



# ***Church Jumpstart:***

## ***A 10-Week Journey Towards Reviving Our Church***

### ***Session 9: Look Within You***

## ***Discovering Our SHAPE For Ministry – Part 2***

*“Your hands shaped me and made me.” – Job 10:8*

### **II. MONITORING YOUR HEARTBEAT**

#### **MY HEART IS THE REAL ME!**

*Physiologically, each of us has a unique heartbeat. Each person has a slightly different pattern. Likewise, God has given each of us a unique emotional “heartbeat” that races when we encounter activities, subjects, or circumstances that interest us. We instinctively feel deeply about some things and not about others.*

#### ***“I LOVE TO...” – CIRCLE ANY THAT MAY APPLY TO YOU***

- **DESIGN AND DEVELOP**—I love to make something out of nothing. I enjoy getting something started from scratch.
- **PIONEER**—I love to test out and try new concepts. I am not afraid to risk failure.
- **ORGANIZE**—I love to bring order out of chaos. I enjoy organizing something that is already started.
- **OPERATE / MAINTAIN**—I love to efficiently maintain some things that is already organized.
- **SERVE OR HELP**—I love to assist others in their responsibility. I enjoy helping others succeed.
- **ACQUIRE AND POSSESS**—I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.
- **EXCEL**—I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.
- **INFLUENCE**—I love to convert people to my way of thinking. I enjoy shaping the attitudes and behaviors of others.
- **PERFORM**—I love to be on stage and receive the attention of others. I enjoy being in the limelight.

- **IMPROVE**—I love to make things better. I enjoy taking something that someone else has designed or started and improve it.
- **REPAIR**—I love to fix what is broken or change what is out of date.
- **LEAD AND BE IN CHARGE**—I love to lead the way, oversee and supervise. I enjoy determining how things will be done.
- **PERSEVERE**—I love to see things to completion. I enjoy persisting at something until it is finished.
- **FOLLOW THE RULES**—I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.
- **PREVAIL**—I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.

***Write down the list of things you are passionate about here:***

### III. APPLYING MY ABILITIES

#### **26 Specialized Abilities – Circle any that might apply to you**

- **Entertaining ability:** to perform, act, dance, speak, magic
- **Recruiting ability:** to enlist and motive people to get involved
- **Interview ability:** to discover what others are really like
- **Researching ability:** to read, gather information, collect data
- **Artistic ability:** to conceptualize, picture, draw, paint, photograph, or make renderings
- **Graphics ability:** to lay out, design, create visual displays or banners
- **Evaluating ability:** to analyze data and draw conclusions
- **Planning ability:** to strategize, design and organize programs and events
- **Managing ability:** to supervise people to accomplish a task or event and coordinate the details involved
- **Counseling ability:** to listen, encourage and guide with sensitivity

- **Teaching ability:** to explain, train, demonstrate, tutor
- **Writing ability:** to write articles, letters, books
- **Editing ability:** to proofread or rewrite
- **Promoting ability:** to advertise or promote events and activities
- **Repairing ability:** to fix, restore, maintain
- **Feeding ability:** to create meals for large or small groups
- **Recall ability:** to remember or recall names and faces
- **Mechanical operating ability:** to operate equipment, tools or machinery
- **Resourceful ability:** to search out and find inexpensive materials or resources needed
- **Counting ability:** to work with numbers, data or money
- **Classifying ability:** to systematize and file books, data, records and materials so they can be retrieved easily
- **Public Relations ability:** to handle complaints and unhappy customers with care and courtesy
- **Welcoming ability:** to convey warmth, develop rapport, making others feel comfortable
- **Composing ability:** to write music or lyrics
- **Landscaping ability:** to do gardening and work with plants
- **Decorating ability:** to beautify a setting for a special event

*Write down the list of your abilities here:*

## IV. PLUGGING IN YOUR PERSONALITY

*It's obvious that God has not used a cookie cutter to stamp out people in a process of uniformity. He loves variety—just look around! And there is no “right” or “wrong” temperament. We need opposites to balance the church.*

### How Do I See Myself?

**Strong.....Mild.....Strong**

Extroverted -----Introverted

Thinker-----Feeler

Self-Controlled-----Self-Expressive

Routine-----Variety

Cooperative-----Competitive

Leader-----Follower

Speaks the truth-----in love

Somber-----Giddy

Sensory-----Intuitive

*What do you think are some strengths of your personality-type?*

*What do you think are some weaknesses of your personality-type?*

## **V. EXAMINING MY EXPERIENCES**

One of the most overlooked factors in determining the ministry God has for me is my past experience, particularly my hurts and problems I've overcome with God's help. Since our greatest life messages come out of our weaknesses, not our strengths, we should pay close attention to what we've learned in the "school of hard knocks".

