



# “Discovering Your SHAPE – Serving God With Your Personality”

July 31, 2022  
Pastor Bear Clifton

1. What you don't want to happen in the middle of the New Hampshire wilderness...

2. The Bible doesn't talk about our “personalities” does it?

3. What is a “personality”? Some observations:

**Personality** refers to individual differences in characteristic patterns of thinking, feeling and behaving. (Encyclopedia of Psychology)

a. Personality is revealed through \_\_\_\_\_ patterns and \_\_\_\_\_ traits.

*“Examples of personality can be found in how we describe other people's traits. For instance, “She is generous, caring, and a bit of a perfectionist,” or “They are loyal and protective of their friends.” The word “personality” stems from the Latin word persona, which refers to a theatrical mask worn by performers in order to either project different roles or disguise their identities.”*  
(verywellmind.com)

b. Personality expresses itself distinctly through our \_\_\_\_\_, \_\_\_\_\_, & \_\_\_\_\_.

c. Everyone's baseline personality is \_\_\_\_\_. Unless you're talking about personality disorders, there is no \_\_\_\_\_ personality.

*When the Bible says, “Speak the truth in love,” which side do you land on?*

*Look at any of the many personality assessments that are available today...*



## So How Can I Serve God With My Personality?

Getting familiar with the baseline traits of my personality will...

1. ...deliver me from \_\_\_\_\_ that are hurting me right now.

*"Keep your heart with all vigilance, for from it flows the springs of life." – Proverbs 4:23*

2. ...help me navigate \_\_\_\_\_ when it arises.

a. Five different ways people navigate conflict (Source: Norman Shawchuck):

- \_\_\_\_\_ - the turtle
- \_\_\_\_\_ - the teddy bear
- \_\_\_\_\_ - the shark
- \_\_\_\_\_ - the fox
- \_\_\_\_\_ - the owl

b. Why is it useful to be aware of this?

3. ...help me better accept the \_\_\_\_\_ person God created me to be, and the \_\_\_\_\_ person God created you to be.

Give yourself a quick look in the mirror:

**Extroverted -----Introverted**

**Thinker-----Feeler**

**Self-Controlled-----Self-Expressive**

**Lover of Routine-----Lover of Variety**

**Cooperative-----Competitive**

**Leader-----Follower**

**Speaks the Truth-----in Love**

**Somber-----Giddy**

**Sensory-----Intuitive**

What's true about the person you've just described?

4. ...help me properly evaluate my \_\_\_\_\_ and \_\_\_\_\_, so that I can make changes for the better.

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