



# “Discovering Your SHAPE – Your Heart & Abilities”

July 24, 2022  
Pastor Bear Clifton

## Listening To Our Heart

1. What’s the Bible referring to when it talks about the heart?

*“God has given each of us a unique emotional “heartbeat” that races when we encounter activities, subjects, or circumstances that interest us...This God-given motivation serves as an internal guidance system for our lives. It determines what your interests are, and what will bring you the most satisfaction and fulfillment.” – Rick Warren*

2. An important word we could use to describe these passions:  
\_\_\_\_\_.

3. Too many of us go through life without a sense of calling.

Why?

- a. Bad \_\_\_\_\_.
- b. Life is just so \_\_\_\_\_.
- c. We’re way too \_\_\_\_\_.
- d. We are just plain \_\_\_\_\_.

*“[Sloth is] the sin which believes in nothing, cares for nothing, seeks to know nothing, interferes with nothing, enjoys nothing, loves nothing, hates nothing, finds purpose in nothing, lives for nothing, and only remains alive because there is nothing it would die for.” – Dorothy Sayers*

4. How do we recover a sense of God-given calling?
  - a. First, reconnect with my primary calling, which is to know that I have been made \_\_\_\_\_.
  - b. Secondly, discover and pursue the secondary callings that God has given you. What do we mean by this?
    - c. How do we discover these secondary callings?
      - You can just look at your life
      - Or you can use a tool like this one:

### “I LOVE TO...”

- **DESIGN AND DEVELOP**—I love to make something out of nothing. I enjoy getting something started from scratch.
- **PIONEER**—I love to test out and try new concepts. I am not afraid to risk failure.
- **ORGANIZE**—I love to bring order out of chaos. I enjoy organizing something that is already started.
- **OPERATE / MAINTAIN**—I love to efficiently maintain some things that is already organized.
- **SERVE OR HELP**—I love to assist others in their responsibility. I enjoy helping others succeed.
- **ACQUIRE AND POSSESS**—I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.
- **EXCEL**—I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.
- **INFLUENCE**—I love to convert people to my way of thinking. I enjoy shaping the attitudes and behaviors of others.
- **PERFORM**—I love to be on stage and receive the attention of others. I enjoy being in the limelight.
- **IMPROVE**—I love to make things better. I enjoy taking something that someone else has designed and improve it.
- **REPAIR**—I love to fix what is broken or change what is out of date.

- **LEAD AND BE IN CHARGE**—I love to lead the way, oversee and supervise. I enjoy determining how things will be done.
  - **PERSEVERE**—I love to see things to completion. I enjoy persisting at something until it is finished.
  - **FOLLOW THE RULES**—I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.
  - **PREVAIL**—I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.
5. Find your *Nunc Dimittis*. Like Johny Coltrane and his masterpiece “A Love Supreme”.

- **Managing ability:** to supervise people to accomplish a task or event and coordinate the details involved
- **Counseling ability:** to listen, encourage and guide with sensitivity
- **Teaching ability:** to explain, train, demonstrate, tutor
- **Writing ability:** to write articles, letters, books
- **Editing ability:** to proofread or rewrite
- **Promoting ability:** to advertise or promote events and activities
- **Repairing ability:** to fix, restore, maintain
- **Feeding ability:** to create meals for large or small groups
- **Recall ability:** to remember or recall names and faces
- **Mechanical operating ability:** to operate equipment, tools or machinery
- **Resourceful ability:** to search out and find inexpensive materials or resources needed
- **Counting ability:** to work with numbers, data or money
- **Classifying ability:** to systematize and file books, data, records and materials so they can be retrieved easily
- **Public Relations ability:** to handle complaints and unhappy customers with care and courtesy
- **Welcoming ability:** to convey warmth, develop rapport, making others feel comfortable
- **Composing ability:** to write music or lyrics
- **Landscaping ability:** to do gardening and work with plants
- **Decorating ability:** to beautify a setting for a special event

## ***Serving God With Our Abilities***

1. What do we mean by these?
2. A tool for sorting out our abilities:

### ***26 Abilities: What’s In Your Wheelhouse?***

- **Entertaining ability:** to perform, act, dance, speak, magic
- **Recruiting ability:** to enlist and motive people to get involved
- **Interview ability:** to discover what others are really like
- **Researching ability:** to read, gather information, collect data
- **Artistic ability:** to conceptualize, picture, draw, paint, photograph, or make renderings
- **Graphics ability:** to lay out, design, create visual displays or banners
- **Evaluating ability:** to analyze data and draw conclusions
- **Planning ability:** to strategize, design and organize programs and events

### ***Final Thoughts:***

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