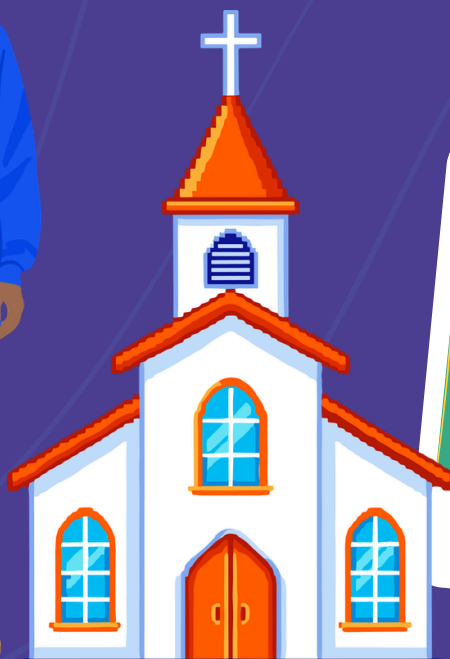


THE CALL PROJECT

Participant's Guide

*5 Sessions to help young people
explore their calling*

???



EXPLORING YOUNG VOCATIONS



CONTENTS

INTRODUCTION	P.02
SESSION 1: WHO AM I?	P.03
SESSION 2: WHERE AM I FROM?	P.07
SESSION 3: WHY AM I HERE?	P.11
SESSION 4: WHAT CAN I DO?	P.15
SESSION 5: WHERE AM I GOING?	P.19
THE CALL PROJECT: WHAT'S NEXT?	P.23



INTRODUCTION

Thank you for being part of this Young Vocations course. By choosing to use this material, you are helping young people to notice, explore, and grow into God's call on their lives — not just for the future, but for who they are becoming now.

This course has been written for those working with young people in a variety of settings: churches, schools, youth groups, chaplaincies, and lunchtime clubs. We recognise that no two groups are the same, and no two sessions run in quite the same way. Because of that, the material is intentionally flexible, adaptive, and responsive rather than fixed or prescriptive.

You are encouraged to shape each session to fit the young people in front of you. You may choose to use the whole session, select particular activities, or return to a theme over more than one meeting.

Each session can be:

- Shortened to fit a lunchtime club or a brief youth slot
- Extended for longer youth group sessions, retreats, or discussion-based groups
- Adapted to suit age, context, confidence levels, and group size

The course works best when it is led relationally, rather than rushed; and when space is made for listening, as well as speaking.

SESSION 1

WHO AM I?



This session invites young people to explore who they are in God's eyes before thinking about what they might do for God.

Through scripture, culture, and reflection, young people are encouraged to discover that identity comes before leadership, and calling begins with being known and loved by God. By valuing their Voice, Agency, Leadership, and Vocation (VALV), this session helps young people see that leadership is not about age or status, but about who they are becoming in Christ—right now.

Welcome & Warm-Up



5-10mins

“Labels”

Ask the group:

“What are some labels people your age get called?”
(e.g. sporty, shy, loud, smart, weird, Christian, troublemaker, leader)

They could write or call out answers. Then ask:

- “Which labels do you *choose*?”
- “Which labels feel stuck on you by others?”

You could make this an activity by using sticky labels to write on and stick to each other.



Set the scene: This course will take us on a journey that begins with asking: ‘Who am I?’ — and how might that connect to leadership in all its forms.

Biblical Foundation

Psalm 139:13-14

'For you created my inmost being; you knit me together in my mother's womb...I am fearfully and wonderfully made; your works are wonderful, I know that full well.'



5-10mins

"What does this passage make you think and feel?"

Points to consider

Before you do anything for God, God already knows you. Identity comes before leadership. God doesn't call clones - God calls people.

Ask:

"What does it say about who you are?"

"What does it not say you have to be first?"

"What does this passage make you think & feel?"



Culture Connection

Talk about 1-2 of these examples, or choose others that will connect with your group:

Social Media:

Instagram/TikTok says: "Be impressive."

Jesus says: "You are beloved."



5-10mins

Harry Potter:

"It is our choices, Harry, that show what we truly are." (Dumbledore)
Identity isn't destiny - it's response..

Christian Voices:

Jackie Pullinger (missionary): followed God with no clear plan, just obedience.
Timothy (Bible): Young, underestimated, still called to lead (1 Timothy 4:12).

Marvel / Spider-Man:

Peter Parker struggles with who he is before he ever becomes a hero.
Power doesn't give identity — identity shapes how power is used.

