



# ADVOCACY @ HOME

## A CONVERSATION FOR YOUTH & FAMILIES

ISSUE 1 • MARCH 2020



NATIVITY LUTHERAN  
CHURCH MINISTRY OF  
ADVOCACY FOR CYF

### TABLE OF CONTENTS

Who Are You? • P. 2

Authentic Self ?'s • P. 2

Authentic Self Cont... • P. 3

Prayer • P. 3

### NOT JUST ONE WAY TO NAME IT

BY KELLY SHERMAN-CONROY

Advocacy begins with naming it. Thinking about who you are, and what is important to you, why, and saying it out loud. Looking at Genesis we can see it is all about naming. As we continue to move through the bible and find our way to Revelation, we continue to see the act of naming as something sacred, something that carries great significance. People are named, nations are named, situations, the naming of Jesus. The process of naming, of speaking aloud about a specific person or action brings attention. Naming highlights an injustice that would otherwise go unnoticed. Naming lifts up the story of an unsung hero, telling the world so others might hear.

**Naming is the starting point of Advocacy.**

# WHO ARE YOU?

Who are you? What is your name? How does it feel when your name is called unexpectedly? Do you feel a jolt, a wave of recognition, the knowledge that you have been noticed. "Now the LORD is the Spirit, and where the Spirit of the LORD is, there is freedom." Naming reminds us that we are unique in the eyes of the Lord; our humanity here on earth matters to God. Naming brings freedom.

Creation has been finding many ways to find freedom and understanding through naming. The prophets spoke to kings and peoples, warning them of the consequences of their actions. Jesus named the sins he saw in the Temple when he overturned the moneylenders' tables (Mark 11:15-17). The Reformation, a vital part of Lutheran heritage that started with Martin Luther naming ways to be a more faithful church. The tradition of naming goes all the way back to the early days of the creation story, and we continue that tradition today.



## QUESTIONS TO DISCOVER YOUR AUTHENTIC SELF

As we being this road to Advocacy, let us begin with discovering ourselves. Begin a journal as we journey together each week in discovering our passions in Advocacy. Our life's journey and all that happens is a part of our own canvas of life's artwork that helps us to grow. Take your time in answering the questions.

### WHAT ARE MY STRENGTHS AND WEAKNESSES?

When we answer these questions, this gives us confidence and something to work towards.

### WHAT DO I LIKE TO DO? HOW DO I MAKE TIME FOR FUN?

Having fun is like a buffet for our senses. Fun is nourishment for our body and soul.

Authenticity  
is the  
daily practice  
of letting go of who we  
think we're supposed to be  
and embracing  
who we are.

~Brene Brown

# AUTHENTIC SELF CONTINUED...

## WHAT AM I WORRIED ABOUT?

It is normal to worry. But sometimes those worries can take over everything else our bodies want to feel. Whatever you're worried about, write them down. If there's something that can be done, do it. If it's something outside of your control, breathe (deeply) - everything will be okay. And look around you for support.

## WHAT AM I INTERESTED IN BUT HAVE NOT TRIED?

Did you know that if we continue to try new experiences and learn about new things, this brings happiness into our lives and can be key to understanding who we are.

## HOW DOES YOUR INNER VOICE SPEAK TO YOU?

Consider the ELCA's statement on Faith that names who we are as a Church Body together.

"A living, daring confidence in God's grace. When Lutherans talk about faith, we are talking about the relationship God's Holy Spirit creates with us. It's a relationship where God's promise of steadfast love and mercy in Jesus opens us to a life of bold trust in God and joyful, generous service to everyone we know and meet in daily life...

Faith opens a place for engaging others in conversation, for seeking the truth, for asking questions and speaking love in word and deed. Faith is a full life, liberated for a living, daring confidence in God's grace."

This week set about the task of naming, and therefore unmasking our Authentic Selves within this journey of **ADVOCACY**.

## WHAT DO I BELIEVE IN? WHAT ARE MY VALUES?

This does not mean what your religion is or your spirituality. However, these are ways people define themselves. When you think about values or beliefs, this could be certain views on politics, God, what happens in your community, etc. Defining these helps you create a healthy sense of who you are.

## HOW DOES YOUR INNER VOICE SPEAK TO YOU?

This week, take the time to write down what your inner self is telling you at times during the day. At the end of the day take some time to think read what you wrote.

Then ask yourself, is what I wrote something I can fix? Or is it something I cannot do anything about? Be mindful of this the next time it comes up in your mind.

## PRAYER FOR THE WEEK

God, you know my name, you know my thoughts. Give me strength and courage to name my authentic self, the injustices I see in the world around me, in my community, and in my own life. Grant me new eyes to see your wondrous work here on earth. Grant me new ways to hear the voices of all creation.

Walk with me as I learn, grow. Lead me to new understanding and compassion. Help me be my authentic self in all that I say and do.

In the name of the One who named justice in his life, I pray,  
Amen.