

CHALLENGING SPIRITUAL STRENGTHS WORKSHEET

You are competitive and self-interested. As an independent person, you are not motivated by getting along with the group and are even willing to upset others to pursue your own goals. You are often independent in your thoughts, and you ask questions, especially to protect your self-interest and make sure you are right.

While may present challenges in relational dynamics, it also brings unique spiritual strengths that can be harnessed for leadership, honesty, resilience, and advocacy within the faith community. Recognizing these strengths can help individuals embrace their unique contributions to their spiritual journeys and the communities they serve.

Spiritual Strengths

Assertiveness and Leadership:

- **Strength:** Challenging individuals often possess strong assertiveness, which can translate into effective leadership, guiding others with conviction and clarity.
- **Bible Reference:** *"Therefore, if you have not been faithful in handling worldly wealth, who will trust you with true riches?"* (Luke 16:11, NIV) – This verse emphasizes the importance of responsibility and leadership.

Critical Thinking and Discernment:

- **Strength:** They may excel in critical thinking, allowing them to question norms and explore deeper theological truths, promoting growth in understanding.
- **Bible Reference:** *"Test everything; hold fast what is good."* (1 Thessalonians 5:21, ESV) – This encourages discernment and careful examination of beliefs.

Resilience and Independence:

- **Strength:** Individuals often foster resilience and self-sufficiency, helping individuals navigate challenges without relying heavily on others.
- **Bible Reference:** *"I can do all things through Christ who strengthens me."* (Philippians 4:13, NKJV) – This verse highlights strength and perseverance through faith.

Honesty and Authenticity:

- **Strength:** They are likely to be direct and honest, valuing authenticity in their relationships and interactions, which can foster genuine dialogue about faith.
- **Bible Reference:** *"The lip of truth shall be established forever, but a lying tongue is but for a moment."* (Proverbs 12:19, NKJV) – This emphasizes the importance of truthfulness.

Courage to Speak Truth:

- **Strength:** They may possess the courage to speak out against injustice or wrongdoing, advocating for what is right even when it is unpopular.
- **Bible Reference:** *"Open your mouth for the mute, for the rights of all who are destitute."* (Proverbs 31:8, ESV) – This encourages advocacy for those who cannot speak for themselves.

Spiritual Strengths Journaling Prompts & Notes

Assertiveness and Leadership:

- How do you view your role in leadership situations, and what strengths do you believe you bring to those roles?

Critical Thinking and Discernment:

- What questions do you find yourself asking about your faith or spiritual beliefs that might challenge conventional thinking?

Resilience and Independence:

- In what ways do you rely on your own strength to overcome challenges? Can you share an example where your resilience was tested?

Honesty and Authenticity:

- How important is honesty to you in your spiritual life, and how do you ensure you remain authentic in your beliefs?

Courage to Speak Truth:

- What motivates you to speak out against injustice or wrongdoing in your community?

Balancing Strengths and Relationships:

- How do you balance your assertiveness and honesty with the need for harmonious relationships within your community?
