

Relationship with Yourself

Objectives:

- Recognize that our lives are cluttered and we sometimes have too much going on/ need to redefine our focus.
 - Explain the dangers in putting too much into another person/ things, rather than yourself.
 - Create a mural that describes who you are.
- A. Intro- Icebreaker/ introduction speech. Talk about purpose of starting the retreat with relationship with yourself.
- a. Why do it/ why do we need to.
 - i. Builds core from where we expand and built a relationship with everything around us.
 - b. Icebreaker: Weight activity. Pick random youths, ask about their activities. Put items related the activities on them until they are covered.
 - i. Purpose: Even though we have an idea of what defines us, be it hobbies/ activities/ etc, sometimes we spend too much time with it and become overwhelmed/ escape from problems.
- B. Activity- Too much going on with our lives/ not enough time with ourselves. Leader of put Jesus ahead skit.
- a. Need 8 leaders/ junior leaders to perform smoothly.
 - i. Main role, Jesus, parent, teacher, coach, significant other, friend, sibling.
 - ii. Point of skit: Show that putting Jesus ahead of everything, we can gain focus on all around us.
 - b. Questions: What can learn from this?
 - i. Has this ever happened in our your own live?
- C. Activity-Kristen speech. Kristen will give a speech on putting too much into one person. Use speech to transition into questions:
- a. Have you ever been friends with someone for less then good reasons?
 - b. What do you feel would cause a person to put more of themselves into another person than they should?
- D. Activity- Movie Clip- "Zoolander" Who Am I? Clip. Discuss about it afterward. Go over key themes in clip.
- E. Questions: Small Group. Youth will divide into small groups to discuss questions related to relationship with yourself.
- a. Has there been anytime in your life where you lost focus in yourself?
 - b. When was the last time you spent time yourself?
 - c. Are their times when your mistakes have defined who you are?

- d. Were you able to learn from those mistakes?
 - e. Have these mistakes help define who you are?
 - f. Where do you go to be alone? Why?
 - g. How do your friends/ activities define you?
- F. Transition: Move back to full group. Question: when do we actually spend time with ourselves? When was the last time we actually defined what makes us each unique? Can you make a sentence in 6 words or less that defines yourself?
- a. Go around the room and ask each person to make a sentence on the spot that defines/ describes you.
 - b. Regardless if you can/ cannot, you will be given that opportunity for remainder of the time to create a mural to describe who you are.
- G. Activity-Magazine activity- defining yourself. Using magazine articles and images cut out a bunch of them to help to define yourself. Use this time to reflect on yourself.
- H. Closing- Closing prayer/statement. How can we regain focus in ourselves?
- a. Have students write in their journals about 10 things that can be used to describe themselves positively and 10 things to describe themselves negatively. Why do you view yourself this way?