

# ADAPTIVE SPIRITUAL STRENGTHS WORKSHEET

You are sympathetic, cooperative, merciful, accommodating, and kind. You usually want to get along with other people more than you want to achieve your own individual goals, so you are willing to adjust to help others. You are humble and altruistic, spending significant time and energy helping other people.

Adaptive individuals lead to strong spiritual strengths that are crucial for community building, compassion, and service in the Christian faith. These traits not only enhance personal spiritual growth but also contribute positively to the broader community.

## Spiritual Strengths

- 1. Compassion and Empathy:**
  - **Strength:** Adaptive individuals are often compassionate and empathetic, naturally inclined to care for others and support those in need.
  - **Bible Reference:** *"Carry each other's burdens, and in this way, you will fulfill the law of Christ."* (Galatians 6:2, NIV)
- 2. Conflict Resolution:**
  - **Strength:** They are skilled at fostering harmony and resolving conflicts, often acting as peacemakers in difficult situations.
  - **Bible Reference:** *"Blessed are the peacemakers, for they will be called children of God."* (Matthew 5:9, NIV)
- 3. Generosity and Service:**
  - **Strength:** Their desire to help others leads them to serve in their communities, showing generosity through time, resources, and support.
  - **Bible Reference:** *"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."* (2 Corinthians 9:7, NIV)
- 4. Building Community:**
  - **Strength:** Adaptive individuals foster a strong sense of community, encouraging inclusivity and building relationships within the faith community.
  - **Bible Reference:** *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another."* (Hebrews 10:24-25, NIV)
- 5. Forgiveness and Understanding:**
  - **Strength:** They often possess a forgiving spirit, willing to understand and forgive the shortcomings of others, reflecting Christ's love.
  - **Bible Reference:** *"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."* (Ephesians 4:32, NIV)
- 6. Encouragement and Support:**
  - **Strength:** Adaptive individuals are often uplifting, offering encouragement and support to those who are struggling in their faith or personal lives.
  - **Bible Reference:** *"Therefore encourage one another and build each other up, just as in fact you are doing."* (1 Thessalonians 5:11, NIV)

