



Objective, Big Idea & Biblical Focus:

Do an inventory and analysis of names participants have been called, good and bad, and spoken over them, so they can better understand the forces shaping them.

BIG IDEA: When I name it I can change it. Names sometimes have positive impact and other times negative.

Isaiah 43:1 “But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by name, you are mine.”

How it Works:

Give participants a few minutes to write down names people have spoken over them, good and bad, and write down on their worksheet.

Give participants 30 minutes to write down names that God might be giving them now, and has given them in the past, writing notes down on their worksheet.

Give participants a brief amount of time to scan their worksheet and written some reflective thoughts on the experience, as well as any insights or paradigm shifts they had.

Coaching Tips:

Emphasize this exercise as an opportunity to lean into the good, bad and ugly SO THAT God can heal, repair or affirm the “You are...” they have heard in different life chapters.



Reference:

Journey 1, pg. 53



Session 5

My Names Reflection

Write the names that people have spoken over you—both good and bad:

Now take 30 minutes and in quiet and stillness ask God if there are any names He gives you. Think through all the names God calls his children throughout Scripture. Also, give time and pause for God to speak directly to you. Write down the names that come to your mind during this time alone:

