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## Discovering your SHAPE

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[www.anglicanyouth.org.nz/tag/shape](http://www.anglicanyouth.org.nz/tag/shape)

# My SHAPE

God has made us all individually. We have been created with purpose, and each of us a unique 'SHAPE'.

Our SHAPE is made up of our:

S

Spiritual Gifts

H

Heart

A

Abilities

P

Personality

E

Experiences

# Spiritual Gifts

Spiritual Gifts are given to us by the Holy Spirit to help us love others. There are lots of different gifts. List the Spiritual Gifts mentioned in the following passages:

ROMANS 12:6-8	1 CORINTHIANS 12:8-10, 28	EPHESIANS 4:11

GIFT	THE HOLY SPIRIT HELPS YOU TO...	BIBLE	ME?
Administration	plan and effectively organise things to achieve a goal	1 Corinthians 12:28	
Apostle	see the 'big picture' and start new things	Ephesians 4:11	
Discerning Spirits	distinguish between truth & error/ whether something is from God	1 Corinthians 12:10	
Evangelist	effectively share the good news with people who aren't Christians	Ephesians 4:11	
Encouragement	share God's truth in a way that encourages people who are feeling discouraged in their faith	Romans 12:8	
Faith	act on God's promises with confidence & belief in God's ability	1 Corinthians 12:9	
Giving	give money or resources to with cheerfulness & generosity	Romans 12:8	
Healing	pray for people's healing and wellbeing	1 Corinthians 12:9,28	
Helps	do practical & necessary tasks which help others	1 Corinthians 12:28, Romans 12:7	
Interpretation of Tongues	to understand a message that has been spoken in 'tongues' (a prayer language)	1 Corinthians 12:10	
Knowledge	share God's truth with others	1 Corinthians 12:8	
Mercy	empathise with those who suffer and provide help to those in need	Romans 12:8	
Miracles	pray for God to do supernatural things	1 Corinthians 12:10,28	
Pastor	help people grow in their relationship with Jesus	Ephesians 4:11	
Prophecy	speak God's messages to encourage, bring understanding or direction	1 Corinthians 12:10 Romans 12:6	
Leadership	cast vision, motivate and direct people to accomplish the purposes of God	Romans 12:8	
Teaching	understand, clearly explain and apply the word of God	Romans 12:7	
Tongues	speak, worship or pray in a prayer language (that is unknown to you)	1 Corinthians 12:10	
Wisdom	apply God's truth to help in a specific situation	1 Corinthians 12:8	

Read through each of the descriptions of the spiritual gifts above.

In the 'Me?' column:

- Draw a star if you think this sounds like a spiritual gift you might have.
- Draw a smiley face next to some if it sounds like something you would like to be able to do.
- Draw a question mark next to any that you would like to find out more about.

# Heart

What do you love to do?  
(e.g. languages, sport, music, crafts)

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What issues or causes are you passionate about?

Here are some ideas:  
the environment, injustice, addictions, poverty, equality

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Who do you care about? What kinds of people would you like to help?

Here are some ideas:  
babies, kids, people who are lonely, people who are sick/in hospital,  
people with disabilities, homeless, kids with parents in prison...

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What I would most like to do for others is...

# Abilities

What natural abilities or talents do you have?  
(e.g. drama, art, photography, fixing, computers, maths, music, athletics)

Write or draw these here:

# Personality

Circle the word in each row that most makes you think, "Yip, that's me!"

1	Likes to lead	Enthusiastic	Sensitive feelings	Likes instruction
2	Takes charge	Takes risks	Loyal	Accurate
3	Determined	New ideas	Calm	Consistent
4	"Go for goals!"	Talk talk talk	Enjoys routine	Predictable
5	Competitive	Promoter	Dislikes change	Practical
6	Problem solver	Friendly	Puts others first	Likes facts
7	Productive	"Let's do it the fun way!"	Avoids confrontations	Responsible
8	Bold	Likes variety	Sensitive	"Let's get it perfect"
9	Makes decisions	Spur of the moment	Caring	Details
10	Persistent	Inspirational	Peace maker	"How does it work?"
Total				



Add up the number of words that you circled in each column above.

Read the description on the next page for the animal that has the highest number.



## LION



You have all the makings of a great leader. One day, you could be the boss, the owner, at the top of the pile. People look to you to lead. You're brave, you make things happen, and you like problems, because you can crack them. Lions – the world is grateful because you lead us and give us jobs. But take care! Let your 'lionishness' get away on you, and you will be too pushy and stomp on too many toes. Lions can gain followers, but they can lose friends. Try listening to others and taking other people's ideas seriously. Lion, here's some homework: lose some arguments. Even when you know you're right.

## OTTER



You don't care about being at the top, but you do want to be out the front. You love a crowd, especially if the crowd is looking at you! Inside, you know you have a serious side, and can sometimes even feel shy but, on the outside, all people see is a natural entertainer. Life would be so dull without you. Beware: otters have a thing about time... they often run over deadlines. And otters can really grate with more serious people. Sometimes people will get the impression you are always clowning and never take anything seriously. Otter: slow down, buy a diary, learn to listen, and learn a few tricks from beavers.

