# What Makes us Tick?

## A Look At Personality and The Bible

Rebecca Rushmore

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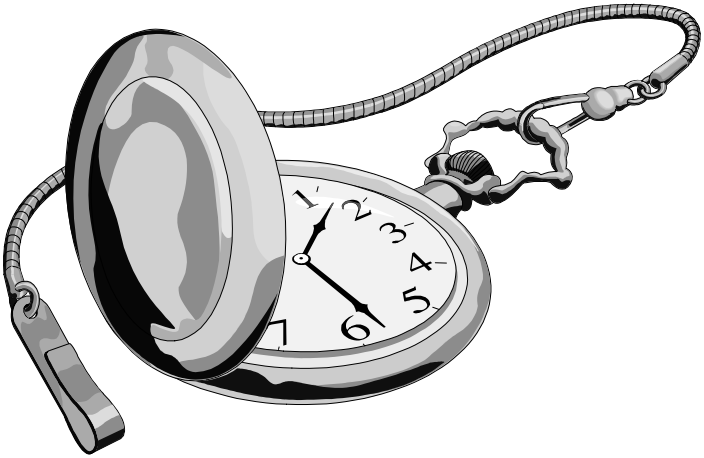
## A LOOK AT PERSONALITY AND THE BIBLE



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# PREFACE

In the world today, many people are trying to discover why they and others behave in certain ways. Each year hundreds of people pay various types of counselors to help them solve problems. These difficulties range from troubled relationships to finding a suitable job. In some of these instances, the problem is approached from the view of an individual's personality.

There are many different methods of examining personality. The self-help and religious sections of bookstores carry numerous volumes on this subject. Each may have a different method of determining a person's personality as well as distinct names and descriptions. Professional counselors also have their own methods of describing and identifying personality traits. All of these are designed to help an individual be his best in the world around him.

The purpose of this study is to take information about personalities one step further. The first two chapters briefly identify and discuss the four personality types and their common traits. The rest of the lessons ask the reader to then apply the information to himself as a Christian. Using personality knowledge to help in the world is good. However, using it to help one grow as a child of God is even better.

As final preparations of this material were making it ready for publication, I taught it in a ladies' class. The ladies at the Collierville church of Christ made many good suggestions for the improvement of the book. Class discussions were abundant and sometimes cut off early because of time restraints. Many of the comments made in class and after indicate that all involved learned some valuable lessons to help them in their Christian walk. Hopefully, all who use this book will benefit as well.

Rebecca Rushmore

# PUBLISHER'S STATEMENT (1998)

Simultaneous to Rebecca's *field test* of this manuscript in Tennessee in a ladies' class, I had the good pleasure to teach the same material to an adult auditorium class in Ohio. From the time that I first read my daughter's manuscript, I was convinced that she had penned not only a valuable resource for Bible classes, but she produced something and in an area of study about which I personally could not have written. I'm proud of her (not just because she's my daughter) and expect useful literary scripts to flow from her proverbial pen throughout the years to come. I also have high expectations for her as a Bible class teacher and ladies' lecturer. She first exhibited a keen interest in public speaking at the ripe age of three years as Rebecca attempted to imitate her father. She cried profusely when I apprised her that the Lord did not intend that role for her. Admirably, she has joyfully embraced Christian service and to whatever degree possible.

I was at once happy and yet somewhat envious that her study elicited a greater degree of involvement than any article, book, sermon or class that either I devised or what I have taught of other author's works. Even elderly ladies or others, young, middle-aged and seasoned, who rarely if ever spoke in class bubbled over with participation. Even the *critical review* of which my classes are sometimes the beneficiary, in her case and for *What Makes Us Tick?* was favorable. One brother admitted that he had anticipated that this study held nothing for him, but it became one of the most beneficial class studies he ever engaged. Among other things, it caused him, and the whole class, to make a personal examination in a way few of us had ever considered. Some of us discovered that we have *strengths,* whereas others were astonished that they had *weaknesses*.

*What Makes Us Tick?* is a unique and useful Bible study. It is extremely practical. I heartily recommend it for all adult and teenage classes. Rebecca is especially qualified, having prepared herself to be a schoolteacher, and a devoted student of God's Word.

Louis Rushmore

# PUBLISHER'S STATEMENT (2008)

When Louis and Bonnie Rushmore joined the World Evangelism team and moved to Winona last October, they brought two pleasant surprise additions to the work: their own publications that have now been integrated with ours, so that, together, we have a larger variety of studies to offer to the American church as well as to Christians overseas; and two: their talented daughter's work.

Rebecca has just completed her Master's of Education Degree in school counseling, with plans to continue her studies toward a doctorate. She currently teaches in Desoto County, MS, working with troubled children. Both her education and her experiences in her vocation have equipped her well to write on the subject, *What Makes Us Tick?* Her book has been used to advantage in many ladies' classes in the church. We are happy to be offering the new edition through J.C. Choate Publications, and we commend it to you for the great good it will do.

Betty (J.C.) Choate
Winona, MS 38967
May 15, 2008

# FOREWORD

The *What Makes Us Tick?* Bible class handbook takes a look at personality and the Bible. Read from beginning to end, the *What Makes Us Tick?* handbook provides a comprehensive picture of the dominate traits of man/woman's personality. Looking at the strengths and weaknesses of individuals allows us to see the diversity that makes up the whole with new appreciation for God's creation. Seeing the assortment of personalities that have gone on before us, revealed to us in our biblical accounts, with weaknesses turned to strengths and those strengths used effectively in the kingdom, we can surely have confidence that He is able and willing to do the same for us. There is indeed a mighty power in the application of God's instruction. A recognition of our differences, or gifts, gives a breath of fresh air and an acknowledgment of strengths/weaknesses gives us hope and purpose in an individual way. Of central importance in the development of study using the *What Makes Us Tick?* handbook is to remember that the goal is to reconcile ourselves to the life God desires for us. In this He will not leave us and life will never be more satisfying.

Nancy Scott

When you study Bible characters, do you identify with some more than others? Do you see certain of your personality characteristics in Jonah for example? Or Peter? Or how about patient Job or the beloved apostle John? Do you see yourself becoming your mother or father and don't like it? Or perhaps you do like the person you are but would like to better understand yourself. A new work is available to help us answer questions like these and to understand many other issues relating to our own and others' personalities. Not just another "Nature verses Nurture"

treatise, Rebecca Rushmore's offering, *What Makes Us Tick? A Look At Personality and the Bible* is a fresh perspective on personality types and behavioral characteristics. Her approach is unique in that it grabs your attention first by guiding the reader in pinpointing his or her own personality type based on an easy to score self-examination. What the test reveals about oneself and others is both fun and very insightful. It then describes in interesting detail the four different types of personalities, sanguine, choleric, melancholy and phlegmatic and guides the reader into identifying with one or possibly a combination of the types. Throughout it describes certain Bible characters and their different personality types based on the description of their activities from Scripture. There are other very helpful chapters on using the personality information in your dealings with others in various situations. The value of the work is in the aid to understanding it provides the reader about his or her own thoughts and actions. "Why do I feel the way I do?" or "Why am I so tempted to act the way I do?" and other troubling questions such as these can be more easily understood in light of its lessons. Its insight can be especially helpful in understanding an estranged parent for example or perhaps a "problem" child. I see a great value in this work as a classroom tool for a teenage or adult class. Because of what it reveals about oneself and others, *What Makes Us Tick?* is a page turner and guaranteed to provoke class participation and discussion. I recommend it highly.

Ken McKinnon

# Personality Scoring Sheet
## Part One

For each **row** of four words, mark the **one** word that best describes you. When finished with all 20 rows in the chart below, total your marks in each of the four columns. Turn to the next page to assess your weaknesses.

## *Strengths*

| | | | |
|---|---|---|---|
| Animated | Adventurous | Analytical | Adaptable |
| Playful | Persuasive | Persistent | Peaceful |
| Sociable | Strong-willed | Self-sacrificing | Submissive |
| Convincing | Competitive | Considerate | Controlled |
| Refreshing | Resourceful | Respectful | Reserved |
| Spirited | Self-reliant | Sensitive | Satisfied |
| Promoter | Positive | Planner | Patient |
| Spontaneous | Sure | Scheduled | Shy |
| Optimistic | Outspoken | Orderly | Obliging |
| Funny | Forceful | Faithful | Friendly |
| Delightful | Daring | Detailed | Diplomatic |
| Cheerful | Confident | Cultured | Consistent |
| Inspiring | Independent | Idealistic | Inoffensive |
| Demonstrative | Decisive | Deep | Dryhumor |
| Mixeseasily | Mover | Musical | Mediator |
| Talker | Tenacious | Thoughtful | Tolerant |
| Lively | Leader | Loyal | Listener |
| Cute | Chief | Chartmaker | Contented |
| Popular | Productive | Perfectionist | Permissive |
| Bouncy | Bold | Behaved | Balanced |
| | | | |
| **Subtotal** | **Subtotal** | **Subtotal** | **Subtotal** |

Personality Scoring Sheet by Florence Littauer in her book, *Your Personality Tree*, Dallas, Word Publishing, c. 1986.

**Personality Scoring Sheet**
**Part Two**

For each row of four words, mark the one word that best describes you. When finished with all 20 rows, total your marks in each of the four columns. Next, add the subtotals together in column one and place that number in the Grand Total for column one. Repeat this for each column. Now, proceed to Chapter One and we will refer to these results later.

## *Weaknesses*

| | | | |
|---|---|---|---|
| Brassy | Bossy | Bashful | Blank |
| Undisciplined | Unsympathetic | Unforgiving | Unenthusiastic |
| Repetitious | Resistant | Resentful | Reluctant |
| Forgetful | Frank | Fussy | Fearful |
| Interrupts | Impatient | Insecure | Indecisive |
| Unpredictable | Unaffectionate | Unpopular | Uninvolved |
| Haphazard | Headstrong | Hard-to-please | Hesitant |
| Permissive | Proud | Pessimistic | Plain |
| Angered easily | Argumentative | Alienated | Aimless |
| Naive | Nervy | Negative attitude | Nonchalant |
| Wants credit | Workaholic | Withdrawn | Worrier |
| Talkative | Tactless | Too sensitive | Timid |
| Disorganized | Domineering | Depressed | Doubtful |
| Inconsistent | Intolerant | Introvert | Indifferent |
| Messy | Manipulative | Moody | Mumbles |
| Showoff | Stubborn | Skeptical | Slow |
| Loud | Lord-over-others | Loner | Lazy |
| Scatter-brained | Short tempered | Suspicious | Sluggish |
| Restless | Rash | Revengeful | Reluctant |
| Changeable | Crafty | Critical | Compromising |
| **Subtotal part 2** | **Subtotal part 2** | **Subtotal part 2** | **Subtotal part 2** |
| **Subtotal part 1** | **Subtotal part 1** | **Subtotal part 1** | **Subtotal part 1** |
| **Grand Total** | **Grand Total** | **Grand Total** | **Grand Total** |

# CHAPTER 1: TALKER, WORKER, THINKER, WATCHER

Before continuing with Chapter One, complete the personality scoring sheet on the previous page. For each row of four words, mark the one that best describes you. When finished with all forty lines, total your marks in each of the four columns. Set this aside so you can refer to it later in the chapter.

A group of people has gathered to complete a task. Some in the group are having a great time. They are talking, laughing, telling jokes and just enjoying themselves while they work. Others in the group are trying to run the show. They are giving orders and expecting them to be carried out immediately. A third set of workers is trying to get the job done perfectly. Everything must be just right. There may be one other member to this group. If he is present, he is trying to get things done the easiest way possible. When the "bosses" disagree, he is there to help reach a peaceful solution. Each of these groups represents a different personality.

For at least two thousand years or so, men have tried to understand and describe people and their personalities. Many studies have been completed and tests made to determine a person's personality. Some are fairly easy to understand and administer, others very difficult. Though each of the theories on personality differs in some way, they all have things in common. The theories propose that a person's personality is based on the temperament with which he was born. *Webster's New World*

*Dictionary* defines temperament as "one's natural disposition; nature." This would be the characteristics that some believe come from his genes, the inherited part of him. Personality is the part of a person that those around him see. It is guided by his temperament. *Webster's* defines "personality" as "distinctive individual qualities of a person, considered collectively." Both personality and temperament can be strongly influenced by one's childhood, family life, education and religion (or the lack thereof).

As you read the information above, you may be wondering why any of this is important enough to study in a Bible class. Consider Ephesians 4:1-3.

> "I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love; Endeavoring to keep the unity of the Spirit in the bond of peace."

Paul by inspiration writes that we are to act in such a way as to bring glory instead of shame for God and the church. He also tells us how to do this — with humbleness, patience and endurance, combined with love. This is to be done so there will be peace and unity or oneness with Christ. How many times has this desired peace been disrupted in the church from what many would call "personality clashes" and simple misunderstandings? One tool for avoiding such problems is understanding why some people act and think the way they do. With this in mind, the study of personalities will be very helpful.

The theory we will be reviewing is based on an idea of the ancient Hippocrates. He proposed that the human body has four humors (fluids) that when mixed in different proportions caused four different temperaments. This word comes from the Latin meaning "a mixing in due proportion." The first temperament was caused by large quantities of red blood in the body. This caused a person to be cheerful and confident but not very serious. He was called a sanguine (san´ gwin). The second humor caused a person to be choleric (kol´ er ik). This individual had too much yellow

bile that caused him to be easily angered, short-tempered, always ready for action and a good leader. A third temperament, called melancholy (mel´ en kol´ ¯e ), had too much black bile. This made a person that was easily depressed, often sad, thoughtful and deep. The last humor was cold and moist. It produced the phlegmatic (fleg mat´ ik), a person who was slow, calm, cool and difficult to ruffle. Hippocrates' idea regarding these four temperaments being caused by body fluids is no longer accepted. However, the basic idea of the four temperaments and their characteristics that we use today are based on his original theory. This basic concept of four temperaments has been further refined to the information we have today.

