DISCOVERING MY S.H.A.P.E

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Everyone is unique, and everyone has been made on purpose and for a purpose by God. There are so many things that make you, you, and this tool is designed to help you discover and better understand how God has shaped you. In the following pages, we'll go through the five components of S.H.A.P.E.: spiritual gifts, heart, abilities, personality, and experiences.

S – SPIRITUAL GIFTS

Use the questions below to find out what your spiritual gifts could be. Answer the questions as honestly as possible by circling a number:

1= Never 2= Sometimes 3= It Depends 4= Usually 5= Always

1. I have little fear in leading people where God wants them to go.

   1 2 3 4 5

2. I love helping others when they are having problems.

   1 2 3 4 5

3. I enjoy telling my neighbors about all the great things God has done in my life.

   1 2 3 4 5

4. I believe anything is possible, and encourage others to believe this, as well.

   1 2 3 4 5

5. I believe that everything I own is a gift from God.

   1 2 3 4 5

6. I have learned a lot from listening in church and in my small group.

   1 2 3 4 5

7. When things seem unorganized, I usually step up and take charge to organize.

   1 2 3 4 5

8. I enjoy spending time with people who are sick or in the hospital.

   1 2 3 4 5

9. I prefer to do the little "behind-the-scenes" tasks.

1 2 3 4 5

10. I am good at making plans and making things happen.

1 2 3 4 5

11. I feel happy when I can help others through a hard time.

1 2 3 4 5

12. Many people become interested when I talk about my faith.

1 2 3 4 5

13. Even when others have doubts, I trust that God can do the impossible.

1 2 3 4 5

14. I enjoy giving money to a good cause.

1 2 3 4 5

15. People turn to me when they don't understand a Bible verse.

1 2 3 4 5

16. People seem to enjoy following my lead and do it often.

1 2 3 4 5

17. I like to help other people without getting anything in return.

1 2 3 4 5

18. If I see something needs to be done, I step in and do it.

1 2 3 4 5

19. I believe God is calling me to be a missionary.

1 2 3 4 5

20. I can see the good in almost every situation, even when it seems really bad.

1 2 3 4 5

21. I get sad when I think about all the people who do not know Jesus.

1 2 3 4 5

22. I tend to think more positively than those around me.

1 2 3 4 5

23. I can give money to the church because I know that God will meet my needs.

1 2 3 4 5

24. I get good grades in school.

1 2 3 4 5

25. I enjoy having others follow my lead in certain situations.

1 2 3 4 5

26. I like to cheer up people who are in a tough situation.

1 2 3 4 5

27. I prefer to do things that don't attract a lot of attention.

1 2 3 4 5

SPIRITUAL GIFT INVENTORY ANSWERS

Now, let's add up the totals and find out what spiritual gifts you have! Place your answers in the answer sheet below, add up the totals from each row (horizontally), and put the total in the TOTALS column. Then circle your three highest totals.

ANSWERS			TOTALS
1. _____	10. _____	19. _____	A. _____
2. _____	11. _____	20. _____	B. _____
3. _____	12. _____	21. _____	C. _____
4. _____	13. _____	22. _____	D. _____

5. _____	14. _____	23. _____	E. _____
6. _____	15. _____	24. _____	F. _____
7. _____	16. _____	25. _____	G. _____
8. _____	17. _____	26. _____	H. _____
9. _____	18. _____	27. _____	I. _____

SPIRITUAL GIFTS:

A. Apostleship
B. Encouragement
C. Evangelism
D. Faith
E. Giving
F. Knowledge
G. Leadership
H. Mercy
I. Serving

SPIRITUAL GIFTS DEFINITIONS:

A. APOSTLESHIP - ROMANS 15:20

You encourage and inspire others to develop their faith. You are like a modern-day missionary.

EXAMPLE - Getting your friends together during lunch to talk about God or pray.

B. ENCOURAGEMENT - ACTS 14:22

You make others feel better, especially when they are going through a hard time. Even when you don't know what to say or how to act, you still try to help others and be there for them.

EXAMPLE - Spending time with a friend who is going is having a bad day.

C. EVANGELISM - ACTS 8:26-31

You share your faith with non-Christians without making them feel uncomfortable or awkward. When you talk to others about God, they often become interested and want to know more.

EXAMPLE - Telling a friend about God or inviting him/her to JHM on the weekends.

D. FAITH - EPHESIANS 3:20

You trust God when things seem impossible. You are confident in His power and feel assured that He will fulfill His promises. When facing a scary or difficult situation, you depend on God to help you.

EXAMPLE - Trusting that God will help you when you are in need.

E. GIVING - HEBREWS 11:1-3

You give to the church so that it may grow and help others. You enjoy giving above and beyond your 10% tithe whenever possible. You give without complaint and are cheerful about it.

EXAMPLE- Giving your allowance to support someone on a mission trip.

F. KNOWLEDGE - PHILIPPIANS 1:9-10

You understand Biblical truths and see how to apply them to everyday life. You provide information and insight to others that helps make good decisions for the Church.

EXAMPLE - Sharing with your Life Group about what the story/verse really means.

G. LEADERSHIP - EXODUS 18:16

You motivate and give direction to others without coming across as bossy or controlling. You can help large groups work together without much struggling or fighting.

EXAMPLE - Being involved in student leadership or organizing events.

H. MERCY - LUKE 10:37

You understand and feel sympathy towards others who are going through a hard time. You are caring and considerate toward their feelings and try your best to help them. You are kind and gentle.

EXAMPLE - Helping a friend whose parents are getting a divorce.

I. SERVING - GALATIANS 6:2

You help others with small tasks so that they can work more efficiently. You enjoy doing the background work without getting much attention or recognition.

EXAMPLE - Helping clean up after church on the weekend.

SPIRITUAL GIFTS REFLECTION:

Take another look at your top three spiritual gifts. Do you agree or disagree? Can you see how these gifts are being used or could be used in your life currently? Was anything surprising to you? Write down your thoughts in the space below.

H - Heart

The H in S.H.A.P.E. stands for heart. Heart refers to what you're passionate about - the things that get you excited and the things that break your heart. Answer the questions below to help you identify some of those things.

What are three things you love to do that bring joy and fulfillment into your life?

1. _____
2. _____
3. _____

What type of people do you enjoy / feel comfortable being around or would enjoy working with? Write your answers below. (Examples: people older than you, infants, people from other cultures, people who hold different beliefs or views than you)

What kind of future career, job, or volunteer role would make you feel really excited and fulfilled?

Think about a social/human issue that's common in culture. If you had the opportunity to change or fix that thing, what would you change and how would you change it?

a - abilities

Go through the questions below to identify some of the abilities that are a part of your shape.

1. What is your best/favorite subject in school?

   _____

2. What's something you're really good at?

   _____

3. What are some things you enjoy doing outside of school? (Examples: sports, hang-gliding, painting, etc.)

   _____

Below is a sample list of abilities to get your thoughts going:

- Acting/Drama
- Animal Care
- Archery
- Art
- Athletics/sports
- Cleaning
- Coaching
- Computer/tech
- Building/Construction
- Cooking
- Debating
- Decorating or Designing
- Drawing
- Encouraging others
- Music/Playing instruments
- Public speaking
- Photography
- Skateboarding
- Reading
- Education/school

P - PERSONALITY

Below are ten horizontal lines with four words on each line, one in each column. In each line, put the number "4" next to the word that best describes you in that line; a "3" next to the word that describes you next best; a "2" to the next best word, and a "1" by the word that least describes you. On each horizontal line of words, you will then have one "4", one "3", one "2", and one "1".

For example, one choice for the first line of words would be as follows:

3 Likes Authority 4 Enthusiastic 2 Sensitive Feelings 1 Likes Instruction

	L	O	G	B
1.	_____ Likes authority	_____ Enthusiastic	_____ Sensitive Feelings	_____ Likes Instruction
2.	_____ Takes Charge	_____ Takes Risks	_____ Loyal	_____ Accurate
3.	_____ Determined	_____ Visionary	_____ Calm	_____ Consistent
4.	_____ Takes Initiative	_____ Talkative	_____ Enjoys Routine	_____ Predictable
5.	_____ Competitive	_____ Promoter	_____ Dislikes Change	_____ Practical
6.	_____ Problem Solver	_____ Enjoys Popularity	_____ Gives in to pressure easily	_____ Stays Factual when others are emotional
7.	_____ Productive	_____ Fun-loving	_____ Avoids Confrontation	_____ Always wants to do what's right - rule follower
8.	_____ Bold	_____ Enjoys variety	_____ Sympathetic/ empathetic	_____ Perfectionist
9.	_____ Decision Maker	_____ Spontaneous	_____ Nurturing	_____ Detail-Oriented
10.	_____ Persistent	_____ Inspirational	_____ Peace Maker	_____ Analytical
TOTALS				

TOP 2 SCORES: _____ and _____

HOW TO INTERPRET YOUR SCORES:

Now that you've taken the survey, what does it all mean? Each letter (L, O, G, B) stands for a particular personality type. The column with the highest score is your dominant personality type, while the column with the second highest number is your sub-dominant type. While you are a combination of all four personality types, the two types with the highest scores reveal the most accurate picture of your natural inclinations, strengths and weaknesses, and how you will naturally respond in most situations. The four personality types can be likened to animals to make them easier to understand and remember. Below are complete descriptions of each one.

