



PARTICIPANT WORKBOOK

LESSON 3-1: Healthy You, Healthy Company Deepening Knowledge of Yourself

“Observe all men; thy self most.” - Benjamin Franklin

WELCOME & PRAYER

KICK OFF QUESTION

- We are called to love our neighbor as ourselves. How does this apply at work considering our personalities from this exercise?

PRIMARY SCRIPTURES

The below set of scriptures paint a picture of the uniqueness of every person but also their unity within God’s larger body of believers. We are God’s masterpiece (Eph 2:10) and the depth of God’s knowledge of us is difficult to comprehend. This unique design, combined with the fact that we are interacting in a world with other unique individuals, urges us to consider ourselves “with sober judgment.” Self-knowledge sets us up for success in representing the Kingdom. Knowing ourselves is the first step in being humble and loving others.

Please read the following scriptures about self-understanding and consider how they apply to your life (work, family, etc.). Additional scriptures can be found at the end of this Lesson.

- Romans 12:3-5
- Psalm 139

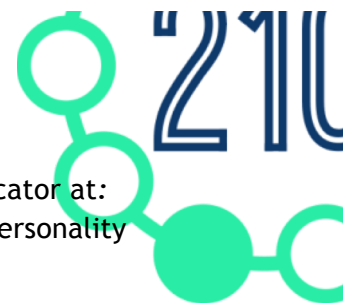
BIG PICTURE

- All people, including those who are created vastly different from us, are valuable to and known by God, and we are commanded to love them.
- When we come to better understand how God created us and others (our personalities, tendencies, communication modes, etc.), we are better equipped to love others.
- We must assess ourselves honestly to gain this understanding.

PERSONALITY ASSESSMENT - Exercise

Please note, there are multiple services (free and paid) that do personality assessments. The assessment for this lesson is free and is based on Myers-Briggs Type Indicator. This will take 10-15 minutes to take the assessment.





Prior to the 210 Leaders mentoring session, take the free Myers-Briggs Type Indicator at: <http://www.humanmetrics.com/cgi-win/jtypes2.asp>. Review your assessed personality traits.

Myers-Briggs methodology is the mostly widely used personality assessment tool ever developed. The letter designations below are a person’s preference in most circumstances, but they are not absolutes. For example, each person has Sensing and iNtution tendencies in certain situations.

Another important aspect in the assessment is the value of the score received for any one preference. The higher someone scored on any particular category, the more this one item dictates our natural tendency to react to any situation. In short, this is way we are wired, which is likely something God might need to help us with.

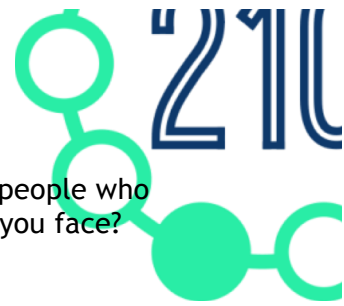
Where you get your energy (E or I)	Extravert	Introvert
How you process information (S or N)	Sensing	iNtuition
How you make decisions (T or F)	Thinking	Feeling
Your approach to the world (J or P)	Judging	Perceiving

Critical Takeaway - One of our challenges in our work is “how do we love another in our business.” Understanding how God created each of us differently allows us to be more empathetic, communicate more effectively, and make better decisions. The first step to this understanding is self-awareness. Assessments like this help us understand ourselves.

DISCUSSION QUESTIONS

- Identify at least one thing you learned about yourself. Did you have any “ah-ha” moments?
- Is there any part of the assessment result that you disagree with? Why?
- Is there some part of your personality that you wish you could change?
- How does understanding more about how God created your personality affect how you work and interact with others?
- Give an example of a situation in your business where if you had better understood some aspect of your personality, your interaction with another person would have led to a different outcome. If possible, explain the different personalities involved, the conflict that occurred.





- What would it look like if your place of business was made up only of people who were wired the same way? Would it succeed? What challenges would you face?
- How can the knowledge gained from this exercise benefit you and others in the workplace going forward?

WEEKLY APPLICATION

- Ask God to reveal to you more things about yourself than you can find out in an assessment. Ask Him to reveal other things you can work on to better love others.
- Take a characteristic of your personality type; write down two situations between now and the next Lesson where your better understanding of yourself shaped your interactions with co-workers. Prepare to discuss this next Lesson.
- Next lesson, we extend the mission of Healthy You to deepening your knowledge of God in you work/business. **CLOSING PRAYER**

ADDITIONAL SCRIPTURE READINGS

- Lamentations 3:40
- 2 Corinthians 13:4-5
- Matthew 7:5
- Galatians 5:13-15

ADDITIONAL RESOURCES

- Good overview of Myers Briggs by Jean Kummerow at a TedTalk: https://www.youtube.com/watch?v=gBklyJ7kf_I
- Introduction to TYPE in Organizations (Third Addition) by Sandra Krebs Hirsh and Jean M. Kummerow (Excellent resource on Myers-Briggs): [Introduction To TYPE In Organizations](#)
- DISC assessment: <https://www.123test.com/disc-personality-test/>
- Other personality and leadership assessments: <https://www.123test.com/>

SUGGESTED SCRIPTURE READINGS

Romans 12:3-5

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.





Psalm 139

You have searched me, Lord, and you know me.
You know when I sit and when I rise; you perceive my thoughts from afar.
You discern my going out and my lying down; you are familiar with all my ways.
Before a word is on my tongue you, Lord, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.
Where can I go from your Spirit? Where can I flee from your presence?
If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.
If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.
For you created my inmost being; you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.
Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.
How precious to me are your thoughts,[a] God! How vast is the sum of them!
Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.
If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!
They speak of you with evil intent; your adversaries misuse your name.
Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you?
I have nothing but hatred for them; I count them my enemies.
Search me, God, and know my heart; test me and know my anxious thoughts.
See if there is any offensive way in me, and lead me in the way everlasting.

