Who Do You Say I Am?

A Parent's Guide to Continuing the Conversation at Home

Your teen is exploring the important question, "Who am I?" in the context of their faith, community, and personal story. This guide offers simple ways to support their journey at home. The goal isn't to have all the answers, but to create a space for **open and honest conversation**.

Conversation Starters

- "What's one new thing you've thought about in your 'Who Do You Say I Am?' group?"
- "I was thinking about our family's story... [Share a brief story about a move, tradition, or relative]."
- "I learned something new about our town's history today. Did you know...?"
- "Who has been a 'God with us' person for you when times were hard?"

Activities to Do Together

- **Explore Origins:** Pull out a map and trace your family's journeys. Talk about the moves and migrations in your history.
- **Discover Cultures:** Cook a family recipe and discuss its history, or visit a local cultural festival or museum.
- **Engage Your Neighborhood:** Take a walk in a different part of town. Notice the beauty and the pain, and talk about where God might be present.

Reflect & Pray

- **Family Prayer:** Use prayers from the curriculum as a guide. "God, thank you for our family's unique story. Help us see your image in ourselves and our neighbors."
- **Share Faith Stories:** Talk about how your own understanding of God has been shaped by your life experiences and culture.
- **Lament & Celebrate:** Make space to talk about things that are difficult or unjust, and also take time to celebrate God's faithfulness.

Based on the "Who Do You Say I Am?" curriculum from the Fuller Youth Institute.