



1. Why do you act the way you do? God has made each of us individuals, with skills and abilities, likes and dislikes, aversions and tendencies. You and I think differently, feel differently, and react differently. Yet, some people seem to have like characteristics. The ancient Greek philosopher and physician Hippocrates noted that there are 4 basic temperament types. He names them after what he thought (mistakenly) were the four basic fluids of the body. He felt (also mistakenly) that these 4 fluids controlled temperaments. They are:

- Blood
- Choler (yellow bile)
- Melancholy (black bile)
- Phlegm

While we discard the body liquid view of medicine and personality, the 4 temperament classification has remained and is very useful in understanding ourselves and others. The four temperaments are:

| | Strengths | Weaknesses |
|--|-----------|------------|
| Sanguine Choleric Melancholy Phlegmatic | | |

2. What two forces are at work in you. Take a look at Romans 7:14-25. No matter what type of temperament you have what are the two forces at work in you?

Think of a person whose temperament and personal skills you admire. What attributes does this person have that you lack?

As you look at the matter objectively, what challenges does this person face. What are their weaknesses? Do you face this particular sin or shortcoming in such a degree as this person does?

OK, so it is the sin within me that I struggle with. Then my weaknesses are really not my fault, right? What does James 1:13-15 have to say about this?

When examining temperaments the goal should be:

- To understand why I face the temptations I do and bring them to Jesus for cleansing*
- To excuse myself by saying, "That's just the way God made me."*
- To be able to peg people into "Personality Pigeonholes."*

Look at the following verse. What do they say to every personality type and to both presumed strengths and weaknesses?

- Philippians 4:12
- John 15:5
- 2 Corinthians 5:17
- 1 John 1:8-9

3. Pick Your Poison. Each personality type has a temptation to sin in a manner different from the other. Each temperament needs to be filled by the Holy Spirit in a manner different than the others. Let's take a look at the acts of the sinful nature in Galatians 5:19-21. Pick the top three that are least likely to be your problem (omit idolatry and witchcraft, although many 20th century believers have problems here!).

Now look at the fruits of the Holy Spirit in Galatians 5:22. Pick the top two that you really could use help from the Holy Spirit in (in actuality, they all are gifts of the Spirit).

What does this say? Age, gender, and society do not explain temptations and weaknesses. Some of these are determined by our personality type.

4. Oil and Water. Let's look at the reactions of some of the Biblical characters that we will meet over the next few weeks and see how differently they responded to similar situations.

Talkative. Peter the Sanguine speaks up during the episode of the Transfiguration, Matthew 17:4. Why were Peter's words ill-timed? What was illogical about them? To Peter's credit, his talkativeness shows great faith in John 6:66-67. Who did Jesus ask and why did Peter answer?

Compare this with Melancholy Moses. How did Moses feel about his ability to speak in Exodus 4:10? As you look through Moses words to God in Exodus 3 and 4, how are they different from something Sanguine Peter might have blurted out?



Should we study temperaments? Do you like looking at pictures of yourself? What about videos? What do you see when you view them? What does James say about self-examination? James 1:23-25

Natural Impulsiveness and Fear. When Jesus called Peter he followed his first reaction. What was it? Matthew 4:20

Sanguine Peter is probably the best-loved character in the New Testament. The reason is simple. Because he is a complete extrovert, his shortcomings are open for everyone to see. As Peter impetuously stumbles through the Gospels we see raw sanguine flesh. He is lovable and laughable one minute, downright disgusting the next. Here are the qualities of the Sanguine:

Early in Jesus' ministry the disciples need a place for dinner. Examine the episode around Mark 1:29. Why was it an inopportune time to have guests at the house?

Perhaps the best illustration of Sanguine Simon's impulsiveness is the episode of Matthew 14:25-33. What was Peter's immediate reaction to seeing Jesus walk on the water? Would you have gotten out of the boat? Why or why not?