Emphasise:

God works with all ages, personality, doubts, and uniqueness.
Leadership starts with knowing who you are in Christ.



Individual Reflection



5-10mins

Give each young person paper or sticky notes.

Ask them to quietly answer (no sharing required):

1. One word people often use to describe me is _____.
2. One word God might use to describe me could be _____.
3. Something I care deeply about is _____.
4. When I help others, I feel _____.

Reassure the group:

There are no right or wrong answers.

God speaks through reflection, not just noise.

These notes are just between them and God,
for them to take away.



"FOR WE ARE
GOD'S
WORKMANSHIP"
EPHESIANS 2:10



Group Activity: Identity & Leadership



5-10mins

Small Groups (3-5 people)

Give each group one question (or rotate if time allows):

1. If God believes you are fearfully and wonderfully made, what might that mean for your life and the impact you can have?
2. How might God use someone your age right now, not just "one day"?
3. What gifts do young people bring that adults sometimes miss?
4. What gifts and talents do you feel you have, or what gifts and talents do other people say you have? How can they be used in a positive way?

Encourage the group:

- *No preaching at each other*
- *Make sure everyone who wants to gets to speak.*



Bring back one key thought from each group.



5-10mins

Wrap-Up: Calling Starts Now

Summarise:

- Identity comes before leadership
- God calls real people, not “perfect Christians”
- Church leadership isn’t just priests or pastors — it’s worship, welcome, justice, care, creativity, prayer, service



Closing Scripture:

“Don’t let anyone look down on you because you are young...”
(1 Timothy 4:12)



Invite them to hold onto this idea:

“You don’t have to know what you’ll do — just who you belong to.”

Take Home

For the Teen (solo or with parent/carer):

1. What was one thing that stood out to me in the session?
2. Where do I feel most myself?
3. What do I think God might be shaping in me?

For Parents/Carers:

- Ask: “When do you feel most alive?”
- Share: “Here’s when I see leadership in you...”
- Pray together (short and simple): “God, thank you for how you made me/them. Help us listen to your call.”

Challenge for the Week:

Look for one way you can serve, encourage, or lead at home, school, or church.



SESSION 2

WHERE AM I FROM?



This session helps young people reflect on their personal, family, and faith stories, recognising how God works through people, places, and experiences to shape who they are becoming. By exploring belonging, community, and the power of story, young people are encouraged to see their background not as a barrier but as part of God's formation for leadership and vocation. Through valuing their Voice, Agency, Leadership, and Vocation (VALV), this session affirms that every story has a place in God's bigger story.

Welcome & Warm-Up



"My Story in Three Things"

Ask young people to think of:

- A place that matters to them
- A person who has shaped them
- An experience that changed them

They can write, draw or simply think on these things.

Then ask:

- "Which parts of your story are you proud of?"
- "Which parts do you wish you could hide?"



5-10mins

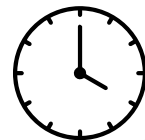


Set the scene: "Tonight/today we're asking: Where am I from? — because our stories shape how we lead, love, and respond to God's call."

Biblical Foundation

Ruth 1:16:

"Your people will be my people, and your God my God."



5-10mins



"What does this passage make you think and feel?"

Points to consider

- Faith is something we inherit, receive, and reshape.
- We are part of a bigger story than just our own.
- God doesn't erase our past — God redeems it.

Emphasise:

- God often calls people through relationships and communities.
- Where you're from doesn't limit your calling — it informs it."



Culture Connection

Talk about 1-2 of these examples, or choose others that will connect with your group, you could even play a few clips of films or read the stories of the people mentioned:



5-10mins



Encanto:

Family stories can feel like pressure — but healing comes when stories are told truthfully.

Black Panther:

T'Challa must understand where he comes from to lead well.

Testimonies in Church:

No two faith stories are the same — and that's the point.

Christian Voices:

Dietrich Bonhoeffer: faith formed in community, not isolation.

Bible – Moses: shaped by both Egyptian palace and Hebrew suffering.

Emphasise:

Your background — family, culture, church, doubts — is part of how God shapes your leadership.



Individual Reflection



5-10mins

Give each young person paper.

Ask them to draw a simple timeline or list:

- One joyful moment
- One hard moment
- One person who helped them believe (or question)
- One place they feel they belong

Then ask quietly:

- “Where might God have been in these moments?”
- “What might God be teaching me through my story?”