Look now at the personality scoring sheet you completed at the beginning of the chapter. If your highest score was in the first column, you are a sanguine. The second column belongs to the choleric, the third to the melancholy and the last one to the phlegmatic. Most people probably marked at least one word in each column. This shows that we all share characteristics with each of the four personality types, however, one is usually dominant. You may have scored very close in two columns. This means you probably have a dominant type and a very strong secondary personality type. As you read further, you may decide that the descriptions of your personality type do not seem to fit you. Consider your secondary personality type. It may be a strong enough influence to counteract some traits of your primary personality. Other factors in your life can also overshadow or alter what are considered common traits to your personality.

If you are using this book as a class study, have four different colored ribbons or stickers ready. Assign one color to each personality type and hand them out accordingly. Have the members of the class move to sit with others of their personality. Take a few minutes for each group to talk about how they are alike and different. Each group should then share with the rest of the class their thoughts so far.

For those self-conscious classes who are reluctant to assemble into little groups, list the names of class members under the four

personality types. Auditorium classes also may be hindered in assembling in smaller groups. Use a dry-write or chalk board or transparency. Large classes may have to be content to let members of each personality type alternately stand.

Read *I'm Special* on the following page. Even though there may be several in the room with the same personality type, each individual is unique. No two people have the exact same personality traits, background, education and religious training. As we continue our study in the book we will see that no one personality type is better than another. All four have their strengths and weaknesses. All four are needed for a smoothly running world or church.

Now recall the situation at the beginning of the lesson. Can you fit each group mentioned into a personality type? Explain your reasoning. In the next lesson we will look at each of the personality types more carefully. For now, consider these one-word summaries of each type.

**sanguine = talker**
**choleric = worker**
**melancholy = thinker**
**phlegmatic = watcher**

## Discussion Questions

1. How might one's personality be influenced by childhood, family life, education and religious training?
2. How does disunity in the church bring shame?
3. Describe a world in which everyone was alike. Would you like to live in such a world?
4. Do opposites really attract? You may want to score a personality sheet for your spouse, children, parents or friends.
5. In a class study, as each personality group talked together, could their typical traits be observed or heard in those discussions? Explain.
6. How did each group approach the assigned discussion?

## Fill-In-The-Blanks

1. People's personality types have been a subject of study for at least how many years? _____
2. Theories regarding personalities propose that one's personality, in part, is based on the _____ with which he is born.
3. The personal characteristics that are observable by others is called what? _____
4. List four things that can influence one's personality and temperament._____
   _____
   _____
   _____
5. Much of the division that sometimes occurs in congregations is often attributed to what? _____
   _____
6. Name the historical figure to whom some of the earliest thoughts regarding personalities are attributable. _____
   _____
7. List the four personality types mentioned in Chapter One.
   _____
   _____
8. Though in any group there may be several people who have the same basic personality type, each individual is _____
   _____
9. Each personality type has its _____ and _____.
10. Which personality type or types are needed for a smoothly running world and church? _____
    _____
11. A *talker* represents which personality type? _____
    _____
12. A *worker* represents which personality type? _____
    _____
13. A *thinker* represents which personality type? _____
    _____

14. A *watcher* represents which personality type? _____
_____

15. List the unique traits enumerated in *I'm Special*. _____
_____
_____
_____
_____
_____

# *I'm Special*

I'm special. In all the world there's nobody like me.

Since the beginning of time, there has never been another person like me. Nobody has my smile. Nobody has my eyes, my nose, my hair, my hands, my voice. I'm special.

No one can be found who has my handwriting.

In all of time there's been no one who laughs like me, no one who cries like me. And what makes me laugh and cry will never provoke identical laughter and tears from anybody else, ever.

No one reacts to any situation just as I would react. I'm special.

I'm the only one in all of creation who has my set of abilities. Oh, there will always be somebody who is better at one of the things I'm good at, but no one in the universe can reach the quality of my combination of talents, ideas, abilities and feelings. Like a room full of musical instruments, some may excel alone, but none can match the symphonic sound when played together. I'm a symphony.

Through all of eternity no one will ever look, talk, walk, think or do like me. I'm special. I'm rare.

And, in all rarity there is great value. Because of my great rare value, I need not attempt to imitate others. I will accept — yes, celebrate — my differentness.

I'm special. And I'm beginning to realize it's no accident. I'm beginning to see God made me special for a very special purpose. He must have a job for me that no one else can do as well as I.

Out of all the billions of applicants, only one is qualified, only one has the right combination of what it takes. That one is me . . . a sure sign I'm something, someone special.

~~ Author Unknown ~~

# CHAPTER 2:
# I'M CHOLERIC: WHO ARE YOU?

In the previous lesson we looked at the basic theory of personality. We also discovered the name of our own personality type. Now we will look more closely at the characteristics of the four. Notice that there are strengths and weaknesses to each type. No one type of personality is better than any other. All are needed to balance each other and make the world a more interesting place to live. Can you imagine what it would be like if everyone were the same?

First, let's consider the sanguine. These people are usually very easy to pick out in a crowd. Look at your personality scoring sheet. The first twenty words in the first column are his strengths. This is your talker. The sanguine always has friends around and is compelled to make them laugh. Sanguines are full of energy. They bounce from one activity to another. Craving attention, the sanguine loves to be the star. In all things he tries to have fun and complete any task at hand "the happy way."

Now look at the last twenty words in the first column. These are the sanguine weaknesses. Because he always wants to be the center of attention, this lively person is many times a show off or class clown. He is restless and frequently leaves projects or goals before completing them. The sanguine is often undisciplined, disorganized and forgetful.

The sanguine personality is one that characterizes a person who is warm, friendly and very sensitive. An individual with these traits needs attention and approval from those around him. If you

meet an exuberant salesman or a stranger that goes out of the way to meet you, a sanguine personality has just arrived.

The next column on the personality scoring sheet introduces the choleric. These people are your born leaders. They are characterized by being hard workers, very productive and independent. Along with this comes a tendency to be strong-willed. A choleric can easily organize and run just about anything to which he sets his mind. He is constantly busy making good decisions and then acting on them.

Along with these good qualities, however, come some weaknesses. The choleric tends to be very short tempered. These people are easily angered and often have explosions of temper. The natural leadership skills of this personality many times go beyond what others would like. Cholerics are often bossy and domineering. They want things done their way immediately and are not shy about saying so. Such people thrive on controversy and enjoy arguments.

The choleric individual is normally a good worker. He makes a good leader and will likely finish what he starts. This person is not easily intimidated, though he often intimidates others. He thrives on control, wants things his way and needs lots of achievement and appreciation. If you run into a workaholic or someone who loves to tell you what to do and when, you have just met the average choleric.

The third group we need to examine contains the melancholies. These people are the thinkers. They are thoughtful, analytical and respectful. Look at the third column on the personality scoring sheet. All the strengths listed here belong to someone who is not nearly as aggressive as the sanguine or choleric. This person is very sensitive to others. He loves to make plans and tries to make everything in his life perfect. These individuals are usually very creative.

This group has its weakness also. As the word melancholy suggests, this personality is very moody. Often sad or depressed one moment, the individual may be happy and content the next. The melancholies in life tend to be very pessimistic, critical and

suspicious. They are also insecure people who do not easily make friends. However, when they do make friends they make lasting friendships. Melancholies are usually hard to please and fussy over details.

A melancholy person is a self-sacrificing individual. He will be a loyal friend no matter what it costs him. This individual wants things done right or not at all and strives for perfection in all things. He needs order and sensitivity in his life above all else. If you encounter a perfectionist who is creative and moody, you have just met a melancholy person.

The last personality type is that of the phlegmatic, the watcher. Look at the strengths listed in the last column on the scoring sheet. These traits are also of one who is not aggressive. In fact, this person is very passive. He is tolerant of others, content and balanced. The phlegmatic is a good listener and as such makes a good mediator. He tries hard not to be offensive to anyone. An adaptable person, he is friendly but shy, and very consistent.

Like the other three personalities, the phlegmatic has his weaknesses. This individual is so much the watcher that he becomes involved in as little as possible. He is fearful, indecisive and hesitant of things in life. This characteristic leads to a compromising nature. Often the phlegmatic worries over everything. Phlegmatics come across as indifferent and unenthusiastic, lazy and sluggish.

The phlegmatic person is not easily excited. If a job has to be done, he wants to do it the easy way. His goal in life is to have peace. These people need respect and a sense of self-worth. If you observe a person patiently watching activities around him, trying to make peace or working with small details, you are looking at a phlegmatic.

As we have discovered the characteristics of each of the four personality types, you have probably seen yourself. You may also have strongly disagreed with some of the traits of your personality type. Some of the common characteristics are how others see that personality. For example, the choleric may not think he is bossy, but others around him feel they are constantly told what to do.

Another factor to consider is the influence of Christ. Ask yourself if you could picture yourself with certain characteristics if you were not actively trying to follow Christ and his example. Other factors in your life might alter some of these characteristics as well. Consider education, religion, home life, work place and a strong secondary personality type. These character traits are what is typical of each personality type.

In the next four lessons we will look at Bible characters that exemplify each of the four personality types. Who would you consider for each type?

## Discussion Questions

1. Describe each of the four personality types.
2. Review the list of weaknesses on the personality scoring sheet. Are there any that could be considered strengths in some cases? Explain.
3. Consider the list of strengths in the personality scoring sheet. Are there any that could be considered weakness in some cases? Explain.
4. Discuss the importance of balancing the strengths and weaknesses of a personality.

## Fill-In-The-Blanks

1. Each personality type has _____ and _____.
2. No one type of personality is _____.
3. The sanguine tries to have fun and complete any task _____.
4. List and compare some of the strengths and the weaknesses of the sanguine. _____
_____
_____
_____
_____

5. An exuberant salesman or a stranger that goes out of the way to meet you probably has the _____ personality.
6. Born leaders are the usually the _____ personality.
7. List and compare some of the strengths and the weaknesses of this next personality. _____
_____
_____
_____
_____
8. List some of the strengths and the weaknesses of the melancholy personality. _____
_____
_____
_____
9. The passive personality type belongs to the _____
_____
10. List some of the strengths and the weaknesses of this fourth personality. _____
_____
_____
_____
11. Though one may disagree that certain traits attributable to a personality type are characteristic of him, _____ may see that personality trait in him.
12. The _____ of Christ may override a negative characteristic ordinarily attributable to a personality trait.
13. List four environmental circumstances that may favorably or unfavorably affect one's personality type. _____
_____
_____
14. Also, a strong _____ personality type may affect one's personality type.
15. Further, one's actual personality may differ from what is _____ typical of each personality type.

# CHAPTER 3: THE TALKER

In the last lesson we looked at the characteristics of the four personality types. This chapter will consider three Bible characters that are examples of the sanguine personality. Since these men of the Bible cannot complete a personality scoring sheet to show us their personality, we have to use what is written in the pages of the Bible. By looking at what each wrote, did or said we can get a good idea of their respective personality types. The goal of such a study is to see people like ourselves serving God to their best ability and providing great examples for us to follow.

Recall for a moment some characteristics of the sanguine. He (or she) is the talker of a group, an impulsive individual who wants attention and credit. The sanguine tends to be inconsistent and changeable and still very convincing. Keep these qualities in mind as you read the following verses pertaining to King David. Read 1 Samuel 17:22-40; 2 Samuel 11:2-4; 2 Samuel 12:1-23; 1 Samuel 18:6-7; 1 Kings 2:1-3.

David shows his impulsiveness as a young boy and as the King of Israel. Verse 22 of 1 Samuel 17 introduces young David as he seeks his brothers on the battle field. Here Saul's soldiers are ready for battle with the nearby Philistines. David rushes in to see what is happening. When he hears the giant Goliath mock Israel, David quickly speaks up and is ready to fight. In verse 40 we see David shedding Saul's armor with little thought and marching off to face the mighty Goliath with five stones, a slingshot and God on his side.

The second book of Samuel shows David being impulsive again. This time, as King of Israel he walks on his rooftop in the evening. David happens to see Bathsheba bathing on her rooftop. Instead of looking the other way, he immediately seeks her name and sends for her (11:1-15). Their adultery brought the death of two innocent lives, her husband and the son of their sin.

This tendency of David's to act on impulse shows the good and bad of the trait. In his fight with the Goliath, David knew he was fighting with God on his side. He had great faith that all would work out. With such faith, David could not sit around and hear God blasphemed and his people mocked. He acted quickly with little thought but that God was on his side. We as Christians need to have this kind of impulsiveness. Know that God is on our side and act quickly at every opportunity to defend God and his people.

The disadvantage of this impulsiveness should be recognized as well. King David acted quickly and without thinking when he committed adultery with Uriah's wife. If he had stopped just a few minutes before acting, a great tragedy might have been avoided. Sanguine personalities and any others who have the trait of impulsiveness need to learn to slow down and think of the consequences of their actions. This does not mean that you should consider everything for so long that the moment passes. There is nothing wrong with packing up in a moment's notice and going on a picnic or a weekend vacation. Just be sure to pause long enough to ask yourself one question: "Is this something that will be acceptable to God?"

David also shows his sanguine tendencies with his many writings. David was very contrite when the prophet Nathan confronted him with his sin. The king was immediately sorry for what he had done (2 Sam. 12:1-31). His sensitive nature and penitent heart are evident in places such as Psalm 51. We see from such passages that God was a great influence in the life of David. He was adored by the masses of his kingdom (1 Sam. 18:6-7) yet it is written that David was a man after God's own heart (Acts 13:22). God was such an influence in David's life that while near

death he instructed his son Solomon to walk with the Lord (1 Kings 2:2-3).

As David let God guide him, so did Apollos. This preacher of the Gospel shows characteristics of the sanguine as well. Apollos was a great speaker (Acts 18:24-25). He was so good in fact that he attracted a great following. Paul wrote to the Corinthians that they should not follow a speaker, but rather the subject of that speaker, Jesus Christ (1 Cor. 1:12; 3:4; 16:12). There is no evidence Apollos was inviting this following. What we really know of this man is found in Acts 18:24-19:1. Here we read how Apollos was teaching about the Lord but was lacking information that Jesus had already come and died. Aquila and Priscilla taught him what he had not learned and this eloquent man continued to preach convincingly about Christ's death for the lost. Note that his preaching was bold, he "mightily convinced the Jews" and that this was all done publicly. Again we see typical sanguine traits. We also see Apollos as finishing or continuing a task. This is not common to the sanguine personality. Obviously his desire to please God overcame his tendency to not follow through on a job. Apollos used his gift as a good and persuasive speaker to bring many to Christ.

The last sanguine Bible character we will look at is the apostle Peter. What recorded events in his life point to his personality traits? Read Matthew 14:28; 17:4 and John 18:10. Here we see his impulsive side. When Christ was walking on the water who but Peter should ask to come walk on the water, too. At Christ's betrayal, Peter cut off an attacker's ear and again it was Peter who wanted to build three tabernacles at the transfiguration.

Like many sanguines, Peter was also selfish as well as inconsistent and changeable. After following Christ and listening

to his teachings, Peter asked what he would get for leaving everything behind (Matt. 19:27). After all the time spent with Christ he was still thinking materially, of the here and now instead of what was awaiting him in eternity. A clear understanding of Christ's mission was not yet in his mind. This wrong attitude was evident in his selfish question. Compare Peter's attitude in Matthew 16:22; John 13:8-9; 18:10 with his attitude in Matthew 14:30; 26:69-75.

> "Then Peter took him, and began to rebuke him, saying, Be it far from thee, Lord: this shall not be unto thee" (Matt. 16:22).
>
> "Peter saith unto him, Thou shalt never wash my feet. Jesus answered him, If I wash thee not, thou hast no part with me. Simon Peter saith unto him, Lord, not my feet only, but also my hands and my head" (John 13:8-9).
>
> "Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus" (John 18:10).
>
> "But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me" (Matt. 14:30).
>
> "Now Peter sat without in the palace: and a damsel came unto him, saying, Thou also wast with Jesus of Galilee. But he denied before them all, saying, I know not what thou sayest. And when he was gone out into the porch, another maid saw him, and said unto them that were there, This fellow was also with Jesus of Nazareth. And again he denied with an oath, I do not know the man. And after a while came unto him they that stood by, and said to Peter, Surely thou also art one of them; for thy speech bewrayeth thee. Then began he to curse and to swear, saying, I know not the man. And immediately the cock crew. And Peter remembered the word of Jesus, which said unto him, Before the cock crow, thou shalt deny me

thrice. And he went out, and wept bitterly" (Matt. 26:69-75).

Peter wanted to walk on the water with Christ, but once he was out there, he became afraid and started to sink. He forgot to let Christ be on his side, to look to the master for strength. One minute he refuses to let Christ wash his feet, the next minute Peter says Christ can wash all of him. John records that Peter rebuked Christ when he told of his coming betrayal and death. When Christ needed a friend most, the same man who was willing to fight so Jesus would not be taken denied even knowing the Lord. Peter's attitude was very changeable and inconsistent. He was bold, arrogant and demanding one minute. The next he was fearful and almost humble.

Like David and Apollos, Peter allowed God to be an influence so he could overcome his faults. On Pentecost, Peter's sermon is the one recorded for all generations to read (Acts 2). This man with all his sanguine characteristics, both good and bad, became a great soul winner for Christ. Many sanguines do not finish what they start. Peter did; he even suffered for it. Read Acts 4:19-20; 5:28-29, 40-42.

"But Peter and John answered and said unto them, Whether it be right in the sight of God to hearken unto you more than unto God, judge ye. For we cannot but speak the things which we have seen and heard" (Acts 4:19-20).

"Saying, Did not we straitly command you that ye should not teach in this name? and, behold, ye have filled Jerusalem with your doctrine, and intend to bring this man's blood upon us. Then Peter and the other apostles answered and said, We ought to obey God rather than men" (Acts 5:28-29).

"And to him they agreed: and when they had called the apostles, and beaten them, they commanded that they should not speak in the name of Jesus, and let them go. And they departed from the presence of the council,

> rejoicing that they were counted worthy to suffer shame for his name. And daily in the temple, and in every house, they ceased not to teach and preach Jesus Christ" (Acts 5:40-42).

Peter spoke the truth for Christ and continued to do so even when beaten and ordered by the Sanhedrin to stop preaching.

As we have seen in this lesson, God can use anyone's strengths and weaknesses for his benefit. Here three probable sanguine men served God faithfully. This is a lesson for all sanguines today. You can overcome the weaknesses that hinder you. Like David, Apollos and Peter your life will not be perfect. However, like these three you can make a difference and serve God to the best of your abilities.

## Discussion Questions

1. How can impulsiveness be both a strength and weakness?
2. What sanguine traits can we see in David, Apollos and Peter?
3. What activity in the church might be best pursued by the sanguine?
4. Can you think of any other Bible characters with sanguine traits?

## Fill-In-The-Blanks

1. The goal of examining apparent personality types of Bible characters is to see people like ourselves _____ God to their best ability.
2. List two instances of impulsiveness of David. _____ _____
3. The tendency of David's to act on impulse shows the _____ and the _____ of the trait.
4. Impulsiveness may be controlled somewhat by posing the question, "Is this something that will be _____ to God?"
5. How did David react when confronted about his sins by the prophet Nathan? _____

_____
_____

6. What sanguine trait did Apollos exhibit? _____
7. On especially what three occasions did the apostle Peter demonstrate impulsiveness? _____
_____
_____
_____
8. After all the time spent with Christ, he was still thinking _____.
9. When Christ needed a friend most, the same man who was willing to fight so Jesus would not be taken _____ _____ _____ the Lord.
10. Peter's attitude was very _____ and _____.
11. Despite Peter's failings, he overcame them to do what on Pentecost? _____
_____
12. Name the three Bible characters used in this chapter to illustrate the sanguine personality. _____
_____
13. God can use anyone's _____ and _____ for his benefit.
14. From their lives one can learn that he can overcome the _____ that hinder him.
15. Sanguines can make a _____ and _____ God to the best of their abilities.

## Crossword Puzzle

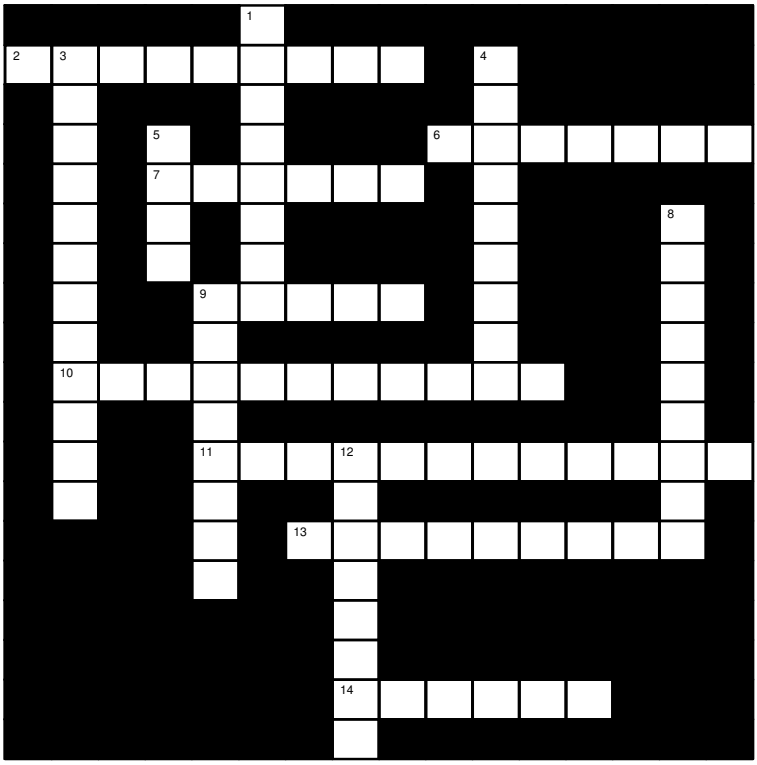
**Across**

2. Ruled Israel; man after God's heart (two words)
6. Gospel preacher
7. Taught a preacher more perfectly
9. Impetuous apostle
10. Peter wanted to build three at the transfiguration
11. What should be considered before acting

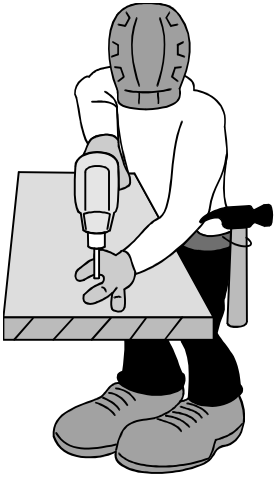
13. Helped husband teach a preacher
14. One word summary of a personality type

**Down**

1. Personality of a ‘people person’
3. Not always the same; changing
4. Act without thinking
5. His army fought the Philistines
8. Her husband was killed to hide her sin
9. Vocation of two sanguines in this lesson
12. Ultimately comes from God



# CHAPTER 4: THE WORKER



The previous lesson was a study of three Bible characters with the sanguine personality. God used these men even though they had weaknesses like everyone else. David, Apollos and Peter learned to use their strengths to serve God. We also have some Bible examples of the choleric personality.

A prominent trait of any choleric is his drive. This person is a very hard worker, sometimes to the point of being a workaholic. If there is a job to be done, enlist the aid of a choleric. With this characteristic in mind, read the five chapters in the Book of James. Repeatedly, James refers to the Christian and his work. He places a great emphasis on works being a manifestation of one's faith (Jam. 1:27; 2:26). Like a good choleric, his focus seems to be on working. This can be both good and bad. It is good that one work hard and provide for himself and his family (2 Thess. 3:10-12). At the same time, we should be careful not to work so hard that we neglect our duties to family, friends and God. God should always be first (Matt. 6:33). If we keep that in mind, work will fall into place as it should.

James acknowledges another potential weakness of the choleric personality. Cholerics generally have a problem with their tongue. Quick to anger, these people tend to speak before thinking. They frequently use their tongues for argument, producing discord. We are warned of the damage this can do. Read James 1:26 and 3:1-8. A Christian must control his tongue to avoid bringing shame on himself and the church.

Consider Titus. We know little of this Bible character either. There are a few references to him by the apostle Paul (2 Cor. 2:13;

7:6, 13; 8:6). These mention his help to Paul or the church in some way. Now read Titus 1:4-5. Paul left this young preacher in Crete to "set things in order." Crete is an island in the Mediterranean Sea. We know from this text that Paul considered Titus a good worker if he was left to evangelize a whole island and appoint elders in the congregations. Can we be counted on to work just as hard for the Lord?

We see the typical hardworking productiveness in Titus that is common to cholerics. The verses in 2 Corinthians that we noted also show a side of Titus that is not common to cholerics. Notice these phrases from the passages: "I found no rest in my spirit, because I found not Titus" (2 Cor. 2:13), ". . . comforted us by the coming of Titus" (7:6), ". . . joy of Titus" (7:13). It seems that the presence of Titus was a comfort to those in need. Many people do not find it a comfort to be around cholerics. Their typical temper, argumentative nature and bossiness often leave people far from comforted. Titus, however, does not seem to have these traits in abundance. He either never developed them or with Christ's influence learned to control them. Either way, Titus is an example of a strong worker for Christ who could also get along with others and comfort those in distress.

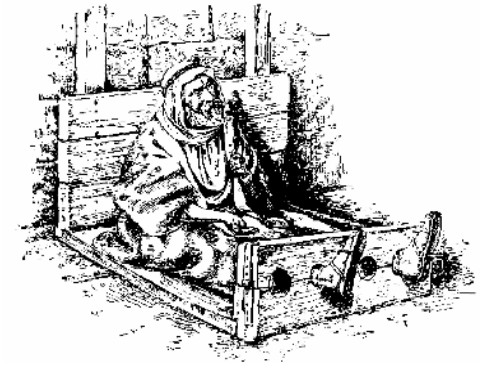
Martha, the sister of Lazarus, was probably a choleric also. Consider what is written of her in Luke 10:40 and John 12:1-2.

> "But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me" (Luke 10:40).
>
> "Then Jesus six days before the passover came to Bethany, where Lazarus was which had been dead, whom he raised from the dead. There they made him a supper; and Martha served: but Lazarus was one of them that sat at the table with him" (John 12:1-2).

Both times she is occupied with serving her guests. In Luke she is the hostess of her house and is trying to make her guests comfortable and have everything ready. Her sister Mary was sitting

at Jesus' feet and learning. Martha finally had enough and asked the Lord to send her sister to help. Jesus responded with a message that all busy choleric types should heed. "Martha, Martha, thou are careful and troubled about many things: But one thing is needful; and Mary hath chosen that good part, which shall not be taken away from her." (Luke 10:41-42) Martha was so busy she forgot to put God first. Today, cholerics need the same message. Do not become so involved in serving and working for others that you stop learning and communing with God yourself.

The last choleric we will consider is the apostle Paul. Since we have so much more written of him than the others under consideration, we can see even more choleric traits. Like James, Martha and Titus, Paul was a hard worker. His industry and productivity are shown by his missionary journeys, letters to the Christians of the first century and verses like 1 Thessalonians 2:9.



We also see evidence of a confident but intolerant man. Paul was so sure he was doing the right thing in persecuting Christians that he said "I have lived in all good conscience before God until this day" (Acts 23:1). In his confidence he was intolerant of Christianity. However, once he was taught the truth, he used his confidence and intolerance for God. In writing to the Corinthians, Paul condemned their lack of shame and acceptance of gross immorality and corruption in the church (1 Cor. 5 and 6). He did so with the confidence that he was doing God's will. (Whereas the apostles could teach no error, they were not flawless in their practice of Christianity, Gal. 2:11-14). We, like Paul, should be confident in our faith and intolerant of perversions of that faith. On matters of opinion though, we should have tolerance to keep the peace or to prevent others from stumbling (1 Cor. 8).

Paul also demonstrates a measure of resourcefulness and leadership in his character. When preaching to those around him, Paul used language they could understand. In Acts 17 Paul preached to the people of Athens. Before speaking he noticed an altar to "the unknown god." He then used this part of their lives to teach Jesus. Paul's leadership is seen in his many missionary journeys and writings. He was able to show people how to live and teach, both by example and written word.

