



## FLEXIBLE TRAIT WORKSHEETS

This document is designed to guide you through a series of reflective worksheets focused on identifying and strengthening your flexible traits. These traits play a crucial role in your ability to navigate challenges, build relationships, and foster personal growth. By completing each session, you will gain a deeper understanding of your unique qualities and how they can be developed to support identity, purpose, resilience, and success.

### **Session 1: Take the Identity Assessment**

*Flexible is your 'Primary' or 'Secondary' Trait (circle)*

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# FLEXIBLE CHARACTER TRAITS WORKSHEET

You are more fun-loving than hardworking and can be easily distracted. You are less interested in long-term goals and more interested in responding to the moment. You are capable of multi-tasking and being involved in many projects and goals at the same time. However, you tend to abandon plans easily when something more attractive comes around. You are often disorganized and tend to procrastinate. Keep in mind, these traits are attractive to many people because they make you a fun person to be with, especially your spontaneity and adaptability. You'll need to stay aware of your actions and your words so that you don't promise things you can't or shouldn't do.

## Key Characteristics

- **Flexibility and Adaptability:** You are more open to spontaneity and change. Flexible individuals can adapt quickly to new situations and may be more willing to explore unconventional ideas and experiences.
- **Relaxed Attitude:** Flexible people might be less prone to stress and anxiety related to perfectionism or rigid planning. You may have a more laid-back and easygoing demeanor.
- **Social Spontaneity:** You might find it easier to engage in casual social interactions and make new friends as you may be less concerned about adherence to social norms.
- **Open-Mindedness:** A lack of rigid planning can lead to greater openness to new experiences and a willingness to consider alternative viewpoints and lifestyles.
- **Ability to Live in the Moment:** Flexible people might excel at living in the present and enjoying life's immediate pleasures, which can contribute to a sense of spontaneity and joy.
- **Risk Taking:** While this can have both positive and negative consequences, you might be more willing to take calculated risks, leading to potential rewards and opportunities.
- **Empathy:** A relaxed attitude might make it easier for flexible individuals like you to empathize with others' experiences and emotions, fostering stronger interpersonal connections.

## Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Flexibility and Adaptability:** Jesus often exhibited flexibility and adaptability in His interactions. For example, He engaged with people from diverse backgrounds, adapting His teachings to their circumstances and needs.
- **Spontaneity:** Jesus' interactions were often spontaneous and responsive to immediate situations. His parables and teachings often arose from encounters with individuals or events in daily life.
- **Relaxation:** Jesus emphasized the importance of trust and faith in God's providence, encouraging His followers to avoid excessive worry and anxiety about material concerns.
- **Social Ease:** Jesus was known for interacting with a wide range of people, including those marginalized by society. His ability to connect with individuals from different backgrounds exemplifies social ease and open-heartedness.
- **Open-Mindedness:** Jesus challenged prevailing social norms and engaged with people who were considered outcasts. He emphasized love, compassion, and acceptance over rigid adherence to societal norms.

- **Living in the Moment:** Jesus often emphasized the importance of living in the present moment and not being overly preoccupied with material concerns or the future. He encouraged trust in God's care.
- **Risk Taking:** Jesus' teachings often called for radical acts of compassion, forgiveness, and selflessness that might be seen as risky or unconventional from a societal perspective.
- **Empathy:** Jesus' interactions with individuals demonstrated deep empathy and understanding. He often met people where they were and responded to their emotional and spiritual needs.

**Character Journaling Prompts & Notes**

**Approach to Spiritual Planning and Organization:**

- How do you incorporate planning and organizing spiritual practices or rituals into your daily life?

**Embracing Divine Guidance in Unexpected Changes:**

- How do you perceive unexpected changes or disruptions as opportunities for spiritual growth and divine intervention?

**Finding Spiritual Meaning in Spontaneity:**

- Can you describe a situation where being spontaneous led to a positive spiritual outcome or revelation?

**Surrendering to Divine Timing:**

- How do you manage your spiritual journey within divine timelines and deadlines?

**Faith in the Face of Uncertainty and Ambiguity:**

- How does your faith provide you with comfort and certainty amidst life's uncertainties and ambiguities?

