

## **Session 4: Becoming the Best “Me”**

*Supplies for this session: M&M Conversations sheet, m&m candy, markers for each person, 4 pieces of chart paper, laptop to show Youtube video, pens, highlighters,*

### **1. Welcome & Check In (5 minutes)**

- Welcome everyone to their fourth session and remind them about the retreat next weekend! They are half way through the II Shim program!
- Introduce what the session will be about:
  - What it means to be a person of integrity
  - How to balance God’s standard with true love in our society
  - Becoming a person who can impact the world around them
- Share what they can gain from their investment into the session:
  - A vision for the kind of person they want to become
  - An understanding of how our environment impacts us
  - A chance to discover a way to use your personal skills and passions to help others

### **2. Play an Icebreaker (10 minutes)**

#### *The M&M Game*

- Have students in 3-4 per group. Give one copy of *The M&M Game* sheet and half a bag of m&ms to each group. Tell them they will go in a circle and blindly pick an m&m. They will have to answer the question that matches the color of the m&m they chose. If they already answered a chosen question, they can choose again.

### **3. Review the Homework (10 minutes)**

- Have everyone share the following questions, popcorn style (you choose the first person, they share and then choose the next, then that person shares and chooses the next, etc.). All students do not have to answer each question if it will take too much time.
  - one new thing they learned about their parents or something that really stuck with them during their interview.
  - the ways in which they served their parents and what their parents reaction was.
- Reiterate the main point of the Hon Dok Hae Reading; a person cannot truly be happy without their family.

### **4. II Shim Session Reading (10 minutes)**

- Students will read through the “Session 4 Reading: Becoming the Best ‘Me’”
- Split youth into partners, preferably someone they have not yet read with, and they will take turns reading. Give each a highlighter.

- After they finish a section, they will highlight one or two main thoughts that stood out to them. They will discuss why those thoughts stood out to them, and then continue reading.

#### 5. Discussion (10 minutes)

- Say, “We read how we want to be better people, but often our circle of friends can heavily influence who we’re going to become. We’re going to watch a short 4 minute clip of a Christian pastor speaking on this specific topic.”
- Show the following video from Christian pastor, Rich Wilkerson Jr. **Just show from 5:50-9:50.** This means skip to 5 min and 50 sec in and stop at 9 min 50 seconds into the video.
- Video link: [www.youtube.com/watch?v=bgz9Olqloag](http://www.youtube.com/watch?v=bgz9Olqloag)
- Discussion options:
  - **Option A:** If you have 10+ people, have half of your group sit in a circle, facing outwards. Then, have the other half sitting in a circle around them, facing inwards. Each person should be facing someone, and sitting in front of someone. Ask the following questions, one at a time, and then have the outer people get up and move to the right, to a new person, to answer the next question.
  - **Option B:** Split your group in half, so that you have two discussion circles. Sit in each circle for a bit, listening to and guiding the discussion.

Discussion questions:

1. What are some positive traits that are similar between you and your closest friends/people in your life?
2. What are some negative traits that are similar between you and your closest friends/people in your life?
3. What type of people do you want to be in your “circle”?

#### 6. Activity: Building the Best Habits (15 minutes)

- Tape 4 large pieces of paper on the wall and title them respectively: Body, Mind, Heart, and Spirit. (If you have a smaller group, you may want to do this at a table with smaller papers instead. They can write on one, then pass it to the next person).
- Say, “An important part of becoming the best version of ourselves is developing good habits that shape us into the types of people we want to be. On the walls, there are four areas - Body, Mind, Heart, and Spirit. You will pick one to start at, and write one thing that you currently do in

that area that helps you become a better person. Be specific. Once you wrote on all four, you can sit down until everyone is finished.”

- Give the following as examples for what you’re looking for:
  - Body: Playing soccer
  - Mind: Reading books
  - Heart: Giving my Mom a massage
  - Spirit: Going to Youth Group
- Hand out markers and let students write their responses.
- After everyone is finished, read aloud some of the responses for each. Say that they can use each others’ responses as ideas for what they can do at home.
- *If you have extra time: Have them turn to someone next to them and share about one idea they saw on the wall that they would like to try themselves.*

#### 7. **Personal Reflection Points (7 minutes)**

Project the following questions for the students to answer in their notebooks, or just read each one aloud one by one as they answer in their notebooks:

- When people talk about you, how do you want to be remembered?
- What is one of your greatest passions/interests, and how could you use that to impact the world around you either now or in the future?
- Make a list of 3 things you can do this week to impact someone or something around you.

#### 2. **This Week’s Homework (5 minutes):**

- Watch this Divine Principle lecture with your parents by Gerry Servito entitled “What is our Purpose?”, [dplife.info/blog/view/dojo\\_posts/creation-part-3/](http://dplife.info/blog/view/dojo_posts/creation-part-3/) After watching the lecture, discuss these questions with your parents and write the answers down in your packet:
  - What is indirect dominion and direct dominion/perfection?
  - Why did God give us freedom and responsibility?
  - What are life and “death” elements and how do they impact you?
- Read from the Cheong Seon Gyeong, Book 12, Chapter 3, Section 2: High Noon Settlement and a Life of Resonance (pages 1310-1313). At the end of the reading, share a point, or even a question, that stood out to you with your parents.
- Use the list of 3 things you came up with during your reflection today to impact the world around you. Try to complete all three by the next session.

