



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

DIS

CONNECTED

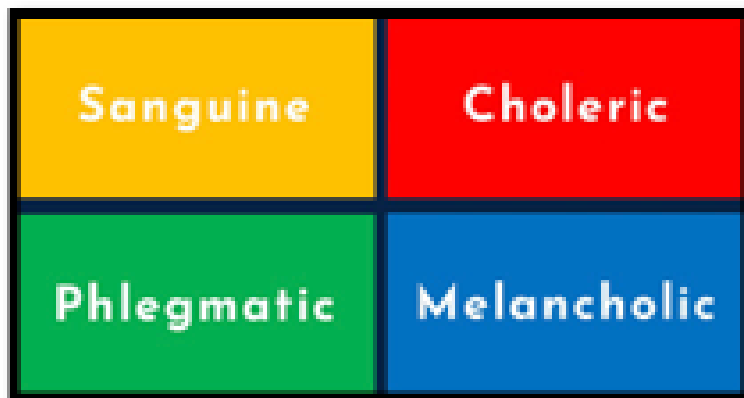
EVEN THOUGH WE'RE USING THE SAME WORDS,
WE MIGHT NOT BE SPEAKING THE SAME LANGUAGE.

"Death and life are in the power of the tongue, and those who love it will eat its fruit."
Proverbs 18:21

temperament:

'the combination of mental, physical, and emotional traits of a person; natural predisposition'

"Temperament is your innate wiring from God—what you're naturally disposed to. Like your eye color or fingerprint, it's unchangeable. It's why some people are drawn to the spotlight and stage and others are content with a cubicle in a quiet office. You don't choose who you are and you can't change how you're wired... though many of us try." - Kathleen Edelman



YELLOW: language of PEOPLE & FUN

RED: language of POWER & CONTROL

GREEN: language of HARMONY & CALM

BLUE: language of PERFECTION & ORDER

"Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers."

Ephesians 4:29

UNDERSTANDING TEMPERAMENTS CHANGES EVERY CONVERSATION.



I HAVE A TENDENCY TO (BE) _____ ,

BUT I WILL CHOOSE TO (BE) _____ .

"By the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me."

1 Corinthians 15:10

THINK/TALK IT OVER:

1. Predict your temperament and that of your family members. Then go to www.TemperamentQuiz.com to see if you were right.
2. In what ways could you relate to the description of your temperament?
3. Complete the sentence: I have a tendency to (be) _____, but I will choose to (be) _____.

“Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.” Colossians 4:6

“Prepare your words and then you will be listened to; draw upon your training, and give your answer.” Sirach 33:4

THE INNATE NEEDS OF...

SANGUINE

**APPROVAL
ACCEPTANCE
ATTENTION
AFFECTION**

CHOLERIC

**LOYALTY
SENSE OF CONTROL
APPRECIATION
CREDIT FOR WORK**

PHLEGMATIC

**HARMONY
FEELING OF WORTH
LACK OF STRESS
RESPECT**

MELANCHOLIC

**SAFETY
SENSITIVITY
SUPPORT
SPACE & SILENCE**



for more tips, visit the [Temperament Build Up Guide](#)

EVEN THOUGH WE'RE USING THE SAME WORDS,
WE MIGHT NOT BE SPEAKING THE SAME LANGUAGE.



**"Let no corrupt word proceed out of your mouth, but what is good
for necessary edification, that it may impart grace to the hearers."**

Ephesians 4:29

EVERY WORD YOU USE
IS A WORD YOU CHOOSE.

THINK/TALK IT OVER



Review the needs of your temperament and discuss what those needs mean to you specifically. Make it your goal to help others learn more about you and your needs, and then also to learn more about others and how you love them better as well.

**Even though we're all using the same words,
we might not all be speaking the same language.**

WHAT HAPPENS WHEN NEEDS GO UNMET?

“And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye? Or how can you say to your brother, ‘Let me remove the speck from your eye’; and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye.” Matthew 7:3-5

GREENS: PROCRASTINATION AND AVOIDANCE

“Therefore, to him who knows to do good and does not do it, to him it is sin.” James 4:17

BLUES: CRITICAL AND DEEPLY SENSITIVE

“Good sense makes one slow to anger, and it is his glory to overlook an offense.” Proverbs 19:11

YELLOW: IMPULSIVE AND SPEAK WITHOUT THINKING

“A fool takes no pleasure in understanding, but only in expressing his opinion.” Proverbs 18:2

REDS: IMPATIENT AND INFLEXIBLE

“So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God.” James 1:19-20

***“Death and life are in the power of the tongue,
and those who love it will eat its fruit.” Proverbs 18:21***

**IT'S NOT ENOUGH TO JUST WORRY ABOUT WHAT I AM SAYING.
I NEED TO UNDERSTAND WHAT OTHERS ARE HEARING.**



THINK/TALK IT OVER

1. Do you agree with the description given of your temperament? Ask others if they see it the way you do.
2. Think of a time where one of your weaknesses caused you to hurt someone with your words.
3. Download the “Strength Training” pdf and commit to practicing 2-3 exercises daily this week.

**Even though we're using the same words,
we might not be speaking the same language.**

"How can you draw close to God when you are far from your own self?"
Augustine of Hippo

PUTTING IT TO PRACTICE



ONE: STAY IN YOUR STRENGTHS

TWO: WORK ON YOUR WEAKNESSES

"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord." 2 Corinthians 3:18

"But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was with me." 1 Corinthians 15:10

THREE: BE A BUILDER UPPER

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.”

Ephesians 4:29



THINK/TALK IT OVER

1. How can understanding your strengths benefit you and help you grow?
2. What weakness do you need to work on and how do you plan to do that?
3. What is the #1 takeaway you have gotten from this series?

STSA MINISTRIES

BRING AN ANCIENT FAITH
TO YOUR MODERN WORLD

STSA Church was established in April 2012 with a mission to "bring an ancient faith to a modern world." We attempt to do that by presenting the depth and richness of our Orthodox Christian faith, in a way that's relevant and applicable to life in the 21st century.

STSA MINISTRIES IS A
COMMUNITY OF **RESOURCES**
INSPIRATION, AND **LEARNING**
DESIGNED TO ENCOURAGE
AND EQUIP ORTHODOX
CHURCH LEADERS IN THEIR
LOCAL COMMUNITIES.

Resources Available and Coming Soon:

The only materials you'll find on our site, stsaministries.org, are ones that we personally use at STSA Church and have been using for years. Our staff and volunteers have spent years researching, testing, and refining the content and we pray that they'll be as helpful to you as they have been to us. Our goal is to continuously develop new materials. Subscribe at stsaministries.org to receive monthly email updates as additional resources are developed and released.

- **Membership Group Package**
- **Life Group Series Package**
- **Life Group Starter Guide**
- **Volunteer Management Guide**
- **Sunday Welcome Table Materials**
- **Preschool Program Guide**

Visit

STSAMINISTRIES.ORG

FOR ACCESS TO THE LATEST RESOURCES.