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# FLEXIBLE SPIRITUAL STRENGTHS WORKSHEET

You are more fun-loving than hardworking and can be easily distracted. You are less interested in long-term goals and more interested in responding to the moment. You are capable of multi-tasking and being involved in many projects and goals at the same time.

While flexible individuals may face challenges related to organization and planning, they bring valuable strengths to their spiritual journeys, including flexibility, creativity, empathy, joy, risk-taking, and presence. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

## Spiritual Strengths

### Flexibility and Adaptability:

- **Strength:** Flexible individuals often adapt easily to new situations and are open to spontaneity, allowing them to embrace the unexpected in their spiritual lives.
- **Bible Reference:** "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11, NIV) – This verse reflects the idea of trusting God's plan, even when it differs from our expectations.

### Creativity and Open-Mindedness:

- **Strength:** They may think outside the box, approaching spiritual practices and community involvement with creativity and innovation.
- **Bible Reference:** "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." (Colossians 3:17, NIV) – This encourages creativity in expressing faith.

### Empathy and Relational Skills:

- **Strength:** Flexible individuals often excel in relating to others and can be more empathetic, fostering deeper connections in their faith communities.
- **Bible Reference:** "Rejoice with those who rejoice, weep with those who weep." (Romans 12:15, ESV) – This emphasizes the importance of empathy in community.

### Enjoyment of Life and Spiritual Joy:

- **Strength:** They may have a natural inclination to enjoy life and experience joy in their spiritual journey, encouraging others to embrace a more relaxed approach to faith.
- **Bible Reference:** "The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." (John 10:10, ESV) – This speaks to the abundant life that can be enjoyed in faith.

### Willingness to Take Risks:

- **Strength:** Individuals might be more willing to take risks or step outside their comfort zones in their spiritual practices, leading to personal growth and new experiences.
- **Bible Reference:** "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10, NIV) – This encourages stepping out in faith without fear.

### Ability to Live in the Moment:

- **Strength:** They may have a unique ability to be present and appreciate the moment, which can enhance their connection to God and their spirituality.
- **Bible Reference:** "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34, NIV) – This verse highlights the importance of living in the present.

## Spiritual Strengths Journaling Prompts & Notes

### **Flexibility and Adaptability:**

- How do you adapt to changes in your spiritual practices or beliefs, and what benefits have you experienced from this flexibility?

### **Creativity and Open-Mindedness:**

- In what ways do you express your creativity in your spiritual life, and how has that enriched your faith?

### **Empathy and Relational Skills:**

- How do you connect with others in your community, and what role does empathy play in those relationships?

### **Enjoyment of Life and Spiritual Joy:**

- How do you find joy in your spiritual practices, and what activities bring you a sense of fulfillment?

### **Willingness to Take Risks:**

- How do you approach taking risks in your faith journey, and what have you learned from those experiences?

### **Ability to Live in the Moment:**

- How do you practice being present in your spiritual life, and what benefits does this bring you?

### **Balancing Strengths and Responsibilities:**

- How do you ensure that your spontaneity does not lead to neglecting important responsibilities in your spiritual life?

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# FLEXIBLE VULNERABILITIES WORKSHEET

Flexible individuals tend to be more spontaneous and open to new experiences. While these traits can lead to creativity and adaptability, they also come with specific vulnerabilities.

## Vulnerabilities

- **Difficulty with Organization:** Individuals may struggle to keep their living and working spaces organized, leading to clutter and chaos that can impact productivity and well-being.
- **Procrastination:** A tendency to delay tasks can result in missed deadlines and increased stress, especially when managing responsibilities.
- **Impulsiveness:** Lower conscientiousness can lead to hasty decision-making without fully considering the consequences, which can create challenges in both personal and professional situations.
- **Lack of Follow-Through:** Individuals may have trouble completing projects or commitments, leading to feelings of guilt or disappointment from others.
- **Inconsistent Routines:** A lack of structure can result in inconsistent habits, affecting time management and personal goals.