What problem arose in the middle of Peter's "water-walk?" In spite of the Sanguine's bravado, he is genuinely quite fearful. Take a look at these other occasions and see how Peter's fear came out:

- ◆ Matthew 26:51,56
- ◆ Matthew 26:70
- ◆ Galatians 2:11-12

| Positive | Negative |
|---------------|---------------|
| Talkative | Weak-willed |
| Outgoing | Unstable |
| Enthusiastic | Undisciplined |
| Warm | Restless |
| Personable | Undependable |
| Friendly | Egocentric |
| Compassionate | Loud |
| | Exaggerates |
| | Fearful |

Lack of reflective thinking can rob the Sanguine from many blessings in life. How does Peter act in a typically Sanguine way in John 20:3-4? Note the difference in reaction between Melancholy John and Peter in seeing the empty tomb. John 20:8

Spirit Filled Consistency and Courage. Acts 3 assures us that Peter's power on the day of Pentecost was not an emotional outburst or fleeting trust in God. Look at verse 1. What was Peter doing? Would you consider regular and disciplined prayer a natural by-product of the sanguine?

How are Peter's comments especially applicable to fellow Sanguines? 1 Peter 5:8-11

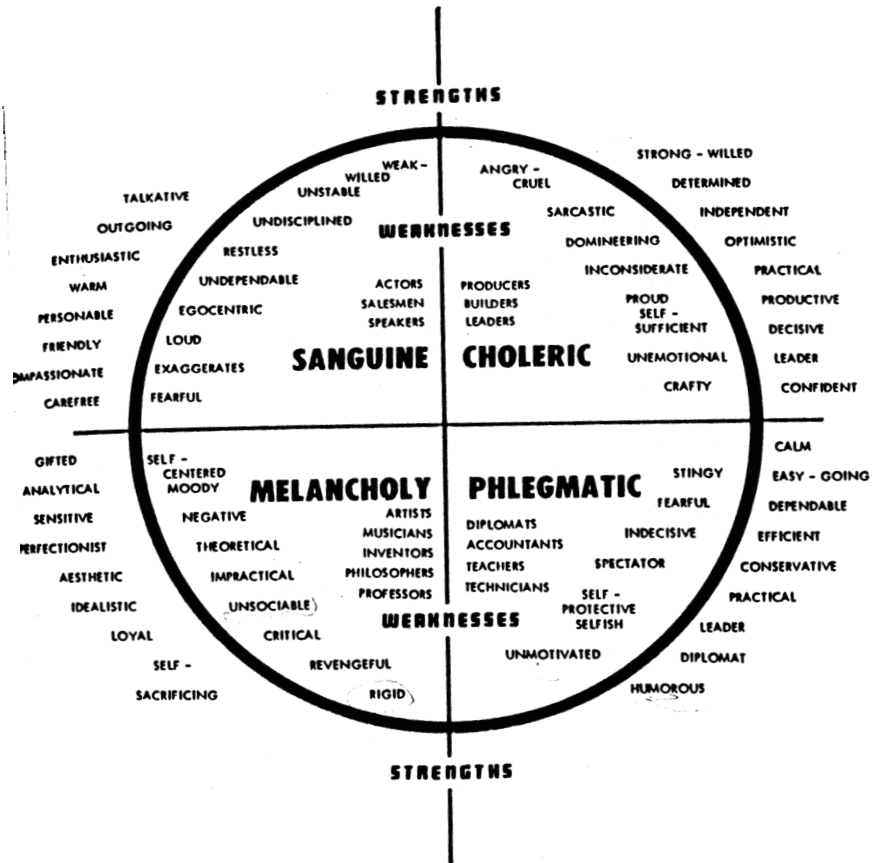
Peter also, filled by the Holy Spirit, became a man of great courage. Look at Peter's response to persecution in Acts 4:8-11. How has the Holy Spirit changed him?

Egotistical Braggarts. The Sanguine has problems letting success go to his/her head. Because of Peter's confident confession of faith Jesus commends him and gives to him (as the spokesmen for all the disciples) the keys to the kingdom. Matthew 16:17-19 However, how does Peter's egotism show itself as you read on to Matthew 16:22?

Peter is so self-confident that he doesn't mind tooting his own horn. We know the end of the story, so let's look at it from Jesus' perspective in Matthew 26:31-35.

By the way, the second time Peter boasts does Jesus try to correct him? What might this say about a way to deal with a boastful Sanguine?

