

Spiritual STRENGTHS



Activity: SPIRITUAL STRENGTHS

The characteristics listed below are known as virtues. These are spiritual qualities or strengths which Christians are called to develop in themselves.

- For each strength below, think about to what extent you display it. Circle the number that best illustrates where you see yourself on each one.
 0 = no evidence of strength
 1 = display a little of this strength
 2 = strength is developing
 3 = a well/fully developed strength
- Swap books and on your fiancé's book mark with an 'X' where you see them on each strength. Try to ignore their answers and think about how much of each strength you have witnessed or experienced.

Spiritual Strength		Reference
wisdom	0...1...2...3	1 Kgs 4:28
knowledge	0...1...2...3	Lk 1:76-77
humility	0...1...2...3	Lk 7:6-7
self value	0...1...2...3	Ps 139:1-18
courage	0...1...2...3	Dt 31:5-6
perseverance	0...1...2...3	Lk 18:1-6
work ethic	0...1...2...3	Hb 6:9-12
honesty	0...1...2...3	Lev 19:36
kindness	0...1...2...3	Rm 11:22-23
gentleness	0...1...2...3	Ph 4:5
generosity	0...1...2...3	2 Cor 9:11
justice	0...1...2...3	Dt 16:20
self-control	0...1...2...3	Tit 2:11-13
patience	0...1...2...3	Jm 5:7-8
selflessness	0...1...2...3	Jm 3:14-16
gratitude	0...1...2...3	Col 3:16-17
hope	0...1...2...3	Job 11:17-18
faith	0...1...2...3	Lk 11:9-10
compassion	0...1...2...3	Mk 1:40-42
mercy	0...1...2...3	Lk 6:36-37
joyfulness	0...1...2...3	Jn 15:11
enthusiasm	0...1...2...3	Jn 10:10

3. Return your books and reflect on the results:

- a) **Open area:** This includes any strength on which you and your fiancé were in rough agreement, that is the 'X' and 'O' were the same. These include active strengths and areas for growth.

List your **Active Strengths**, that is those strengths where both you and your fiancé gave a score of 3.

e.g. patience 0...1...2...~~3~~

List your **Growth Areas**, that is those strengths where both you and your fiancé gave you a score of 0 or 1.

e.g. gentleness ~~0~~...~~1~~...2...3

- b) **Blind area:** These are the strengths that you have trouble seeing in yourself. List any strength where your fiancé gave you a score that was 2 or more points than your own score.

e.g. wisdom ~~0~~...1...~~2~~...3

- c) **Hidden area:** These are your strengths that your fiancé doesn't see. List the Hidden strengths (where your fiancé gave you a score more than 2 points lower than you did yourself.)

e.g. prayerful ~~0~~...1...2...~~3~~

4. Discuss together:

- What strengths did you see in your fiancé that they didn't recognise in themselves (i.e. their **Blind area**)? Give some examples of times you've experienced these strengths.
- For your **Hidden area** strengths: Are you willing to let your fiancé experience these? Explain your answer.
- Choose one of your **Growth area** strengths. Read the corresponding scripture passage together. Reflect on someone you know who displays this strength. Discuss how you might develop this strength in yourself. Agree to support each other by encouraging one another as you attempt this.