

# WHAT IS MY SPIRITUAL TEMPERAMENT?

God has made you unique. No one particular temperament is right or better. You will experience greater spiritual passion and renewal when you pursue and connect with God in ways that you enjoy and find most life giving.

**A. Relational:** I connect best to God when I am *with others* (examples: Peter and Barnabas)

- Experience spiritual growth in relationship with others
- Easy to self-disclose
- Energized by people
- Hears God through the voice of others

I can build on my strengths by:

- Praying in community
- Using gifts in community
- Having rich, deep friendship with frequent interaction

I can balance my weaknesses by:

- Spending time in solitude
- Studying on my own
- Silence

**B. Intellectual:** I connect best to God when I *am learning* (example: Paul)

- Connects with God through learning and study
- Seeks clarity about who God is and what He wants
- Road to heart goes through head
- Thinker; problem-solver
- Books, classes and new learning are life giving

I can build on my strengths by:

- Reading to be stretched and challenged
- Studying
- Taking classes

I can balance my weaknesses by:

- Being aware I may lean to being all head, no heart
- Engaging in corporate worship

**C. Worship:** I connect best to God *when I worship* (examples: King David, Anna from Luke 2)

- Deep love of corporate praise
- Renewed by corporate and private worship
- Experience God when celebrating in community who God is

I can build on my strengths by:

- Using creative expression
- Engaging in corporate worship
- Learning other worship traditions

I can balance my weaknesses by:

- Not becoming dependent on emotional experiences
- Engaging in rigorous study
- Being rooted in one community

**D. Activist:** I connect best to God *when doing great things* (examples: Nehemiah and Paul)

- Single-minded zeal to accomplish God's cause with passion
- Energized by challenge and risk
- Highly motivated by accomplishing God's vision; driven
- Identified by passion, fast pace and love of complexity

I can build on my strengths by:

- Accepting challenges
- Stretching myself in service
- Pursue God-given dreams passionately

I can balance my weaknesses by:

- Avoid judging self or others by performance
- Cultivating patience
- Practicing slowing and stillness

**E. Contemplative:** I connect best to God *in silence* (examples: Apostle John)

- Hears God in silence
- Replenished by uninterrupted time alone
- Large capacity for prayer
- Drained by too much action, relationship or noise

I can build on my strengths by:

- Guarding time alone
- Immersing myself in prayer
- Following guidance

I can balance my weaknesses by:

- Worshipping and learning in community
- Active service

**F. Service:** I connect best to God *while completing Kingdom tasks* (example: Dorcas in Acts 9)

- Experience God's presence when performing concrete tasks for God and others
- Has spiritual gift of helps, service
- Uncomfortable when not performing specific role or task

I can build on my strengths by:

- Following my servant's heart
- Honing my gifts and expertise
- Exalting in the joy of serving

I can balance my weaknesses by:

- Allowing others to serve me
- Guard against resentment of others who do not appear to serve as much
- Remembering God's love does not hinge on service and performance
- Practicing stillness

**G. Nature:** I connect best to God *when I am in nature* (examples: Adam)

- Learn best lessons outdoors
- Sees beauty of God in nature
- Draw near to God through in the outdoors
- Visualize Scriptural truths better in nature

I can build on my strengths by:

- Considering the greatness of creation
- Getting outdoors, hiking camping, climbing
- Letting down anxieties, and listening to God when in nature

I can balance my weaknesses by:

- Not escaping real life and responsibilities
- Studying Scripture
- Not idolizing nature but worshipping the Creator
- Double checking insights with scriptural principles

(author unknown. For more information on spiritual temperaments or taking a similar online test, go to <http://common.northpoint.org/sacredpathway.html> from work adapted from book Sacred Pathways: Discover Your Soul's Path to God, by Gary Thomas.)