L = LIONS

Lions are very confident and self-reliant. In a group setting, if no one else instantly takes charge, the Lion will. Unfortunately, if they don't learn how to tone down their aggressiveness, their natural dominating traits can cause problems with others. Most entrepreneurs are strong lions, or at least have a lot of lion in them.

NATURAL STRENGTHS

- Decisive
- Goal-oriented
- Achievement driven
- Gets results
- Independent
- Risk-taker
- Takes charge
- Takes initiative
- Self-Starter
- Persistent
- Efficient
- Competitive
- Enjoys challenges, variety, and change
- Driven to complete projects quickly and efficiently

NATURAL WEAKNESSES

- Impatient
- Blunt
- Poor Listener
- Impulsive
- Demanding
- May view projects as more important than people
- May "run over" others who are slow to speak
- Fears inactivity or relaxation
- Quickly bored by routine or mechanics

O = OTTERS

Otters are excitable, fun seeking, cheerleader types who love to talk! They're great at motivating others and need to be in an environment where they can talk and have a vote on major decisions. The otters' outgoing nature makes them great networkers–they usually know a lot of people who know a lot of people. They can be very loving and encouraging unless under pressure, when they tend to use their verbal skills to attack. They have a strong desire to be liked and enjoy being the center of attention. They are often very attentive to style, clothes, and flash. Otters are the life of any party; and most people really enjoy being around them.

NATURAL STRENGTHS

- Enthusiastic
- Optimistic
- Good communicator
- Emotional or passionate
- Motivational and inspirational
- Outgoing
- Personal
- Dramatic
- Fun-loving

NATURAL WEAKNESSES

- Unrealistic
- Not detail-oriented
- Disorganized
- Impulsive
- Listens to feelings above logic
- Reactive
- Can be too talkative
- Excitable

G = Golden Retriever

One word describes these people: LOYAL. They're so loyal, in fact, that they can absorb the most emotional pain and punishment in a relationship and still stay committed. They are great listeners, incredibly empathetic and warm encouragers. However, they tend to be such pleasers that they can have great difficulty being assertive in a situation or relationship when it's needed.

NATURAL STRENGTHS

- Patient
- Easy-going
- Team player
- Stable
- Empathetic
- Compassionate
- Sensitive to the feelings of others
- Tremendously loyal
- Puts people above projects
- Dependable
- Reliable
- Supportive
- Agreeable

NATURAL WEAKNESSES

- Indecisive
- Over-accommodating
- May sacrifice results for the sake of harmony
- Slow to initiate
- Avoids confrontation even when needed
- Tends to hold grudges
- Fears change

B = Beaver

Beavers have a strong need to do things right and by the book. In fact, they are the kind of people who actually read instruction manuals. They are great at providing quality control in an office, and will provide quality control in any situation or field that demands accuracy, such as accounting, engineering, etc. Because rules, consistency and high standards are so important to beavers, they are often frustrated with

others who do not share these same characteristics. Their strong need for maintaining high (and oftentimes unrealistic) standards can short-circuit their ability to express warmth in a relationship.

NATURAL STRENGTHS

- Accurate
- Analytical
- Detail Oriented
- Thoroughness
- Industrious
- Orderly
- Methodical and exhaustive
- High standards
- Intuitive
- Controlled

NATURAL WEAKNESSES

- Too hard on self
- Too critical of others
- Perfectionist
- Overly cautious
- Won't make decisions without all the facts
- Too picky
- Over sensitive

e - experiences

God uses all our experiences - the good ones and the bad ones - to make us who He wants us to be! Use the prompts below to outline some of the significant moments in your life that have helped shape you.

Write a brief description of how you met Jesus:

What are three positive moments that have made a big impact on who you are today?

1.

2.

3.

What are three negative moments that have made a big impact on who you are today?

1.

2.

3.