

Spiritual Formation – Character Trait Study

Character Trait: _____

Definition of Character Trait:

Opposite Character Trait:

Relationship of Character Trait to my Identity:

Relationship of Character Trait to the Kingdom:

Scripture Passage #1:

Thoughts on Scripture:

Kingdom value:

Scripture Passage #2:

Thoughts on Scripture:

Kingdom value:

Scripture Passage #3:

Thoughts on Scripture:

Kingdom value:

How this Character Trait will create or encourage Agape Love:

Actions that encourage and discourage the Character Trait:

ENCOURAGE:

DISCOURAGE:

Transforming my mind to experience this Character Trait differently:

THOUGHTS: (Images, ideas, facts, and how we process information)

An image of _____:

Ideas I have about _____:

Facts I know about _____:

Thoughts I might entertain that make _____ difficult:

FEELINGS: (Emotions, desires, and sensations)

Emotions I feel associated with _____:

Desires that surface regarding _____:

Sensations I experience related to _____:

Feelings I might experience that work against the development of _____:

Transforming how I view my body and the impact on this Character Trait:

When I am _____, my primary source of gratification is...

To exhibit _____, I might use my body to...

When pursuing _____, I am tempted to use my body to...

To achieve _____, I may have to deny my body...

When I am devoted to how my body looks, smells, and feels, achieving _____ is made more difficult because...

Transforming my relationships and the impact on this Character Trait:

When I am _____ my relationships become more...

When I am the opposite, _____ my relationships become more...

_____ affects my "Circles of Sufficiency" by...

When the Spirit is working in me, around me, & through me, _____ is used by the Spirit to...

Relationships help me become more _____ when they...

Spiritual Disciplines that will help me grow in _____: mark options, choose 2-3, set time frame

Disciplines of Abstinence

- Solitude & Silence
- Fasting
- Simplicity
- Chastity
- Secrecy
- Sacrifice

Option

Choose

Time Frame

Disciplines of Engagement

- Reading the Bible on a daily basis
- Journaling
- Prayer
- Scripture Memory
- Service
- Fellowship
- Evangelism
- Spirit Check-in

Option

Choose

Time Frame

My **VISION** of being a person of _____:

My **INTENTION** to become a person of _____:

My **MEANS** of becoming a person of _____: