

# SHAPE

*Your hands shaped me and made me. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. Job 10:8, Eph. 2:10*

## YOUR SHAPE INVENTORY

The believer's life is a work of divine art. God has been lovingly and knowingly crafting your life since before you were born. Your history, your character, your experiences, your interests and your gifts merge to make you perfectly designed for doing God's work today.

You were designed to make a difference in your circles of influence in our world. In your home, in your neighborhood, and in your workplace or school, God invites you to partner with Him in being the very presence of Christ. You were truly made "for such a time as this."

The SHAPE inventory is a tool to help you discover how God has uniquely designed you for His purpose. This self-inventory includes 5 aspects, each relating to the letters in the acrostic SHAPE: **S**piritual gifts, **H**earth, **A**ptitude, **P**ersonality and **E**xperience.

Completing each section of the SHAPE inventory will help you determine God's purpose for you:

- He has given you spiritual abilities to do His work called **S**piritual Gifts.
- He's given you your **H**earth: your interests and passions – the things that draw you in.
- He's also given you **A**ptitudes: natural skills as well as talents you have acquired.
- The unique DNA of your **P**ersonality is also a special gift from God.
- Finally, all of your **E**xperiences, your life story, including family, challenges and successes, are part of what God has used to shape you into who you are and how He will use you.

## YOUR FIRST **S**HAPE: **S**PIRITUAL GIFTS

God has made each of us unique and has given us spiritual gifts to be used in the church for service to one another and to our world.

For the purposes of our SHAPE assessment we will focus primarily on eleven of the spiritual gifts. For the SHAPE inventory, please complete the youth version of spiritual gifts test available online at <https://spiritualgiftstest.com/spiritual-gifts-test-youth-version/>

*(An identical hard copy version is available for those who do not have internet access. However, we recommend the internet version, as is it is self-tabulating.)*

- |                   |                |                     |
|-------------------|----------------|---------------------|
| 1. Administration | 5. Exhortation | 9. Faith            |
| 2. Mercy          | 6. Giving      | 10. Leadership      |
| 3. Serving        | 7. Discernment | 11. Pastor/shepherd |
| 4. Teaching       | 8. Evangelism  |                     |

*"As each one has received a special gift, employ it in serving one another, as good stewards in the manifold grace of God." 1 Peter 4:10*

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Romans 12:1*

SHAPE acronym and notes by Rick Warren,  
Spiritual Gifts and Personality sections have been modified for Insight for Growth by R Bumpas

## WHAT IS YOUR SPIRITUAL GIFTS “MIX”?

The Spiritual Gifts Inventory will give you a good assessment of your spiritual gifts. Chances are you have discovered that you have more than one spiritual gift. This is called your gift mix. If you have one primary gift that is quite strong and another one or two that are somewhat strong, you would consider that your mix. Or perhaps you have two that are virtually equal. Whatever you consider your strongest motivational gifts to be is your gift mix.

## YOUR SECOND SHAPE: **H** HEART

*Delight yourself in the Lord and he will give you the desire of your heart. Ps. 37:4*

The things you like, the people you enjoy being around, the pastimes that draw you in, and the troubled spots of your world that you desire to change – these indicate your ministry heart. The Lord places a desire for specific ministry on your heart and then enables you to fulfill that passion.

## WHAT DO YOU LOVE TO DO?

Take a look at the following list of activities and interests. Circle the items in which you have the greatest interest. Prayerfully consider these areas and consider how you might best implement them.

## **H**: I LOVE TO...

DESIGN/DEVELOP – *I love to make something out of nothing. I enjoy getting something started from scratch.*

PIONEER – *I love to test and try out new concepts. I am not afraid to risk failure.*

OPERATE/MAINTAIN – *I love to efficiently maintain something that is already organized.*

SERVE/HELP – *I love to assist others in their responsibility. I enjoy helping others succeed.*

ACQUIRE/POSSESS – *I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.*

EXCEL – *I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.*

INFLUENCE – *I love to persuade people to my way of thinking. I enjoy shaping the attitudes and behavior of others.*

PERFORM – *I love to be on stage and receive the attention of others. I enjoy being in the limelight.*

IMPROVE – *I love to make things better. I enjoy taking something someone else has designed or started and improving it.*

REPAIR – *I love to fix what is broken or change what is out of date.*

LEAD/BE IN CHARGE – *I love to lead the way, oversee and supervise. I enjoy determining how things will be done.*

PERSIST/PERSERVE – *I love to see things to completion. I enjoy persisting at something until it is finished.*

FOLLOW THE RULES – *I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.*

PREVAIL – *I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.*

ORGANIZE – *I love to bring order out of chaos. I enjoy handling, managing and delegating all the details to make things happen.*

START UP – *I love to start new works (ministries) or projects, get them running well and train others to take it over so that I can begin another necessary work.*

## WHAT IS YOUR HHEART?

After reviewing the previous items, you will have a good idea what your areas of interest are. Fill free to enter any additional categories that come to mind.

