



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

Session 4: Abilities

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 Abilities** after participating in the **S.H.A.P.E. Abilities** worship service on September 18, 2022 at 10:00 am.*

Know Your Abilities:

Your **A**bilities are the natural talents with which you were born. All our abilities come from God. Check the following **A**bilities that apply to your life!

- | | |
|---|--|
| <input type="checkbox"/> Entertaining ability: To perform, act, speak, sing | <input type="checkbox"/> Repairing ability: to fix, restore, maintain |
| <input type="checkbox"/> Recruiting ability: to enlist and motivate people to get involved | <input type="checkbox"/> Hobby related ability: to work with your hands |
| <input type="checkbox"/> Interview ability: to discover what others are really like | <input type="checkbox"/> Feeding ability: to create meals for large or small groups |
| <input type="checkbox"/> Researching ability: to read, gather information, collect data | <input type="checkbox"/> Recall ability: to remember or recall names and faces |
| <input type="checkbox"/> Artistic ability: to create or design | <input type="checkbox"/> Mechanical operating ability: to operate equipment, tools or machinery |
| <input type="checkbox"/> Graphics ability: to lay out, design, create visual displays or banners | <input type="checkbox"/> Technical ability: to operate/repair equipment |
| <input type="checkbox"/> Evaluating ability: to analyze data and draw conclusions | <input type="checkbox"/> Resourceful ability: to search out and find inexpensive materials or resources needed |
| <input type="checkbox"/> Planning ability: to strategize, design and organize programs and events | <input type="checkbox"/> Counting ability: to work with numbers, data or money |
| <input type="checkbox"/> Managing ability: to supervise people to accomplish a task or event and coordinate the details | <input type="checkbox"/> Classifying ability: to systematize and file books, data, records and materials so they can be retrieved easily |
| <input type="checkbox"/> Counseling/Encouraging ability: to listen, encourage and guide with sensitivity | <input type="checkbox"/> Public Relations ability: to handle complaints and unhappy people with care and maturity |
| <input type="checkbox"/> Athletic ability: to coach or participate in a sport | <input type="checkbox"/> Welcoming ability: to convey warmth, develop rapport, make others feel comfortable |
| <input type="checkbox"/> Teaching ability: to explain, train, demonstrate, tutor | <input type="checkbox"/> Musical ability: to sing or play a musical instrument |
| <input type="checkbox"/> Writing ability: to write articles, letters, books | <input type="checkbox"/> Landscaping ability: to do gardening and work with plants |
| <input type="checkbox"/> Linguistic ability: to speak and write in one or more languages (including sign) | <input type="checkbox"/> Decorating ability: to beautify a setting for a special event |
| <input type="checkbox"/> Editing ability: to proofread or rewrite | <input type="checkbox"/> Other |
| <input type="checkbox"/> Promoting ability: to advertise or promote events and activities | _____. |

Reflect on Your **A**bilities

1. Assuming you have checked more than five items, go back and choose the five **A**bilities that most define you and note them here:
2. What are some ways you can use the **A**bilities that God has given you?
3. Write a prayer to God about the natural **A**bilities that God has given you.
4. Identify two action steps you can take in the next month to apply your **A**bilities to God's call in your life.

Pray about your **A**bilities

Spend some time with God intentionally reflecting on your **A**bilities.

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

Pray as you intentionally read the reflections you wrote about your **A**bilities.

Ask God to help you discern how your **A**bilities are a part of God's unique call in your life.

End your time of prayer by asking God to illuminate your **A**bilities throughout your day.