Many cholerics are not known for their tact, patience and self-sacrifices or affection for others. However, we do see these characteristics in Paul. In his letters, he first told his readers what was good about their lives or work, then gently but firmly instructed them how to change what was wrong. His patience is evident in the many signs he performed, letters written, visits made to the churches. Paul's whole life after his conversion was a sacrifice for the Lord. Read 2 Corinthians 11:23-28 and Philippians 3:4-8.

> "Are they ministers of Christ? (I speak as a fool) I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft. Of the Jews five times received I forty stripes save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. Beside those things that are without, that which cometh upon me daily, the care of all the churches" (2 Cor. 11:23-28).

> "Though I might also have confidence in the flesh. If any other man thinketh that he hath whereof he might trust in the flesh, I more: Circumcised the eighth day, of the stock of Israel, of the tribe of Benjamin, an Hebrew of the Hebrews; as touching the law, a Pharisee; Concerning

> zeal, persecuting the church; touching the righteousness which is in the law, blameless. But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ" (Phil. 3:4-8).

As a Jew, Paul had bragging rights. He had achieved the highest level in the Jewish world that he could possibly attain. He had the best education he could hope to acquire. In the Jewish sphere Paul could go no higher. Yet all that the world held in high esteem he counted as nothing. He was also a Roman citizen which gave him much advantage in a world ruled with the Roman fist. Paul's citizenship by birth gave him freedom and rights other Jews and Gentiles could never attain. Even with all this, Paul suffered more than we can really imagine, all for Christ. When reading Paul's letters to individuals and congregations, his love and affection is evident from beginning to end. What can cause such behavior unusual to this personality type? The answer is Christ. God is a great influence in the lives of those who let him in. He took the weaknesses of Paul and turned them to work for good. He used Paul's strengths in leadership and persuasion to lead many people to the Gospel.

The cholerics of the world have their work cut out for them. Their leadership skills and hard working nature are sorely needed in the church. At the same time, these people, like Paul, Martha, James and Titus need to let Christ help them control their temper, bridle their tongue and be affectionate, self-sacrificing individuals for the Lord.

## Discussion Questions

1. When is being a workaholic a weakness?
2. What harm could be caused by a choleric who fails to control his temper and tongue?
3. Is intolerance ever appropriate in a Christian? If so, when?

4. What should we be willing to sacrifice for Christ?
5. What other Bible characters display choleric traits?
6. What public figures have choleric tendencies?

## Fill-In-The-Blanks

1. A prominent trait of any choleric is his _____.
2. Cholerics are very hard workers, sometimes to the point of being _____.
3. Cholerics must be careful not to work so hard that they neglect duties to _____, _____ and _____.
4. What two subjects did James address in his epistle that are often problem areas for Cholerics? _____
5. What about the activities of Titus may suggest that he was a choleric, too? _____
_____
6. What was Martha doing in each of the two references to her in this chapter? _____
_____
_____
7. Martha was so busy she _____ _____ _____ _____ first.
8. List the Bible characters mentioned in this chapter who may have been cholerics. _____
_____
9. Among other ways, the apostle Paul showed _____ and _____ by his missionary journeys.
10. One can see in Paul evidence of a _____ but _____ man.
11. Paul was so sure he was doing the right thing in persecuting Christians that he said: _____
_____
_____
12. We, like Paul, should be _____ in our faith and _____ of perversions of that faith.

13. However, in matters of opinion, we should have _____.
14. Cholerics' _____ _____ and _____ _____ nature are sorely needed in the church.
15. Christ can help cholerics control their _____, bridle their _____ and be _____, _____-_____ individuals for the Lord.

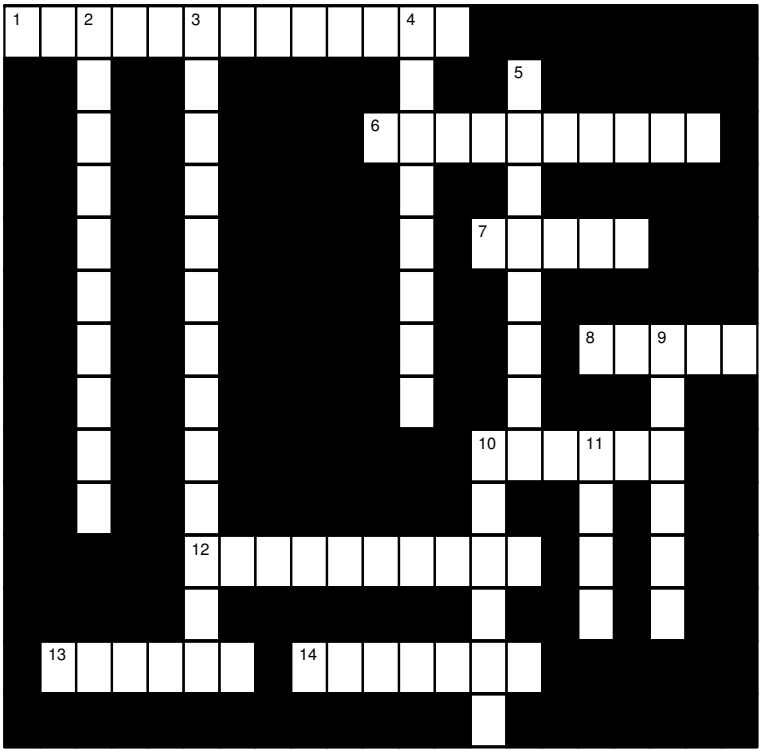
## Crossword Puzzle

**Across**

1. Giving up needs of self for needs of others
6. One who does not know how to relax
7. 'Set things in order' on Crete
8. Wrote about anger and the tongue
10. Quick anger
12. Not accepting other's ideas
13. One word description of a personality
14. Speaking with another's feelings in mind

**Down**

2. Skill of being in charge
3. Tendency to constantly disagree
4. Personality of born leader
5. Longsuffering
9. Wanted her sister to help serve
10. Body part that helps you speak; needs to be controlled
11. Taught about Christ using the example of 'unknown god'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# CHAPTER 5: THE THINKER

So far we have looked at Bible characters who were probably sanguine and choleric. Now let's consider those who were melancholy. Recall the traits of the melancholy person. He is persistent, a perfectionist, pessimistic, depressed and revengeful. What Bible figures come to mind regarding any of these traits? In this lesson we will look at three: John the apostle, John the Baptist and Moses.

All three of these men proved to be self-sacrificing. In Matthew we read of the conditions in which John the Baptist lived. He did not have a nice home and clothes and the best food. He lived in the wilderness, wore clothes of camel's hair and ate locust and honey (3:1-4). He also lost his life because Herod and Herodias were displeased when he preached the truth (Matt. 14:1-11). Matthew also records the sacrifices made by John who became an apostle. This man left his family and business in the middle of the day to follow Christ (4:21-22). The book of Exodus tells of the life of Moses. This Hebrew boy was raised by the pharaoh's daughter in a life of luxury. Yet, he relinquished all this to defend his people (Exod. 2:11-15). Moses later left his peaceful life in Midian to lead God's people out of bondage in Egypt (Exod. 4:18-21). Like these three examples, we as Christians should be willing to give our time, money and anything else necessary in the service of the Lord.

Other characteristics of the melancholy are evident in the lives of these men. The apostle John was very intolerant and revengeful.

Mark 9:38-39 tells of his forbidding someone to cast out devils because he did not follow Christ as he toured the country teaching.

> "And John answered him, saying, Master, we saw one casting out devils in thy name, and he followeth not us: and we forbad him, because he followeth not us. But Jesus said, Forbid him not: for there is no man which shall do a miracle in my name, that can lightly speak evil of me" (Mark 9:38-39).

Luke records the occasion when John wanted to call fire from heaven to consume those who would not receive Christ (9:51-56). Moses did not want to lead God's people from Egypt. His excuses to God show that he was afraid and skeptical that anyone would follow him (Exod. 3:1-13). Later, when dealing with pharaoh, Moses showed persistence by not giving up when pharaoh refused to let God's people leave (Exodus 5:1-12:51). He also persistently pleaded with God to give the people another chance as they continually regretted leaving Egypt and complained (Exod. 32:11-14, 31-32; Num. 14:13-20). Moses also demonstrated the melancholy depression while he struggled to lead the rebellious children of Israel (Num. 11:10-15).

> "Then Moses heard the people weep throughout their families, every man in the door of his tent: and the anger of the Lord was kindled greatly; Moses also was displeased. And Moses said unto the Lord, Wherefore hast thou afflicted thy servant? and wherefore have I not found favour in thy sight, that thou layest the burden of all this people upon me? Have I conceived all this people? have I begotten them, that thou shouldest say unto me, Carry them in thy bosom, as a nursing father beareth the sucking child, unto the land which thou swarest unto their

> fathers? Whence should I have flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat. I am not able to bear all this people alone, because it is too heavy for me. And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness" (Num. 10-15).

These men are great examples of melancholies working for God. John the Baptist taught the truth knowing it would not be well received (Matt. 14:4). John the apostle was charged with the care of Jesus' mother and learned the lesson of love and compassion (John 19:26; 1 John 3:14-18, 4:7-11). Moses is listed in that great "Bible Hall of Fame," Hebrews Chapter 11. Even though his mistakes in the wilderness prevented him from entering Canaan, God allowed him to see the promised land (Deut. 34:1-5) and counted him as a faithful servant.

Moses, John the Baptist and John the apostle, like the others we have studied thus far, allowed God to be in control of their lives. These men left us examples that we should follow. Do not neglect your duties as a Christian. Use the talents and strengths God gave you to serve him always.

## Discussion Questions

1. What did Moses, John the Baptist and John the Apostle sacrifice for God?
2. Did Moses have reason to be depressed? Should he have remained in a state of depression? What can we learn about depression from Moses'and the Bible?
3. How can constant pessimism affect those around you?
4. What other Bible characters have melancholy traits? Explain.
5. What public figures have melancholy traits?

## Fill-In-The-Blanks

1. List five traits of the melancholy personality. _____
_____
_____
2. Name the three Bible characters in this chapter used to demonstrate the melancholy personality. _____
_____
3. All three of these men proved to be _____-_____.
4. Describe the conditions under which the first Bible character described in this chapter lived. _____
_____
_____
5. Describe how the melancholy personality of this Bible character contributed to his untimely death. _____
_____
_____
_____
6. The apostle John left his _____ and _____ _____ in the middle of the day to follow Christ.
7. On what two occasions did Moses sacrifice his lifestyle to serve God? _____
_____
_____
8. Christians should be willing to give their _____, _____ and anything else necessary in the service of the Lord.
9. On what two occasions did the apostle John demonstrate vengefulness? _____
_____
10. Moses was _____ and _____ that anyone would follow him.
11. However, he showed _____ by not giving up when pharaoh refused to let God's people leave.
12. Moses also demonstrated the melancholy _____ while he struggled to lead the rebellious children of Israel.

13. John the Baptist taught the truth knowing it _____ _____

14. The apostle John was charged with the care of Jesus' mother and learned the lesson of _____ and _____.

15. Moses, John the Baptist and John the apostle were successes because they allowed God to _____ _____

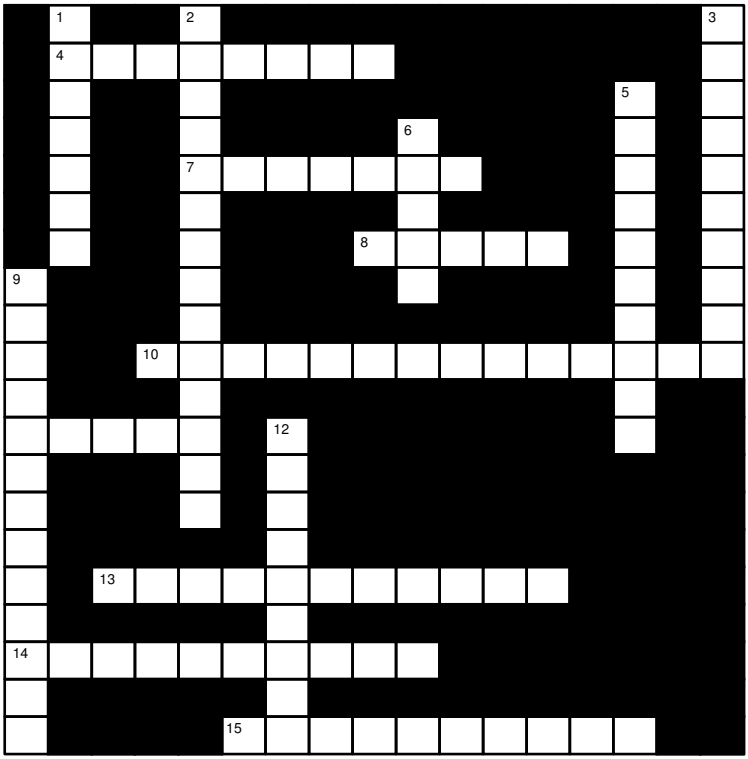
## Crossword Puzzle

**Across**

4. Sought the head of John the Baptist
7. One word description of personality
8. Led the Israelites out of Egypt
10. Beheaded disciple (three words)
11. Country Israelites left
13. Seeing the glass as half empty
14. Children of God in the Old Testament
15. Personality type of frequently depressed

**Down**

1. Ruler of Egypt
2. Beloved apostle (three words)
3. Not giving up
5. Feeling down
6. King of Judaea
9. Wanting everything in order
12. Giving something up for a cause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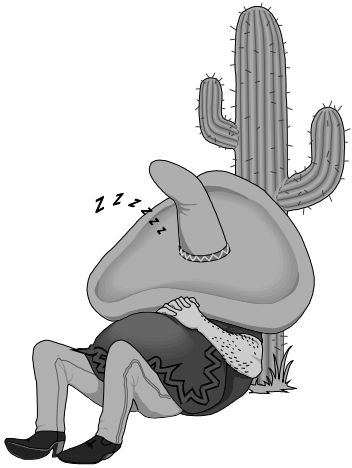
# CHAPTER 6: THE WATCHER




We have already looked at Bible examples of the sanguine, choleric and melancholy personality types. In each instance the individuals allowed God to be a great influence in their lives. This helped them develop traits not common to their types of personalities. The same is true of the phlegmatics, our last group to study.

