



TEMPERAMENT OUTLINE

Key scriptures to help us understand Temperament

*For you created my inmost being you knit me together in my mother's womb.
Psalm 139:13 NIV*

*I praise you because I am fearfully and wonderfully made; your works are
wonderful; I know that full well. Psalm 139:14 NIV*

Understanding who God created us to be empowers us to live a victorious Christian life. Temperament helps us to understand our weaknesses and teaches us how to surrender them to the Lord and trust him to help us develop our strengths.

The Arnold Profile System (APS) is the assessment tool used to identify a person's individual Temperament. This assessment tool was developed by Dr. Richard and Phyllis Arno. **Temperament does not measure behavior; it measures a person's God-given temperament.**

In Romans 7:19 NIV, the Apostle Paul wrote, *"for I do not do the good I want to do, but the evil I do not want to do, this I keep on doing."*

Paul's question was not HOW am I behaving? It was WHY am I behaving the way I do? **Temperament helps us to understand WHY we do the things we do. This is because Temperament gets to the root by revealing a person's strengths, weaknesses and needs.** Temperament counselors are trained to teach individuals how to meet their Temperament needs in Godly ways.

Hosea 4:6a states; *"My people are destroyed for lack of knowledge."*

Having this knowledge of how or who God created us to be will not only draw us closer to the Lord Jesus Christ but also help us navigate our relationships with others.

What is Temperament?

Temperament is the inborn part of man that determines how he reacts or responds to people, places and things. In short, it is how people interact with their environment and the world around them. Temperament pinpoints a person's perception of themselves and the people who love them. It is also the determining factor in how well we handle the stresses and pressures of life. **Temperament can best be defined as spiritual genetics or God's imprint upon every human being.**

Three are involved in the conception of a child, the mother, the father and the Creator.

Temperament is a determining factor in:

- a) Finding a career that is most suitable for us
- b) Finding hobbies that will bring us the most satisfaction and enjoyment
- c) How we make decisions and handle responsibilities
- d) How dependent or independent we are
- e) Our spiritual development

Success and happiness in marriage is greatly dependent on how well each spouse understands his or her spouse's temperament and how willing he or she is to meet the temperament needs of their spouses.

The Building Blocks:

Dr. Richard and Phyllis Arno developed a simple, unique way to break down the complex subject of the "inner man" that is very helpful; it called "The Building Blocks."

- Self-Selected "Personality" (mask)
- Man /Environment-Affected "Character" (learned behavior)
- God-Created "Temperament" (inborn)

The first building block of understanding human behavior is **God-created**. This is called our **temperament**. When a person is conceived their unique temperament is placed within them by the order of God.

The second building block of understanding human behavior is that man is **man / environment -affected**. This is called man's **character**.

Upon birth man begins to interact with his environment and his environment interacts with him. The environment is everything we see, hear, smell, feel and learn. These perceptions are forever locked into man's brain, and these things slightly mold and alter man's temperament, forming character.

Example: temperament x environment= character

The third building block of understanding human behavior is that we are self-selected.

This is called man's **personality**. This may or may not be part of a person's temperament or character. This is the way a person may perceive how they must behave to survive in the world in which they live.

There is one major problem with personality; it is a mask a person can wear for the world and, as with any mask, it cannot be worn for very long.

Eventually, the person must revert back to temperament and character. This explains why a person may act differently at home than they do in public.

There are three areas of interpersonal needs: Inclusion, Control and Affection

Inclusion: This is the need to establish and maintain satisfactory relationships with people in surface relationships, association, and socialization. Inclusion also measures intellectual energies.

Control: This is the need to establish and maintain satisfactory relationships with people regarding control and power.

Affection: This is the need to establish and maintain satisfactory relationships with others regarding love and affection. These are the deep relationships such as spouse, children, siblings and parents.

Introduction to the five Temperaments:

- 1- Choleric: Leaders, task-oriented, organized, people-motivators, fast-paced, confident.
- 2- Melancholy: Independent, task-oriented, perfectionists, thinkers, artistic, loners, creative, rebels.
- 3- Phlegmatic: Negotiators, slow-paced, peacemakers, stubborn to change, task-oriented, easy-going, low energy.
- 4- Sanguine: Friendly, outgoing, inspiring to others, hot-tempered, optimistic, enthusiastic, talkative.
- 5- Supine: Followers, great capability to serve, gentle-spirited, relationship oriented.

Strengths and Weaknesses:

We have spiritual imperfections, physical imperfections and temperament weaknesses. In each temperament and within each of the temperament need areas, there are strengths and weaknesses.

Through the freedom of choice, man has been given the ability to sink to his weaknesses or rise to his strengths. With an understanding of our strengths and weaknesses and submission to God, we can bring great glory to Him.

Weaknesses are man's reactions to his unmet needs. Once the temperament is identified through the APS report, a person can then be taught by the Temperament Counselor how to meet their unmet needs in a Godly way and by this, a growing spiritual experience is facilitated.

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