“TELL THE NEXT GENERATION THE PRAISEWORTHY DEEDS OF THE LORD.” (PSALM 78:4)



Group Activity: Stories & Leadership



5-10mins

Small Groups (3–5 people)

Give each group one question (or rotate if time allows):

1. How can someone's past make them a stronger leader?
2. Why do you think God uses ordinary families and communities?
3. What happens when leaders ignore their own story?
4. How can church/schools/youth groups be a place of belonging for people with messy stories?

Encourage the group:

- *Encourage listening over fixing.*
- *Make sure everyone who wants to gets to speak.*



Bring back one key thought from each group.



5-10mins

Wrap-Up: Calling Starts Now



Summarise:

- You come from people, places, and experiences that matter.
- God uses all of it — the good and the painful.
- Leadership begins with belonging.

Closing Scripture:

“You are no longer strangers and foreigners, but fellow citizens with God’s people.”

(Ephesians 2:19)



Invite them to hold onto this idea:

“Your story doesn’t disqualify you — it prepares you.”

Take Home

For the Teen (solo or with parent/carer):

1. What is one story from my life that has shaped me?
2. Who passed faith on to me — even imperfectly?
3. What kind of community do I want to help build?

For Parents/Carers:

- Share a faith story from your own life.
- Ask: “What kind of church do you hope you belong to?”
- Pray:

“God, thank you for the story you are writing in our family.”

Challenge for the Week:

Ask an older person at church about their faith story.

Notice where you feel most like you belong.



SESSION 3

WHY AM I HERE?



This session invites young people to explore purpose as something lived daily rather than a single future decision. Through scripture, reflection, and discussion, young people are encouraged to see that purpose is shaped by faithfulness, service, and love, and is often discovered over time. By valuing their Voice, Agency, Leadership, and Vocation (VALV), this session helps young people recognise that they can live with meaning and purpose right now, as they follow Jesus in everyday life.

Welcome & Warm-Up



5-10mins

Icebreaker: “Big Questions”

Ask the group to vote by moving to one side of the room or raising hands:

- “Do you think everyone has a purpose?”
- “Do you think purpose is one big thing, or lots of small things?”
- “Have you ever felt pressure to ‘figure it all out’?”



Follow up with:

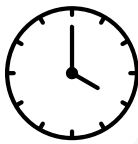
“Who or what usually tells young people what their purpose should be?”

Set the scene: “Tonight/today we’re asking a question almost everyone asks at some point: Why am I here? — and whether purpose is something we discover, receive, or live out day by day.”

Biblical Foundation

Ephesians 2:10:

“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”



5-10mins

Points to consider

- Purpose is not a single job or title.
- God prepares ways of living, not just future careers.
- Purpose grows as we walk with God, not before.

Emphasise:

- Purpose is about how we live, not just what we do.
- Leadership starts with character and compassion.

“What does this passage make you think and feel?”



Culture Connection

Talk about 1–2 of these examples, or choose others that will connect with your group, you could even play a few clips of films or read the stories of the people mentioned:

Pixar’s Soul:

Life purpose isn’t just a “spark” or achievement — it’s how you show up every day.

Bible – The Disciples:

Jesus didn’t give them a five-year plan — just “Come, follow me.”

Pressure Culture:

Everywhere you look, there’s pressure to “have it all figured out” — your future, your career, your purpose. Purpose starts to feel like a test you can fail.

Christian Voices: Frederick Buechner:

“Vocation is where your deep gladness and the world’s deep hunger meet.”

Emphasise:

Purpose is discovered through faithfulness, not certainty. God’s call often becomes clearer after we begin serving.



5-10mins

Individual Reflection



5-10mins

Give each young person paper.

Ask them to quietly complete:

1. One thing that frustrates me about the world is _____.
2. One thing I love helping with is _____.
3. One way I could reflect Jesus this week is _____.



Then invite them to consider:

- “Could purpose start here?”
- What if purpose is closer than I think?”

“WHATEVER YOU
DO, WORK AT IT
WITH ALL YOUR
HEART...”
(COLOSSIANS 3:23)



Group Activity: Stories & Leadership



5-10mins

Small Groups (3–5 people)

Give each group one question (or rotate if time allows):

1. What do you think Leadership is for?
2. How can young people live with purpose right now?
3. Why do you think serving others helps clarify purpose?
4. What gets in the way of young people believing they matter?

Encourage the group:

- *Honesty over “right answers”*
- *Listening as a leadership skill*



Bring back one key thought from each group.



5-10mins

Wrap-Up: Calling Starts Now



Summarise:

- You don't need your whole life mapped out.
- Purpose grows through faithfulness, service, and love.
- God uses small acts to shape big callings.