### **WRITE OUT 1-3 SENTENCE RESPONSES TO THE FOLLOWING:**

1. Your Spiritual Experiences ~ What meaningful decisions/times have I had with God?

2. Your Painful Experiences ~ What problems, hurts, and trials have impacted my life?

3. Your Educational Experiences ~ What were my favorite subjects in school?

4. Your Vocational Experiences ~ What jobs have I enjoyed and achieved results in?

5. Your Ministry Experiences ~ How have I have served God in the past?

### *The Million Dollar Question:*

*How can knowing your SHAPE help you to serve God in ministry?*

## Am I A Full Member?



We believe that God has equipped every Christian with spiritual gifts that are to be used for the strengthening of his church and the building of his kingdom. If I do not allow my gifts to be used, the work of the church will suffer (and I will too!) At the same time, there must be a balance to my service. *Church-a-Pewism* (doing too little) and *Church-a-Holism* (doing too much) are to be avoided. The FULL Member concept is designed to help you find **direction** and **balance** in your church involvement. This scoring system will help you get an idea of where you are at on the FULL Member Scale. Score 5 points for each checkmark you make unless noted otherwise.

### Feeding Ministry – *Serving On The Frontlines*

- |   |   |
|---|---|
| Sunday School Teacher/Helper_____                         | “HUGS” Security Team_____                 |
| Children’s Church Teacher/Helper_____                     | Prayer Team Member_____                   |
| Awana Teacher/Helper_____                                 | Marriage Mentor_____                      |
| Jr./Sr. High Youth Ministry Teacher/Helper_____           | Volunteer Regularly At Local Charity_____ |
| VBS Coordinator_____                                      | Shut-In Visitation Ministry_____          |
| Small Group Facilitator_____                              | Men or Women’s Group Leader_____          |
| Worship & Sound Team_____                                 | Meals Ministry_____                       |
| Missions Team_____  | Drama Ministry (Caraway)_____             |
| Building Maintenance Team_____                            | Financial Peace Coordinator_____          |
| “HUGS” Usher/Greeter_____                                 | Support Group Leader (e.g. CR, AA)_____   |
| “HUGS” Hospitality-Coffee Team_____                       | Offer Car or Home Maintenance_____        |
| <br><i>Periodic/Occasional Ministries (2 points each)</i> |   |
| Worship Service Leader_____                               | Trunk ‘n Treat/Easter Egg Hunt_____       |
| VBS Teacher/Helper_____                                   | Blood Drive Coordinator_____              |
| Choir/Bell Choir/Special Music_____                       | Special Outreach Event Coordinator_____   |

*Add 2 points if you are the coordinator of any ministry team\_\_\_\_\_*

### Undergirding Ministry – *Supporting The Frontlines*

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| Church Moderator_____                | Christian Ed Planning Staff_____ |
| Church Clerk_____                    | Church IT-Video team_____        |
| Treasurer/Asst._____                 | Van Driver_____                  |
| Financial Secretary/Asst._____       | Child Safety Program Lead_____   |
| Leadership Team Member_____          | Church Web Site_____             |
| Christian Education Team Leader_____ | Nominating Committee_____        |
| Nursery Volunteer_____               | Beautification Team_____         |

*The following are areas of support which require periodic help. (2 points each.)*

- |                                |                          |
|--------------------------------|--------------------------|
| Cook Meals_____                | Church Photographer_____ |
| Church Work Day Volunteer_____ | Church Librarian_____    |
| Communion Preparer-Server_____ | Church Historian_____    |
| Office Helper_____             | Stock pews & foyer_____  |
| Audit Team_____                |                          |

## **Living and Learning Ministry – Growing On The Front Lines**

Small Group/Bible Study \_\_\_\_\_

Men's Bible Study \_\_\_\_\_

Women's Bible Study \_\_\_\_\_

Awanas \_\_\_\_\_

Support Group Attender \_\_\_\_\_

Sunday School Attender \_\_\_\_\_

Pastor's Discipleship Track \_\_\_\_\_

Youth Group (Jr. or Sr. High) \_\_\_\_\_

*Periodic/Occasional Ministries (2 points each)*

Men's/Women's Prayer Breakfast \_\_\_\_\_

Seasonal Training Seminar \_\_\_\_\_

Men's/Women's Retreat/Conference \_\_\_\_\_

### **Point Total:**

**FEEDING:** \_\_\_\_\_

**UNDERGIRDING:** \_\_\_\_\_

**LIVING & LEARNING:** \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

### **Scoring System:**

- 0-9**      **Require morgue; ain't no pulse!**
- 10-15**    **Require intensive care; pulse is weak**
- 16-22**    **Require hospital bed; making good recovery**
- 23-30**    **Proper fitness level for a FULL Member**
- 31-36**    **Require oxygen – you're overdoing it!**
- 37+**      **Require intervention! Suicide Watch!**  
**Abandon Ship!**