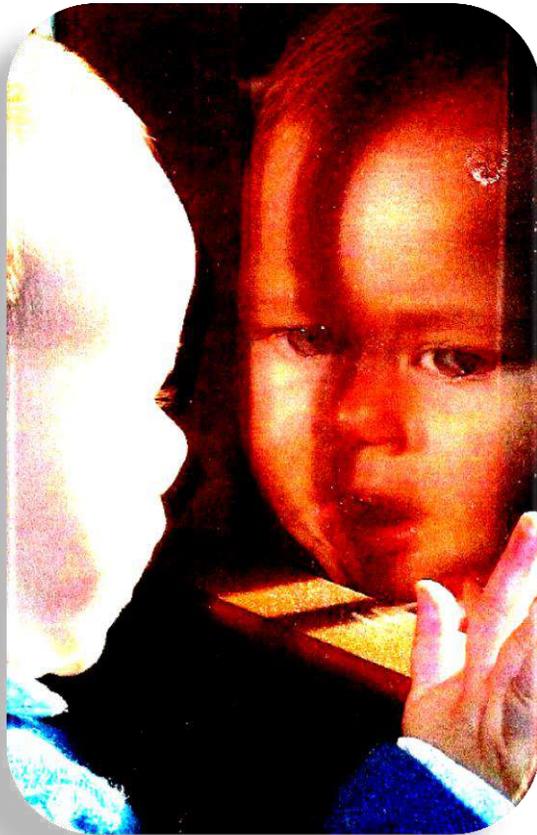


1 ME - PERSON

Who Am I? Do I Know Myself?



1

“You have probed me, you know me...”

Ps 139:1

1 ME - PERSON

1

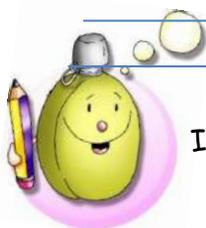
Who am I? Do I know myself?

“You have probed me,
you know me...”

Ps 139:1



- 1 Observe the photograph of this little girl? What does it remind you of?



It seems like she's looking through a window and she's surprised...by something...but...

Is she looking at herself? Can she see her face reflected in the glass?
Seeing is different from looking, and hearing is different from listening.
Many times we go through life “walking on our tiptoes”.

- 2 We want to invite you to **CHANGE** where you're looking, to not be surprised only by what is around you, outside of you, but to let yourself be amazed by **you**: by how well you have been made, by the great adventure of being a **PERSON**.

- 3 Try to take a picture of yourself like the one of the little girl, and glue it into the frame. This will be your beginning.



1 ME - PERSON

1

Who am I? Do I know myself?

4 To change the way you LOOK at yourself, start by asking:



Who am I?

Where did I come from?

Write your name

Write your name

Who am I meant for?

Where am I going?

5 Are you able to answer each question? Try to dig deep.

Who am I?

Where did I come from?

Where am I going?

Who am I meant for?



Was it easy? Were all of the answers obvious to you?

1 ME - PERSON

1

Who am I? Do I know myself?

6 We invite you to read this passage...



Where did I come from?

A lot of things happen around us every day, and since we see them every day we usually take them for granted. We have gotten used to them, but yet they are extraordinary. Each morning we see the sun come up.

We know that the movement of the Earth on its axis is what's responsible for the sequence of day and night; nonetheless, we can't do anything to make the sun rise even one minute early. And we open our eyes every morning.

If we could gather together all of the stars in the universe in one place and contemplate their luminous twinkling, their colors and their energy, their beauty would not even come close to having the dignity or value of a new human life coming into the world.

All human beings that come into existence have a life to live and a project to undertake: existing and being in the world as a unique and unrepeatably person who desires to love and be loved.

Our life is not the fruit of chance or coincidence. Each one of us was thought of, created and loved by God from the beginning and forever, with all of our good qualities and limitations.

... You know me...

Lord, you have probed me, you know me:
you know when I sit and stand;
you understand my thoughts from afar.
You sift through my travels and my rest;
with all my ways you are familiar.
Even before a word is on my tongue,
Lord, you know it all.
Behind and before you encircle me,
and rest your hand upon me.
Such knowledge is too wonderful for me,
far too lofty for me to reach.
Where can I go from your spirit?
From your presence, where can I flee?
If I ascend to the heavens, you are there;
if I lie down in Sheol, there you are.
If I take the wings of dawn
and dwell beyond the sea,
even there your hand guides me,
your right hand holds me fast.

