



Getting in SHAPE for Ministry Way

Seek out the passions which God has put on your heart...

Delight yourself in the LORD and he will give you the desires of your heart.
(Psalm 37:4)

HEART ASSESSMENT

The following are some questions & observations to help you deepen in your self-understanding.

1. Circle the words that best define you:

“I love to...”

- **Design & Create** -- make something out of nothing, or start something from scratch
- **Develop & Build** -- take an idea & develop & grow it; establish goals
- **Organize & Maintain** -- bring order out of chaos to an organization or ministry to help it run smoothly & efficiently towards its goals
- **Fix & Improve** -- overcome problems & fix things or organizations
- **Lead/Supervise** -- help guide a group towards goal achievement

2. Check the **age groups** that you most enjoy working with:

- | | | |
|---|---|---|
| <input type="checkbox"/> Infants | <input type="checkbox"/> Toddlers | <input type="checkbox"/> Preschoolers |
| <input type="checkbox"/> Children (1 st - 6 th grade) | <input type="checkbox"/> Junior High | <input type="checkbox"/> High School |
| <input type="checkbox"/> College | <input type="checkbox"/> 20's & Singles | <input type="checkbox"/> Young Marrieds |
| <input type="checkbox"/> Families | <input type="checkbox"/> Empty Nesters | <input type="checkbox"/> Seniors |

2. Check the **speciality groups** that you feel most drawn to:

- | | | |
|--|--|---|
| <input type="checkbox"/> Parents | <input type="checkbox"/> Divorced | <input type="checkbox"/> Couples |
| <input type="checkbox"/> Addicts | <input type="checkbox"/> Nursing Homes | <input type="checkbox"/> Incarcerated |
| <input type="checkbox"/> Spiritual Seekers | <input type="checkbox"/> New Believers | <input type="checkbox"/> Growing Christians |
| <input type="checkbox"/> Other cultures | <input type="checkbox"/> Unemployed | <input type="checkbox"/> Physically/Mentally Challenged |



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MMI Form: PASSION

◆ If I didn't have to worry about money, what would be my **ideal job**?

◆ **What** motivates me:

◆ **Who** I love to connect with:

◆ **Why** I want to serve God:

◆ **How** I would love to make an impact for God:



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ABILITY

And I have filled him with the Spirit of God, with skill, ability and knowledge... (Exodus 31:3)

→ GOD GIVES YOU ABILITIES SO YOU CAN SERVE HIM BETTER.

MMI Form: Education

◆ My educational background:

How to Discover your Motivated Abilities

Def: a “motivated” ability is a skill you possess which is empowered or activated or encouraged by your heart passion. There may be some skills you can do, but do not enjoy. A motivated skill combines your heart, so you have **Skill + Zeal = Motivated Ability**.

If you are like most people, you have never taken the time to sort out and identify the things you are good at and motivated to accomplish. As a result, it is unlikely that you use these talents as completely or effectively as you could. The key to understanding this is to look at your past accomplishments.

(This exercise is adapted from the book Finding a Job You Can Love by Ralph Mattson & Arthur Miller (Nelson, 1982).)



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STEP 1: LIST & DESCRIBE YOUR ACCOMPLISHMENTS SINCE CHILDHOOD

What to included:

- Accomplishments at home, school work, clubs, etc.
- Things you **enjoyed** doing
- Things you believe you **did well**
- Give specific details about what you did
- Forget what other people think about it; how did it make you feel about yourself?

Remember, you are recalling things you *enjoyed doing & did well* (accomplishments), not simply pleasant experiences.

Bad Example: “had a great vacation in Canada”

Good Example: “took some stunning photos during my vacation”

You do not have to focus on every year of your childhood; just hit the highlights.

MY HIGHLIGHTS OF THINGS I DID WELL & ENJOYED DOING DURING MY GRADE SCHOOL YEARS:

1. _____
2. _____
3. _____

AS A TEENAGER:

1. _____
2. _____
3. _____

ADULT YEARS:

1. _____
2. _____
3. _____

STEP TWO: Go Through The List & Circle All The Verbs That Denote Actions You Took.



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STEP THREE: Now compare the verbs to the list below and circle those abilities you feel you have:

28 SPECIALIZED ABILITIES:

1. **Artistic** ability: to conceptualize, picture, draw, paint, photograph, or make renderings
2. **Classifying** ability: to systematize and file books, data, records and materials so that they can be retrieved easily
3. **Composing** ability: to write music or lyrics
4. **Computing** ability: to work with software, hardware, networks
5. **Counting** ability: to work with numbers, data, or money
6. **Counseling** ability: to listen, encourage, and guide with sensitivity
7. **Decorating** ability: to beautify a setting for a special event
8. **Editing** ability: to proofread or rewrite
9. **Entertaining** ability: to perform, act, dance, speak, magic, sing
10. **Evaluating** ability: to analyze data and draw conclusions
11. **Feeding** ability: to create meals for large or small groups
12. **Graphics** ability: to lay out, design, create visual displays or banners
13. **Interviewing** ability: to discover what others are really like
14. **Landscaping** ability: to do gardening and work with plants
15. **Managing** ability: to supervise people to accomplish a task or event and coordinate the details involved
16. **Mechanical** operating ability: to operate equipment, tools or machinery
17. **Medical** ability: the ability to learn about & care for the human body
18. **Planning** ability: to strategize, design, and organize programs and events
19. **Promoting** ability: to advertise or promote events and activities
20. **Public Relations** ability: to handle complaints & unhappy customers with care & courtesy
21. **Recall** ability: to remember or recall names & faces
22. **Recruiting** ability: to enlist & motivate people to get involved
23. **Repairing** ability: to fix, restore, or maintain
24. **Researching** ability: to read, gather information, collect data
25. **Resourceful** ability: to search out and find inexpensive materials or resources needed
26. **Teaching** ability: to explain, train, demonstrate, or tutor
27. **Welcoming** ability: to convey warmth, develop rapport, making others feel comfortable
28. **Writing** ability: to write articles, letters, books



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MMI Form: ABILITIES

- ◆ My current, or most recent, job:

- ◆ The favorite job I've had:

- ◆ My specialized skills or hobbies:

I can teach a class/seminar on: