# **RELATIONAL SPIRITUAL STRENGTHS WORKSHEET**

You are outgoing, energetic, and friendly. You are enthusiastic about life and what it has to offer. You see the world as full of potential and are eager to pursue it. You enjoy stimulation from other people and environments, and you naturally gravitate to busy and active places. You express yourself easily and like to talk.

Relational individuals bring valuable strengths to their spiritual journeys, including sociability, enthusiasm, leadership, communication, emotional expressiveness, and networking abilities. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

# **Spiritual Strengths**

### Sociability and Community Building:

- **Strength**: Relational individuals are often sociable and enjoy connecting with others, which helps foster community and build relationships within their faith groups.
- **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) This highlights the importance of gathering and encouraging one another.

### Enthusiasm and Joy:

- **Strength**: Their natural enthusiasm and positive energy can inspire and uplift those around them, creating a joyful atmosphere in their spiritual community.
- **Bible Reference**: "The joy of the Lord is your strength." (Nehemiah 8:10, NIV) This verse emphasizes the strength that comes from joy in the Lord.

# Leadership and Influence:

- **Strength**: Relational individuals often take on leadership roles, using their charisma and outgoing nature to guide and motivate others in their spiritual journeys.
- Bible Reference: "But the greatest among you shall be your servant." (Matthew 23:11,
- ESV) This verse highlights the essence of servant leadership.

# Communication Skills:

- **Strength**: They are often skilled communicators, making it easier for them to share their faith, testify, and engage in meaningful discussions about spiritual matters.
- **Bible Reference**: "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have." (1 Peter 3:15, NIV) This encourages believers to communicate their faith effectively.

### **Emotional Expressiveness:**

- **Strength**: Individuals often lead to greater emotional expressiveness, which can deepen worship experiences and foster connection in communal settings.
- **Bible Reference**: "Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness; come into his presence with singing!" (Psalm 100:1-2, ESV) This encourages joyful expression in worship.

### Networking and Outreach:

- **Strength**: Their extroverted nature allows them to easily network and reach out to others, expanding their community and sharing their faith with new people.
- **Bible Reference**: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." (Matthew 28:19, ESV) This commission encourages outreach and spreading the faith.

# Spiritual Strengths Journaling Prompts & Notes

### Sociability and Community Building:

• How do you actively engage with your faith community, and what roles do you find yourself naturally stepping into?

### Enthusiasm and Joy:

• How does your enthusiasm for your faith impact those around you? Can you provide an example where your joy inspired others?

### Leadership and Influence:

• What leadership roles have you taken on in your spiritual community, and how do you feel your extraversion enhances your effectiveness in those roles?

### **Communication Skills**:

• How do you use your communication skills to share your faith with others? What methods do you find most effective?

### **Emotional Expressiveness**:

• In what ways do you express your emotions during worship or spiritual activities, and how does this enhance your experience?

### Networking and Outreach:

• How do you approach outreach and networking within your community? What strategies work best for you?

### **Balancing Strengths and Needs:**

• How do you ensure that your outgoing nature does not lead to burnout or neglect of your personal spiritual needs?