

Family Formation

Session 23: Know Yourself

Handout: “Know Yourself”

Background for Parents

As we learned in Session 6, our daily Examination of Conscience can be helpful in pointing out any areas of sin that are becoming a habit. Do I find that I am constantly repeating the same sins? In this session we will focus on knowing myself: What are my strengths and how can I use them to better serve God? What are my weaknesses? What are their causes and what can I do to help them become strengths? Keep this session upbeat!!

You may want to begin by a review of Session 1 that our self-image is made up out of how I see myself, how others see me, and how God sees me. Emphasize who our heavenly Father thinks we are (see bottom half of Session 1’s worksheet, “But what about me?”). This is a good place to start at before looking at strengths and weaknesses.

With the family

It can be very difficult to know who we are. Our image of ourselves involves more than who we think we are but it is constantly being influenced by what other people say and think about me. However, these sources of information about who we are may or may not be truthful.

Review Session 1 as listed above. You can use the bottom half of the worksheet “But what about me?”

In order to become all that we can be, it is important that we honestly look at both our strengths and our weaknesses. We can thank God for our strengths and work to using them for God’s purpose in my life. Although it may be painful to look at our weaknesses, once we are aware of what they are, we can begin to work on these by first bringing them to God, and then cooperating with Him as He purifies them into strengths.

Tell the story of a little girl who got into the habit of lying. This started off as a “little sin”—not quite telling the complete truth until it became a habit and her parents no longer knew if she was telling the truth or not. This was brought to her attention and her parents helped her to overcome lying. Whenever a situation came where she felt like lying, she did not listen to that little voice inside her that was encouraging her to sin, but rather she listened to the Holy Spirit encouraging her to be truthful. She had a choice—and she chose to cooperate with God’s graces. This girl has grown up and very seriously tells the truth at all times. Perhaps if this had not come to her attention, she may be locked in a world of deceit and untruths now. She turned her weakness into a strength.

Share with your family a time where a weakness of yours ended up being turned into a strength.

Fill out the worksheet, “Know Yourself.” Keep the tone positive. Hopefully the worksheet will bring an awareness to what each person’s strengths are, and also an awareness of when their weaknesses show up. Being aware of my weaknesses and when they show up will help me to gain better control of myself and how I react. It is good to know what your strengths and weaknesses are so we can become all that we can be, but bottom line, the emphasis of this lesson is that God’s opinion of me is what is most truthful and is the most important.

End session with family members taking turns telling each other one thing that they especially like about each other.

Throughout the week

Encourage journaling on the question, “Father, who do you say that I am?” If they feel more comfortable with Jesus or the Holy Spirit, have them journal to them instead. If time permits, pray over each family member before they journal on this question. Mention what you have learned about yourself, your strengths and weaknesses, and God’s view of you throughout the week.

Review the top part of the worksheet, “But what about me?”, and see if your answers have remained the same. Do you see growth? Look up any of the Bible verses on the bottom of the handout, “Your Heavenly Father thinks. . .”



Know Yourself



It is important that we honestly know who we are—both our strengths and our weaknesses.

My strengths are _____

I use them to _____

We can thank God for our strengths and work at using them for God's purpose in our lives. Although it may be painful to look at our weaknesses, once we are aware of what they are, we can begin to work on these by first bringing them to God, and then cooperating with Him as He converts these to strengths.

My weaknesses are _____

My weaknesses show up when _____

When I start to act out of my weaknesses, I _____

I plan to work on _____ *weakness by* _____

*Always remember
that you are made
in God's image and likeness.
You are chosen and precious in His eyes,
and He has a plan for your life!*



Know who you are

- 1) Know who you are. If we are ever to know who we are, we must first take into account what God thinks of me. God has a special plan for your life. Read Jeremiah 29:11-14.
- 2) We need to be willing to acknowledge our weaknesses and work at becoming all that we can be.
- 3) Know who the real enemy is. St. Paul tells us that our battle is against the fallen angels, not other people. Read Ephesians 6.
- 4) Learn what God is saying to you. Ask God to show you who you are and what dreams He has for your life, and then go after them!