

Personality Tools

The Christian life is not just about growing in our knowledge of God. It must also involve knowing ourselves better. In fact, in order to grow in our knowledge and experience of God, we must grow in our knowledge of ourselves. As many Christian leaders and writers have said in the past, knowledge of God and knowledge of self are inseparable from one another. If we stop growing in one area, we limit the growth we will have in the other area. As we come to know ourselves and God better, we are more able to love God and love others.

One of the most important ways to know ourselves better is to investigate and understand more about our personality. One person's personality traits are neither better nor worse than another person's. What we are attempting to understand here is the kind of personality that God has given to us, the strengths and weaknesses of our personality and ways to become more comfortable with and develop our personality. This will enable us to relate better with others and serve God in ways that fit how He has made us.

Just one note of caution: Use the following as "tools" and not "tests" that tell you exactly what you are like. We need to be careful to not get too caught up in the results of a personality test and put ourselves or others in a box as a result. Use these tools to dig, explore, discover, understand and grow, but let God speak into your heart Himself and affirm how He has made you and wants you to grow.

Level 1

Option 1

Go through the Discover Your Design course with a few friends. This class is offered several times a year at CSC (go to www.cschurch.ca and check under "Classes and Workshops") or a Small Group Leader can pick up a kit from their Community Pastor and take their group through the material together.

Once you have finished the class, share your results with each other using the following questions as a guide:

1. Do you agree with the results for each person?
2. Do you have any affirmations on what each person has to contribute to the body of Christ or input on how each person could serve others?
3. Have each person decide on one way they will serve others out of their personality strengths in the next two weeks and hold each other accountable by setting a date and time to meet again and discuss how it went.

Option 2

Go to <http://disc.unitymq.com/> and take the online Personal Insights Profile test. This tool focuses on helping people see how their personality relates with other family members, so have everyone in your family or a few close friends take the online test as well. Watch the learning videos about your personality test on your

* Most resources are available through the Appleseed Resource Centre (library or bookstore).

own and then discuss with your family/friends after, or watch the learning videos about each other's results together and discuss. Use the following as a guide:

1. Share which General Statements apply to you and which do not.
2. Go over the "Checklist for Communicating" and share those statements which are most important to you and discuss why.
3. Set one or two goals in regards to how you will communicate with one another and use what you have learned to better your relationships with each other. Set a time in two weeks to evaluate how things are going.

Level 2

Option 1

Take the Personality Plus class offered at CSC together with a few friends (a good follow-up from the Discover Your Design class – see www.cschurch.ca and look up "Classes and Workshops" to register for the next class). Discuss the results of this class together afterwards using the following:

1. In what ways does what you learned in this class change the way you approach your relationship with your friends, your spouse, your children and your co-workers?
2. What are two goals that you can set for yourself in regards to how you view and respond to those around you? Share these goals with one another and set a time in two weeks to evaluate how it's going and make adjustments.

Option 2

Go to www.humanmetrics.com/cgi-win/JTypes1.htm and take the Jung Typology Test (Myers-Briggs). Ask 2-3 other friends to do the same. Once the test is complete, click on the link to the www.Kiersey.com website and print out the in-depth information provided for your specific personality type. Once your friends have done the same, meet together to discuss the results using these questions:

1. Do you agree with the results? What surprised you? Do your friends and family members agree with your results?
2. How does this test (which uses 12 different personality types rather than the 4 types used in Level 1) compare to the test you took in Level 1?
3. How has learning more about who you are helped you discover more about God and who He is? And about the way you most easily connect with God?

Level 3

Find 2-3 friends or a small group who agree to discover your strengths together over 3-4 meetings. Every person needs to purchase their own copy of Living Your Strengths by Albert Winseman, Donald Clifton and Curt Liesveld (each book includes one free StrengthsFinder 1.0 online assessment tool). Use the following as a guide for your learning together:

1. Read chapters 1-3 on your own and meet to discuss together.
2. Take the test online (code included in the book) and read chapter 4 on your own and meet to discuss.

3. Read chapters 5-6 on your own and meet to discuss. Pray about and determine one action step each person will do to live out your strengths more. You may want to set up an additional meeting time in several weeks to discuss how it is going with your action step.

Going Deeper Resources*

Wired that Way by Marita Littauer

Your Spiritual Personality by Florence Littauer

Soultypes: Matching Your Personality and Spiritual Path by Sandra Krebs Hirsh and Jane Kise

L.O.V.E.: Putting Your Love Styles to Work for You by Drs. Les and Leslie Parrott

The Two Sides of Love by Gary Smalley and John Trent

Incredible Creatures Adventure Kit by Betty Good and Karen Van Riesen (children's personality tool and family discussion guide) – for more information and to order, go to: <http://www.incrediblecreatures.ca/order-a-kit.php>

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