

1. Considering the four temperaments, which one do you identify with?

Temperament	Focus	Needs	Downside
Choleric	Driver	Win	Aggressive
Sanguine	Expressive	Fun	Compulsive
Phlegmatic	Amiable	Safe	Passive
Melancholy	Analytical	Precision	Negative

Temperament	Time	Authority	People Problems
Choleric	Now	Ruler rule	Means to an end
Sanguine	Late	Majority rule	People Pleaser
Phlegmatic	Tomorrow	Order rules	Not much effort
Melancholy	Punctual	Rules rule	Beyond help

2. What challenges do you experience interacting with people of the same temperament as you? Do you find it easier to interact with people of different temperament or do they frustrate you? Explain?

3. 1 Corinthians 12:12-20

What do the different temperaments reveal about God's view of the Body of Christ?

4. Apostle Paul was a Choleric. Reading the story in Acts 14 of Paul mission and stoning. What might have been the response of Paul had he been a phlegmatic, or a melancholic temperament?

5. What is the main negative characteristic of a phlegmatic that Paul was addressing in Timothy's life? 2 Tim 1:1-2; 15, 2 Timothy 4:1-5

6. Psalms 43 Melancholy is sometimes referred to as the "dark temperament." Why is this? What is the answer to the deep introspection that often plagues the Melancholic?

Go Deeper

A little self test for you taken from Tim LaHaye book "Why you act the way you do"

- Are you an extrovert? If so, you are predominantly sanguine or choleric.
- If "yes" to 1, ask yourself, "Do I lean toward being a super extrovert?" That is, are you generally the first to speak? If so, you are a sanguine.
- If "yes" to 1, ask yourself if you are a good salesman type. If so, you are predominantly sanguine.
- If "yes" to 1, but "no" to 2 and 3, ask, "Am I a 'strong natural leader?'" If so, you are probably a choleric.
- If you answered "no" to 1—that is, you are not an extrovert—then ask yourself, "Am I a perfectionist, analytical, and somewhat critical?" If so, you are probably predominantly melancholy.
- If you answered "no" to 1, ask yourself if you are known by others as "very quiet." Do you rarely get angry but experience many fears and worries? If so, you are probably phlegmatic.

Are you comfortable with who you are?

What are the things that you need to work on to maximize the positive characteristics of the temperament you were born with?

Galatians 5:21-25 How do these verses relate to the four temperaments?