



WHO AM I?

**Family Study Guide
4 Weeks**



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Hey families!

When you know who you are, it helps you know what to do! But when you look in the mirror, who do you see? Someone God loves? Someone special?

In this series, we'll explore what God says about our identity—how He made us on purpose and with a purpose. We'll talk about being His children, being deeply loved, and being part of His big story. No matter what others say—or even what we sometimes think about ourselves—God's truth tells us who we really are.

Let's find out together!

-Sunnybrook Family Ministry Team

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WEEK 1

START TALKING: What's something you think is really amazing or special? (A painting, a building, a song, your pet?) Why do you think it's a masterpiece?

BIG IDEA: God made you on purpose—for a good purpose!


KEY VERSE:

Ephesians 2:10 NIRV

"We are God's creation [masterpiece]. He created us to belong to Christ Jesus. Now we can do good works. Long ago God prepared these works for us to do."

START THINKING:

•• When you look in the mirror, how do you feel? Do you see someone who's strong? Kind? Brave? Silly? Smart?


 Read Ephesians 2:10 together. What does it mean that YOU are God's masterpiece?

START SHARING:


- Sometimes we feel like we're not good enough. Has there ever been a time when you felt that way?
- God made you special, and He has good things for you to do! What's something good you like to do that helps others?



START DOING:

 Draw a self-portrait! Write or draw around it all the things that make you special—your gifts, your personality, and the good things you like to do.

START PRAYING:

 Dear God, thank You for making me Your masterpiece. Help me to remember that You made me special. Show me how I can do good things for You this week. In Jesus' name, amen.



WEEK 2

START TALKING:

What's something you really care about or love to do? (Sports? Animals? Drawing? Helping others?)

If you could tell the whole world one message, what would it be?


BIG IDEA: You are God's helper in the world!


KEY VERSE:

2 Corinthians 5:20

"We are therefore Christ's ambassadors, as though God were making his appeal through us..."

START THINKING:

 Read 2 Corinthians 5:17-21 together. God says you are His ambassador—that means someone who represents Him and shares His message with others!

 What does it mean to be God's helper or representative? How does it feel to know that God chose YOU for this?

START SHARING:

- Have you ever felt left out or ignored? How did that make you feel? (Good news: God never leaves us out! He **CHOSE** us to be part of His big plan.)
- How can we bring heaven to earth this week? (Ex: be kind to someone, help someone, or stand up for what's right)



START DOING:

This week, be a Kingdom Helper! Pick ONE way to show God's love to someone – maybe a friend, a neighbor, or a sibling.

START PRAYING:

🙏 God, thank You for choosing me to be Your helper. Help me to show Your love to the people around me. Give me courage to live for You and share your goodness. In Jesus' name, amen.



WEEK 3

START TALKING: If you could be ANYTHING when you grow up, what would it be?

What is one way you can help others today by just being you?

BIG IDEA: You shine God's light!

KEY VERSE:
Matthew 5:16

"... let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

START THINKING:

📖 Read Matthew 5:13–16 together. Jesus says we are like salt and light 💡. That means we help things be better and brighter wherever we go!

What does it mean to "let your light shine"?

Why do you think Jesus used salt and light to describe us?

START SHARING:

- 😞 Have you ever felt like what you did wasn't good enough? Maybe you tried to help, but it didn't go how you wanted? (God says your light matters—even small acts of kindness can shine big!)
- ✨ What's one way YOU can let your light shine at school, home, or church this week?




START DOING:

SHINE CHALLENGE!

Do one small act of kindness this week—something that helps someone else or shows God's love.

START PRAYING:


 God, thank You for making me someone who can shine Your light. Help me remember that even small, good things matter. Show me how to be kind, helpful, and full of Your love this week. In Jesus' name, amen.




**MAKE A
DIFFERENCE BY
BEING WHO **GOD**
MADE **YOU** TO BE.**

WEEK 4

START TALKING:

 Where are you from?
What's your favorite thing
about your hometown?

 If you could live
anywhere in the world,
where would you live?


**BIG IDEA: We don't have
to live like everyone
else—we belong to God!**

KEY VERSE:

Colossians 3:2


*"Set your minds on things
above, not on earthly
things."*

START THINKING:

 Read Philippians 3:18-20
and Colossians 3:1-2
together. What do you think
it means to be a citizen of
Heaven?

What are some things God
wants us to think about
instead of just following
what's popular?

START SHARING:

- Sometimes it feels easier
to go with the crowd.
Can you think of a time
when you did something
just because everyone
else was doing it?
-  How can we live
differently in a way that
shows we follow Jesus?
Is there one area where
you could make a better
choice that shows you're
living for Jesus instead of
for what's "normal" in
the world. Let's talk
about how that could
look.



START DOING:

HEAVEN WALK

CHALLENGE!

This week, choose one way to live differently than the world around you. Maybe it's showing kindness when others don't, telling the truth, or being brave for what's right.

START PRAYING:

🙏 God, thank You for making me part of Your kingdom. Help me to live like I belong to You—not just to this world. Teach me to make choices that show Your love and truth. In Jesus' name, amen.



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Handwriting practice lines consisting of 20 horizontal black lines.



SUNNYBROOK
community church

**5601 Sunnybrook Drive
Sioux City, Iowa 51106
www.sunnybrookchurch.org**