### 3. Closing Prayer (3 minutes)

Offer a prayer focusing on the potential and creativity of each youth and finding ways for them to impact the world around them.

## Session 4 Reading: Becoming the Best “Me”

Think for a moment about someone in your life that you look up to. What is a quality about them that makes you respect them? When we think about these people, and even some of the well-known people in history who have impacted the world, we see a few common qualities. One of them can be their ability and desire to make a positive impact on the world around them. When we hear stories of people who have overcome insurmountable odds and persevered to be victorious, we can't help but feel the tugs of our heart strings. Each of us wants to be a part of that kind of story. What if we could be remembered as someone who made a positive difference in the world? Is it even possible? If so, how?

### Living with Integrity

Rev. Moon's personal motto for his life is “Before conquering the universe, I must first conquer myself.” What does it mean exactly to “conquer myself”? It means to become a person of *integrity*. Having integrity means being a person who is honest and righteous. A person of integrity will do what they know is right, even if others don't agree. They will make efforts to follow their internal moral compass. Many people can talk about what it means to be a good person, but there aren't many people who practice what they preach. We need to become people who can match what they say and believe with what they do.

It can be hard to practice being a person of integrity in today's society. Perhaps your friends at school don't have the same values as you. They can put you in a situation where you are being pressured to do or say something you don't want to. Have you ever felt your friends were pushing you to do something even though you felt it wasn't right? That's the effect of peer pressure. This is not the healthiest environment to be in. You should choose environments where you and your conscience can feel clear. Your friends are some of the most influential people in your life, so it's important to surround yourself with people who will help you become a better person - not people who bring you down. If you want to be smart, be with people who are smart. If you want to be successful, be with people who are successful. You **are** your environment, and you have the choice to decide with whom you surround yourself. If you feel like some of your friends aren't good for you, it's time to walk away. It may be hard to do at first, but your life will start moving in a better direction.

In our world, it can be hard to stand up for something that is not popular, or widely accepted, by society, and that's why we have to practice being people of integrity. However, we also have to strike a balance between being Godly people and loving others as our brothers and sisters. We may not agree with the lifestyle choices of others, but that doesn't warrant treating them poorly or judging them. God's heart towards all of His/Her children is nothing but love. God never judges us or holds things against us, so we should do the same with others. This is the ultimate standard with which we should hold ourselves up to.

**// Section Recap:** Integrity means making the right choices despite the circumstances. Having the right crowd around us can make it easier for us to make the right choices. Surround yourself with people who will lift you up, not bring you down. You are who you surround yourself with.

### Making a Difference

If we can become people of true character who can balance integrity and love, we can also become people who can positively impact the world around us. We can become the people who can create God's home here on earth. In the Unificationist faith, we call God's kingdom on earth *Cheon Il Guk* (Chun – eel – gook). True Parents, Rev. and Mrs. Moon, have taught us that we should become owners of Cheon Il Guk, meaning that we take action into making this world God's kingdom – God's home.

An owner is someone who takes responsibility over something. If you own a car, you take care of it. You fill it up with gas when it's empty, you get oil changes regularly, you clean it, and maintain all of its parts so it runs well. As a Unificationist, becoming an owner of Cheon Il Guk means we take care of the things around us as God intended. If our physical environment is covered with littered, we clean it up. If the people in our environment aren't treating each other with love and respect, we speak up. If someone is hurting, we lend a helping hand. When our conscience urges us about a particular situation, we step up and do something about it.

One of the greatest parts of becoming an owner of Cheon Il Guk is that we can help create it with our talents and interests. Each of us has some unique passions and skills that we have developed over the years. Some of you may have a subject in school that you excel in or really enjoy. Some of you may have a passion for sports, technology, music, or one of your hobbies. These are all important parts of what makes you who you are, and God wants you to be excellent in those areas. Becoming an owner of Cheon Il Guk also means that you can use your passions and skills to make the world a better place. Use your talents to gain influence in your community and in society. Be the best at what you do, and see how others gravitate towards you.

When people think about changing the world, they often think that they are too small to make a difference. We turn to those who have money, power, or intelligence and tend to rely on them to make the right choices for society. However, we cannot just count on others to make the world a better place. You matter, and you can make a difference anywhere you are. God designed each of us with the potential to do great things. Even if you don't think you have much to offer, remember that there is no one in the world like you. You are the only one who can offer your insights, your thoughts, and your impact to the world. The world needs you just the way you are!

**// Section Recap:** Being an owner of Cheon Il Guk means taking action and making God's kingdom on earth a reality. As God's children, we are entrusted with the responsibility to change this world for the better. Don't rely on the rich and famous to change society. Use your talents and passions to gain influence and attract others.