**Take a Spiritual EKG:** The key to understanding your heartbeat is to look at where your heart has been throughout your life. Think back and highlight some of the things you did well and enjoyed thoughtful your life from grade school to the present:

- 1.
- 2.
- 3.
- 4.
- 5.

(The more you can list the better. Use another sheet of paper if you need it.) Examine these achievements for a common thread. Then simply ask yourself: “What do I love to do?”

## YOUR THIRD SHAPE: AABILITIES

WHAT ARE YOUR ABILITIES? What are some things you’ve accomplished? What abilities have you used to achieve those accomplishments?

*Put a check or circle any Aabilities you feel you have.*

Entertaining	Recruiting	Interviewing	Researching	Artistic
Graphics	Evaluating	Planning	Managing	Counseling
Teaching	Writing	Editing	Promoting	Repairing
Feeding	Recall	Mechanical	Operating	Resourceful
Counting	Classifying	Welcoming	Public Relations	Composing
Decorating	Landscaping	Others:		

## SPECIALIZED ABILITIES

acting	listening	equipment, tools or machinery	get involved
singing	supervising people to accomplish a task or event	searching out and finding inexpensive materials or resources needed	painting
public speaking	encourage and guide with sensitivity	working with numbers, data or money	collecting and organizing information
handling complaints and unhappy customers with care and courtesy	explaining	analyzing data and drawing conclusions	decorating
collecting data to conceptualize	training	systematizing and filing books, data, records, and materials so they can be retrieved easily	writing articles, letters, books
drawing	demonstrating	conveying warmth	beautifying a setting for a special event
photography	proofreading or rewriting	making others feel comfortable	designing and organizing programs and events
performing	gardening	writing music or lyrics	creating meals for large or small groups
layout & design	fixing	motivating people to	advertising or promoting events and activities
creating visual displays or banners	restoring		web design
strategizing	remembering or recalling names and faces		
	tutoring		
	operating		

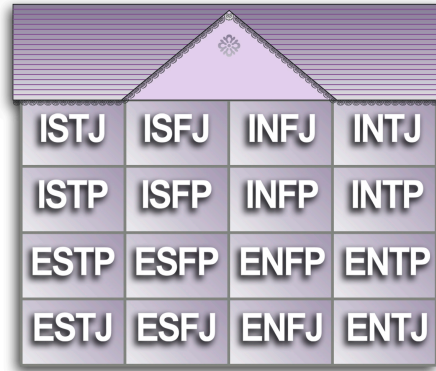
### **Abilities**

After reviewing the items above, you will have a good idea what your abilities are. If other abilities come to mind, be sure to add them to the list.

## YOUR FOURTH SHAPE: PERSONALITY

## MBTI®/MMTIC®

- Take the assessment.
- Learn about Type.
- Get your report.
- Determine your “Best Fit.”



## YOUR FIFTH SHAPE: EXPERIENCES

“And we know that all things God works for the good of those who love Him....”

### **Romans 8:28**

## GOD USES ALL OUR LIFE EXPERIENCES

What is your life story? There is not a moment of your life that has escaped God’s view. God knows how your family experience has molded you. God has seen the friends and people of influence who have shaped your life. Your education, your career, your pastimes, all are part of the work of art that is your life today.

He has seen the achievements and the losses, the highs and the lows, the challenges and the blessings. You know this is true: they have had much to do with making you who you are.

God wants you to be open to ministering to people who are going through what you’ve already been through. Paul writes, “(God) wonderfully comforts and strengthens us in our hardships and trials. And why does He do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them the same help and comfort God has given us!” (2 Corinthians 1:3-4)

## SIGNIFICANT LIFE EXPERIENCES

Record your story on the next page. Feel free to use additional pages or to note your thoughts on your computer – the more the better!

### *HOW HAVE YOUR EXPERIENCES SHAPED YOU?*

## SIGNIFICANT LIFE EXPERIENCES

- **Relational Experiences:** Who in your life, including family, friends and mentors, have influenced you most? How?
- **Spiritual Experiences:** *How have meaningful spiritual decisions, as well as day-to-day spiritual disciplines – made you who you are?*
- **Painful Experiences:** *What have problems, crises and hurts taught you about yourself?*

- Educational Experiences: *How have your educational experiences shaped you?*
- Occupational Experiences: *How have significant experiences from your career equipped you?*
- Ministry Experiences: *In what ways have you served as a volunteer or church worker in the past?*

## YOUR PERSONAL SHAPE INVENTORY

Summarize your SHAPE results below. Review your responses from each of the 5 SHAPE areas, and enter key items on the lines provided below.

**S**piritual Gifts:

**H**ear:

**A**bilities:

**P**ersonality:

**E**xperience:

## PUTTING IT ALL TOGETHER: A FEW QUESTIONS

- To what age or people group do you feel drawn?
- To which are you more attracted: working with people or working with projects?
- How would you like to grow personally?
- What new skills would you like to acquire?
- How would you say the Lord is leading you right now in terms of serving in Him?
- If you knew you could not fail, what would you most like to be doing?