

# Involvement – Next Steps

## SHAPE PROFILE

We want you to discover that God has created you for a unique purpose, with unique gifts and unique passions. The goal of this exercise is to:

1. Discover your **S**piritual Gifts
2. Explore what your **H**eart beats for.
3. Examine your God given **A**bilities
4. Look at the beautiful **P**ersonality you can bless others with.
5. Learn how your past **E**xperiences can help others.

...in something we call SHAPE.

*What does it mean to you to be a church member?*

*How do you believe our parish could grow?*

*Do you believe you have a role in that growth?*

### **Step 1: Spiritual Gifts**

*In Session 3 we spoke about the Gifts of the Holy Spirit, then in Session 5 we mentioned all the ways to sacrifice, and one was by using YOUR talents to help the parish & surrounding communities.*

How do you know if you are using your spiritual gift(s)?

1. Other people are helped when you use your gifts.
2. God is honored when you use your gifts (meaning, it not about you getting the credit or glory).
3. You feel good, fulfilled, and employed by God when you direct your gifts to serve others.

With that criteria, review the following list of gifts (*listed alphabetically on next page*), and name three spiritual gifts you possess:

- 1.
- 2.
- 3.

Now take some time with the following questions to reflect on your spiritual gifts:

1. Are other people helped when I use my gift?
2. Is God honored when I use my gift?
3. Do I feel fulfilled and employed by God when I use my gift?

**Administration:** the gift that allows the believer to formulate, direct, and carry out plans necessary to fulfill a purpose.

**Artistry:** the gift that inspires the believer to create art that produces a spiritual response of strength and inspiration.

**Discernment:** the gift that motivates a believer to seek God's will and purpose and apply that understanding to individual and congregational situations.

**Evangelism:** gift that moves believers to reach nonbelievers in such a way that they are baptized and become active members of the Christian community.

**Exhortation:** the gift that moves the believer to reach out with Christian love and presence to people in personal conflict or facing a spiritual void.

**Faith:** the gift that gives a believer the eyes to see the Spirit at work and the ability to trust the Spirit's leading without indication of where it all might lead.

**Giving:** the gift that enables a believer to recognize God's blessings and to respond to those blessings by generously and sacrificially giving of one's resources (time, talent, and treasure).

**Hospitality:** the gift that causes a believer to joyfully welcome and receive guests and those in need of food and lodging.

**Intercession:** the gift that enables a believer to pray with the certainty that prayer is heard and when requests are made, answers will come.

**Knowledge:** the gift that drives a person to learn, analyze and uncover new insights with regard to the Bible and faith.

**Leadership:** the gift that gives a believer the confidence to step forward, give direction and provide motivation to fulfill a dream or complete a task. **Mercy:** the gift that motivates a believer to feel deeply for those in physical, spiritual, or emotional need and then act to meet that need.

**Music--Vocal:** the gift that gives a believer the capability and opportunity to present personal witness and inspiration to others through singing. **Music--**

**Instrumental:** the gift that inspires a believer to express personal faith and provide inspiration and comfort through the playing of a musical instrument.

**Pastoring** (Shepherding): the gift that gives a believer the confidence, capability and compassion to provide spiritual leadership and direction for individuals or groups of believers.

**Service:** the gift that enables a believer to work gladly behind the scenes in order that God's work is fulfilled.

**Skilled Craft:** the gift that enables a believer to create, build, maintain or repair items used within the church.

**Teaching:** the gift that enables a believer to communicate a personal understanding of the Bible and faith in such a way that it becomes clear and understood by others.

**Wisdom:** the gift that allows the believer to sort through opinions, facts and thoughts in order to determine what solution would be best for the individual believer or the community of believers.

**Writing:** the gift that gives a believer the ability to express truth in a written form; a form that can edify, instruct and strengthen the community of believers.

## **Step 2: Heart**

### **What Do You Love Doing?**

1. What do you really enjoy doing?
2. What thoughts fill your daydreams?
3. What motivates you to want to get off the couch?

### **Whom Do You Love Serving?**

1. Who has God brought into my life for a specific purpose?
2. What peer groups do I feel led to serve?
3. How could I serve others in a way by using my spiritual gifts?
4. Are there other types of people I might enjoy serving? If so, who?

### **What Cause Would You Love To Help Conquer?**

1. What issues makes your heart beat faster?
2. Where could you make the greatest impact for God?
3. If time were not a concern, how would you like to serve God?