Peter's response was sincere, but it was not well-informed. He was sincere when he made the promise, but he did not understand the nature of his weaknesses. How did Peter learn from this experience? 1 Peter 5:6



The Sanguine Temperament Part 2



Self-Seeking Nature Turns to Humility. By nature Ms. Sanguine is very generous. If he sees someone in need, his emotional response is usually one of great compassion. But, because of her natural insecurity, Ms. Sanguine will be self-seeking. Peter exhibited this after Jesus was approached by a rich young man. Examine Peter's statement in Matthew 19:27. Did Jesus comment that precipitated this concern Peter? What does this betray about his thought process?

The Spirit-filled Peter understood how much a self-seeking attitude can destroy. His name was dragged up by those who wanted to follow an ecclesiastical star in 1 Corinthians 1:12. What were they trying to do? How would an unregenerate Peter have responded to such flattery?

Now read 1 Peter 2:4-6 (remember that Peter's Christ-given nick-name is "Stone"). What he says about Jesus is obvious. What is he saying about himself?

Peter's new-found humility is exhibited in Acts 9:36-42. The natural Sanguine is an egotistical glory-seeker. He rarely does things obscurely, but often accomplishes things with fanfare in order to attract attention and elicit approval. Why did Peter insist that they all leave the room?

Great Emotion Turns to Introspection. The Sanguine Temperament is capable of great bursts of emotion. And when Mr. Sanguine realizes his sinfulness, remorse comes easily and sincerely. How did Peter react when he realized his betrayal of Jesus? Matthew 26:75

Though emotional, Mr. Sanguine is not given to introspection. But Jesus was doing a great work in Peter's life. We see our Lord bring Peter to a realization of himself in John 21:15-17. Review the story and pay particular attention to the difference between "truly love" and "love" in this episode.

How would a "natural Sanguine" have reacted to Jesus' question?

What does Peter's cautious reaction indicate?

Yet, what was Peter's emotion at the realization that his love for Jesus was not what it should be?

What are some concrete steps a person with a predominantly Sanguine temperament can take to bring about a godly introspection?

Spirit-Filled Joy and Patience. Joy is a natural tendency of Sparky Sanguine. Ordinarily Spark not only takes pleasure in what he does and has a way of making folks around him enjoy life. However, because he is externally oriented, others see him as "good-times Sparky." The episode around Acts 5:40-41 shows his maturing. How would Peter have reacted to his flogging if he were still controlled by his natural Sanguine temperament?

What was his reaction?

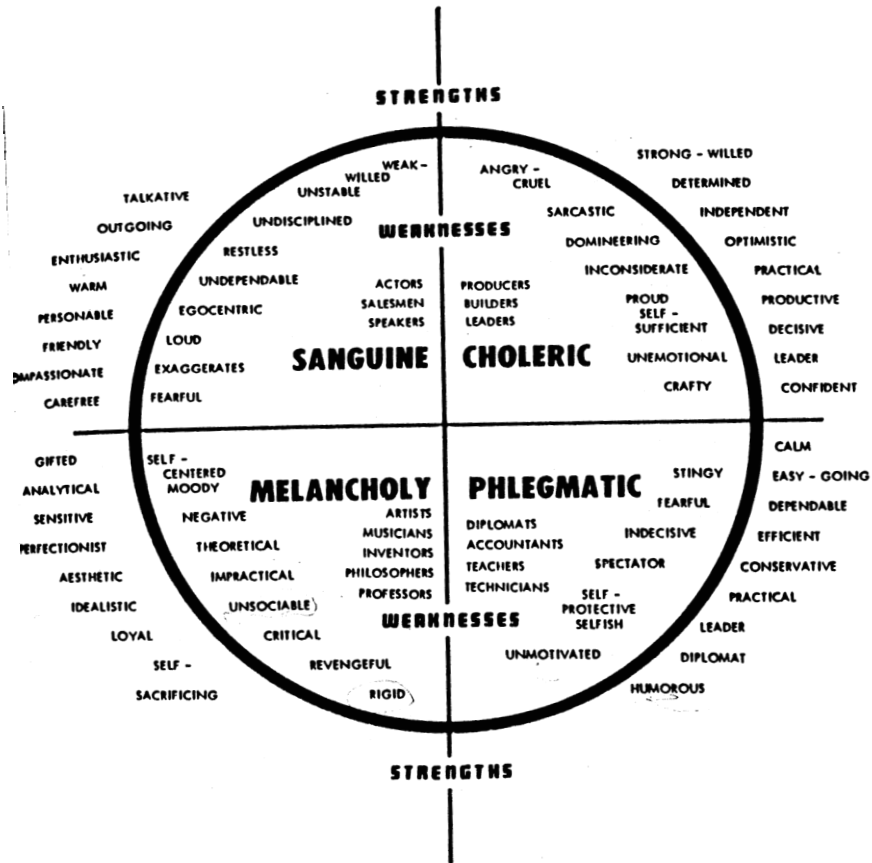
How can natural Sanguines react as per 1 Thessalonians 5:18?