Closing Scripture:

"Seek first the kingdom of God..."
(Matthew 6:33)



Key takeaway:

"Purpose isn't about finding the perfect future — it's about living faithfully today."

Take Home

For the Teen (solo or with parent/carer):

1. Where did I notice God this week?
2. When did I feel most useful or alive?
3. Who could I serve or encourage?

For Parents/Carers:

- Ask: "When do you feel most yourself?"
- Share a moment when your purpose became clearer over time.
- Pray together:

"God, help us live with love and intention this week."

Optional weekly practice:

Do one small act of service together.

Reflect on how it felt, not how impressive it was.



SESSION 4

WHAT CAN I DO?



This session encourages young people to recognise and value the gifts, skills, and abilities they already have. Through scripture, discussion, and practical reflection, young people are invited to see potential not as something reserved for the confident or talented, but as something God grows in those who are willing to offer what they have. By affirming their Voice, Agency, Leadership, and Vocation (VALV), this session helps young people build confidence to use their gifts in everyday life and within the church.

Welcome & Warm-Up



5-10mins

Icebreaker: "I Can..."

Ask everyone to complete the sentence out loud or in their heads:

- "I can make people laugh..."
- "I can listen well..."
- "I can help when things go wrong..."
- "I can organise, create, encourage, explain..."



Follow up with:

- "Which of these feel small or unimportant?"
- "What if God sees them differently?"

Set the scene: "Tonight/today we're asking: What can I do? — not someday, not when I'm older, but with what I already have."

Biblical Foundation

Romans 12:4–6:

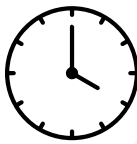
“We have different gifts, according to the grace given to each of us.”

Points to consider

- Not everyone is gifted in the same way — and that’s intentional.
- God doesn’t rank gifts by visibility or popularity.
- The church needs every kind of contribution.

Emphasise:

- Gifts are given to be used, not compared.
- Potential grows when it’s practiced.



5-10mins

“What does this passage make you think and feel?”



Culture Connection

Talk about 1–2 of these examples, or choose others that will connect with your group, you could even play a few clips of films or read the stories of the people mentioned:

The Avengers:

The team works because everyone brings something different — strength, strategy, tech, courage. No single hero saves the day alone.

TikTok / YouTube Creators:

People succeed by leaning into what they’re good at, not by copying everyone else.

Bible – The Feeding of the 5,000:

A small lunch offered becomes enough when placed in Jesus’ hands.

Christian Voices: Corrie ten Boom:

Used hospitality, courage, and faith — not a platform — to change lives.

Emphasise:

God doesn’t wait for you to be impressive.
Potential isn’t about perfection; it’s about availability.



5-10mins

Individual Reflection



5-10mins

Give each young person paper.

Ask them to write:

1. Three things I'm naturally good at (school or not).
2. One thing others often thank me for.
3. One thing I'd like confidence to try.

Then reflect quietly:

- "Which of these could God use?"
- "What might happen if I stopped dismissing them?"



"DO NOT NEGLECT
THE GIFT YOU
HAVE..." (1
TIMOTHY 4:14)



Group Activity: Stories & Leadership



5-10mins

Small Groups (3-5 people)

Give each group one question (or rotate if time allows):

1. A church youth night needs help — what different gifts are needed?
2. A new young person joins and feels awkward — who helps, and how?
3. A community problem needs addressing — what roles could people play?
4. A school musical is taking place, what and who is required to make the musical a success?

Ask:

- *"Which gifts are often unnoticed?"*
- *"How does leadership show up in different ways?"*



Bring back one key thought from each group.



5-10mins

Wrap-Up: Calling Starts Now



Summarise:

- You already have gifts God can use.
- Potential grows when gifts are trusted and practiced.
- Leadership begins by offering what you have.

Closing Scripture:

“Each of you should use whatever gift you have received to serve others.”

(1 Peter 4:10)



Key takeaway:

“God doesn’t call the most talented — God grows the willing.”

Take Home

For the Teen (solo or with parent/carer):

1. What am I good at that I often downplay?
2. Where could I use this gift this week?
3. What support do I need to grow?

For Parents/Carers:

- Name a strength you see in your child.
- Share how your own gifts developed over time.
- Pray together:

“God, help us notice and use the gifts you’ve given us.”

Optional weekly practice:

Try using one gift intentionally this week.
Reflect on how it felt to offer it.



SESSION 5

WHERE AM I GOING?



