



**GOOD
SHEPHERD**
Students

Introducing “You Be You” - A Resource for Parents

Middle & High School Parents,

We hope the start of the school year has been a breath of fresh air for your families! As student ministries also gets back into gear, we're excited to be kicking off the fall with a new four-week series called You Be You. We wanted to give you a heads-up about what we'll be covering and invite you into the conversation along the way.

This series is built around one of the most important questions students face: Who am I, really? Students hear answers to that question constantly, from friends, from their past, from culture, from social media. But research shows they're tired of generic answers and labels, and they're more interested in finding real meaning for the future. We'll be spending four weeks helping them cut through all of the noise and build their identity on what God says about them and giving them tools to live from that foundation.

To be clear: this isn't a generic self-help series. It's rooted in Scripture, and our goal is to help students see themselves the way God sees them and let that change how they navigate everything else.

Below is a brief overview that will give you an idea of what we'll be discussing each week, along with a conversation starter you can use at home.

Series Overview

Session 1: Made on Purpose

This week, we're starting with the foundation. Before we talk about labels, comparison, or anything else that makes identity complicated, we're asking the most basic question: did God make you on purpose? We'll look at Psalm 139 and what it means that God knew you before you were born and was personally involved in making you.

Big Idea: You aren't an accident.

Primary Scripture: Psalm 139:13-16

Questions for Discussion:

What's something about yourself that you've always found difficult to accept as intentional?

What's one thing about how you're made that you could thank God for this week?



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Session 2: Labels Don't Define You

This week we're talking about the labels we carry, the ones other people gave us and then ones we've given ourselves. We'll look at what Paul wrote in 2 Corinthians about the new creation that happens in Christ, and what it means that those old labels lose their authority when you belong to Jesus.

Big Idea: The world doesn't get to tell you who you are.

Primary Scripture: 2 Corinthians 5:17

Questions for Discussion:

What's a label you've been carrying that still feels true even when you know it shouldn't?
How do the people closest to you see you differently than you see yourself?

Session 3: The Comparison Trap

This week, we're tackling comparison, one of the biggest identity thieves students face. We'll look at what Paul wrote to the Galatians about running your own race, and the story of David being chosen as king, which shows that God is using completely different criteria than the ones we use to measure ourselves.

Big Idea: God didn't design you to be a copy.

Primary Scripture: Galatians 6:4-5; 1 Samuel 16:7

Questions for Discussion:

When comparison creeps in, what does it usually look like for you?
What's one thing God has put in your hands that you haven't been giving much attention to lately?

Session 4: Becoming Who You Already Are

This final week, we're addressing the gap that most of us feel between what God says is true about us and what we feel on a given day. We'll look at Ephesians 1 and 1 John 3 and talk about what it looks like to live from your identity when believing it doesn't always come easy.

Big Idea: It's okay to be a work in progress.

Primary Scripture: Ephesians 1:3-6; 1 John 3:1

Questions for Discussion:

What's something true about yourself that you have a hard time actually believing?
What's one thing from this series that has stuck with you?



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Additional Resources:

Article: [“Questions Teens are Asking”](#) from the Barna Group

Video: [“How You Know You Belong to God”](#) from BibleProject

Song: [“Who You Say I Am”](#) by Hillsong Worship

Song: [“Made for More”](#) by Josh Baldwin

Our hope is that these conversations continue at home – because as much as we love for Sunday nights to be a safe space for learning, we also know that discipleship begins and is sustained at home. Identity is something students are working through constantly, and your voice in that conversation matters more than you might realize. As always, please feel free to reach out with questions at any time!

Blessings,

The Student Ministry Team

Max Schiewe – Middle School Minister

Collin Puckett – High School Minister

Mayfe Zurita – Student Ministry Administrator