

A Good Personality

In the Name of the Father, and the Son, and the Holy Spirit, One God. Amen.

Aim

✠ To develop a good and successful personality

Key verses

“That we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting” (Eph 4:14)

Lesson

- Personality consists of ‘states’ and ‘traits’.
- **States** are personality characteristics that vary from one situation or context to another. For instance, one may be in a more emotional state of mind around a certain group of friends as opposed to another.
- **Traits** are those characteristics inherent in one’s personality, and they remain consistent across all situations in the life of an individual.
- As a Christian, one must allow God’s word to influence his/her personality (i.e. one’s own states and traits).
- ‘For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love’ (2 Peter 1:5-7). ‘But the fruit of the spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23).
- In order to develop the characteristics and certain traits inherent within true Christians, one must first respect him/her self and feel secure with a good self-esteem through love of Christ. One must also have a good grasp of our redemption and the ways and means of the Gospel working in us, in order to be spilling over with Christ-esteem in us. This will occur when an individual truly realizes who they are to Christ. Ideally, one should never feel insecure or have a ‘poor me’ attitude when Christ is in their life. Once an individual has this attitude, only then will he/she be able to develop a ‘good’ personality, which allows one to be able to love others.
- Here are some practical ways to ensure good personality traits that are consistent with the word of God:

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- **Things to do:**
 - Smile; it costs nothing and is always appreciated.
 - Make people feel important. Make each person feel that he/she is special and he/she is the most important person around.
 - Have a sense of humor. Laugh and people will laugh with you; if all you do is cry, you will cry alone.
 - Encourage people. Tell others what you like about them, or something they are doing well. Encouragement is the fuel that moves the engine of the church.
 - Meet strangers, although it may be difficult. You could make a great, new friend by being friendly to someone you do not know. We have to be willing to take risks as well as be discerning.
 - Help others when they have a problem and share what you have with others. We are to be the people who give attention, not try to take it all of the time.
 - Keep a confidence. If someone tells you something, keep it to yourself; be trustworthy. You will never develop the essential quality of trust if you are a gossip. There is only one thing that God hates more than gossip, and that is pride, so be on your guard against such actions.
 - Be a good listener. Listening is a sweet fruit that is needed by all. It says that you care, and that others are important.
 - Take a joke and be a good sport. People who are teased a lot usually get that way because they have not learned how to take a joke and they over-react.
 - Always be thankful to people, and show appreciation.

- **Things NOT to do:**
 - Don't ignore people, even when you do not want to talk; be friendly when someone says "Hello!" It is not about how you feel; it is about how you are supposed to be.
 - Don't brag. No one likes a person who is full of self! Be an honest and humble person. It is far better that people find out about your achievements and abilities from sources other than you.
 - Don't always have problems, troubles, or need help; you will soon find yourself alone. We all have problems and need help; be discerning about knowing when to ask for help and when you are being a pest. The decision is based on whether you are seeking attention or a relationship.
 - Don't criticize or cut people down, including yourself. There is a difference between humbleness and a self-demeaning attitude.
 - Don't grab the best, biggest, and most for yourself; give others a break. Try to put others first.
 - Don't make fun of others when they make a mistake or do something dumb. Be the first one to go to them with encouragement.
 - Don't blame others for their mistakes, or worse, for yours. Be a person who takes responsibility, even if it is not your fault.

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- Don't over-correct or micromanage people. Remember to first take the plank out of your own eye. There are other ways to help and encourage others to become better persons. The best way is to lead by example.

Questions to Ask of Yourself

1. How do I come across to others?
2. What are the positive aspects of my personality that make people like me?
3. What are the positive aspects of my personality that correspond with the good character found in Scripture?
4. What personality traits do I emulate that may turn people away?
5. What personality traits do I emulate that may correspond to the bad character found in Scripture?
6. Why do certain people not like me? Is it their fault, or does it have something to do with how I come across to them?
7. Do others see me as an attractive person (appealing personality, not looks), so they want to be around me, or do they seek to avoid me?
8. Have there been significant trauma and /or dysfunction in my life that has contributed, in a dysfunctional way, to my personality?
9. What can I do about it?

Glory is to God, forever. Amen.