

Truthbearers

Month 1 — Identity

Week 1 — Who Am I Becoming?

This week challenges teenagers to step back and honestly examine the direction of their lives. The world constantly pressures young people to shape themselves around popularity, trends, entertainment, and approval from others. But the saints lived differently. They intentionally chose who they would become. Every habit forms us. Every voice shapes us. Every choice changes us. You are becoming someone right now. The question is: **Who?**

“Do not be conformed to this world, but be transformed by the renewal of your mind.” — Romans

12:2

Saint Focus — St. Carlo Acutis

St. Carlo Acutis lived in the modern digital world without becoming consumed by it. He understood technology, but he also understood silence, prayer, discipline, and the Eucharist. He reminds us that holiness is possible even in the middle of modern culture.

THINK

What influences me most every day?

DO

Track your screen time honestly for seven days. Write down: • what apps consume most of your time • what content affects your mood • what leaves you feeling empty • what genuinely helps you grow

PRAY

“Jesus, help me become the person You created me to be.”

DISCUSSION

Is modern culture helping young people discover who they are — or lose who they are?

CHALLENGE

Remove one negative influence from your life this week: • a toxic account • unnecessary scrolling • destructive music/content • gossip • unhealthy habits Notice what changes.

JOURNAL PROMPT

What kind of man/woman am I becoming?