## Jesus' Teachings

By reflecting on these teachings of Jesus, flexible individuals can find guidance in addressing their vulnerabilities. Integrating these principles into daily life can promote personal growth, enhance self-discipline, and foster more meaningful connections with others.

- **Difficulty with Organization:** *"For God is not a God of confusion but of peace." (1 Corinthians 14:33)*  
This teaching emphasizes the importance of order and clarity. Embracing organization can lead to a more peaceful and productive life. Taking steps to create order in your surroundings can foster a sense of calm.
- **Procrastination:** *"Whatever you do, work heartily, as for the Lord and not for men." (Colossians 3:23)*  
This verse encourages individuals to approach their responsibilities with diligence and commitment. By framing tasks as part of a larger purpose, you can cultivate a stronger work ethic and reduce procrastination.
- **Impulsiveness:** *"But let your 'Yes' be 'Yes,' and your 'No,' 'No.'" (Matthew 5:37)*  
This teaching highlights the importance of intentionality in decision-making. By taking the time to reflect before responding or committing to something, you can mitigate impulsive choices and ensure they align with your values.
- **Lack of Follow-Through:** *"A man is not defined by what he says, but by what he does." (Matthew 7:16)*  
This teaching serves as a reminder that actions speak louder than words. Committing to follow through on tasks and responsibilities can reinforce your reliability and strengthen your relationships.
- **Inconsistent Routines:** *"The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty." (Proverbs 21:5)*  
This verse underscores the value of planning and consistency. Establishing routines can lead to more stable and productive outcomes, helping to foster personal growth and fulfillment.

# Other Practical Guidance

## Personal Guidance

- **Establish Organizational Systems:** Start small by creating specific organizational systems for your belongings and workspace. Use tools like calendars, to-do lists, or digital apps to keep track of tasks and deadlines.
- **Set Clear Goals:** Break larger projects into smaller, manageable tasks with clear deadlines. Use SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound) to set your goals.
- **Practice Mindfulness:** Incorporate mindfulness practices such as meditation or deep breathing to increase awareness of your thoughts and decisions. This can help reduce impulsivity and enhance self-control.
- **Create Routines:** Establish daily or weekly routines to create a sense of structure in your life. Identify key activities that you want to prioritize, and schedule them consistently.
- **Accountability:** Share your goals and commitments with a trusted friend or mentor who can help keep you accountable. Regular check-ins can motivate you to stay on track.

## Relationship Guidance

- **Communicate Expectations:** Be open with friends, family, and colleagues about your challenges with organization and follow-through. Set realistic expectations for what you can accomplish and when.
- **Collaborate with Others:** Seek out partners or groups for collaborative projects, as working with others can provide motivation and structure. Choose people who have complementary skills and strengths.
- **Embrace Constructive Criticism:** Be open to feedback from others about your organizational habits and follow-through. Use this input as a tool for growth rather than a personal attack.
- **Be Mindful of Commitments:** Before agreeing to new commitments, take time to assess your current responsibilities. Practice saying no when necessary to avoid overextending yourself.
- **Celebrate Small Wins:** Acknowledge and celebrate your progress, no matter how small. This can include completing tasks or sticking to routines for a certain period.

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# FLEXIBLE TRAIT NAVIGATING CHALLENGES

You are more fun-loving than hardworking and can be easily distracted. You are less interested in long-term goals and more interested in responding to the moment. You are capable of multi-tasking and being involved in many projects and goals at the same time.

## Challenges You May Experience from Yourself and Others

Employers want to hire people who are reliable and organized. Being ambitious and focused at work is often seen as a desirable trait that can lead quickly to advancement, more responsibility and higher pay. Since you are not innately 'wired' to be diligent and highly focused, at times you may be perceived as being casual about your responsibilities, disorganized, unproductive, or irresponsible. It's helpful to be aware of how your interpersonal style at work can be perceived by others so that you can monitor your behavior.

