

LESSON 3 – THE ADVENTURE OF SELF-DISCOVERY

Exploring My Uniqueness

Objectives: To recognize qualities and characteristics of one's unique personality. To share a tool that will help to grow in self-awareness and self-understanding.

What is Personal Style Inventories (PSI)?

PSIs tell about a person's opinions, attitudes, preferences, beliefs, habits, choices, ideas, feelings and abilities.

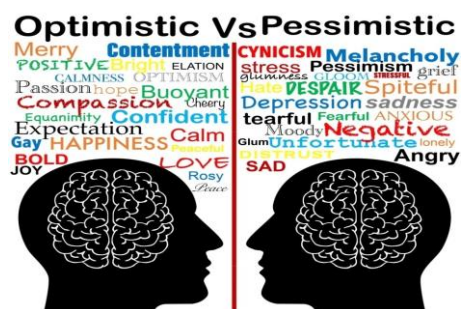
What is a Persona?

We all relate to different people in different situations in different ways. These different ways of appearing to the world are known as our personas.

- Personas are neither good nor bad; they just are. Look at your Persona's and decide which are necessary and which are simply used as masks to cover up your true self out of fear of not being accepted for who you are.
- Whatever people's personas may be, they are all part of your personal style. It is your unique way of living in the world and relating to other people.
- Everyone has at least two personas; a public self and a private self. Some people may have more, depending on how they interact with people who play various roles in their life.
- Though personas are necessary and helpful, when they are carried to the extreme, personas get translated into masks that hide a person's true self from even those who care for that person.
- It is important to accept & respect others the way they are so that no one should be forced to wear a mask. Many people wear masks out of fear that their true self is unacceptable to others due to culture and the group one belongs to. Eg. A teenage boy who cries easily is forced to put on mask because teenage male is considered to be strong by the society.
- No matter what persona you show at any given time, God knows the real person that you are at all times. There is no need to be anyone but who you really are in the presence of the God who loves you unconditionally. You are perfect and flawless in his eyes.

Who is an Optimist and who is a Pessimist?

An optimist is a person who looks at the positive side/ bright side of things. An optimist is hopeful and encouraging. They do not get discouraged easily and they find the good in almost any situation. They will keep moving ahead, confident that everything will work out. They encourage other people and keep them hopeful.



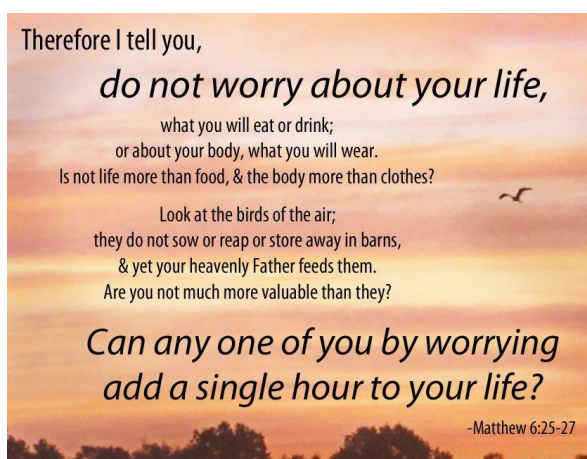
A Pessimist is a person who looks at the negative side of things. Pessimists tend to worry about bad things that might happen. They see potential problems in every situation. They get discouraged easily and may not try new things out of fear of failure.



