

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.

