

*“We are each born with
a basic temperament,
which is the sum of our
natural preferences;*

*— The Temperament
God Gave You, p. 5*

Lesson 1

What is Temperament?

Objectives:

Understand the differences between temperament, personality, and character.

Understand what temperament is and how it can help us become a better spouse, parent, worker and Christian.

Reading

The Temperament God Gave You, Chapter 1,
Introduction to page 13

Welcome and Opening Prayers (3-5 minutes):

- Welcome participants
- Introduce each other
- Prayers are found on page 3.

Gospel Reflection (about 20 minutes):

- The Gospel Reflection is a form of prayer to open our hearts and minds to the life of Christ in order to grow in Christian perfection.
- Suggested Scripture: 1 Corinthians 12:12-26 one body many parts

Catechesis: grace, merit, holiness (CCC 1996-2029)

1. What is grace? (CCC 1996-2011)

2. What are the different kinds of grace? (CCC 1999-2004)

3. What is merit? (CCC 2006-2011)

4. Who is called to holiness? (CCC 2012-2016)

Document Discussion (about 30-40 minutes):

Summary of Introduction and Chapter 1

We often wonder why some people naturally act differently than others. Temperament helps to explain this, as we each have our own set of natural preferences given to us by God at birth (or more likely, at conception). Some babies come out, and they seem that they are never happy, while others want to sleep all the time, and others are intently gazing at their environment hardly making a peep. This hard-wired temperament shapes how we see, think, judge, and act. Temperament is “what comes naturally” in terms of our way of seeing, thinking, judging, and acting.

As seen from the definitions above, temperament is different from personality. Personality is a broad term that refers to the “whole of an individual’s patterns of behavior thoughts, and emotions.” The temperament is raw material. Just as a sculptor may only use marble for carving, he can make many different works from the one material. In the same way, while millions of people share the same temperament, the influences of character, particularly free will, and grace, will lead to millions of different personalities.

1. What is temperament? (p. 5-7)

2. What are character and personality? (p. 5-6)

6. How can understanding temperament help us in our spiritual life? (p. 11-13)

Drive-home (2-3 minutes):

- For Lesson 1, it is recommended that each participant take the temperament indicator before meeting for Lesson 2. Knowing your temperament will make the following chapters more interesting and the discussion more meaningful.
- The temperament indicator is on pages 251-262 or at the following web site www.4marks.com. It is a free online test and takes about 5 minutes.
- After scoring, note what the indicator shows as your primary and secondary temperaments. (Primary has the greatest number of check marks and secondary has the next-greatest).
- Then read the short description of your primary and secondary temperaments on pages 263-264.

Preview of Lesson 2:

The next chapter has a quick self test on pages 17-18. This might be a good warm up for the temperament indicator. Chapter 2 looks at four different patterns to help determine one's temperament: extravert, introvert, people-oriented, principle-oriented. It is an overview of the four temperaments. The next chapter will go into more depth.

Closing Prayers:

Prayers are found on page 3.

Announcements, Upcoming Events (2-3 minutes):**Social Time (15-30 minutes-set aside from meeting time):**

Arrange for time either before or after the meeting, or separate occasions for team members to get to know each other better.