## **Step 3: Abilities**

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|------------------|------------------|
| 1. Adapting      | 26. Landscaping  |
| 2. Analyzing     | 27. Leading      |
| 3. Building      | 28. Learning     |
| 4. Coaching      | 29. Managing     |
| 5. Communicating | 30. Mentoring    |
| 6. Competing     | 31. Motivating   |
| 7. Computing     | 32. Negotiating  |
| 8. Connecting    | 33. Operating    |
| 9. Consulting    | 34. Organizing   |
| 10. Cooking      | 35. Performing   |
| 11. Coordinating | 36. Pioneering   |
| 12. Counseling   | 37. Planning     |
| 13. Creating     | 38. Promoting    |
| 14. Decorating   | 39. Recruiting   |
| 15. Designing    | 40. Repairing    |
| 16. Developing   | 41. Researching  |
| 17. Directing    | 42. Resourcing   |
| 18. Editing      | 43. Serving      |
| 19. Encouraging  | 44. Strategizing |
| 20. Engineering  | 45. Teaching     |
| 21. Facilitating | 46. Translating  |
| 22. Forecasting  | 47. Traveling    |
| 23. Implementing | 48. Visualizing  |
| 24. Improving    | 49. Welcoming    |
| 25. Influencing  | 50. Writing      |

I Love and Cannot Live Without These 5 Abilities:

- 1.
- 2.
- 3.
- 4.
- 5.

## **Step 5: Personality**

### **RESPONDING TO OTHERS: (circle one)**

1. Around others I am more: RESERVED or OUTGOING Find ways to be part of the crowd  
Build deep relationships with a few friends, not large numbers of people. Start conversations with people I don't know.  
Avoid being a part of a large group.
2. My decisions are based more on: FACTS/ THINKING or FEELINGS  
Feel free to share my feelings with people I've just met.  
Withhold my thoughts and feelings from others at certain times. Seek opportunities to share my life with others.  
Hold back so only a few close friends can truly know me.
3. In my relationships I tend to be more: COOPERATIVE or COMPETITIVE Focus on making sure people feel comfortable when I'm around them.  
Find importance in achievements.  
Look for ways to make others content.  
Embrace conflict and enjoy winning.

### **RESPONDING TO OPPORTUNITIES: (circle one)**

1. I tend to be more: HIGH RISK or LOW RISK  
Avoid radical changes.  
Enjoy chaotic environments  
Excel when risk is very low.  
Get motivated when I have the chance to overcome big obstacles.

2. I am drawn more to: PEOPLE or PROJECTS

Embrace opportunities to work with other people directly.  
Look for ways to complete projects.

Enjoy being involved in many projects at once.

Find more fulfillment when I can work with someone  
one-on-one or in a small group.

3. I like to: FOLLOW or LEAD

Often find myself leading others.

Feel comfortable when I can follow someone else.

Determine the direction for groups I'm part of.

Experience fulfillment when I help others succeed.

4. I enjoy: BEING ON A TEAM or FLYING SOLO

I enjoy being part of a team or group.

Look for opportunities that allow me to work by myself.

Become energized by being around others.

Work most effectively when I'm alone.

5. I am all about: ROUTINE or VARIETY

Be involved in many projects at one time. Prefer  
completing one project before starting another.

Enjoy being responsible for a lot of tasks at the same  
time. Become overwhelmed with constant change.

## **STEP 5: Experiences**

My spiritual experience is (how my faith has grown):

Top three positive memories I have:

Some painful experiences that I've had:

*"(God) ... wonderfully comforts and strengthens us in our hardships and trials. And why does he do this? So that when others are troubled, needing our sympathy and encouragement, we can pass on to them the same help and comfort God has given us! (2 Corinthians 1:3-4)*

A past experience I've learned from is:

## **St. Louis de Montfort Parish Ministries**

Check by any of the activities you think you'd enjoy! (*check as many as you'd like*)

### **Liturgical:**

- Choir
- Extraordinary Minister of Holy Communion
- Mass Coordinator
- Lector
- Greeter

### **Leadership:**

- Youth Advisory Board – guides our High School Youth Ministry
- Confirmation Retreat Team
- Marian University's – Missionary Discipleship Institute
- National Catholic Youth Conference in Nov. 2021
- Junior/Senior Retreat Team
- Notre Dame Vision summer weeks (end of June **or** the week after 4<sup>th</sup> of July)

### **Spiritual/Social:**

- High School Youth Group – gatherings, service, activities, retreats, conferences, mission trips, social fun, & more!
- Knights of the Holy Temple – meetings, serving at Mass, & retreats
- Daughters of the Wisdom – meetings, gatherings, activities, & retreats
- SLDM Athletic Ministry- gatherings, service
- St. Bosco Juggling club – learn to entertain & share the joy of a smile

### **Labor:**

- Groundwork/landscaping
- Cleaning at the SLDM campus
- SLdM Food Pantry
- Lord's Pantry/Anna's House (downtown)
- Brazil Mission
- Spring Break Mission Trips

**SHARE with your mentor & group the above check marks.**

*Take some time with your group to talk about how you can stay in touch (schedule a monthly Mass at SLdM, or a follow-up reunion meeting after Confirmation, and you can also tell them about your sports schedule/concert schedule/or other extracurricular activities so they can all come support you)*

**Having a group that supports your positive growth is incredibly important! Stay connected. Stay involved. Stay engaged!**