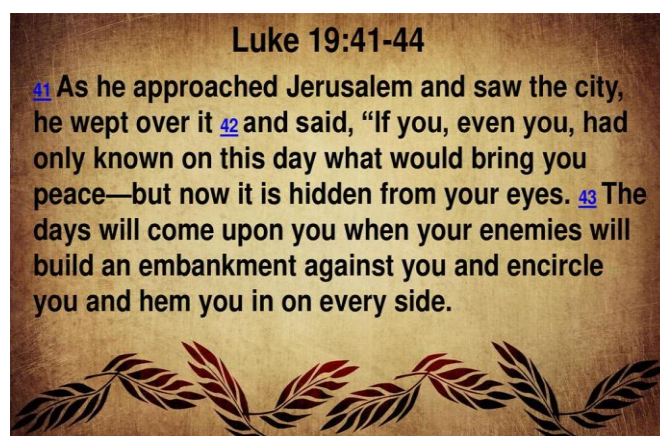
- ❖ Everyone is an optimist in some instances and a pessimist in others. It depends on the situation.
- ❖ Both outlooks have advantages and disadvantages.
- ❖ Both types of people have much to contribute to a group. Also, challenges are associated with being either type.
- ❖ Respect who you are and what your particular style has to contribute.
- ❖ Try to achieve a more balanced perspective by trying to see the other side of every situation.

Who do you think Jesus was an Optimist or a Pessimist?

Jesus maintained a balance between both



Jesus tells the crowd that worrying about tomorrow is useless. OPTIMIST



Jesus weeps over Jerusalem. He warns the disciples about what will happen to them in strange towns. PESSIMIST

To Do List for Child:

Activity: Assessment Activity: Handout 3A, 3B & 3C

Read: 1 Samuel Chapters 4 & 5

To Do List for Parents:

Please ensure your child learns the below prayers during the week:

- *Anima Christi*
- *Beatitudes*

Bible Study: 1 Samuel Chapters 4 and 5

- 1) M O T U R U - Clue : The people of Philistine cities were struck with this ailment by the hand of God because of the Ark of the Covenant ? **TUMOUR**
- 2) T U G I L - Clue : The kind of offering suggested by the Philistine priests to be sent back with the Ark of the Covenant **GUILT**
- 3) Eli was a judge over Israel for _____ years . **40**
- 4) The _____ of the Lord was heavy upon the Philistines and He terrified them and struck them with tumours. **HAND**
- 5) When he heard the Ark of the Covenant had been captured, _____ fell over backward from his seat, he broke his neck and he died. **ELI**
- 6) What did the Israelites do when they brought the Ark of the Covenant into the camp?
They gave a mighty shout so that the earth resounded.
- 7) What did Eli's daughter in law, the wife of Phinehas name her Son? **ICHABOD**
- 8) What does the name Ichabod given to Phinehas son mean?
"The Glory has departed from Israel" because the Ark of God has been captured.
- 9) How old was Eli when he died? **98**
- 10) How did the people of Ashdod find Dagon when they placed the Ark of the Covenant besides Dagon?
They found Dagon fallen on his face to the ground before the Ark of the Lord.
- 11) How did the people find Dagon the next day when they put Dagon back in his place?
Dagon was found fallen on his face to the ground, the head of Dagon and both his arms were lying cut off upon the threshold; only the trunk of Dagon was left on him.

The Call of Samuel

And the Lord came and called as before, "Samuel! Samuel!" And Samuel replied, "Speak, your servant is listening." 1 Samuel 3:10 (NLT)

Choose the word that best matches the definition.
Answers can be found in 1 Samuel 3:1-10)



- ___ 1. Another name for God
A. Eli B. Samuel C. Servant D. Lord
- ___ 2. To say words; to use the voice
A. look B. speak C. hear D. listen
- ___ 3. To give attention to a person who is speaking
A. call B. speak C. listen D. eyes
- ___ 4. A priest in the temple at Shilo (1 Samuel 3:1)
A. Moses B. Eli C. Samuel D. Jacob
- ___ 5. A boy who ministered with Eli in the temple
A. Samuel B. David C. Joseph D. Daniel
- ___ 6. A piece of furniture with a flat surface that a person can lie on to sleep
A. chairl B. bed C. table D. ark
- ___ 7. A person who is employed to do work for another person
A. servant B. priest C. boss D. soldier
- ___ 8. To ask someone to come to you
A. speak B. call C. sleep D. listen
- ___ 9. The pair of organs of seeing in the faces of humans and animals
A. ears B. nose C. eyes D. mouth
- ___ 10. Not strong
A. weak B. tall C. young D. blind