Our final session encourages young people to think about their future with hope rather than pressure, recognising that destiny is shaped through trust, faithfulness, and God's guidance over time. Through scripture, reflection, and conversation, young people are invited to hold their dreams honestly while learning to trust God with uncertainty. By affirming their Voice, Agency, Leadership, and Vocation (VALV), this session reassures young people that God walks with them into the future and continues his work in their lives.

Welcome & Warm-Up



5-10mins

Icebreaker: "Big Questions"

Ask young people to imagine themselves in 10 years.

Prompt with light questions:

- Where might you be living?
- What kind of person do you hope you've become?
- What do you hope people say about you?



Then ask:

- "What excites you about the future?"
- "What makes you nervous?"

Set the scene: "Tonight/today we're asking: Where am I going? — and what it means to trust God with a future we can't fully see."

Biblical Foundation

Proverbs 16:9:

"In their hearts humans plan their course, but the Lord establishes their steps."



"What does this passage make you think and feel?"



5-10mins

Points to consider

- God invites us to dream, but not control everything.
- Destiny is shaped through decisions, faithfulness, and trust.
- God guides step by step, not all at once.



Emphasise:

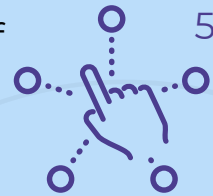
- This promise was spoken to people in uncertainty.
- God's plans are about hope and restoration, not pressure

Culture Connection

Talk about 1-2 of these examples, or choose others that will connect with your group, you could even play a few clips of films or read the stories of the people mentioned:



5-10mins



Google Maps:

You need a destination, but directions update as you go. God's guidance often works the same way.

Sports / Music Careers:

No one's path is straight — setbacks shape strength and skill.

Bible – Joseph:

Dreams, detours, betrayal, and waiting — yet God remained faithful.

Christian Voices: Mother Teresa: trusted God one step at a time, without knowing the global impact.

Emphasise:

Destiny is formed through trust, not certainty.
God uses delays and detours as much as achievements.



Individual Reflection



5-10mins

Give each young person paper.

Ask them to quietly complete:

1. One thing I hope for in my future is _____.
2. One thing I worry about is _____.
3. One step I can take this year is _____.



Invite them to sit with this question:

“What would it look like to trust God with the unknown?”

“TRUST IN THE
LORD WITH ALL
YOUR HEART...”
(PROVERBS 3:5-6)



Group Activity: Stories & Leadership



5-10mins

Small Groups (3-5 people)

Give each group one question (or rotate if time allows):

1. Why do you think people feel pressure to have their future sorted?
2. How can leaders hold vision without controlling outcomes?
3. What helps you trust someone with your future?
4. How can the church support young people as they grow?

Encourage the group:

- *Encourage thoughtful listening.*
- *Invite one insight per group to share.*



Bring back one key thought from each group.



5-10mins

Wrap-Up: Calling Starts Now

Summarise:

- You don't need to know every step ahead.
- God's faithfulness matters more than your certainty.
- Destiny is walked, not rushed.



Closing Scripture:

"Being confident of this... God who began a good work in you will carry it on to completion."

(Philippians 1:6)



Key takeaway:

"You don't walk into the future alone — God goes with you."

Take Home

For the Teen (solo or with parent/carer):

1. What am I excited about in the future?
2. What do I need help trusting God with?
3. Who helps guide me well?

For Parents/Carers:

- Share a time when plans changed but God remained faithful.
- Ask: "How can I support you as you grow?"
- Pray together:

"God, help us trust you with what we cannot yet see."

Optional weekly practice:

Write a short prayer about the future.

Revisit it later in the year.



THE CALL PROJECT: WHAT NEXT?

So... that's The Call Project!

But here's the thing: figuring out your calling isn't about finding one magical answer and then being done. God's call is something we keep discovering as we follow Jesus.

You might know exactly what you want to do next. You might have absolutely no idea. You might have changed your mind five times this week! That's OK.

You don't need to have your whole life planned right now...

You just need to be ready for the next step...

Your next challenge...

Before you leave The Call Project, choose one thing you could do next:

- Try something you've never tried before.
- Volunteer somewhere.
- Talk to someone about your gifts and future.
- Spend 10 minutes praying about your next step.
- Ask someone you trust what they think you're good at.
- Do something that uses one of your gifts to help someone else.
- Say yes to an opportunity you might normally avoid.

And remember:

God doesn't call perfect people.

God calls ordinary people and walks with them.

Your story is only just beginning.

So... what's your next step? (write it down here)
