

Discovering Your SHAPE

Session 5: God-given *Abilities*

As we discover our SHAPE, we start to see how God made us each unique. We have looked at *Spiritual Gifts* and *Heart* already and we hope you are beginning to see how this picture will become fuller as we move forward. This session is the “A” in SHAPE. These are gifts that we call God-given *Abilities*. Some people call them ‘natural gifts’, but it’s important to recognise these abilities as gifts from God.

God-given abilities could be anything; from cooking to crochet, basketball to banking. Just think of the things that you consider to be your strengths or things that come easily to you.

This will probably be the longest list you’ll make during the SHAPE journey. We encourage you to write down as many things as you can.

You may not think of these things as ‘spiritual’, but our hope is that during the SHAPE journey you will start to see intersections where the natural and spiritual meet.

Read

Exodus 31:1-11

God chose two skilled craftsmen to use their abilities for the design of the tabernacle. What stands out to you in these verses? What does it show us about how God has a plan for our abilities?

Discuss and Discern

1. We have provided a list of examples below to help get you started on discussing and discerning your God-given Abilities. Make a list of the God-given Abilities that God has given you.
2. Have each person in your group briefly share from their list (3-5 abilities). After each person shares, have others in the group affirm and identify additional abilities they see in them.
3. As a group, brainstorm some ideas of how you might use your abilities to bless others and build God's kingdom.
4. Share any similarities between your Spiritual Gifts, Heart and Abilities that you see? Does anything stand out to you?
5. As you're exploring your SHAPE is there anything that God is challenging you to do in response?

PRAY

Take some time to ask God what He wants to highlight. Perhaps God wants to show you gifts that you've missed. Or perhaps God wants to show you how your gifts intersect.

Examples of God-given Abilities

Ability to deal with Failure	Craft	Making Connections	Remembering
Ability to focus	Critical thinking	Managing people	Research
Ability to handle change	Debating	Marketing	Risk Management
Ability to make friends	Detail	Maths	Sales
Ability to spot new trends	Designing	Mechanics	Scrapbooking
Academics	Dexterity	Meeting management	Sewing
Accounting	Dressmaking	Metal work	Sign Language
Acting/drama	Editing	Model making	Singing
Advertising	Electronics	Money management	Social Networking
Analysing the Past	Fashion	Music	Software
Art	Financial planning	Negotiating	Song Writing
- Drawing	Future thinking gift wrapping	Networking	Storytelling
- Painting	Graphic arts	Photography	Strategic Planning
- Making	Health/ fitness	Planning	Systems Management
- Modern	High energy	Polyglot	Taxes
- Etc	Hiring	Pottery	Technology
Articulate	House renovation and maintenance	Problem solving	Time Management
Athletic	Identifying strengths in others	Productivity	Troubleshooting
Board games/strategy games	Imagination	Programming	Typing
Bookkeeping	Intercession	Project management	Video Creation
Brainstorming	Interior design	Public speaking	Visualisation
Building/construction	Juggling	Publishing	Volunteering
Card making	Keeping time	Raising money	Website
Communication skills	Legal	Reading	Woodworking
Cooking	Listening	Relaxation	Worship Leading
	Logistics	Relieving stress	Writing