### **SPIRITUAL TEMPERAMENTS | Suggested Practices Group Experience**

### Use this [**LINK**](https://compassion-christian-church.involve.me/spiritual-temperament-assessment) to take the Spiritual Temperaments Assessment

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### ACTIVIST

Activists meet GOD in the vortex of confrontation. They want to fight GOD’s battles. GOD becomes most real to them when they are standing up for justice or working on the frontlines to build GOD’s Kingdom

***Suggested Practices for the Activist Temperament that can help strengthen your experience in Groups:***

* Serve with a local nonprofit group that helps provide relief. This can be you going out on your own, or inviting your existing group to join you.
* Recommend a group study on an Old Testament book like Ester, Judges, Daniel.

### CONTEMPLATIVE

Contemplatives are marked by an emotional attachment and surrender to GOD. They want to spend their time in GOD’s presence - adoring Him, listening to Him and enjoying Him. They often find benefit in journal writing, where they can explore their heart’s devotion

***Suggested Practices for the Contemplative Temperament that can help you strengthen your experience in Groups:***

* Introduce [Lectio Divina](https://renovare.org/articles/lectio-divina-1) into your group and practice it together once a month.
* Have a “craft” night where you paint, draw, or color scripture on a canvas and talk about why you choose the specific scripture passage.

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### INTELLECTUAL

Intellectuals enjoy books - even the reference kind - and live in the world of concepts. They want to come out of their devotional time with new understanding. If their mind isn’t engaged, their heart may feel cold

***Suggested Practices for the Intellectual Temperament that can help strengthen your experience in Groups:***

* *Volunteer to lead your group's next study. Gather input from your group on what they might like to study, then find a study that fits. Take time each week to prepare for teaching during group time.*

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### NATURE

Naturalists' hearts open up to GOD when they get outdoors and in GOD’s creation. GOD seems more real to them when hiking under a big expanse of sky or at least sitting under a tree

***Suggested Practices for the Nature Temperament that can help strengthen your experience in Groups:***

* The weather is getting nice. Take your group outside for the night.
* Plan a prayer walk around your neighborhood and pray for your neighbors.

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### RELATIONAL

Those with a relational temperament feel closest to GOD when they experience Him through community. They feel energized by group studies and activities

***Suggested Practices for the Relational Temperament that can help strengthen your experience in Groups:***

* Plan a time for your group to meet outside of the regular meeting to enjoy food and fellowship for a longer period of time.
* Share upcoming events with your group (kids sports schedule, important meeting, birthday, etc.) and plan to attend to support one another.

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### SERVICE

Servers connect with GOD through helping others. Providing care or meeting needs in Jesus’ name spiritually energizes them and draws them closer to the Lord. They enjoy tangible tasks and activities they feel make an impact

***Suggested Practices for the Service Temperament:***

* Plan a group “pack” event where you build a school supply bag that you can drop off at a local school. Teachers can always use supplies.
* Visit our local outreach page on the website, connect with a partner, and serve with their team.

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### WORSHIP

Worshippers like the excitement and celebration of group worship. They feed off the enthusiasm of other believers and typically revel in GOD’s mystery and supernatural power. Their exuberance tends to lead them to embrace creative forms of worship

***Suggested Practices for the Worship Temperament that can help strengthen your experience in Groups:***

* Ask your group for their favorite worship songs, create a playlist of those songs, then share it with one another to be encouraged during your week.
* If you do not already, take a Sunday to sit with your group. To share in the Sunday (or Wednesday) service together can change how you see each other.