Consider the phlegmatic characteristics. This person is very peaceful, patient and adaptable. At the same time, he tends to be reluctant, indecisive and a worrier. The Bible characters we will consider with these traits are Timothy, Barnabas and Abraham.

The young preacher Timothy is seen in scripture mainly through the writings of the apostle Paul. Timothy was sometimes Paul's companion as he traveled through Europe and Asia preaching the Word (Acts 16:1-3; Phil. 1:1). At other times, Paul reported in his writings to the churches that Timothy was in another location teaching the Word or on his way to be with Paul (1 Cor. 4:17; 2 Tim. 4:21). Timothy was a faithful friend and companion to the apostle. This is very typical of phlegmatics. They are very consistent friends.

Phlegmatic individuals have another trait that we find through Paul's dealings with Timothy. Paul repeatedly urged Timothy to preach, to be strong, to do good work (2 Tim. 2:1-2, 15; 4:1-5). Many times phlegmatics need to be prodded to get involved and fulfill their responsibilities. With Christ and Paul's example, it seems Timothy was able to teach and uplift the congregations with which he labored.

Barnabas is another phlegmatic portrayed in the Bible. Like some of the others we have reviewed in the last few lessons, there is not a lot of information about him. We can see from Scripture that this man was patient, did not like conflict and was willing to give others a chance. In Acts 15:36-41 we read of an incident that occurred between Barnabas and Paul.

"And some days after Paul said unto Barnabas, Let us go again and visit our brethren in every city where we have preached the word of the Lord, and see how they do. And Barnabas determined to take with them John, whose surname was Mark. But Paul thought not good to take him with them, who departed from them from Pamphylia, and went not with them to the work. And the contention was so sharp between them, that they departed asunder one from the other: and so Barnabas took Mark, and sailed unto Cyprus; And Paul chose Silas, and departed, being recommended by the brethren unto the grace of God. And he went through Syria and Cilicia, confirming the churches" (Acts 15:36-41).

These two Bible teachers had finished a missionary journey and were about to start on a second one. Barnabas wanted to take John Mark along but Paul was completely against the idea. John Mark started out with these two on the first journey but had left in the middle. Barnabas was willing to give him another chance but Paul was not. Rather than continue in conflict, Barnabas and John Mark went one direction and Paul took Silas and went in another. In this instance Barnabas shows patience in dealing with others. He patiently worked with John Mark and strengthened him so much that later Paul speaks favorably of the young man (Col. 4:10; 2 Tim. 4:11). Barnabas also opted for a peaceful solution to a problem. We should be like Barnabas by being patient in working with others and seeking peaceful solutions to conflict.

Abraham is another phlegmatic individual found in the Bible. Though a man of faith (Heb. 11:8-19), we find the phlegmatic fear, doubt, peaceful diplomacy and adaptability in him. Read Genesis 12:11-13 and Genesis 20:1-2,10-12. In these verses Abraham demonstrates his fear. In both places he claimed his wife Sarah was his sister for fear he would be killed so someone could take her as his wife. Abraham forgot that God was with him and let his fear cause him to lie.

This father of a great nation also showed peaceful diplomacy in dealing with his nephew Lot. Both men had herds, so many animals that they could not live peaceably together. Abraham diplomatically and unselfishly gave Lot the first choice of land, the well-watered plain of Jordan or the less desirable land of Canaan (Gen. 13:5-12). Do we try to live in peace? Are we selfish and taking the best for ourselves? Abraham is a great example for us.

As great as Abraham's faith was, he still had periods of doubt. God promised Abraham a son would be born to him and Sarah, even though they were physically too old to have children (Gen. 15:2-4; 17:15-19). Abraham began to doubt that he and Sarah could have a child, so he let Sarah persuade him to take her handmaid Hagar and have a child by her (Gen. 16:1-4). Ishmael was born of this union and much strife developed in the home because of it (21:9-11). These events also show the compromising nature of the phlegmatic. Abraham allowed Sarah to persuade him to have a child by her handmaid and later to remove the handmaid and child from the household. He compromised on what was right to have peace with his wife. We as Christians need to always stand for truth no matter what and never doubt God will keep his promises.

Throughout his life Abraham had to be very adaptable. When God called him out of Ur, the home of his father, Abraham adapted to life as a wanderer (Gen. 12:1-4). He adapted to changes when he and Lot had to separate and again when his two sons were born. When God told Abraham to offer Isaac on an altar, he did not hesitate as most phlegmatics would. He knew that God would make things right (Gen. 22:18; Heb. 11:17-19). Abraham adapted

to the situations at hand. He was a man of great faith and an example for us to follow today.

Timothy, Barnabas and Abraham were men that did many wonderful things for God. Though phlegmatics by nature are extremely slow to become involved, these three put God first and then did many deeds in his name. This is a lesson for all phlegmatics. God wants all his children to be willing and eager workers for him. Learn to become involved and help others find Christ.

In the last four lessons we have studied Bible characters of each personality type. They have shown us that God can and does use everyone to do his will. Each individual we considered had strengths and weaknesses. In the next two lessons we will consider how to use our strengths to help us serve God better. We will also look at how to lessen the effects of our weaknesses in our work for the Lord.

## Discussion Questions

1. When is it wrong for a Christian to be a watcher (Jam. 1:22)?
2. Abraham was adaptable to the situations in which he found himself. How can we be adaptable today?
3. Phlegmatics do not like conflict and try to avoid it. Is there anything wrong with avoiding conflict? Is there any good reason for conflict?
4. What other Bible characters might be phlegmatics? Explain.
5. What public figures might be phlegmatics?

## Fill-In-The-Blanks

1. Bible characters examined in the preceding chapters allowed God to be a great _____ in their lives.
2. This helped them develop traits _____ _____ to their types of personalities,
3. List six characteristics of the phlegmatic. _____ _____ _____

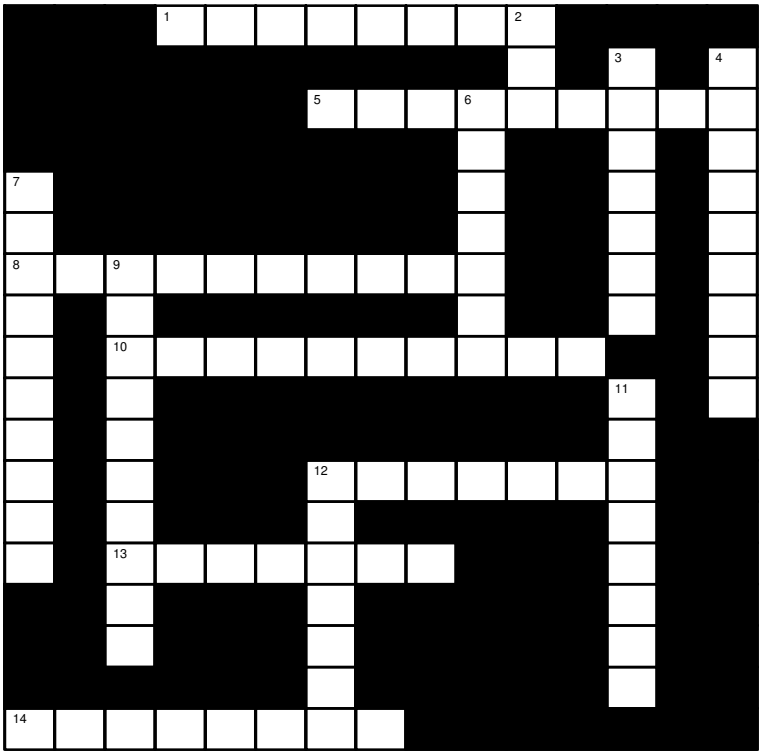
4. Name the three Bible characters studied in this chapter. _____
5. What about the epistles to Timothy may indicate that Timothy had a phlegmatic personality? _____ _____
6. What about Barnabas and his interest in John Mark may indicate that Barnabas was a phlegmatic? _____ _____
7. How did the patience of Barnabas in dealing with John Mark strengthen him? _____
8. What was the peaceful solution for which Barnabas opted? _____ _____
9. How did Abraham allow phlegmatic fear and doubt adversely affect him? _____ _____
10. Describe the diplomacy of Abraham in his dealings with his nephew Lot. _____ _____
11. How did Abraham exhibit doubt? _____ _____ _____
12. In what ways did Abraham show himself to be adaptable? _____ _____ _____
13. God wants all his children, even phlegmatics, to be _____ and _____ workers for him.
14. God _____ and _____ use everyone to do his will.
15. Each individual has _____ and _____.

**Across**

1. Avoids conflicts
5. Ability to change with the situation
8. Inability to make up your mind
10. Personality type of uninvolved person
12. One who frets over everything
13. Companion of Paul
14. Given a second chance (two words)

**Down**

2. Chose the well-watered plain of Jordan
3. Called by God to move
4. Hesitant
6. Long-suffering
7. Unwilling to participate
9. Tactful in difficult situations
11. Gave a young man a second chance
12. One word description of personality



# A Look At Personality And The Bible

| | Sanguine | Choleric | Melancholy | Phlegmatic |
|---|---|---|---|---|
| **Bible Character** | Peter | Paul | Moses | Abraham |
| **Chief Traits** | talker | worker | thinker | watcher |
| | promoting | controlling | analyzing | supportive |
| **Three Strengths** | talker | born leader | thoughtful | adaptable |
| | optimistic | productive | perfectionist | diplomatic |
| | makes friends easily | decisive | self-sacrificing | shy |
| **Three Weaknesses** | forgetful | bossy | pessimistic | unenthusiastic |
| | inconsistent | argumentative | depressed | indecisive |
| | disorganized | short tempered | critical | uninvolved |
| **Needs** | attention | control | order | Peace |
| **Marries** | melancholy | phlegmatic | sanguine | Choleric |

# CHAPTER 7:
# USING YOUR STRENGTHS

In this lesson we will consider how to use our strengths advantageously. Each personality type has strengths. The personality scoring sheet lists twenty for each of the four types. All twenty strengths will not be found in every individual of that personality type. We are a combination of the four types with one type being dominant. With this in mind we will consider using our strengths in general and then be specific with one or two characteristics for each personality.

**The first step in using your strengths is acknowledging that you have some.** We all have some trait that is good that we can use to serve God. Consider the Parable of the Talents in Matthew 25:14-30. Christ expected each of the servants to use what he had. (The talents about which Jesus spoke in Matthew 25 were weights of gold or silver either without uniform appearance or fashioned into coins. Then, as now, gold and silver formed a basis for wealth and commerce.) The one who did not was called a "wicked and slothful servant." God would not expect us to use something we did not have. Therefore we can know that we all have some talent or strength that we can use.

Next, you must identify your strengths before you can use them. Look at the personality scoring sheet that you marked in the first lesson. The first twenty words you put a mark by are strengths. These are characteristics you felt you had. These are your strengths. Write down the twenty words that are your strengths and consider them for a moment. These are the things you can use to serve your God. Will you use them?

Now that you know you have strengths and have identified them, how will you use them? There are two options. You can use them for God or for Satan (Luke 16:13). Think of the Bible characters from the last four lessons. They all used their talents to serve God. What if Paul had not followed Christ? How much damage would he have done to the church? If Moses had decided not to lead God's people out of Egypt, how long might they have suffered before another leader could be found? We as Christians have some choices to make. Will we use our talents to edify and teach or to demolish and hinder the spread of the Gospel?

Hopefully, you have decided to use your strengths for Christ. Now let's look specifically at ways you can accomplish this. Consider the sanguine strength of being very social and a good mixer. How might he use this to reach others? Such a person will never lack potential converts. Since he never meets a stranger this individual will always meet people who have never heard the Gospel. The sanguine can use this as an opportunity to invite many people to worship and Bible studies. Not everyone will accept the offer, but an attempt will be made, a seed planted and maybe someday the individual will accept. The sanguine gift for talking can also help in this aspect. These individuals think quickly on their feet and then speak what they have thought. A sanguine who is well versed in the Bible will be better able to converse with others about Christ. What a wonderful way to use one's strengths!

Like the apostle Paul, cholerics are very productive. They work hard in any task they engage. This is an excellent advantage to the congregation where they attend. The choleric will gladly lead any effort to spread the Gospel. Such a person could organize and lead social events such as youth retreats and devotionals, regular pot lucks. He could arrange housing for visiting Gospel preachers, schedule evangelistic efforts such as door knocking and any number of other activities that need a leader. Such a Christian is limited only by the guidelines given by God in the Bible and his responsibilities to home and family.

The melancholy person is also able to use his strengths for the Lord. Where the choleric can run anything, the melancholy can

plan anything. Many things in the church need careful planning. What would the Bible classes be like if there were no planning or consideration of the material to be used? If a Gospel meeting or vacation Bible school is in the works, careful planning is needed to see that the events are as effective as possible. The melancholy Christian can use his persistent nature to encourage others to obey Christ and to be faithful. There is always room for a melancholy in the church.

A phlegmatic Christian is also a welcome one. His strengths of friendliness, peace, patience and balance are needed in the church. No matter how hard we try, there will at times be disagreements. With a phlegmatic around these times can be handled with consideration of everyone involved and in a peaceful manner. The friendly but shy phlegmatic can be a great encouragement to those around him.

As you read the previous examples and look at your list of strengths, consider how you can use them best. Find one strength that can be used in many areas and use it. Do not let fear or doubt allow you to neglect your talent. As you learn to use one talent, choose another and add it to the list. Continue to include more of your strengths in your work for the Lord. Each time will become easier. Before you know it, you will be working for the Lord in many different ways and helping others do so as well. Like the servants in the Parable of the Talents, God expects us to work for him by using what we have. God also demands we grow as Christians.

> "For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat. For every one that useth milk is unskilful in the word of righteousness: for he is a babe. But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil" (Heb. 5:12-14).

If we fail to use and increase our talents for God we are not growing. The result will be the same for us as for the single talent

servant. Never forget that everything you do, whether small or big, makes a difference somewhere.

