

# HOLY CURIOSITY:

*Discovering Your Temperament*

SEASON 8 EP. 4

## *Group Questions*

1. What struck you from this week's episode?
2. After reading the basic definitions, which temperament resonates most with you? How can you see your own temperament as a gift and a blessing?
3. In the podcast we talked about how we can't use our temperament/personality as an excuse for poor behavior. What is one way that you need the grace of God to overcome a negative tendency you have?
4. After reading the basic definitions, which temperament would describe your spouse, roommate, or child? How can you see their temperament as a gift and a blessing?
5. How can we better honor those who are different than us?

## *Lectio Divina*

"No good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. Figs are not gathered from thorns, nor are grapes picked from a bramble bush. The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil; for it is out of the abundance of the heart that the mouth speaks."

- Luke 6:43-45

## *Journal Questions*

1. What would you like to thank God for when it comes to how he made you and your temperament?
2. Who has God given you that is different and complementary to you? Think of the blessing of your children, coworkers, roommates, and friends. How can you honor the differences these individuals bring to your life?
3. Are there any patterns of behavior or thought in your life that you have been told are part of your temperament, but may be a result of woundedness? Ask the Lord to help reveal these places and then surrender them to Jesus.

## *Quote to Ponder*

"Self-knowledge is so important that, even if you were raised right up to the heavens, I should like you never to relax your cultivation of it."

- St Teresa of Avila

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