

# Identity HS | YOUR STORY, GOD'S GLORY

## VRFD

Everywhere students look, someone's asking them to prove who they are—through likes, achievements, or belonging to the right crowd. But God already knows and verifies their worth. This series helps students trade the pressure to perform for the peace of being known and loved by the One who made them. Our prayer is that by the end of this series, students will find their confidence not in what others say, but in who God says they are.

### CORE THEOLOGICAL INSIGHTS

Purpose, Identity, Mission

### RESPONSE

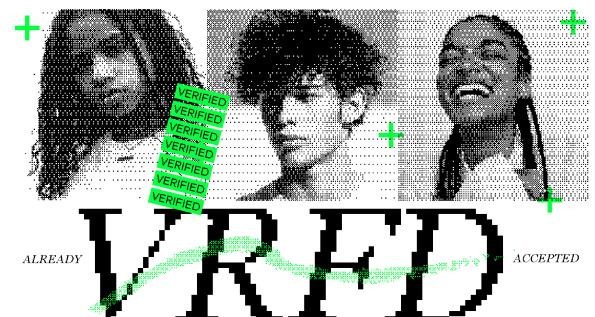
Confidence, Truth

### EMPHASIZED RELATIONSHIPS

God, Self

### MEMORY VERSE

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2:10 NIV).*



### Bottom Line

YOUR STORY, GOD'S GLORY

### Topic

Identity

### Scripture

John 15:26–27 (NIV):

*"When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning."*

25 min

# Teaching

5 min

## Introduction (ME)

### What You Need

No supplies needed

Say: "Think about the photos in your camera roll for two seconds. What would we see if we scrolled it on the screen up front—wins, sunsets, the one picture where everyone looks good. Now think about the photos that never get posted: the crying-in-the-car one, the blurry screenshot of a text, the grade you don't want to talk about. If your story only includes the highlight reel, people will never see how God actually works. Today is about letting the Holy Spirit help us tell the parts we usually hide."

5 min

## Tension (WE)

### What You Need

No supplies needed

Say: "Most of us edit our story to protect our reputation. Breakups that shattered us get renamed to 'we just grew apart.' Anxiety becomes 'I'm just tired.' A rumor starts and we go quiet because we don't want a label. We post the trophy and hide the late-night panic. But the parts you hide are usually the ones God uses the most. When we only show the shiny version, the people around us stay convinced they're the only ones struggling."

5 min

## Truth (GOD)

### What You Need

No supplies needed

Read John 15:26–27 (NIV): "*When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning.*"

Say: "Jesus said the Advocate—the Holy Spirit—will testify about Him, and we will testify too. That means the Spirit points to Jesus and helps us speak about what Jesus has done in our actual lives. Revelation 12:11 says God's people overcome by what Jesus did for us and by the word of our testimony. Your story doesn't have to be dramatic to be real. It just has to be honest and about where God met you."

Story example: "Last semester, a student named Maya in my class finally opened up. For months, she joked her way through everything. Then one day she said, 'I act fine at school and fall apart at home. I've been having panic attacks and hiding them.' She told one friend and a leader. She didn't fix everything overnight. But she said, 'I felt God meet me when I told the truth. I'm still anxious sometimes, but now I'm not alone—and I know where to go.' That simple honesty gave two other students the courage to say, 'me too,' and ask for help."

5 min

## Application (YOU)

Say: "Let's practice this in a safe way so we're ready when the moment comes. Do the camera-roll reflection for real. In your Notes or on a

**What You Need**

No supplies needed

card, write three lines: one highlight you usually post, one 'never-post' moment from the last month, and one sentence about where God met you or what you learned in that real moment.

"Now shape a 60-second story using one paragraph:  
 Before—"I used to think/feel ..."  
 God—"Here's how God met me/what I learned ..."  
 Now—"I'm not perfect, but I'm learning to ...."

"If you're not ready to share out loud, keep it written. If you are, share with one trusted friend or a leader after group. No one is forced. We honor privacy."

5 min

**Landing (ME)****What You Need**

No supplies needed

Say: "Don't sit on your story. Ask the Holy Spirit for boldness and timing. Be ready for a 'same' on the other side of your honesty. Your reputation isn't your rescuer—Jesus is. The Spirit will help you speak, and God will use what you share. Each day, speak one true sentence from your 60-second story and ask the Holy Spirit for the right moment to share it with a trusted person. Keep it simple, real, and safe. Keep your camera-roll list where you'll see it so you remember where God met you."

Prayer: Say: "Holy Spirit, You know our whole story. Give us courage to tell the truth about where You have met us. Show us when and with whom to share. Use our honesty to bring hope, freedom, and healing to others. Jesus, get glory from our stories. Amen."

25 min

**Groups****Think About This****What You Need**

No supplies needed

The goal of this discussion is to move students from highlight-reel sharing to honest testimony, trusting the Holy Spirit to help them speak. We want them to name a "never-post" moment, notice where God met them, and shape a short story they can share with a safe person.

High schoolers carry reputation pressure—breakups, anxiety, rumors, and social media stress. Remind them: the parts we hide are often the parts God uses most. Model privacy, consent, and care. No one is forced to share; leaders protect confidentiality and escalate safety concerns appropriately.

15 min

**Discussion Questions****What You Need**

No supplies needed

1. Warm-up: camera roll check—Name one "post" highlight from the last month and one "never-post" moment (keep it safe and general). (Leader note: Keep answers brief. Set a non-judgmental tone. You go first.)
2. Where does reputation pressure hit you most—DMs, group chats, the hallway, team, friend group—and how does it change what you share?

(Leader note: Normalize pressure; avoid asking for graphic specifics.)

3. Read John 15:26–27 together. What word or phrase stands out—advocate, testify, you also must testify—and what does that mean for your real life this week?  
(Leader note: Tie it to the Spirit helping them speak honestly about Jesus' work in their lives.)
4. "If your story only includes the highlight reel, people won't see how God actually works." When did someone else's honesty make you think "me too" or help you breathe?  
(Leader note: Invite short, respectful examples.)
5. Real talk: Which part of your story feels hardest to say out loud, and why? Share only what you want.  
(Leader note: Honor privacy. Thank students for any vulnerability.)
6. Practice (60-second story): Write one paragraph using this frame.  
Before: I used to think/feel...  
God: here's how God met me/what I learned...  
Now: I'm not perfect, but I'm learning to...  
(Leader note: Give 2 quiet minutes. Offer help to students who get stuck.)
7. Plan the next step: Who's a safe person to share one honest sentence with this week, and when will you do it? Ask the Holy Spirit for timing and courage.  
(Leader note: Help them craft a single sentence and a realistic plan. Offer yourself as a safe person if appropriate.)

10 min

## Try This

### What You Need

No supplies needed

Challenge Statement: "Each day, speak one true sentence from your 60-second story and ask the Holy Spirit for the right moment to share it with a trusted person. Keep your camera-roll list where you'll see it so you remember where God met you."