If I say, "Surely darkness shall hide me,
and night shall be my light" -
Darkness is not dark for you,
and night shines as the day.
Darkness and light are but one.
You formed my inmost being;
you knit me in my mother's womb.
I praise you,
because I am wonderfully made;
wonderful are your works!
My very self you know.
My bones are not hidden from you,
When I was being made in secret,
fashioned in the depths of the earth.
Your eyes saw me unformed;
in your book all are written down;
my days were shaped, before one came
to be.

Ps 139: 1-16

1 ME - PERSON

1

Who am I? Do I know myself?

Do you think that there is someone who knows you in this way? Who is capable of understanding your thoughts? Of encircling you in this way? Of covering you, protecting you...of knitting you in your mother's womb? Think about who.



There is a Father who already cared for my life, even before my mom and dad saw and held me for the first time.

He is a good Father who desires for me to be loved and happy, and who suffers when that's the not the case. I matter to him. He gives me a dignity that nobody can take away, even though sometimes I am treated unjustly. This dignity that I have comes simply from being what a I AM: a son or daughter of God.

Long before we were created, God already thought of each one of us, He thought of me. By my name. Unique, unrepeatable, special. He loves me infinitely. So much that he tells me that even if your mother were to forget you, I will never forget you (Is 49:15).

Who am I?

7 We've already taken the first step: I AM A CHILD OF GOD.

But HE who knows me even more than I know myself is the one who will give me the answer about how I am made.

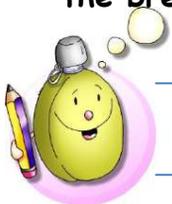
The Psalm says: "...I praise you, because I am wonderfully made...My bones are not hidden from you..." (Ps 139:14-15).

Genesis also tells us: "God formed the man out of the dust of the ground and blew into his nostrils the breath of life..." (Gn 2:7).

Re-read these two verses and think about yourself. About your soul and in your bones, as the Psalm says.

Think about how God formed you, from the dust, and how he gave you the breath of life.

How are you made?



1 ME - PERSON

1

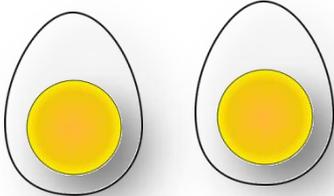
Who am I? Do I know myself?

This question is very simple:

Write down what you see in the drawing.



Since you can't touch it, we'll tell you that it is, in fact, an egg and it's been cooked. It's a **HARD-BOILED EGG**. And if you open it up, what do you find?



Is the white the egg?

Is the egg the yoke?

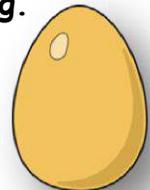
The egg is made up of the **WHITE** and the **YOKE**.

With this simple example it's easy to understand how I am made. With what matter? Of body and soul, as a **UNITY**, like the egg...it's both egg white and yoke.

Draw eyes, a mouth, a nose, ears, etc. on the egg.

Oh!What about the shell?...Imagine!....

What could it be...?



Putting the obvious differences aside, I, too, am a **PERSON**. I am made up of my **BODY** and my **SOUL**.

God has formed me from the dust, from the earth, and has given me a **BODY**, "my bones". He blew into my nostrils the breath of life, his spirit, and gave me my **SOUL**.

Body and soul make up a whole. The human person, created in the image of God, is a being who is both corporeal and spiritual. The soul gives life to the body. The soul is the spiritual principle of man. It is the most intimate part of me. And God loves me in my totality, my body and my soul.

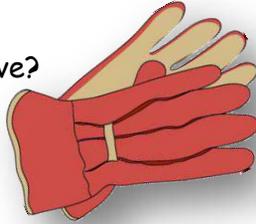
1 ME - PERSON

1

Who am I? Do I know myself?

9 Here is a different image with the same question: What is it?

How many parts does it have?



What's it for?

BUILDING UP LOVE

Large empty rectangular box for tracing a hand.

