

# Coffee talk



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## Who? Why?

### 1. Who am I?

#### What you need:

- Pens
- Paper

#### How to play

Ask the group to draw a rough outline about themselves. Invite them to highlight 5 things they like about themselves and 3 things dislike about themselves.

Choose either a group discussion or have random volunteers read out their list and discuss as a whole.

**Explain:** The way we think about ourselves can affect how we feel and how we behave and so it's important that we have a healthy self-image and it's through God's love that we can find that positive image.

### 2. True lies?

#### What you need:

- Pens
- Paper ( The same sheet from Who am I)

#### How to play

Divide the group into groups of 2.

Invite the young people to look at the self-portraits they wrote earlier and decide if the things they wrote are 'true', 'untrue' or if they don't know about them.

Encourage them to openly and honestly discuss where these beliefs have come from.

Emphasize on the fact that they can share if they don't think something on their list is true!

## **Reminders**

- Blank sheets of paper( fancy paper)
- Color pencils/ sketch pens

## **How to play**

- Give each person a blank postcard.
- Ask them to write seven verses from the PPT (one for each day of the coming week) to look at each day and remember how special and loved by God they are and to be reassured of their identity in Christ.