## GOLDEN RETRIEVER



You are the best friend anyone could have! You are sympathetic, you listen, you are sensitive. You hate to hurt anyone's feelings but be careful: you can turn the ones that you love into bullies if you don't learn how to put up boundaries. Speak up and say "No" when you want to. Retriever – you are too valuable to get treated like a doormat!

## BEAVER



Let me guess: you make lists, and you like things done neatly. Beavers love order, reading manuals and doing things the right way. That's great! But there's a risk... too many beavers hide behind their computers. You can get so focussed on a job you can miss the fun of life. Loosen up, be brave, and get out there!

How could your unique personality impact the way you help others?

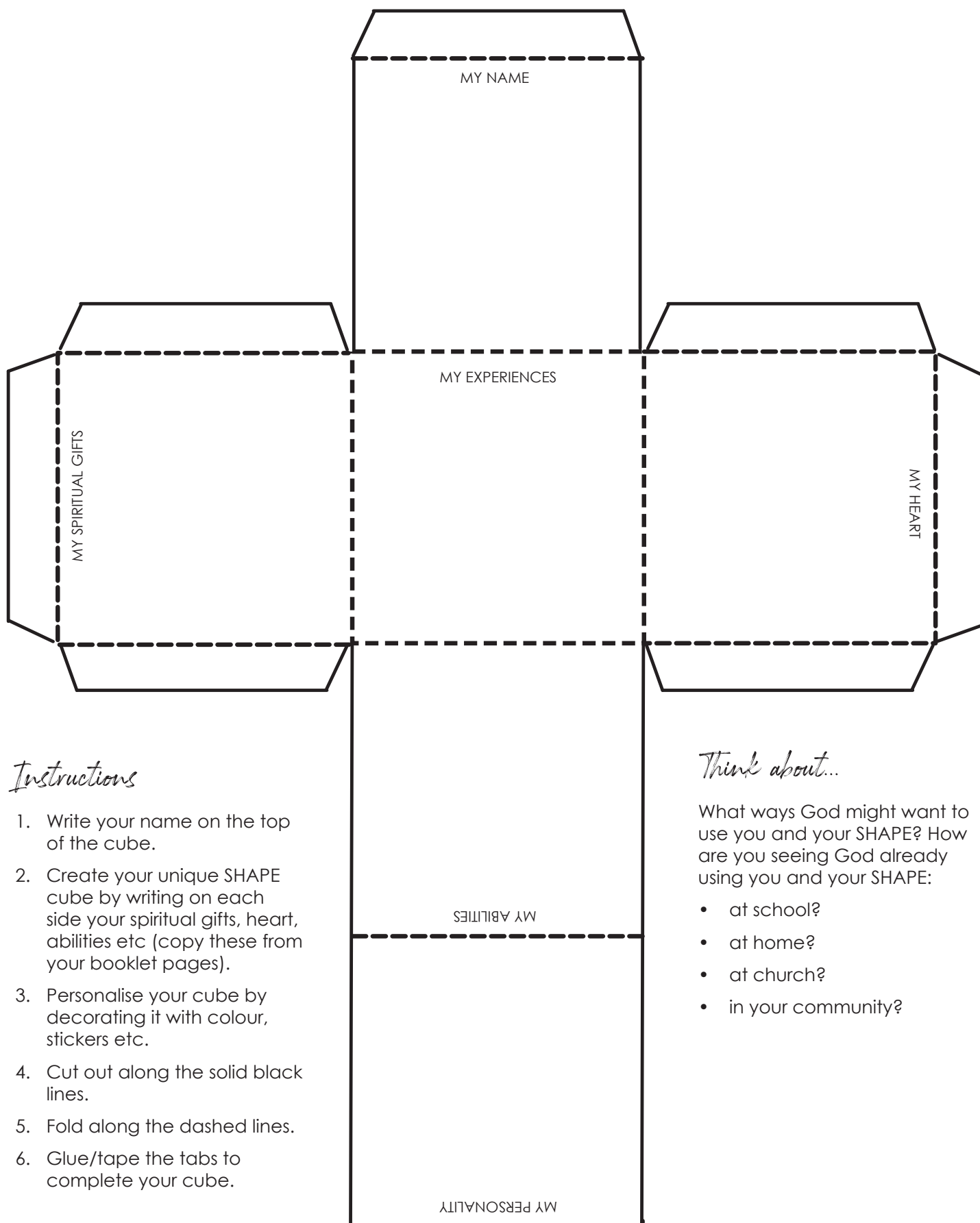
Credit: Personality descriptions and images from [www.attitude.org.nz/personality-test/](http://www.attitude.org.nz/personality-test/)

# Experiences

God can use your experiences, both good and bad, to help others.

Choose three or four events in your life that have made you who you are today, e.g. how you became a Christian, a past experience that you've learned from.

Draw or write about those events in each box below.

### Instructions

1. Write your name on the top of the cube.
2. Create your unique SHAPE cube by writing on each side your spiritual gifts, heart, abilities etc (copy these from your booklet pages).
3. Personalise your cube by decorating it with colour, stickers etc.
4. Cut out along the solid black lines.
5. Fold along the dashed lines.
6. Glue/tape the tabs to complete your cube.

### Think about...

What ways God might want to use you and your SHAPE? How are you seeing God already using you and your SHAPE:

- at school?
- at home?
- at church?
- in your community?