

S.
H.
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P.
E.

What
S.H.A.P.E.
are
you?

Spiritual Gifts
Heart
Abilities
Personality
Experience



What S.H.A.P.E. are you?

What S.H.A.P.E. are you? God has created you and shaped your life in unique and wonderful ways so that you can experience the joy of helping the Kingdom of God *"to come on earth as it is in heaven"* (Matthew 6:10). We do different things to make a living, but we all have the same vocation, or calling, which is to use our talents, abilities, interests, personality, and experience to follow Jesus, to strengthen Christ's Body, the Church, and to enlarge God's Kingdom on earth. When we use our abilities for God's glory, we experience greater joy in our service to others.

Rick Warren of Saddleback Church in California developed the S.H.A.P.E. acronym several years ago, and it has become widely used to help Christians discover their unique "SHAPE for ministry." This material has been adapted from Warren's work and we express appreciation for this tool. This acronym S.H.A.P.E. has been adopted as a tool to let church leaders know your gifts and how to deploy your skills most effectively.

Knowing your S.H.A.P.E. helps you to say "yes" joyfully to ministry opportunities and to say "no" to other ministry opportunities without guilt.

God created each of us with unique gifts to share with the world. Using your gifts helps bring the goodness of God into the world.

1 Corinthians 12:12 "For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ."

We are all different with different gifts and talents but we are ALL members of the same body. We don't NEED to have all the gifts to be able to serve the Lord. God created us just as we are to be a blessing to the world.

S.H.A.P.E. = Spiritual Gifts; Heart; Abilities; Personality; Experience

SPIRITUAL GIFTS

On the day of Pentecost, the Holy Spirit was given to all believers (Acts 2:3-4), and the Spirit continues to be given (Acts 2:38; Romans 8:9). God gives at least one spiritual gift to every believer (1 Corinthians 12:7, 11; Ephesians 4:4- 7). These gifts can be, and often are, strongly related to our talents and abilities, but they don't have to be. Three good tests for the presence of a spiritual gift are: (1) you will enjoy using this ability; (2) you will be effective in using this ability; and (3) other people will confirm that God is using you in this way.

No person has every spiritual gift, and no single gift is given to everyone (1 Corinthians 12:27-31). Our different sets of spiritual gifts complement each other to accomplish God's purposes through the church (Romans 12:4-6; 1 Corinthians 3:6-9, 12:4-7).

While knowing your spiritual gifts is helpful, this is not as important as making sure that your life is a blessing to others. Love is the most important factor in spiritual gifts (1 Corinthians 12:31-13:13; Matthew 22:39-40), and the work of the Holy Spirit in our lives turns our-lives-as-a-whole into gifts!

After reading the descriptions of the gifts that follow, please put a mark in the box to the left of those gifts you believe are active in your life. This list is not exhaustive, and different inventories will label gifts differently, so please feel free to list others at the end.

Below is a United Methodist online gift assessment that may be helpful as you consider your gifts, particularly if this is a new concept for you.

<http://www.umc.org/what-we-believe/spiritual-gifts-online-assessment>

	Gift	Description
<input type="checkbox"/>	Administration	This gift enables Christians to steer the body toward the accomplishment of goals by planning, organizing and supervising others.
<input type="checkbox"/>	Apostleship	This gift enables Christians to be recognized as spiritual leaders by a variety of churches.
<input type="checkbox"/>	Artistic Creativity	This gift enables Christians to use artistic expression for the inspiration of others.
<input type="checkbox"/>	Counseling	This gift enables Christians to serve others through comfort, admonition, and encouragement, so that they experience help and healing.
<input type="checkbox"/>	Craftsmanship	This gift enables Christians to use a trade or craft for the good of the church, and in service to the world.
<input type="checkbox"/>	Discernment	This gift enables Christians to distinguish between truth and error, differentiating between good and evil, right and wrong.
<input type="checkbox"/>	Encouragement	This gift enables Christians to offer comfort, words of encouragement, hope and reassurance in a way that leads others to be consoled.
<input type="checkbox"/>	Evangelism	This gift enables Christians to communicate the gospel in a manner conducive that leads others to faith.
<input type="checkbox"/>	Faith	This gift enables Christians to discern, with an unusual degree of confidence the will of God for the future development of ministry.
<input type="checkbox"/>	Generosity	This gift enables Christians to give material things cheerfully and generously to others.

<input type="checkbox"/>	Healing	This gift enables Christians to serve as God's instruments for restoring the health of others with medical tools/skills and other means.
<input type="checkbox"/>	Helps	This gift enables Christians to work gladly behind the scenes place their own gifts at the disposal of others, thus releasing them to concentrate more on their ministry.
<input type="checkbox"/>	Hospitality	This gift enables Christians to provide a warm welcome. They enjoy providing food, shelter and creating a welcoming physical environment.
<input type="checkbox"/>	Interpretation	This gift enables Christians to make known in a commonly understood language a message originally communicated in tongues.
<input type="checkbox"/>	Knowledge	This gift enables Christians to generate, collect, and analyze ideas that are important for the health of the church.
<input type="checkbox"/>	Leadership	This gift enables Christians to set goals for the church and to communicate them in such a way that others volunteer to achieve them.
<input type="checkbox"/>	Mercy	This gift enables Christians to demonstrate empathy through practical deeds toward those who are troubled in mind, body, or spirit.
<input type="checkbox"/>	Miracles	This gift enables Christians to serve as human instruments through whom God performs powerful acts that surpass natural laws in order to communicate a specific message to God's people.
<input type="checkbox"/>	Missionary	This gift enables Christians to utilize their other gifts in another culture.
<input type="checkbox"/>	Music	This gift enables Christians to play a musical instrument or to use their voice in singing for the glory of God and the inspiration of others.
<input type="checkbox"/>	Organization	This gift enables Christians to understand goals for specific areas of ministry and to draft effective plans toward reaching these goals.
<input type="checkbox"/>	Pastor/Shepherd	This gift enables Christians to nurture, care for, and guide people toward on-going spiritual maturity and becoming like Christ.
<input type="checkbox"/>	Poverty	This gift enables Christians to deny themselves material well-being so that they can maintain a standard of living that parallels the poor.
<input type="checkbox"/>	Prayer	This gift enables Christians to pray for others and to receive visible answers far more frequently than most Christians.
<input type="checkbox"/>	Prophecy	This gift enables Christians to receive a message from God by the Holy Spirit and to communicate it to other people.
<input type="checkbox"/>	Service	This gift enables Christians to recognize where their participation is needed and to make sure that the most urgent jobs get done.
<input type="checkbox"/>	Suffering	This gift enables Christians to suffer for their faith while at the same time maintaining a joyful, victorious spirit.
<input type="checkbox"/>	Teaching	This gift enables Christians to communicate truth in a manner that enables others to learn and contributes to the health of the church.
<input type="checkbox"/>	Tongues	This gift enables Christians to use a language they have never learned, either in their personal prayer times or for a public message.
<input type="checkbox"/>	Wisdom	This gift enables Christians to help others apply existing knowledge to specific situations.

Other Gifts: _____

S.H.A.P.E. = Spiritual Gifts; Heart; Abilities; Personality; Experience

HEART

When we speak of someone's passion, of what they are really motivated to do, we sometimes say that "they have a *heart* for that ministry/age group." Even as we have differing gifts, so we have differing interests and passions as well. Some of us "have a heart" for athletics, some for aesthetics, some for outreach, some for youth, etc. How would you answer these questions:

What drives you?

- What would you do for God if you knew you couldn't fail?
- What pushes you to action?
- What moves you so deeply that it keeps you awake at night?

Who are the people you most want to help?

- Who do you feel you can influence the most?
- Is there an age range you feel most drawn to? If so, what age group?
- Is there an affinity group I feel most drawn to?

What are the needs I feel most drawn to?

- What are the top two needs I love to meet for people?
- Who do I love meeting those needs?

What cause am I most passionate about?

- What cause or issue makes my heart race?
- Where could I make the greatest impact for God?
- What do I love to do? _____

Check each box that you feel applies to you: *Note – these lists are not exhaustive.*

Their purpose is to help you begin thinking about what your heart is calling you.

The people I would like to serve most are:

- | | | | |
|--|---|--|---------------------------------------|
| <input type="checkbox"/> Children | <input type="checkbox"/> College Students | <input type="checkbox"/> Teens | <input type="checkbox"/> Elderly |
| <input type="checkbox"/> Empty Nesters | <input type="checkbox"/> Homeless | <input type="checkbox"/> Hospitalized | <input type="checkbox"/> Incarcerated |
| <input type="checkbox"/> Infants | <input type="checkbox"/> LGBTQIA+ | <input type="checkbox"/> Men | <input type="checkbox"/> Parents |
| <input type="checkbox"/> Singles | <input type="checkbox"/> Single Parents | <input type="checkbox"/> Widows/widowers | <input type="checkbox"/> Women |
| <input type="checkbox"/> Other | <input type="checkbox"/> Other | | |

The issues or causes I feel most strongly about are:

- | | | | |
|---|--------------------------------------|---|--|
| <input type="checkbox"/> Abuse/Violence | <input type="checkbox"/> Alcoholism | <input type="checkbox"/> At-Risk children | <input type="checkbox"/> Climate Change |
| <input type="checkbox"/> Disabilities | <input type="checkbox"/> Drug abuse | <input type="checkbox"/> Education | <input type="checkbox"/> Environment |
| <input type="checkbox"/> Ethics | <input type="checkbox"/> Finance | <input type="checkbox"/> Health/Fitness | <input type="checkbox"/> Human Sexuality |
| <input type="checkbox"/> Hunger/Food scarcity | | <input type="checkbox"/> Justice/Legal System | |
| <input type="checkbox"/> Marriage/Family | <input type="checkbox"/> Parenting | <input type="checkbox"/> Public Policy | |
| <input type="checkbox"/> Poverty | <input type="checkbox"/> Prayer | <input type="checkbox"/> Systemic racism | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

ABILITIES

Each of us has abilities that we have discovered and learned over our lifetime. Read through this list of specialized abilities and check the ones that you excel at and love doing:

- Adapting – The ability to adjust, change, alter, modify
- Administrating – The ability to govern, rule, run
- Analyzing – The ability to examine, investigate, probe, evaluate
- Artistic – The ability to conceptualize, draw, paint, photograph, etc.
- Classifying – The ability to systematize and file books, data, records and materials so they can be retrieved easily
- Coaching – The ability to prepare, instruct, train, equip, develop
- Communicating – The ability to share, convey, impart
- Competing – The ability to contend, win, battle
- Composing- The ability to write music or lyrics
- Computing – The ability to add, estimate, total, calculate
- Connecting – The ability to link together, involve, relate
- Consulting – The ability to advise, discuss, confer
- Cooking – The ability to prepare, serve, feed, cater (create meals for large or small groups)
- Coordination – The ability to organize, match, harmonize
- Counseling – The ability to support, listen, care for, to encourage and guide with sensitivity
- Counting – The ability to work with numbers, data or money
- Decorating – The ability to enhance, adorn, beautify a setting for a special event
- Designing – The ability to draw, create, picture, outline
- Developer – The ability to expand, grow, advance, increase
- Directing – The ability to aim, oversee, manage, supervise
- Editing – The ability to correct, amend, alter, improve, proofread or rewrite
- Encouraging – The ability to cheer, inspire, support
- Engineering – The ability to construct, design, plan
- Entertaining – The ability to perform, act, sing, speak
- Excelling – The ability to be the best and make my team the best, setting and attaining the highest standard
- Evaluating – The ability to analyze data and draw conclusions
- Facilitating – The ability to help, aid, assist, make possible
- Forecasting – The ability to predict, calculate, see trends, patterns, and themes
- Implementing – The ability to apply, execute, make happen
- Improving – The ability to better, enhance, further, enrich
- Influencing – The ability to affect, sway, shape, change
- Interviewing – The ability to discover what others are really like
- Landscaping – The ability to garden, plant, improve, mow
- Leading – The ability to pave the way, direct, excel, win

- Learning- The ability to study, gather, understand, improve, expand self
- Managing – The ability to run, handle, oversee (supervise people to accomplish a task or event and coordinate the details involved)
- Mentoring – The ability to advise, guide, teach
- Motivating – The ability to provoke, induce, prompt
- Negotiating – The ability to discuss, consult, settle
- Operating – The ability to run mechanical or technical things (operate equipment, machinery & tools)
- Organizing – The ability to simplify, arrange, fix, classify, coordinate
- Performing – The ability to act, sing, speak, dance, play an instrument, etc.
- Persevering – The ability to see things to completion, persisting at something until it is finished
- Pioneering – The ability to bring about something new, groundbreaking, original
- Planning – The ability to arrange, map out, prepare, strategize, design and organize programs and events
- Promoting- The ability to sell, sponsor, endorse, showcase, advertise or promote
- Public Relations – The ability to handle complaints and unhappy customers with care and courtesy
- Recall – The ability to remember or recall names and faces
- Recruiting – The ability to draft, hire, engage, enlist and motivate people to get involved
- Repairing – The ability to fix, mend, restore, etc.
- Researching – The ability to seek, gather, examine, study, read, collect information, collect data
- Resourcing – The ability to furnish, provide, deliver, search out and find inexpensive materials or resources needed
- Serving – The ability to help, assist, fulfill
- Shopping – The ability to collect or obtain things, getting the highest quality for the best price
- Strategizing – The ability to think ahead, calculate, project
- Teaching – The ability to interpret, explain, speak, demonstrate, tutor, lead
- Visualizing – The ability to picture, imagine, envision, deem, conceptualize
- Welcoming – The ability to entertain, greet, embrace, make comfortable
- Writing – The ability to compose, create, record, write articles, letters, books
- Others _____

PERSONALITY

One common way of describing personality is to plot ourselves on four scales.

Please read the short descriptions that follow and then mark where you see yourself on these scales:

Introverted	1	2	3	4	5	6	7	Extroverted
Controlled	1	2	3	4	5	6	7	Spontaneous
Intuitive	1	2	3	4	5	6	7	Sensing
Thinking	1	2	3	4	5	6	7	Feeling

How we relate to others:

Introverted: Persons who are introverted enjoy being with other people, but they find that being with others drains emotional energy from them, and they have to have a certain amount of solitude to "recharge".

Extroverted: Persons who are extraverted receive emotional energy from being with other people, and they find that solitude drains energy from them. Extraverts can enjoy solitude, but they have to have time with other people to "recharge."

How we structure our lives:

Controlled: "Controlled" persons tend to prefer outcomes to processes. They're interested in structure, in meeting deadlines, in closure, in moving on to the next thing. Controlled persons tend to like checklists and plans.

Spontaneous: "Spontaneous" persons tend to prefer processes to outcomes. They're more interested in "going with the flow" and "seeing what happens" than in making schedules and meeting deadlines. Spontaneous persons tend to lose their checklists and plans, but this doesn't bother them!

How we take in information:

Intuitive: Persons whose preference is for intuition often describe themselves as "innovative." Intuitive persons like metaphor and imagery, and often understand complex ideas rather suddenly, "as a whole," without knowing exactly how they know. Intuitive persons tend to be more interested in what "might be" than in what "is."

Sensing: Persons whose preference is for sensing often describe themselves as "practical." Sensing persons gather information bit by bit, and they focus on facts, data, and experience. Sensing persons tend to be more interested in what "is" than in what "might be."

How we make decisions:

Thinking: Persons who make decisions based on "thinking" focus more on facts, data, rules, and procedures than on how decisions will affect people.

Feeling: Persons who make decisions based on "feeling" focus more on how a decision will affect other people than on facts, data, rules, and procedures.

EXPERIENCES

This is what my faith means and has meant to me over the years:

Some of my most meaningful spiritual experiences (times when I felt especially close to God) have included:

Because of some of my own experiences, I believe I could relate to and encourage someone who is going through

What are the educational experiences you have had? Include school, special training, certifications, favorite subjects in school and apprenticeships?

What are the cross-cultural experiences you have had? Include families, relationships, countries/locations, and mission experiences?

In the past, I've served in churches in these ways:

Church/location	Position(s) of Service	Years Involved

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S.H.A.P.E. Application

As you reflect on this exercise and what it might mean in terms of serving others – what ministries (within churches or organizations) are you aware of where your S.H.A.P.E. would give you an opportunity to serve effectively?

If there are no ministries where your S.H.A.P.E. seems to fit, what kind of opportunity for service could God be calling you to be a part of **praying for and/or initiating** based on your S.H.A.P.E.?

My S.H.A.P.E.

Spiritual Gifts

My top five Spiritual Gifts are: _____

Hheart _____

Abilities _____

Personality _____

Experience _____

I am interested in learning more or serving in the following ministries: _____

Name _____

Email _____

Phone _____

Please return this page to the church office or email to:

church@lakeharrietumc.org

Thank you!