

FAMILY LIFE 101:

(Who am I?)



I. INTRODUCTION

We have all asked the question, “Who am I?” In this study we are going to take the Biblical approach to that question. We are not only going to ask ourselves “Who am I?”, but we are going to ask “Who am I in my family?”, “Who am I in Christ?”, and “Who am I in my church?”.

As the picture indicates we all are a significant piece of the puzzle joined together by God to accomplish His Kingdom Plan through us. If even one piece is absent the whole picture is not complete. So the question to ponder is, “How does my piece fit into God’s plan for the abundant life He has chosen for me”?

II. CHILDHOOD INFLUENCES

- A. Before digging any deeper into our minds let's discuss the Biblical tripartite (3 parts) nature of man. They are body, soul, and spirit.
- 1) We function on God’s current earth in the bodily form.
 - 2) Our soul is our mind, will, and emotions or better yet our thinker, chooser, and feeler.
 - 3) Our spirit is our eternal part. If saved, it is where the Holy Spirit resides and provides the basis where we can relate to God. 1 Thess. 5:23
- B. Before we are even born God establishes a plan for our lives. From Jeremiah 1:5 and 29:11, do you think that the people or family around us, the countries where we were born, life experiences, education, etc. are God arranged and designed?
- C. Review Proverbs 22:6 then consider the following.

From ancient times to now the secular psychoanalytical world has tried to describe behavior in concrete ways. Temperament is one term they have used to describe the combination of “*learned*” traits that affect our behavior.

The chart below shows some attempt to label these behaviors. Although they are not 100% proven or written in stone they do provide a starting point for discussion.

TEMPERAMENT DESCRIPTIONS			
Temperament	Strengths	Weaknesses	Jobs
Sanguine- (extrovert)	warm, lively, enjoying, encourager	speaks before thinking, disorganized	salesman, teacher, actor, public speaker
Choleric- (extrovert)	optimistic, strong will power	emotionally deficient, hot tempered	criminal, good executive, producer
Melancholy- (introvert)	sensitive, genius-type, faithful friend	hypochondriac indecisive, fearful	artist, musician, inventor
Phlegmatic- (introvert)	dependable, neat, efficient, cheerful	slow, lazy, teases others, selfishness	diplomat, accountant, teacher

TEMPERAMENT TRAINERS			
Significant Person 1 (sanguine)	Significant Person 2 (choleric)	Significant Person 3 (melancholy)	Significant Person 4 (phlegmatic)
=rounded individual			
Significant Person 1 (sanguine)	Significant Person 2 (choleric)	Significant Person 3 (choleric)	Significant Person 4 (sanguine)
=combination sanguine/choleric			
Significant Person 1 (choleric)	Significant Person 2 (choleric)	Significant Person 3 (melancholy)	Significant Person 4 (phlegmatic)
= predominant choleric with other tendencies			
Significant Person 1 (melancholy)	Significant Person 2 (choleric)	Significant Person 3 (melancholy)	Significant Person 4 (phlegmatic)
=predominant melancholy with other tendencies			

D. There are some combinations that are unnatural and indicate there may be some problem areas such as when a person is half introverted and half extroverted. These are direct opposites and may show up as unpredictable behaviors in someone's life. Some of the causes could come from:

- | | | |
|----------------------|--------------------|-----------------------|
| △ domineering parent | △ alcoholic parent | △ rejection feelings |
| △ emotional abuse | △ physical abuse | △ sexual abuse |
| △ single parent home | △ birth order | △ legalistic religion |
| △ domineering spouse | △ adult abuse | △ rejection |

II. THE RESULT

- A. **Character-** Character is the real you. It is the result of your learned temperament modified by childhood training, education, and basic attitudes, beliefs, principles, and motivations. It is sometimes referred to as the soul of man, which is made up of the mind, will, and emotions. Usually we come to know someone's character by being with them over time. We all have ups and downs and this should be expected and doesn't necessarily reveal the true character.
- B. **Personality-** Personality is the outward expression of ourselves, which may or may not be the same as our character, depending on how genuine we are.

III. THE RESULT CAN BE CHANGED

- A. We have been made anew (2 Corinthians 5:17).
- B. The Christian cannot change unless he lives in an abiding relationship with Jesus (John 15:1-4).
- C. The Christian cannot change unless he lives a life filled and controlled by the Holy Spirit who helps us to be transformed each day (Romans 12:1-2).

IV. THE RESULT CAN BE REPLACED

- A. **With What?** (Galatians 5:22-23)
 1. *love*- an intense affection
 2. *joy*- feeling of great happiness
 3. *peace*- inner contentment
 4. *patience*- calm endurance
 5. *kindness*- friendly, generous, understanding
 6. *goodness*- moral excellence, upright, well behaved
 7. *faithfulness*- reliable and devoted
 8. *gentleness*- not harsh, considerate
 9. *self-control*- will to control our actions
- B. **How?**
 1. *self-examination* (Acts 20:28 and 1 Corinthians 11:26-32)
 2. *confession of all known sin* (1 John 1:9)
 3. *submitting ourselves completely to God* (Romans 6:11-14)
 4. *ask God to fill us with His Holy Spirit* (Ephesians 5:18)