

Journey Through Lent

Week Four: Identity

Honouring the truth of our unique inherent worth



Lent calls us to reflection, action and hope. Join us over the next eight weeks as we explore our shared experiences of Hunger, Safety, Well-Being, **Identity**, Loss, Community, Nature, and Faith, engaging scripture and real-world responses to live out God’s call to justice and compassion.

DAY 1: Scripture reflection

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. — Psalm 139:14

- ☐ Read Psalm 139:14 and consider what being “fearfully and wonderfully made” truly means.
- ☐ Reflection questions:
 - How might genuinely recognizing yourself as God’s creation radically transform the way you view yourself?
 - Where do you find your strongest sense of identity—family, faith, culture, talents, or something else? In what ways do these elements inspire or hold you back from confidently embracing who God created you to be?
 - When your sense of self-worth is tested, how does knowing that you were intentionally and uniquely crafted by God give you strength and clarity?
 - How might embracing the diverse facets of our identities—such as our culture, race, or abilities—allow us to more fully understand and celebrate the intentional diversity of God’s creation?

DAY 2: Personal reflection & journaling

- ☐ Reflect on a time when you felt truly confident and comfortable with who you are. What truth or experience sparked that powerful sense of identity, and how can you hold onto that feeling more consistently?

- ❑ What aspects of your identity do you deeply value? How do these reveal your unique purpose or calling?
- ❑ Think about how your identity has evolved over time. Which life events or key relationships have challenged, enriched, or reshaped your understanding of who you truly are?
- ❑ Consider aspects of your identity that are beyond your control, such as your cultural background or family history. How have you wrestled with or embraced these in shaping your authentic self?
- ❑ **Journal Prompt:** Imagine viewing yourself through God's eyes—fully loved, purposefully designed, and uniquely gifted. Write openly about the aspects of your identity you'd celebrate or see differently from this divine perspective. How might embracing this viewpoint change how you live each day?

DAY 3: Group testimony

- ❑ As a group/congregation, discuss what influences shape our sense of identity—family, culture, faith, life experiences. When have these influences empowered us, and when have they caused us to doubt or question our worth?
 - **Group Activity:** Actively identify key struggles around identity and self-worth in your local community, especially among youth and young adults. Share powerful examples or personal stories about individuals who've boldly reclaimed their confidence or sense of self. Discuss specifically what actions, insights, or support helped them in their journey toward clarity and self-acceptance.
- ❑ Explore identity on a global scale—how do location and cultural values, such as individualism vs. collectivism, influence the way people understand and prioritize self-discovery?
 - Watch the video Iqbal's Story at clwr.org/lentstory4 to learn how she challenged cultural barriers and societal expectations to define her identity and reclaim her sense of self-worth.
 - **Discussion Questions:** How does society often try to assign specific identities or roles to us (for example, women are good homemakers)? How might these predefined labels affect our sense of self-worth and identity? Why can it be difficult to move beyond the labels or expectations others place upon us? How can faith and community help in embracing our authentic selves?



DAY 4: Personal and collective action

☐ Personal Action:

- Spend some time reflecting on and honouring your strengths, gifts, and experiences. Write them down, considering how they uniquely empower you and shape who you are.
- Do one thing outside routine that truly expresses your authentic self—create, serve, or immerse yourself in an activity that deeply affirms your identity.
- Identify a stereotype or label you've been carrying that limits your sense of worth. Actively challenge it this week by doing something meaningful that truly expresses who you are.
- Intentionally uplift someone by sincerely acknowledging an often-overlooked strength or quality in them that you sincerely admire, reinforcing their confidence in who they are.

☐ Community Action:

- Create an appreciation wall in your church or community space inviting members to share empowering messages or scriptures affirming each person's inherent worth as God's creation.
- Host a storytelling night in your community or congregation, where people share experiences or journeys about discovering their identity and finding confidence. Bring together community members of different ages and backgrounds to discuss how identity and self-worth evolve through life and faith.
- Actively champion or partner with local programs dedicated to empowering young people in developing authentic confidence, self-worth, and a healthy sense of identity rooted in community, faith, and self-discovery.
- Organize an art or creative expression project, encouraging participants to visually or creatively explore and celebrate their unique identities and gifts.

DAY 5: Prayer and commitment

- ☐ Pray for those, especially young people, whose struggles with self-worth lead them toward despair or hopelessness—that they may find the support and inspiration they need to believe they are deeply valued, profoundly loved, and have a meaningful role in the world.
 - ☐ Pray for mentors, parents, counsellors, and leaders—that they may offer steady guidance, deep compassion, and the wisdom needed to help others see their own strength and potential.
 - ☐ **Commitment Challenge:** Seek out and initiate an authentic conversation with someone whose life experiences or identity differ significantly from yours—aim to genuinely listen, thoughtfully connect, and learn from their perspective to expand your understanding and appreciation.
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