Peter did not as a matter of course possess great patience. However, after filling with the Holy Spirit the maturing Peter begins to be much more patient. His miraculous escape from prison shows his progress. Pick up the action at Acts 12:11. How does Peter show his patience in several ways?

How could Peter have reacted in a typically Sanguine manner with:

- Sarcasm
- Anger
- Impulsiveness

Peter shows his new life in Christ in His first letter (1 Peter). Scan through his introduction, verses 3-9, and see how many Sanguine traits have been redeemed by Jesus.



The Choleric Temperament, part 1



Strong-Willed

One of the best assets of a Choleric's temperament is his strong willpower. If guided by the Holy Spirit this can be admirable. Controlled by the sinful human nature, however, it can be downright scary. When others have abandoned the goal, Mr. Choleric continues tenaciously until he has succeeded. What elements of self-discipline can you see in 1 Corinthians 9:24-27.

The Choleric temperament is the hot, quick, active, practical and strong willed temperament. No one in Scripture typifies this temperament like the Apostle Paul. However, because most of what we see of Paul comes after his filling by the Holy Spirit, we see a much more mellowed and matured temperament. The Holy Spirit can use the Choleric, but there may be a battle of wills.

| Positive | Negative |
|--|---|
| Strong-willed Determined Independent Optimistic Practical Productive Decisive Leader Confident | Angry/Cruel Sarcastic Domineering Inconsiderate Proud Self-Sufficient Unemotional Crafty |

What is the difference between being "self-controlled" and being headstrong?

While the Sanguine personality enjoys activity for it's sake alone, how does Paul indicate that he must have a goal?

What did Paul's self discipline include? 2 Corinthians 10:5

Many times a Christian Choleric is considered a great person of faith when in reality his faith is an exaggerated form of self-confidence. One of the Choleric's difficulties is to trust in the Lord and not in his choleric temperament. How had Paul learned that... or had he? Philippians 4:13

The persistence of the Choleric is an admirable trait when guided by the Holy Spirit. Christian Cholerics still struggle with the flesh - and Paul is no exception. What is he determined to do in Acts 20:16? In fact, what is he going to avoid doing to reach his goal?

- How insistent is he that he must go to Jerusalem? Acts 20:22
- What warnings did he receive? Acts 20:23 21:4, 21:10-12
- Whose will was it that Paul go to Jerusalem?
- From what you know of the life of Paul, what happened to him in Jerusalem?

Cholerics are often vulnerable to compromise, but for a different reason than Sanguines. Take a look at Paul's compromise in Acts 21:20-26. While most Christians at this time were Jewish, did Paul put an stock in this ceremony? See Colossians 2:16. Why did he participate?

Whereas Peter compromised when under social pressure, Paul compromised in order to preach. Cholerics are vulnerable to compromise when they decide to do a little wrong for a greater right. How can a Christian deal with this?

Practical. To predominantly Choleric people life's decisions should be made with utilitarian purposes in view. Many a modern Choleric is willing to work his or her fingers to the bone and provide the very best material benefits to his family when what they desire most is love expressed in time spent with them. Paul was an eminently practical preacher. Scan through his epistles and compare "pure" theology with "applied" theology.

The practical characteristics of Choleric preachers may make them more long winded than others. Take a look at one of Paul's sermons in Acts 20:7-11. Why did he feel a need to preach so long?

What other Choleric characteristics can you see in this sermon?

The Choleric Temperament, part 2



CRUEL AND HOSTILE. Saul made his mark in the world early with cruelty and hostility. One of the hardest things for a Christian Choleric is to learn “the milk of human kindness.” Examine Saul’s former years in Acts 8:1-3.

