. You are the branches. If a man remains in Me and I in him, he will bear much fruit; apart from Me you can do nothing (JOHN 15:1,5)

Jesus had repeatedly declared who “He Is” to affirm His Deity and to confirm His mission to the world. His “I AM” statements are What He Became.

**Explore It** - All of us are fundamentally mysterious. We can never tell fully who we are because there is so much to us. We change. We grow. What we were yesterday might be a bit different from what we are today. But we can say something about ourselves by using some familiar images.

Which image in each of the following pairs is more appropriate for you? Circle your choice.

I see myself more like a \_\_\_\_\_ than a \_\_\_\_\_

Lion....Lamb

question mark.....period

rock song.....symphony

mountain.....valley

waterfall.....quiet brook

guest.....host

rose.....dandelion

eagle.....duck

sunset.....sunrise

**Record It** - Fill in the following blanks to make a short autobiographical story – my story

My name is \_\_\_\_\_. I was born \_\_\_\_\_ in \_\_\_\_\_ (city).

My patron saint is \_\_\_\_\_.

My parents selected my name and patron saint because \_\_\_\_\_

\_\_\_\_\_

The most significant experience of my life was the time when \_\_\_\_\_.

The person who has most influenced my life is \_\_\_\_\_ because he/she \_\_\_\_\_

\_\_\_\_\_

My best friend is \_\_\_\_\_ because she/he \_\_\_\_\_

\_\_\_\_\_

In my faith life, Jesus Christ is \_\_\_\_\_.

For me, the Catholic church means \_\_\_\_\_

\_\_\_\_\_

Right now in my life I am questioning \_\_\_\_\_

\_\_\_\_\_.

### Share It!

- You can have a group or a pair sharing
- Have each student introduce their name, pick one of the choice they chose in **Explore It** section and explain their choice. Then share "my story" in **Record It** section.

### Do It!

- Ask students to make a Youtube video about their story, upload to group's Youtube account to share with other Knights of the Eucharist.

### Additional Comments:

You can choose to help students find out who they are by a different exercise which is created by Duong Hoang, a Youth-Leader who has Ph.D. in Psychology. Click here to download a complete guideline and worksheet. Or you can also have students go online and [take a Jung Typology Test](#) to find out their personality type. Have them do either test and share with a group.