## How to Effectively Manage Challenges

- **Establish routines:** Create daily or weekly routines to help you stay organized and focused on tasks.
- **Use tools and technology:** Utilize calendars, task lists, or productivity apps to track deadlines and manage your workload efficiently.
- **Break tasks into smaller steps:** Divide larger tasks into manageable chunks to prevent feeling overwhelmed and to maintain focus.
- **Set realistic goals:** Establish achievable goals and deadlines for yourself, and prioritize tasks based on importance and urgency.
- **Seek accountability:** Share your goals and progress with colleagues or supervisors to help you stay accountable and motivated.
- **Practice time management:** Allocate specific time slots for different tasks and limit distractions to maximize productivity.
- **Develop self-discipline:** Cultivate habits of punctuality, reliability, and consistency in completing tasks.
- **Learn from mistakes:** Embrace feedback and learn from past experiences to improve your performance and reliability over time.

## Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Establishing routines, seeking accountability, and practicing self-discipline will help you enhance your reliability and productivity. This alignment with Jesus' principles can lead to personal growth and foster positive relationships in your work environment.



- **Establish Routines:** Jesus modeled the importance of routines, often withdrawing to pray and recharge at specific times (e.g., Mark 1:35). Create daily or weekly routines to help you stay organized and focused on your tasks, following Jesus' example of consistent practice.
- **Use Tools and Technology:** Jesus used parables and stories to communicate effectively, which reflects the importance of utilizing available tools to convey messages clearly (e.g., Matthew 13). Just as Jesus utilized relatable examples, use calendars, task lists, and productivity apps to track deadlines and manage your workload effectively.
- **Break Tasks into Smaller Steps:** In John 6:9, Jesus took the little boy's five loaves and two fish and made them sufficient to feed thousands, illustrating the importance of starting with what you have. Divide larger tasks into manageable chunks, as this approach can help you feel less overwhelmed and maintain your focus on smaller, achievable goals.
- **Set Realistic Goals:** Jesus encouraged His followers to consider the cost of their commitments (e.g., Luke 14:28-30), emphasizing the importance of setting realistic expectations. Establish achievable goals and deadlines for yourself, prioritizing tasks based on their importance and urgency.
- **Seek Accountability:** Jesus often sent His disciples out in pairs (e.g., Luke 10:1), promoting the idea of mutual support and accountability. Share your goals and progress with colleagues or supervisors to stay accountable and motivated, fostering a sense of partnership.
- **Practice Time Management:** Jesus demonstrated effective time management through His ministry, balancing teaching, healing, and spending time in prayer (e.g., Mark 1:35-39). Allocate specific time slots for different tasks and limit distractions to maximize productivity, learning from Jesus' ability to focus on His mission.
- **Develop Self-Discipline:** Jesus emphasized the importance of being faithful in small things (e.g., Luke 16:10), which highlights the need for reliability and consistency. Cultivate habits of punctuality and reliability by consistently completing tasks, thus building your reputation for dependability.
- **Learn from Mistakes:** Jesus often provided corrective guidance and emphasized repentance and learning (e.g., John 8:11, where He advises the woman caught in adultery). Embrace feedback and learn from past experiences to improve your performance and reliability over time, viewing mistakes as opportunities for growth.

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# FLEXIBLE LEARNING STYLES

Based on your learning styles, here are the best way to engage and learn from the Bible.

## Primary Learning Style: Experiential/Active



They learn best through physical activities and hands-on experiences. They prefer learning by doing, such as participating in experiments, using an App, or interactive activities.

### Experiential/Active Learner Resources

As an 'experiential/active' (kinesthetic) learner, here are some resources to help you better understand the bible and other concepts.

- **YouVersion App at <https://www.bible.com/app>**  
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject App at <https://bibleproject.com/app/>**  
Watch, Listen, and Learn - Your guide to the Bible's unified story. On the app, wherever you start is just the beginning.
- **Through the Word App at <https://app.throughtheword.org/>**  
Understand the Bible in just ten minutes a day, with plans for every book and Audio Guides for every chapter.

## Secondary Learning Style: Visual



These learners prefer to use visual aids like diagrams, charts, graphs, and videos to understand and remember information. They learn best when they can see visual representations of concepts.

### Visual Learner Resources

As a 'visual' learner, here are some resources to help you better understand the bible and other concepts.

