



## Objective, Big Idea & Biblical Focus:

Help participants see how their various names are playing out in real time, even if they didn't know, while also giving them a window of insight into who God has uniquely created them to be.

**BIG IDEA:** Understanding the meaning of our given name leaves room for God to speak and can offer insight into our identity.

Naming is a spiritual practice that we see Biblically and that God uses. This is an opportunity to lean in and listen for potential insight while at the same time not fabricating or labeling.

## How it Works:

Remind people that names actually mean things, when you understand the definition of each part of your name. Give a couple of examples, including your own.

Have people use websites you provide or others they are familiar with and fill out the 'Name calling' worksheet.

See if participants can construct a coherent sentence that incorporates various pieces of their name meanings that resonates with them.


## Coaching Tips:

Have them stay away from the Urban Dictionary and Kaballah websites. If their name is connected to place encourage them to look up what the story of that place is and why it's unique. Likewise with an occupation. Encourage them to interpret their names. While they may not see significance in every name meaning, encourage them to take a complete inventory as clarity may come later in the process as dots connect.



# Reference:

Journey 1, pg. 54

Session 5

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### Name Calling

*Fill out the following chart by looking up your name and finding out what it means.*

	YOUR NAME	WHAT YOUR NAME MEANS
First Name		
Middle Name		
Last Name		
Maiden Name		
Nick Name		
(Names spoken over you like Teacher, Leader)		

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