### **SPIRITUAL TEMPERAMENTS | Suggested Practices**

### 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:***

* *Study passages about biblical justice warriors like Nehemiah, Esther, or the prophets*
* *Journal action steps from each Bible reading about how to apply GOD’s Word to current justice issues*
* *Create prayer lists focused on areas of injustice or need for kingdom advancement*
* *Look for commands in Scripture that call for active response*
* *Partner Scripture reading with volunteer work or advocacy*

### 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:***

* *Practice* [***Lectio Divina***](https://renovare.org/articles/lectio-divina-1) *with short passages*
* *Keep a Scripture journal recording personal responses to GOD’s Word*
* *Spend time in silence after reading, allowing space to hear GOD’s voice*
* *Write prayers based on Scripture passages*
* *Memorize verses that speak to GOD’s character and presence*

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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:***

* *Use study tools mentioned in the sermon (cross-references, concordances)*
* *Research historical and cultural context of passages*
* *Compare different translations*
* *Create outlines of books of the Bible*
* *Study biblical themes across Scripture*
* *Follow the sermon's three questions: What's it saying? What's it saying to me? How will I apply it?*

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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:***

* *Read Scripture outdoors*
* *Study passages about creation (Psalms, Job)*
* *Journal connections between natural observations and biblical truth*
* *Read about GOD’s use of nature in teaching (Jesus' parables)*
* *Practice prayer walks with Scripture meditation*

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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:***

* *Join a small group Bible study*
* *Practice Scripture reading with a prayer partner*
* *Share biblical insights with others*
* *Study passages about relationships and community*
* *Discuss application points with trusted friends*

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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:***

* *Identify practical commands in Scripture to implement*
* *Study Jesus' service examples in the Gospels*
* *Look for opportunities to apply Scripture through helping others*
* *Apply Bible reading to specific acts of service*
* *Journal after serving about your experience and how you experienced GOD*

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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:***

* *Set Scripture to music*
* *Study passages about worship and praise*
* *Read Psalms aloud expressively*
* *Create artistic responses to Scripture*
* *Incorporate Scripture into personal worship time*