- **BibleProject videos at <https://bibleproject.com/explore/>**  
All of BibleProject videos are short visual explanations that show how the Bible is a unified story that leads to Jesus.
- **YouVersion videos at <https://www.bible.com/videos>**  
YouVersion / Bible.com has a large inventory of videos for books in the bible and many other themes.
- **Spoken Gospel videos at <https://www.spokengospel.com/library>**  
Watch 'The Bible Explained' video series with an overview for many books of the bible.

# FLEXIBLE RELATIONAL STRENGTHS WORKSHEET

Flexible individuals bring unique relational strengths to both community settings and conversations. These strengths can enhance social dynamics by contributing flexibility, spontaneity, and a more relaxed approach to interpersonal interactions.

## Relational Strengths in a Community

- **Flexibility and Adaptability:** Flexible individuals are often more adaptable and open to going with the flow. In a community, they can help others feel less rigid and more spontaneous, contributing to an environment that is responsive to changing circumstances and opportunities.
- **Low Stress and Relaxed Attitude:** They tend to bring a more laid-back approach to communal activities, reducing stress or pressure for those around them. This can help create a more relaxed atmosphere, where people feel comfortable and not overly driven by perfectionism or strict expectations.
- **Creativity and Spontaneity:** Without being tied to strict plans or routines, they often bring a creative, spontaneous energy to the group. They might encourage others to try new approaches, experiment with different ways of doing things, or simply enjoy the present moment without worrying about rigid goals.
- **Inclusive and Open-Minded:** Flexible individuals tend to be more open to different ideas and people, without being judgmental about how others manage their time or responsibilities. This inclusiveness can make them approachable and easy to get along with in community settings.
- **Encouraging Relaxation and Fun:** Their more easygoing nature helps balance communities that may otherwise be very task-oriented or serious. They remind others to take breaks, enjoy themselves, and not get too caught up in work or obligations.
- **Tolerance for Uncertainty:** In communities where things don't always go as planned, flexible individuals are less likely to become stressed or frustrated. They can help the group stay calm and open-minded when plans change or when unexpected challenges arise.

## Jesus' Teachings

Flexible individuals tend to be more spontaneous, flexible, and laid-back in their approach to tasks and relationships. These traits can bring relational strengths such as adaptability, openness to change, and a relaxed, non-judgmental attitude, which can foster a more accepting and creative community. Jesus' teachings often emphasize the importance of grace, mercy, and focusing on people rather than rigid structures or rules. These themes align well with the relational strengths of flexible individuals, who often value relationships over strict adherence to processes or tasks.

### Teaching on Grace, Flexibility, and Focus on People Over Rules

One of Jesus' teachings that reflects the strengths of flexible individuals is His message of prioritizing love and compassion over strict adherence to the law. A key teaching is found in Matthew 12:1-8, where Jesus defends His disciples for picking grain on the Sabbath, challenging the rigid interpretation of the law in favor of compassion and human need.

**Matthew 12:7:** *"If you had known what these words mean, 'I desire mercy, not sacrifice,' you would not have condemned the innocent."*

This teaching highlights Jesus' emphasis on mercy, compassion, and flexibility in applying rules. It reflects the relational strength of flexible individuals, who tend to prioritize relationships and human needs over rigid structures. They bring a sense of grace and openness, allowing for a more accepting and compassionate community.

### Teaching on Adaptability and Acceptance

Jesus also modeled flexibility and acceptance in His interactions with people from all walks of life, focusing more on relationships and transformation than rigid adherence to religious or social norms. One example is His interaction with Zacchaeus, a tax collector, in Luke 19:1-10. Jesus did not focus on Zacchaeus' social status or past wrongs but instead welcomed him, showing openness and grace.

**Luke 19:5-6:** *"When Jesus reached the spot, he looked up and said to him, 'Zacchaeus, come down immediately. I must stay at your house today.' So he came down at once and welcomed him gladly."*

This teaching reflects Jesus' openness to relationships and His adaptability in engaging with people, even those who were considered outcasts. This aligns with the relational strength of flexible individuals, who tend to be more accepting and flexible, focusing on building relationships rather than following strict social conventions.