> "Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord" (1 Cor. 15:58).

## Discussion Questions

1. What are the steps to using your strengths?
2. Who has strengths?
3. Is there anything wrong with not using your strengths? Explain.
4. From where does our strength ultimately come?

## Fill-In-The-Blanks

1. We are a _____ of the four personality types with one type being _____.
2. The first step in using your _____ is _____
3. We all have some _____ that is good that we can use to serve God.
4. One must _____ his strengths before he can use them.
5. One can use his strengths for _____ or for _____.
6. Christians can use their talents to _____ and _____ or to demolish and _____ the spread of the Gospel.
7. The sanguine strengths of being very _____ and a good _____ will help him to meet many potential _____.
8. A sanguine who is _____ _____ in the Bible will be better able to converse with others about Christ.
9. The _____ will gladly lead any effort to spread the Gospel.
10. The _____ can plan anything.

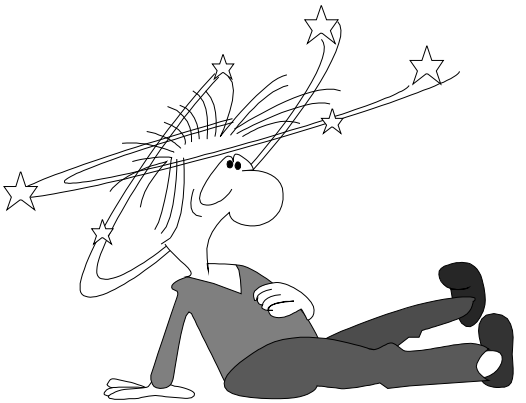
11. The melancholy Christian can use his _____ nature to encourage others to obey Christ and be faithful.
12. The phlegmatic Christian's strengths of _____, _____, _____ and _____ are needed in the church.
13. Like the servants in the Parable of the Talents, God expects us to _____ for him by using _____ _____ _____.
14. God demands we _____ as Christians.
15. Everything we do, whether small or big, _____ _____ _____.

## For Further Study

How many of the four personality strengths are attributes of God? Find Bible verses to support your answer.

_____
_____
_____
_____
_____
_____
_____

# CHAPTER 8: DIMINISHING YOUR WEAKNESSES



Just as each personality type has strengths, each has weaknesses as well. In the previous lesson we discussed how to best use our strengths. This lesson will cover how to deal with our weaknesses. Like before we will consider our weaknesses in general and then specifically for each personality type.

Even though we often hate to admit it, we all have weaknesses. **The first step in working through our weaknesses is admitting that we have them.** Alcoholics and drug addicts cannot begin to overcome their problems until they admit having them. The same is true of our weaknesses. How can we turn them into strengths if we claim they do not exist?

Second, we must identify the weaknesses in our lives. The bottom half of the personality scoring sheet lists the weaknesses of the four personality types. List the weaknesses you marked on a separate paper. Which of these hinders you the most? This weakness is the one you should work hardest to minimize. Once this problem is under control, you can move to the next one.

Next you must decide to do something about this weakness. If you do nothing at all, you will never know what you could have accomplished. If the weakness in question hinders your Christianity, it could mean the difference between heaven and hell, between someone around you obeying Christ or following the devil. A weakness that brings problems to your work or family is

not beneficial to you either. The best solution is to work to lessen its effects on your life altogether. Decide to improve yourself.

Finally, you must act on that decision. How you act will depend on the weakness. It may be something you have to do by yourself or it may be wise to enlist the aid of a friend. For example, consider the sanguine. This type of person is often messy and disorganized. If the sanguine wants to improve this part of his life, he could set goals and guidelines for reaching them. To start, concentrate on keeping one small area clutter-free, like a desk or dresser top. Set a time limit on how long between cleaning off the accumulated items. As this one area improves, enlarge it. Continue to gradually improve your organization and neatness.

A choleric many times has a problem with bossiness. This could cause trouble in the home, workplace and church. Start solving this problem by asking instead of telling. Often, people respond much better to being asked to do something than being told to do something. Ask others for their opinions to a matter instead of telling everyone yours. Listen to the ideas of others and consider them as well as your own. At first, it may be difficult to hold back and let others have a say. However, the more times you do, the easier it will become. Eventually you will find that life is a little smoother because of your new ability to gently lead others instead of forcefully pushing.

No one likes to be around someone who always sees the worst in everything. Yet, many times this is how the melancholy reacts to the world. Eventually this can lead to depression in the melancholy individual and those around him. How can this pessimistic attitude be changed? Instead of seeing only the bad, begin finding one good thing in each situation. Even one small thing that is positive can help cheer in the darkest moment. After it becomes easy to find one good thing, work to find two good things. Gradually you will begin to automatically see some good in everything without trying too hard. When you find something good, do not keep it to yourself but share it with others around you. If you see something good but keep it to yourself while still vocalizing the bad, you have not helped those around you to see good. Helping others to see the

good around them will make everyone feel happier and more content.

Phlegmatics are usually the last to get involved in anything. In fact, many times only three of the four personality types will be represented in a group where participation is not required. How many phlegmatics can you recall seeing in a company ball game? Probably only those who were pushed into participating. Christians need to be involved in many things. They have responsibilities to their families and the church. This requires them to be involved. What if this is hard for an individual? He should work toward being more involved. Take it one step at a time. First, find an activity of short duration that you find interesting. Participate fully in the activity. When it is over, find another one of a little longer duration. Gradually work to participate in long term activities and then to being active in more than one at a time. No one has to be outgoing and excessively involved in the things around him. However, some activity, especially in the church, is necessary for uplifting the saints and bringing others to Christ.

Change is not easy. Remember that you need to start small. Set realistic goals and then work hard to meet them. Let others around you be an encouragement as you strive for your goals. Do not let setbacks discourage you to the point of giving up. Success in limiting the effects of your weaknesses will not come over night. Be persistent and do not give up. If it is something you really want to do then you will. It must be a wholehearted decision to make the change in your life. This should not be change for the sake of change but change to be a better person and a better Christian. Ask others around you to help when possible. Above all, ask God for help. In all things God should be the center of our lives and we should strive to do his will.

## Discussion Questions

1. List the steps for diminishing your weaknesses.
2. Why is change not easy?
3. Why do we, many times, not improve our weaknesses?

4. From where does our best help come in improving our weaknesses?

## Fill-In-The-Blanks

1. Just as each personality type has _____, each has _____ as well.
2. Even though we often hate to admit it, we all have _____.
3. The first step in working through our weaknesses is _____ _____ _____ _____ them.
4. Which weakness should a person work hardest to minimize? _____
5. What should a person do after controlling a weakness? _____ _____
6. If a weakness hinders one's Christianity, it could mean the difference between _____ and _____.
7. A weakness that brings problems to your _____ or _____ is not beneficial either.
8. Each Christian needs to decide to _____ himself.
9. The bossiness of a choleric could cause trouble in the _____, _____ and the _____.
10. The choleric needs to _____ to the ideas of others and _____ them as well as his own.
11. The melancholy personality tends to see the _____ in everything.
12. _____ are usually the last to get involved in anything.
13. Some _____, especially in the church, is necessary for _____ the saints and _____ others to Christ.
14. Set _____ goals and then _____ _____ to meet them.
15. In all things _____ should be the center of our lives and we should strive to ____ _____ _____.

## For Further Study

How many of the four personality weaknesses are traits condemned by God? Find Bible verses to support your answer.

_____

_____

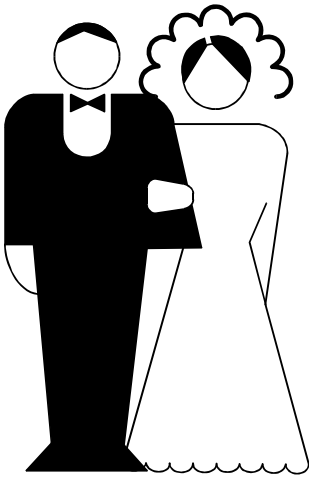
_____

_____

_____

_____

# CHAPTER 9: SHOULD OPPOSITES ATTRACT?



Of all the relationships we have here on earth, marriage is probably the most important. A good relationship between a husband and a wife makes for a happy home. A marriage shadowed by bitterness, fighting and other unpleasantness leaves its scars on not only the couple, but their children and others around them. Good marriages are not just accidents. They are the result of hard work and understanding.

If two people are to enjoy a happy marriage, each must understand his mate's personality. Each personality type has unique needs and reacts to situations in a different way. Consider, first, the sanguine. Here is an outgoing person that loves to be the center of attention. He typically is an unorganized person. What problems could this create in a marriage if he weds a melancholy — a quiet person who wants everything in order? A phlegmatic mate could also present some problems. This mate is even more quiet than the melancholy and does not like to be involved in anything. A choleric mate would need to be in control and therefore bring the attention off the sanguine onto himself. Can you see the problems that might arise? How could some of these be avoided?

What might the mate of a sanguine do to promote peace in the home? First, realize that there is nothing wrong with being cheerful and optimistic. Solomon recorded in Proverbs 17:22 "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." It is good for all around if a person is happy instead of sad and depressed. Next, acknowledge that they need lots of attention.

Everyone likes to feel that he is important, but the sanguine feels important when he is center stage. Third, accept the fact your sanguine mate will never be a neat, organized individual. Though he may try, for short periods of time to be neat and tidy, it is not in his nature. Eventually, he will revert to his sloppy habits. This does not mean he can not become neater; if he really wants to he can. However, do not expect him to become a perfectionist.

A choleric mate always needs to be in control. If this is the man, that is good. He will lead the household by making decisions and guiding it the best he can. However, if the wife is choleric, problems could arise. One problem comes from not accepting God's commands. Paul writes:

> "Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife even as Christ is the head of the church: and he is the saviour of the body." (Eph. 5:22-23)

Just as Christ is the master of the marriage between himself and the church, his bride, the wife in an earthly marriage must let her husband have the authority. The husband, whether he is a choleric who likes control or not, must assume this role if he is to be pleasing to God. With the Bible as a guide, this matter of authority in the home makes for better understanding between mates.

Another conflict that can arise with a choleric mate surrounds his love for controversy. Many times a choleric individual will argue just to argue. Knowing this, a wise spouse can learn to carefully pick the arguments in which he will participate. For peace, the choleric should learn to control his argumentative nature. Knowing that a choleric mate is by nature very stubborn can also help avoid hurt feelings and conflict in the home.

Melancholy individuals are hard to please. Sometimes the mate of such a person may feel rejected and that he is unable to do anything right. This leads to depression and resentment that can destroy a marriage. The spouse of a melancholy should understand that his mate, by nature, sets high standards for himself and those

around him. Failing to meet those standards is not a sign of weakness or unworthiness. The perfectionist tendencies of the melancholy tend to irritate those around him. He deeply wants and needs things to be in perfect order for his peace of mind. A spouse who knows this can help the marriage by doing his best not to be a slob and keeping things as orderly as possible.

Since this individual sets such high standards, he is very critical of those who do not meet them. Depression is frequent, usually because he himself cannot meet the standards and because no matter how hard he tries he cannot get everything in perfect order. If your mate is like this, work with him to set more reasonable standards and do not take his frequent criticism to heart.

The last personality type is the phlegmatic. This individual is unlikely to volunteer for anything. He will not want to socialize except with a few close friends. A mate who loves to go to social gatherings may feel closed off from others. Remember that the phlegmatic leans toward indecisiveness. When appropriate, make some decisions for him and you may learn that given time, he would have made the same decision. A man of this personality is the least likely to accept his God-given role of leading the home. If his mate takes the role, he will gladly let her. However, this is not God's plan. The godly wife, no matter what her natural inclinations, should insist her phlegmatic husband accept his responsibility in the home.

In a marriage consisting of any combination of personality types, good communication and reliance on the Bible are keys. When situations arise, sit down with your mate and let him know what troubles you; he can not read your mind. Find out what your mate needs, and try your best to meet those needs. If he is a sanguine, he needs attention and approval. The choleric spouse needs achievement and appreciation. A melancholy individual needs order and sensitivity. Respect and self-worth are necessary for the phlegmatic. Sometimes compromises may need to be arranged so that these needs can be met.

God left us with some guidelines for a happy marriage. Read Ephesians 5:22-33 and 1 Peter 3:1-7. Mutual love and respect

characterize a happy marriage. A marriage between a husband and a wife is similar to the relationship between Christ and the church. Neither should be full of unhappiness and strife. Also keep in mind that divorce is not an option in God's eyes. Do all that you can to ensure problems in your marriage will not keep you out of heaven.

Knowledge of the four personality types is not a cure-all for marriage. It is a tool to understanding your spouse and the reasons he acts the way he does. We discussed in this lesson mainly the faults and how to deal with them. Remember, you did not marry a person for his faults, but for his strengths. Enjoy the strengths, work with the faults, and above all, keep God at the center of the marriage.

## Discussion Questions

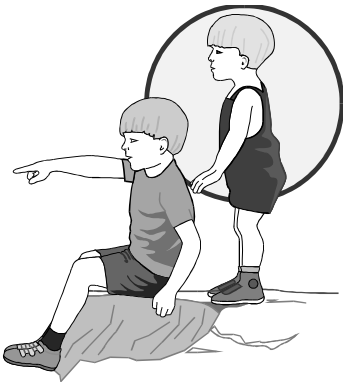
1. Who instituted marriage?
2. Who, then, can give the best advice for a happy marriage? Where can this advice be found?
3. How can understanding personalities help a marriage?
4. What are the two keys to a good marriage no matter what personality types are involved?

## Fill-In-The-Blanks

1. Of all the _____ we have here on earth, _____ is probably the most important.
2. A good relationship between a husband and a wife makes for a _____ _____.
3. A marriage shadowed by _____, _____ and other _____ leaves its _____ on not only the couple, but their children and others around them.
4. Good marriages are not just _____, but they are the result of _____ _____ and _____.
5. Each _____ _____ has unique needs and _____ to situations in a different way.