Trace your hand on the page.

1 ME - PERSON

1

Who am I? Do I know myself?

Basically, the glove has five parts that correspond to the five fingers of a hand, and it is used to cover the hand.

YOU, too, as a PERSON, have five dimensions that SHAPE you.

Each dimension is like a finger of the glove. One finger by itself it not a hand. If one finger of the glove falls off, it's no longer useful for the hand.

The same thing happens with the dimensions of the person. All of them are important and necessary.



PHYSICAL DIMENSION _____ THE BODY

Our structure as persons is completely mediated by our body. It is the visible dimension of the person. The development of motor skills and the senses is essential for the development of other areas.

AFFECTIVE DIMENSION _____ THE HEART AND THE AFFECTIONS

This is the most subjective dimension of the person. It corresponds to the recognition and management of our emotions and feelings, and our affections.

INTELLECTUAL DIMENSION _____ THE REASON AND THE WILL

This dimension refers to the values of the person that are neither bodily nor affective, but that entail an understanding of human dignity. We develop the ways in which we think and learn, which help us to better understand the world around us.

SOCIAL DIMENSION _____ RELATIONSHIPS

Human beings live in contact with our surroundings. This is because we are part of an environment that enriches us. Beyond nature, this environment is made up of our friends, family members, and society in general. Human beings cannot live in an isolated way, otherwise we will get sick.

SPIRITUAL DIMENSION _____ FREEDOM AND MORALITY

This dimension is the orientation, future and meaning that we give to our actions and our being, thanks to which we can establish a sense of meaning and mission for our lives.



1 ME - PERSON

1

Who am I? Do I know myself?

10 Take a moment to think about yourself and make a profile to get to know yourself better.

BODY

Age:

Sex: Male Female

Height: Weight:

Physically, I AM....

Looking at me, people think that....

AFFECTIVE

I usually get sad when...

I am happy/joyful when...

I get nervous when...



Draw yourself

INTELLECTUAL

I am going to school because...

I try hard to...

I understand the meaning of my person when...

SOCIAL

When I am with my family...

When I am with my friends....

In class I come across like...

SPIRITUAL

What I desire in life is...

I believe that I am happiest when...

To take care of my interior life I usually...

1 ME - PERSON

1

Who am I? Do I know myself?

11 Remember the hand tracing you made?

Well, we invite you to assign the dimensions that we've seen to each finger. Symbolize each one with a drawing.



12 To better understand each one of the dimensions of the person, we're going to take a look at two everyday scenarios. In groups, analyze each situation and indicate the sentence where each dimension comes into play.

It's 8 o'clock at night and you're watching TV after a tiring day. Your mom asks you if you did your homework. You don't respond, but she still knows that you haven't finished it yet. She turns the TV off and you get mad. She leaves with the remote. After a while you get up and finish your homework. When you are done, you tell your mom and she smiles.



PHYSICAL		
AFFECTIVE		
INTELLECTUAL		
SOCIAL		
SPIRITUAL		



In class, your teacher gives you the test questions. You didn't study very well, and you get nervous: your hands are sweating, your heart starts racing...You turn white and start to squirm in your seat. Nervous, restless, jumpy, sad... You take several deep breaths with your eyes closed and try to calm yourself down. You pray whatever comes to mind and decide to study more next time.

1 ME - PERSON

1

Who am I? Do I know myself?

PHYSICAL	
AFFECTIVE	
INTELLECTUAL	
SOCIAL	
SPIRITUAL	



13 Match the following expressions with each dimension of the person:

I admire you...

PHYSICAL

I want to be with you...

AFFECTIVE

I want what is good for you...

INTELLECTUAL

I miss you...

SOCIAL

I love you...

SPIRITUAL

Did you find it difficult? Could some of the expressions go with several dimensions?



The person, in their body and soul, is a **WHOLE**; the different dimensions of the person also make up a whole.

What is unique and special about the person is our capacity to **LOVE**. The desire to love and be loved is inscribed in our body and soul, in our affections, intelligence, will, and our relationships with others.

We still have two questions left to answer, but we'll leave them up to you. We hope that you will discover the answer throughout the year.

Who am I meant for?

Where am I going?