

Temperament

I think most people want a quick fix in their difficulties. They want through it, but not what it takes to process through the challenges. Whatever a person's temperament is, often is affected by the environment that they grew up in, or the environment that they are currently.

Any situation we find ourselves in becomes part of the process is where we learn, grow and develop trust in the Lord. Our temperament is a big part of how we grow and develop. Our temperament is what helps us process situations or events in life.

Our temperament has three detailed aspects to it and each aspect builds on the other.

(1) There is our God-created "temperament" that we are born with. It's the genetic coding created and placed in us by order of God.

(2) The next aspect is our character. Our character is greatly influenced by man and the environment around us. Here we see the results of the factors in our lives (strong, positive ones or dysfunctional ones).

(3) The third aspect is our personalities which are self-selected areas that we consciously develop. In other words, they are developed by our perception of things, and this triggers how we behave. It is an outward expression of ourselves.

Based on these three aspects- our ability to function in circumstances is developed. If we allow things to build in an unhealthy manner with our character or personality, wrong choices are likely to be made. These wrong choices are usually selfish choices that meet fleshly desires or needs within us.

Each aspect of our temperament has a strength and a weakness. We all need to work on aspects of our temperament that were built on pseudo (wrong) beliefs or wrong thoughts. Our perception will always be based on where we are and often will mislead us.

No matter who you are, no matter what your past, no matter where you are in life, no matter what age you are, God has a plan for you. He describes for you His plan and scripture indicates that difficulties are a part of life. The good news is our difficulties matter to God.

Christian maturity is a maturing walk of faith that endures troubles. However, our temperament's tendency is to avoid problems or anything that causes emotional suffering. In our world today, we are under an avalanche of ways to stop pain. Our markets are flooded with pain relievers and pain killers. They all promise to instantly stop or ease our pain.

If we cannot see the purpose of our pain, we will struggle with it. When we see His purpose, we grow and mature. Pain is an inevitable part of life, but misery is optional. I will say it again, misery is an option.

I once heard someone say that people are like tea bags—you don't know what is inside them until you drop them in hot water. Can you relate?

Many of our problems are interacting with each other as they try to meet a temperament need in an ungodly way. When we attempt to get these needs met apart from our relationship with God, we have conflicts in our lives.

Unmet needs often cause stress and additional conflict in life and with relationships. It is difficult to comprehend at times how these temperament issues create such conflict within us, but if we are open to change it will help us resolve as well as improve ourselves and relationships.

The way we perceive ourself, our world and God will determine how we will behave. Pain never leaves you where it finds you- it always causes you to do something.

My question to you is what are you allowing your pain to do to you? Your temperament is the determining factor of what you are, but your environment and your relationship with God determines what you will become.

Galatians 3:4, "Have you suffered so many things in vain—if indeed it was in vain?
2 Corinthians 1:9, "Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead."

All temperaments come from God, and each has strengths and weaknesses. The key is to find out what temperament you were born with, and keep it in balance by allowing God to meet your temperament needs. When you do this, many conflicts that you may be having with others can be resolved.

Our spiritual life is not simply about what goes on inside of us. It is all about loving God, trusting God and this happens many times through those around us. Our ultimate goal, should be to know the Father as the Son knows Him, to trust the Father as the Son trusts Him, to love the Father as the Son loves Him.

We should allow His Spirit to fill our lives so that we grow into the "measure of the stature which belongs to the fullness of Christ" (Ephesians 4:13, NASB). After all, that is how God ultimately designed us to function in this life.

I have included a temperament test you can take. There are others out there that are more in depth, but they cost you to take them. Take this test. Pray about the areas where you are weak and trust God to strengthen you! Then purpose in your heart to change with His help.

<http://59384.inspyred.com/images/Personality%20Temperament%20Test.PDF>

Remember

- Temperament - is persistent combination of personality and individual qualities.
- Temperament characterizes dynamics of a person, but it doesn't describe his opinions, sights, interests, it isn't an indicator of person's value, it doesn't determine their possibilities.
- There are four types of temperament: Choleric- Melancholic- Sanguine- Phlegmatic

For more information you can get the book: Spirit Controlled Temperaments- by Tim Lahaye. Here is a excerpt from the book

<http://files.tyndale.com/thpdata/FirstChapters/978-0-8423-6220-7.pdf>

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