6. The _____, whether he is a choleric who likes control or not, must assume this _____ if he is to be pleasing to God.
7. _____ tendencies of the _____ tend to irritate those around him.
8. The godly wife, no matter what her natural inclinations, should insist her _____ _____ accept his responsibility in the home.
9. In a marriage consisting of any _____ of personality types, good _____ and reliance on the _____ are keys.
10. Mutual _____ and _____ characterize a happy marriage.
11. A marriage between a husband and a wife is similar to the relationship between _____ and the _____.
12. Neither should be full of _____ and _____.
13. Do all that you can to ensure _____ in your marriage will not _____ _____ _____ _____ _____.
14. Knowledge of the four personality types is a _____ to _____ your spouse and the reasons he acts the way he does.
15. Enjoy the _____, work with the _____, and above all, keep _____ at the center of the marriage.

# CHAPTER 10: CHILDREN — A WONDROUS VARIETY



As knowledge about personality types can help marriages, understanding personality types can also help in the raising of the children that come from marriages. God has seen fit to give assistance in this area as well. Read Ephesians 6:1-4; Deuteronomy 6:6-7; Proverbs 22:6, 15; 23:13; 29:15. These verses let parents know that they have a great responsibility in raising their children. How a child acts as an adult to a large part depends on the instruction he received at home. A parent must love, teach and discipline a child. This requires knowing the child in a way that can only come from close association and time spent with him.

Most people will agree that no two children in the same family are going to be alike. Sometimes parents become frustrated when a method of discipline works on one child but does not even faze another. One child may do well in school and another seems not to even care about school.

Think about what we have studied so far. Like adults, children have different personalities. A child of each personality type will respond to life in a different way. Take a few minutes to remember the four types of personality. How might a child of each type react to school, friends and chores? What type of discipline might work best for each type of child?

Consider the sanguine child. Like adults of this type, he will likely never to meet a stranger. This child is constantly happy and fun to be around. Also like their adult counterparts, they tend to be undisciplined. A parent of such a child must be consistent in administering discipline when needed. Do not let the youngster

charm his way out of personal responsibility. This will lead to a lifetime habit of neglecting duties and rejecting responsibility for his actions.

Children with the traits of a sanguine need to learn to finish what they start. These children tend to have a short attention span. Their interests bounce from one activity to another. Parents should insist the child finish what he starts. If he becomes bored with a game part way through, insist he finishes anyway. Do not allow the child to quit a team mid-season because it no longer interests him. Show the child that he needs to finish the things he starts.

This child more than any other needs attention. Very early in life the sanguine child will demand attention. He will do "cute" things so everyone will laugh and smile at him. This encourages him to repeat the action next time attention is desired. Sometimes, these "cute" tricks are no longer funny when the child is grown. It is now too late to change since the child has been told for so long the action was funny. It will be very hard to convince him otherwise. When a child does something "cute," ask yourself if it will be cute when he does the same thing when he grows up. If it will not be, do not encourage him now. Keep in mind that sanguine children need large amounts of attention, good or bad. Shower this child with attention but also teach him that he will be out of the spotlight many times during his life.

A child that is extremely willful is probably choleric. He will be a challenge to raise because of this trait. While the parents need to show him that obedience is a must, the wise parent will be careful not to break the child's spirit. Combining a loving relationship with the demand for obedience is a good way to achieve a happy balance.

Remember, you are the parents, therefore you have the responsibility to be in control of the home. Be firm with your child. When you say it is time for bed, mean it. Do not let the choleric child ignore your orders or requests. Be consistent every day. If you make the child obey one day but not the next, he quickly learns he can do what he wants. When you insist on your way the next time, he will likely reply "But yesterday you . . ." Soon the

child will be in control instead of you. Raising a choleric child will be a constant battle of wills. As the parent, make sure your will prevails, but win in a calm and loving way.

Choleric children need to learn to use control correctly. The ability to control things is very important to cholerics — young or old. Parents must teach this child to practice self-discipline. One way to do this is to put him in charge of something in the home. Allow him to be responsible for the arrangement and upkeep of his room. Sit down together and agree on the standards that must be met. Supervise his play as needed. Watch that his controlling nature is not too forceful when dealing with his peers. Teach this willful child to control his anger and be willing to compromise when necessary to get along.

The melancholy child needs constant assurance that he is important and loved. This child may be negative and critical like his adult counterpart. Like melancholy adults he will also need to have everything in perfect order. Encourage a child of this personality to do things on his own and not rely on others too heavily.

Melancholy children are very sensitive. Words that may not hurt the feelings of another child could easily wound this one. Parents of melancholy children need to be especially careful of their words and tone of voice. A child who constantly feels he is criticized or rejected will grow up with poor self-esteem and be prone to depression.

Phlegmatic adults are very slow to become involved in the things around them. Children of this type also refrain from personal involvement. Generally, these children do not require much discipline. Since they do not like conflict they are less likely to get in trouble than the other types. If these children are to do well in their adult lives, parents need to urge them gently and consistently to be their best.

Phlegmatic children need help learning to make decisions. Make a habit of giving these children a simple choice and insist they choose promptly. As they become more decisive, increase the difficulty of the choices they must make. Set reasonable goals for

phlegmatic children. Without gentle but constant urging, these children will not involve themselves in anything that requires effort. Help them realize they should be involved in life and not let is pass them by.

All children, no matter their personality type, need an abundance of love and attention. They also need consistency from both parents. In many cases the parents are not of the same personality type. One may wish to disciple in a certain way and the other may choose an alternative method. If each parent acts independently of the other regarding family rules and discipline, the children will quickly learn to manipulate or push the parent with the more lax standards. This can cause tension in the marriage and in the rest of the household. The best solution is for both parents to work together. Set rules for the children to follow with definite but appropriate consequences for breaking the rules. Be consistent in dealing with the children and the situations that arise.

All members of a family are different. Children should not be expected to live their lives for their parents. All the children in a family should not be expected to be alike. Allow each child to have his own unique personality. Pressuring your child to conform to a personality type different from his own may eventually cause him to rebel against you and be generally unhappy.

Keep in mind that raising children is a great responsibility. Spending time together on a regular basis shows the children that they are loved. Such time together allows parents to know their children and be better prepared to deal with any situation that may arise. **The Bible is the best handbook a parent can have. A happy family has God at its center.**

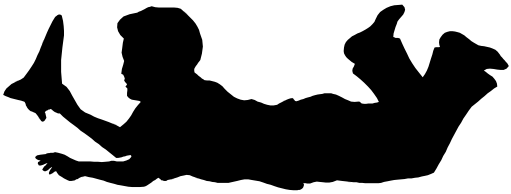
## Discussion Questions

1. How important is a parent's involvement in his child's life? Explain.
2. Why do the same techniques not work with all the children in a family?
3. What problems arise when parents are not consistent with their children?
4. What problems arise when parents do not agree regarding discipline and family rules?

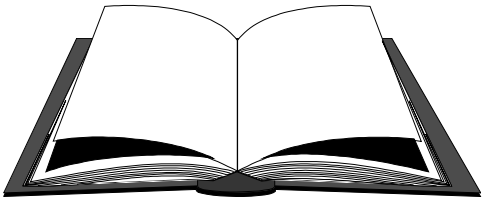
## Fill-In-The-Blanks

1. How a _____ acts as an _____ to a large part depends on the _____ he received at home.
2. A parent must _____, _____ and _____ a child.
3. Parents need to know their children in a way that can only come from _____ _____ and _____ _____ with him.
4. No two _____ in the same family are _____ ____ ____ _____.
5. Sometimes _____ become frustrated when a method of _____ works on one _____ but does not even faze another.
6. Like adults, _____ have different _____.
7. A child of each _____ _____ will respond to life in a different way.
8. Children with the traits of a _____ need to learn to finish what they start.
9. A child that is extremely _____ is probably _____.
10. Combining a _____ relationship with the _____ for _____ is a good way to achieve a happy balance.

11. Parents have the _____ to be in _____ of the home.
12. Raising a _____ child will be a constant battle of wills.
13. The _____ child needs constant assurance that he is important and loved.
14. A child who constantly feels he is criticized or rejected will grow up with poor _____ and be prone to _____.
15. _____ children need help learning to make decisions.



# CHAPTER 11: PERSONALITY AND TEACHING



From our study so far one should realize that each of the four personality types reacts to a situation in a different way. Now let's look at another aspect of personality type. As personality types act differently, they teach and learn differently as well.

Christ told the apostles "...Go ye into all the world, and preach the gospel to every creature. He that believeth and is baptized shall be saved; but he that believeth not shall be damned." (Mark 16:15-16) Paul instructed Timothy (2 Tim. 2:2) "And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also." Like Timothy and the apostles, we too must go out and teach others about Christ. The way one follows this command may reflect his personality type.

Think about the typical sanguine. He is very out going and friendly. To this person there is no stranger. Such a Christian will have many opportunities to study the Bible with those he meets. However, this personality tends to have no organization in his life. When teaching someone the Gospel, he may flit from one topic to another. A set plan of study will be very helpful for him when teaching others or studying for himself (2 Tim. 2:15).

A choleric Christian may also have a fairly easy time teaching. A main characteristic of this type is leading others. A teacher is leading others to knowledge and in that way is in control. Cholerics also have the advantage in that they tend to be good at motivating others. Many potential Christians need to be motivated to study and obey God's Word. There are a couple of things the choleric teacher must watch. He must be very careful not to force

others to accept the Bible. The bossiness and strong will of a choleric could detract from the message and cause the student of the Bible to reject the Gospel. Even Christ could not convince all those he taught that his message would save them from eternal torment (Matt. 15:12-14; John 12-18; Matt. 13:53-58). The choleric teacher should also restrain his frustration when his student does not show understanding and the urgency to obey as quickly as the teacher thinks he should.

Consider now the melancholy as a teacher of the Gospel. This person will probably be the most organized teacher of the four. He will want to teach it right or not at all. The melancholy personality is typically less outgoing than the sanguine and choleric. He will therefore have to make more of an effort to meet people and make opportunities to teach others. His tendencies to be thoughtful and analytical will help him be aware of the needs of his students. The melancholy needs to be aware of his negative attitude and criticism of others. If these traits are displayed frequently, potential Christians may feel that the life of a Christian is depressed and not worth the trouble. He should also be careful not to be pessimistic and say "He will never obey, so why teach him?" or "That person is so bad he will never change." The Bible teaches that through God all things are possible (Luke 1:37).

The phlegmatic Christian is probably the least outgoing of all. He will need to make a great effort to go out and teach as God has commanded. When the phlegmatic does teach, it will be with great patience. His study will probably be well balanced. As a teacher he will do his best to be tactful instead of blunt. He will not become frustrated and upset easily by the slow response of his student. The main thing this Christian teacher should guard against is a lack of enthusiasm for the Gospel or his student. This teacher must work to develop enthusiasm and decisiveness for the Gospel message.

He must present the Christian life as one worth living and show that there is a standard of right and wrong. He cannot be indecisive about God's teachings.

Now that we have observed the characteristics of the teacher, let's look at the student. The sanguine student, like the teacher, will be ready to talk to someone new. He will probably be a more difficult student if God is not someone he wishes to discuss. Since people of this personality type tend to move quickly from one thing to the next, short study sessions may work best. Also, this type likes to be the center of attention. It may be helpful to begin a study of the Bible showing the student how he was the center of God's attention; Christ died for him as an individual. Encourage this individual not to stop studying until he knows fully God's plan for him, to finish what he starts.

A choleric student will probably argue with the teacher. He loves controversy, so he will likely bring up moot points or topics to get off the subject of God's will for his life. This may occur especially when the subject at hand requires him to evaluate his life and decide if he is willing to change in order to be pleasing to God. The teacher of such a potential Christian needs to be ready to answer anything. Be willing to search for the answer to any question that is not readily in mind. Have the Bible student help you as much as possible. Remember, this person likes things done his way. This attitude may hinder his willingness to accept God's way. However, do not give up. Show him that God has set a goal for his life. He should do his best to obey God so in the end he will receive a crown of life (2 Tim. 4:7-8).

Melancholy students will be thoughtful. They will carefully consider what is being taught and analyze it to see if it makes sense. These potential Christians are likely to be critical of others and point out the hypocrites in the church. They will then use this as an excuse not to obey God. Encourage them to be positive.

Explain that God did not intend for life to be constantly depressing. Show this student that true joy and happiness come from living for Christ (Acts 15:3; Rom. 15:13; Gal. 5:22)

Finally, consider the phlegmatics. They are unlikely to get involved in a study without a lot of prodding. Their teacher will have to find a way to cultivate enthusiasm for the Bible and God's plan for their lives. Since these people like to do things the easy way, it would be best to begin teaching by showing why they need Christ and then what they need to do. Keep the lesson basic and to the point. Get into the details after you have their attention and interest. Do not give up when they do not show any interest in a study from the beginning; keep trying. Phlegmatics love peace at all costs. Show them that ultimate peace comes from being in a right relationship with Christ (Luke 1:79; John 14:27; 16:33; Rom. 5:1).

God wishes that all people will be saved (2 Pet. 3:9). No matter what the personality type of the individual, he can be taught the Gospel. Some may take more effort on our part to teach, but we should never quit. Spreading God's Word is not just for the preacher, missionaries and Bible class teachers. God commanded all of us to participate in teaching others. If your personality type has characteristics that hinder you from teaching others (such as shyness, bossiness, selfishness, lack of involvement) work to eliminate or at least diminish their effects. Use your strengths, we all have them. Remember, when you are teaching the Gospel to others, you are not alone. "I can do all things through Christ which strengtheneth me" (Phil. 4:13).

## Discussion Questions

1. Why is understanding personality types important to teaching God's Word?
2. How might your personality interfere with your teaching?
3. Is it important to adapt your teaching to the student? Explain. Do we have any examples of this in the Bible (1 Corinthians 9:22)?

