



S.H.A.P.E. Personal Resource

Session 3: Personality

Through God’s grace, all people are uniquely created, formed, and called to discipleship! Through our baptism, we are called to love and to serve God and other people. Putting our faith into action is at the very heart of our calling to be a disciple of Jesus Christ. **S.H.A.P.E.** is an acronym for five characteristics that help to determine God’s unique call in you! **S**piritual Gifts, **H**eart, **A**bilities, **P**ersonality, **E**xperience

*Please complete the **S.H.A.P.E. Personal Resource for Personality** after participating in the **S.H.A.P.E. Personality worship service** on September 11, 2022 at 10:00 am.*

Know Your Personality:

Knowing your personality type is helpful for understanding what motivates, encourages, and energizes God’s call in you. Your personality also shapes how you respond to other people and opportunities. A simple way of describing personality is to plot ourselves across five scales below:

<p>Introvert 1.....2.....3.....4.....5 (I gain energy from quite reflection)</p>	<p>Extrovert 1.....2.....3.....4.....5 (I gain energy from interaction)</p>
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<p>Prefer Routine 1.....2.....3.....4.....5 (I like to do one project at a time)</p>	<p>Prefer Variety 1.....2.....3.....4.....5 (I like to do several project at a time)</p>
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<p>Thinker 1.....2.....3.....4.....5 (I analyze before deciding)</p>	<p>Feeler 1.....2.....3.....4.....5 (I go with my gut instinct)</p>
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<p>Work Alone 1.....2.....3.....4.....5 (Prefer individual assignments)</p>	<p>Team Player 1.....2.....3.....4.....5 (I prefer working with a group)</p>
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<p>Structured 1.....2.....3.....4.....5 (I need instructions before starting a task)</p>	<p>Unstructured 1.....2.....3.....4.....5 (I only read instruction in an emergency)</p>
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Personality Assessments:

1. Visit the websites for each free assessment. Make sure you use your own email address when registering for the free assessments. Print versions of these assessments are available in the Narthex, Welcome Center, and Church office.

Myers-Briggs Personality Assessment
<https://www.16personalities.com/>

Enneagram Personality Assessment
<https://assessment.youenneagramcoach.com/>

2. Share your results with the church office: office@aldersgateshelby.com

Reflect on Your **P**ersonality

1. What did God reveal to you about your calling through the **P**ersonality Worship Service?
2. How did God surprise you through the results of your **P**ersonality Assessments?
3. Summarize your primary **P**ersonality patterns below.
4. What does your **P**ersonality show you about how you can live into God's unique call in you?

Pray about your **P**ersonality

Spend some time with God intentionally reflecting on your **P**ersonality.

Hear and listen for the affirmations of your **P**ersonality in your quiet reflection time with God.

Pray as you intentionally read the reflections you wrote about your **P**ersonality.

Ask God to help you discern how your **P**ersonality is a part of God's unique call in your life.

End your time of prayer by asking God to illuminate your **P**ersonality throughout your day.