### Bible Verse that Represents These Relational Strengths

A Bible verse that aligns with the strengths of flexible individuals, particularly the emphasis on mercy, flexibility, and grace, is:

**Matthew 11:28-30:** *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

This verse reflects the strength of offering rest, relief, and a gentle approach to life's demands. Flexible individuals often help others feel less burdened by expectations, focusing more on relationships and personal well-being than rigid tasks or rules.

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# FLEXIBLE CONVERSATION STRENGTHS WORKSHEET

Flexible individuals bring unique relational strengths to both community settings and conversations. These strengths can enhance social dynamics by contributing flexibility, spontaneity, and a more relaxed approach to interpersonal interactions.

## Conversational Strengths

- **Spontaneous and Free-Flowing Dialogue:** They tend to approach conversations without a strict agenda or plan, making their discussions more relaxed and fluid. This openness can help others feel comfortable expressing themselves in a natural, unstructured way.
- **Non-Judgmental and Easygoing:** Flexible individuals are often less critical or demanding of others in conversations. They aren't likely to focus on details or hold people to high standards of precision, which can make them more approachable and accepting of different viewpoints.
- **Encouraging of Different Perspectives:** They tend to welcome diverse perspectives without being overly focused on rules or strict reasoning. This openness can lead to broader, more inclusive conversations where all ideas are considered, even if they don't conform to a strict framework.
- **Relaxed and Informal Style:** Their conversational style is typically informal and relaxed, which can make interactions with them feel more genuine and less pressured. This is particularly valuable in social settings where others might feel stressed or self-conscious.
- **Less Focus on Productivity, More on Connection:** In conversations, they often focus more on building rapport and emotional connection rather than sticking to a specific goal or topic. This can lead to deeper, more personal exchanges where the relationship itself takes precedence over the content of the discussion.
- **Tolerance for Interruptions and Deviations:** Conversations with flexible individuals tend to be more tolerant of interruptions or shifts in direction. They're comfortable with conversational tangents, which can lead to unexpected insights or enjoyable digressions.
- **Humor and Lightheartedness:** They often bring humor and playfulness into conversations, helping lighten the mood. Their less serious approach can defuse tension and make interactions more enjoyable, especially in stressful or formal environments.

## Jesus' Teachings

Flexible individuals tend to be more spontaneous and relaxed in conversation and communication. Their strengths lie in their adaptability, openness to new ideas, and a more laid-back approach to interactions. These individuals often bring a sense of freedom and creativity to conversations, allowing for more open, less rigid dialogue. Jesus' teachings often emphasize grace, being present with others, and focusing on relationships over strict rules or structure, aligning with the strengths of individuals who communicate with a more relaxed and open approach.

### Teaching on Grace, Flexibility, and Being Present

One of Jesus' teachings that reflects the conversational strengths of flexible individuals is His focus on grace and the importance of being flexible in relationships. In Matthew 6:25-27, Jesus encourages people not to be overly concerned with the stresses of life, but to trust in God and live more freely in the moment:

**Matthew 6:25-27:** *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?”*

This teaching highlights the strength of flexibility, focusing on the present, and trusting in God's provision. Flexible individuals often bring this relaxed, present-centered energy to their conversations, helping others feel at ease and free from unnecessary pressure.

### Teaching on Grace and Acceptance in Communication

Jesus often emphasized grace and acceptance over strict adherence to rules or societal norms. One example of this is in His interaction with Mary and Martha in Luke 10:38-42, where Jesus prioritizes being present and focused on relationships over busyness and rigid expectations:

**Luke 10:41-42:** *“Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”*

This teaching reflects the strength of being present and focusing on the heart of relationships, rather than being overly concerned with tasks or expectations. Flexible individuals excel at bringing this kind of relaxed presence into conversations, allowing for deeper connection without being bound by rigid structures.

### Bible Verse that Represents These Conversation Strengths

A Bible verse that aligns with the strengths of a flexible individual, particularly in their non-judgmental approach to communication, is:

**James 1:19:** *“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.”*

This verse emphasizes the importance of listening and being open in conversations, which reflects the easygoing nature of flexible individuals. They tend to create space for others to express themselves without rushing or being overly concerned with structure.

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