



## Objective, Big Idea & Biblical Focus:

Because so much of our life and purpose is connected to our name and what we're called, we need to more fully understand names that we've been given, and names we need to let go.

**BIG IDEA:** “When we learn to name reality, we release the power to change it. When I name it, I can change it.”

Genesis 32; John 1, Mark 1:24, Matthew 16, Acts 13, Judges 6

## How it Works:

Talk through the importance of naming.

Biblical Pattern #1 in Naming: Sometimes we need a name change. (Biblical examples of name changes, focusing primarily on Jacob.)

Biblical Pattern #2 in Naming: Sometimes we need to live up to our name (Biblical examples of living up to the name, using Gideon as the primary example) Give examples from your own life.

## Coaching Tips:

Demonstrate that this is a Biblical concept, but it's true even beyond the Bible. Use your own story and name meaning to demonstrate how this exercise has been helpful for you. Diffuse the sense that this is Jedi mind trick. Encourage patience with the tool and that it is not a make or break whether they find significant meaning for their lives.





## Reference:

Journey 1, pg. 52



Session 5

### The Power of a Name

#### WHAT'S IN A NAME?

##### Two Biblical Patterns in Naming

1. Sometimes we need a name \_\_\_\_\_ change \_\_\_\_\_.
  - Jacob becomes \_\_\_\_\_ Israel \_\_\_\_\_. (Genesis 32)
  - Simon becomes \_\_\_\_\_ Peter \_\_\_\_\_. (John 1, Matthew 16)
  - Saul becomes \_\_\_\_\_ Paul \_\_\_\_\_. (Acts 13)

Each of these name changes affected not who just each of these people were, but also the calling they were destined to fulfill.

2. Sometimes we need to \_\_\_\_\_ live \_\_\_\_\_ up \_\_\_\_\_ to \_\_\_\_\_ our name.
  - Gideon means \_\_\_\_\_ destroyer, mighty man of valor \_\_\_\_\_. (Judges 6)
  - In this case, it wasn't that Gideon was named wrongly, it was just that he needed the courage to live up to his name.

**"Ask what makes you come alive and go do it. Because what the world needs is people who have come alive." —Howard Thurman**