## Fill-In-The-Blanks

1. As personality types act differently, they _____ and _____ differently as well.
2. A _____ will have many opportunities to study the Bible with those he meets.
3. However, this personality tends to have no _____ in his life.
4. A _____ _____ of study will be very helpful for him when teaching others or studying for himself.
5. The bossiness and strong will of a _____ could detract from the message and cause the student of the Bible to reject the Gospel.
6. The _____ teacher will probably be the most organized teacher of the four.
7. He will have to make more of an effort to _____ people and _____ opportunities to teach others.
8. The melancholy needs to be aware of his _____ attitude and _____ of others.
9. The _____ Christian is probably the least outgoing of all.
10. When he does teach, it will be with _____ _____.
11. Since the _____ student tends to move quickly from one thing to the next, short study sessions may work best.
12. A _____ student will probably argue with the teacher.
13. _____ students will be thoughtful.
14. The _____ student is unlikely to get involved in a study without a lot of prodding.
15. No matter what the _____ _____ of the individual, he can be _____ the Gospel.

# CHAPTER 12: GETTING ALONG WITH OTHERS

As we have seen thus far, our personality traits can affect everything we do. These strengths and weaknesses also can determine how well we get along with those around us. Is there anyone in your life with whom you have a great deal of trouble getting along? Do you argue or fight every time you are together? The problem is probably a personality conflict.

There are basically two ways personalities conflict. The first is between two total opposites. Think for a minute about the characteristics of the sanguine and the melancholy. The two are totally opposite in almost every way. Consider for a moment that a sanguine and a melancholy are to work together to complete a task. What problems are likely to arise? What are the chances that the two will agree on anything? Answer the same questions of a choleric and a phlegmatic. Conflict is almost certain to show itself in both cases.

How can these conflicts be avoided or limited? First, recognize that these clashes occur because of temperaments. The two involved think and react differently to situations. Neither is totally right or wrong and both have important things to contribute. Respect the differences in each other and learn to compromise. Each has strengths and weaknesses. Use the strengths of both and downplay the weaknesses. Do not consider yourself superior to another because of strengths and weaknesses. Adopt the attitude *different but equal*. If both parties do their best to work together, the conflict will be lessened.

Another type of conflict arises between two people of the same personality type. Imagine two sanguines together. Both want all the attention available for themselves. This is unlikely to

happen. The one who does not get the attention will be apt to do whatever it takes, good or bad, to get the attention for himself. As you can guess, the two involved are not likely to get along. These individuals need to learn to share the spotlight. They should never resort to outrageous activities to get attention. Find productive ways to get the focus on you, but realize that you cannot always be the center of attention.

Cholerics always want to be in control. What would happen if two of this type were together constantly? No doubt, there would be a perpetual struggle for power. Since this personality type also has a hot temper, such struggles could conceivably be heated or even violent. The Christian choleric should learn that he cannot always be in charge. Sharing power and authority must be learned and applied. He should also learn to control his temper. There are times when there is just cause to be angry. Jesus was angry when he drove the moneychangers out of the temple (Matt. 21:12; Mark 11:15). In Ephesians 4:26 Paul wrote that we are to be angry without sinning. Even when our anger is justified, we should be in control so that we do not say and do things that would bring shame on Christ and the church. This is a hard task for the choleric, but once learned, will make the Christian life easier and help when trying to get along with those in the world.

In what areas might two melancholies find conflict? These individuals are prone to be perfectionists. This **does not** mean that they will share the same view of perfection. When their ideas of how something must be done collide, compromise on both their parts may help keep the peace. The melancholy and phlegmatic personalities are less likely to clash with others of their own type than the sanguine and choleric. This is, in part, because of the traits common to the two types. Someone who is introspective and thoughtful (melancholy) will be more willing to accept the same traits in others. A phlegmatic who loves peace and is generally agreeable is unlikely to make waves with another phlegmatic. When such a person is in conflict with another type, he will rarely initiate the problem.

Very few, if any, people will argue that everyone is alike in personality. Most would probably say they would dislike a world where everyone reacted and thought the same. With this in mind, we should try even harder to get along with those around us. Recognize we are different and that sometimes makes things difficult. When you deal with an opposite personality, acknowledge the strengths of each and use them. In working with someone very similar to you, begin with the knowledge that you will need to compromise. In any situation, do not take another's weaknesses and use them to your advantage. This only hurts the other and creates more conflict.

Read John 4:1-30, 39-41. Christ knew the weaknesses of this Samaritan woman. Instead of using this to condemn her, he used his knowledge to teach her and those of her town. We should follow Christ's example. Use the knowledge we have of strengths and weaknesses to assist those around us in having reduced strife in life, and peace in heaven someday.

## Discussion Questions

1. What are the two ways personalities conflict?
2. Explain the harm that can result from constant conflict in the church?
3. Who is responsible to see that conflicts are avoided when possible and solved when unavoidable?
4. When will it be easy to get along with others and when will it be difficult?

## Fill-In-The-Blanks

1. Our _____ _____ can affect everything we do.
2. These _____ and _____ also can determine how well we get along with those around us.
3. One way personalities conflict is between two _____ _____.

4. In personality clashes, neither is totally _____ or _____ and both have important things to _____.
5. In personality conflicts, individuals need to _____ the strengths of both and _____ the weaknesses.
6. Do not consider yourself _____ to another because of _____ and _____.
7. If both parties do their best to work together, the conflict will be _____.
8. Another type of conflict arises between two people of _____ _____ personality type.
9. _____ always want to be in control.
10. Two melancholies may conflict because they do not share the same _____ ___ _____.
11. The _____ and _____ personalities are less likely to clash with others of their own type than the _____ and _____.
12. When a _____ is in conflict with another type, he will rarely initiate the problem.
13. When you deal with an opposite personality, acknowledge the _____ of each and use them.
14. In working with someone very similar to you, begin with the knowledge that you will need to _____.
15. We should use the knowledge of strengths and weaknesses to assist those around us in having reduced _____ in life, and _____ in heaven someday.

# CHAPTER 13:
# A TOOL, NOT A WEAPON

The last twelve lessons have described four personality types. We have studied examples from the Bible and examined ways to deal with strengths and weaknesses. Several chapters viewed personality types to learn how to get along better in families and in society. Now what will you do with this information?

First, know that this information is not a weapon. The four personality types we have discussed are very general. They do not describe each individual in definitive terms. The traits common to each personality type are those that are typical. We are all comprised of characteristics of each personality type. However, more than these traits make up an individual. We should not place those we meet in a category and leave them there. The information we have studied is not to help us manipulate others. It should never be used to make someone feel inferior, damage his self-esteem or to support your first impression of him. Knowledge of personality types should never be used to help you get your way. Do not use it to take advantage of others. You are not in the possession of a weapon.

Second, this information is not an excuse. Do not read the characteristics of these personality traits and say "That's my personality, I can't help it." As we learned from the Bible characters, they were able to change with God's help. Peter became less impulsive. He learned to follow through on his endeavors and brought many people to Christ. Paul learned to be affectionate and patient. He suffered many things for Christ. Moses developed persistence in leading God's people out of captivity. Abraham overcame doubt and fear and became the father of a great

nation. Remember, God expects us to grow. He did not accept excuses from Moses and he will not accept them from us. Now that we have knowledge of personality strengths and weaknesses, we have no excuse. Take your knowledge and apply it. We can change if we have the right incentive.

Just as knowledge of personality traits is not an excuse for us, it is not an excuse for others, either. Many times in the world today, we hear evil excused because of genes, an abusive childhood or behavior caused by a disease (i.e. alcoholism and gambling). We must be careful not to use personality weaknesses as a similar excuse. Do not allow the weaknesses of others, especially in the family and in the church, to be condoned because it is typical of their personalities. Help the individual see where improvement is needed. The truth is always better than excuses.

The study of personalities should not be a weapon or an excuse, but it is a tool. Now that you know a little about ***What Makes Us Tick***, use it. Find your strengths and use them to serve God and help those around you. Take your weaknesses and work to make them your strengths. When conflict arises, first discover the cause. Is the trouble stemming from two opposite thoughts on the subject? Does it come from two differing methods of accomplishing the goal? After you know the cause, compromise (but never compromise Bible truth) to reach a peaceful resolution. Use the strengths of both individuals to reach the goal.

Use the information on personalities to aid your Christian walk. Be aware of how your personality might affect those with whom you study the Bible. Acknowledge that each of the personality types learns best in his own way. As much as possible design your teaching to fit the learning styles of your student. Also use the information on strengths and weaknesses to help you grow as a Christian. Learn to use your strengths to your best ability. Take your weaknesses and turn them to strengths. When this is not possible, work to diminish their affects on your life. Use this study as a "Christian Growth Aid."

Overall, use the information in the past lessons to aid your understanding of the people around you. If you understand why a

person acts or thinks the way he does, it will be much easier to get along. Everyone is different, even those with the same personality. People are affected by what is said or done to them. Keep this in mind as you interact with co-workers, fellow Christians, friends, neighbors and family. Consider the following by an unknown author.

## *Bits & Pieces*

People. People important to you, people unimportant to you cross your life, touch it with love and carelessness and move on. There are people who leave you and you breathe a sigh of relief and wonder why you ever came into contact with them. There are people who leave you and you breathe a sigh of remorse and wonder why they had to go away and leave such a gaping hole. Children leave parents; friends leave friends. Acquaintances move on. People change homes. People grow apart. Enemies hate and move on. Friends love and move on. You think of the many who have moved into your hazy memory — and you look on those present and wonder.

I believe in God's master plan in lives. He moves people in and out of each other's lives and each leaves his mark on the other. You find you are made up of bits and pieces of all who ever touched your life, and you

are MORE because of it, and you would be less if they had not touched you.

Pray God that we accept the bits and pieces in humility and wonder, but never question, never regret.

Bits and pieces, bits and pieces . . .

~~ Author Unknown ~~

All of us are made up of bits and pieces of the four personality types. **We leave an impression of some kind on everyone with whom we come in contact. Our prayer should be that the impression we leave is one that will bring glory to God and his church.**

## Discussion Questions

1. How can information on personalities best be used?
2. How can this information be used as a weapon?
3. Why should this information not be used as an excuse?
4. How can this information be used as a tool?

## Fill-In-The-Blanks

1. Knowledge about personality types should not be used as a _____.
2. The information we have studied is not to help us _____ _____ others.
3. Information about personality types is not an _____ _____.
4. As we learned from the Bible characters, they were able to _____ with God's help.
5. We can _____ if we have the right _____.

6. Do not allow the weaknesses of others, especially in the _____ and in the _____, to be _____ because it is typical of their personalities.
7. We need to find our _____ and use them to serve God and help those around us.
8. We need to take our _____ and work to make them our _____.
9. When conflict arises, first discover the _____.
10. Use the _____ of both individuals to reach the _____.
11. Knowledge on personalities can aid our Christian _____
12. Each personality type _____ best in his own way.
13. Teachers should design their teaching to fit the _____ _____ of their students.
14. If one understands _____ a person acts or thinks the way he does, it will be much easier ___ _____ _____.
15. All of us leave an _____ of some kind on everyone with whom we come in _____

# Word Search Review

BOSSY
COMPETITIVE
DEPRESSED
DETAILED
DIPLOMATIC
DISORGANIZED
DOUBTFUL
FEARFUL
FORGETFUL
IMPATIENT
INCONSISTENT
INDECISIVE
INDEPENDENT
LEADER
LIVELY
OPTIMISTIC
PEACEFUL
PERFECTIONIST
PERSISTENT
PESSIMISTIC
PRODUCTIVE
RESOURCEFUL
RESENTFUL
RESTLESS
SCHEDULED
SELFSACRIFICING
SOCIABLE
STUBBORN
SPONTANEOUS
STRONGWILLED
UNINVOLVED
UNENTHUSIASTIC
TOLERANT
UNDISCIPLINED
SHORTTEMPERED
UNFORGIVING
TALKER

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| L | R | E | T | D | D | A | I | L | P | E | T | I | E | J | F | T | P | U | A |
| C | D | T | S | S | V | V | U | M | F | I | L | R | Y | L | E | V | I | L | E |
| N | G | N | I | C | I | F | I | R | C | A | S | F | L | E | S | L | C | C | L |
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| C | O | M | P | E | T | I | T | I | V | E | I | N | R | O | B | B | U | T | S |

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## God's Plan of Salvation

### Hear God's Word

- "So then faith cometh by hearing, and hearing by the word of God" (Rom. 10:17).

### Believe or have faith

- "He that believeth and is baptized shall be saved; but he that believeth not shall be damned" (Mark 16:16).

### Repent

- "And the times of this ignorance God winked at; but now commandeth all men every where to repent" (Acts 17:30).

### Profess belief in Jesus as Lord

- "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" (Rom. 10:9-10).

### Be immersed (baptized) in water

- "And now why tarriest thou? arise, and be baptized, and wash away thy sins, calling on the name of the Lord" (Acts 22:16).

### Live faithfully

- "…be thou faithful unto death, and I will give thee a crown of life" (Mark 16:16).

To inquire further regarding God's plan for the redemption of humanity, contact the church of Christ in your community, or contact Louis Rushmore at rushmore@gospelgazette.com. **Let's go to heaven together!**

Rebecca Lee Rushmore just completed her Master's of Education Degree in school counseling (2008). Most of her career thus far as a schoolteacher for over a decade has been devoted to working with troubled children in both institutional and public settings. All Rebecca has ever wanted to do was to be a teacher, and she is all teacher; teaching is her secular life.

Rebecca is no less devoted to spiritual pursuits, as she became a Christian early in life – and never looked back! She teaches children's classes, women's classes, teaches young women how to teach, and for years was a mentor for the Lads to Leaders program in the Collierville (Tennessee) church of Christ. Rebecca makes stateside and foreign mission trips, and she is available for ladies' inspiration days, ladies' retreats and lectures to ladies at lectureships.

Rebecca has written numerous religious articles over the years, two books for young children, and of course, **What Makes Us Tick? A Look at Personality and the Bible. What Makes Us Tick?**, now in its second printing, remains a popular and satisfying biblical and self-help study for all who have read it. It has been used extensively in ladies' classes as well as in adult classes, and would be appropriate for teen studies, especially as they experience that transitional and emotional passage to young adulthood.

We commend this study to you with the confidence that it is one little book that can have a tremendous and positive impact on your life, your marriage, and all of your interpersonal relationships. Through her educational training and life experiences, Rebecca is well qualified to bring this valuable information to you, and in such a way that it is easily digestible by every reader.