To what lengths did he go to exercise his hostility? Acts 9:1-2. Indeed, we shouldn’t fault Ananias for his caution in approaching this pit-bull of a man. Acts 9:13

Even as a Christian, Saul still had difficulties with hostility. This is perhaps best seen in his conflict with the godly Barnabas. The two had taken a young John Mark on a mission trip with them. What happened to John Mark in Acts

13:13?

Now continue on to Acts 15:36-40. What was the substance of the dispute. Why was Paul so adamant about not taking John Mark? What is it about the choleric temperament that can not understand the actions and attitudes that John Mark exhibited?

We don’t know much about Barnabas, but his given name was Joseph. Barnabas was a nick-name that means “Son of Encouragement.” Probably a phlegmatic, Barnabas was the elder missionary but soon took second billing and, after this event, drops out of sight. Why would Barnabas not give up on John Mark?

How did the church of Antioch respond to Paul’s tirades? Why is it significant that they “commended them to the grace of God?” Why do choleries stuck in hostility miss the grace of God?

Paul did later learn that the rigid application of principle without grace was not God’s plan. Later in his ministry he wrote 2 Timothy 4:11. What did he learn?

Of all the fruits of the spirit, the one that the Choleric needs most is love. While we know that God’s description of love is for all temperaments, read through 1 Corinthians 13 and see if you can identify fixes that are specifically applicable to the Choleric?

Which is more important, love or action?

CRUSADING. Choleries are born crusaders. When they see something needing change, their love of action and practical, can-do mind will not rest until it is put right. Their crusades are not motivated so much by compassionate feelings as by their penchant for action. Because of their self-confidence, Christian Choleries are prone to decide what is right and proceed to do it regardless of whose toes they step on or who they offend. An example of this is in Galatians 2. We have already examined this in the light of Peter’s Sanguine temperament. Now let’s look at Paul’s actions. Read through chapter 2. What is the reason for Paul’s crusade?

Had Paul not crusaded for “grace alone” what might have happened to the church?

What can other temperaments learn from choleries here? ... What do choleries learn from other temperaments?

THE NEEDS OF THE CHOLERIC. We have already discussed one need of the Spirit-improved Choleric. Scan through the list of the Holy Spirit’s fruits in Galatians 5:22, 23. Which can you identify as real needs for this temperament?

Peace. Not only is a carnal choleric not at peace, but he resents others having peace. The only peace he has is in the whirlwind chase of his self-imposed goals. Recall Paul’s life. What did God do to “slow him down?” Not Paul’s comments in Philippians 4:11-12. What had he learned?

Kindness. Only the Spirit can make this person kind. Can you imagine a thick-skinned, hard-nosed, square jawed but gentle Choleric? Paul had learned this by the time he wrote to Philemon. How does he make his appeal? Philemon 1:8 & 9.

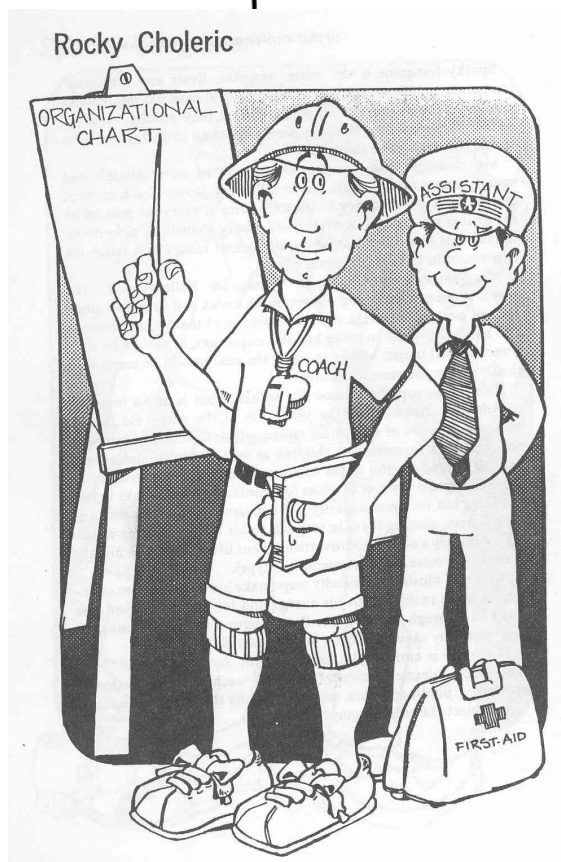
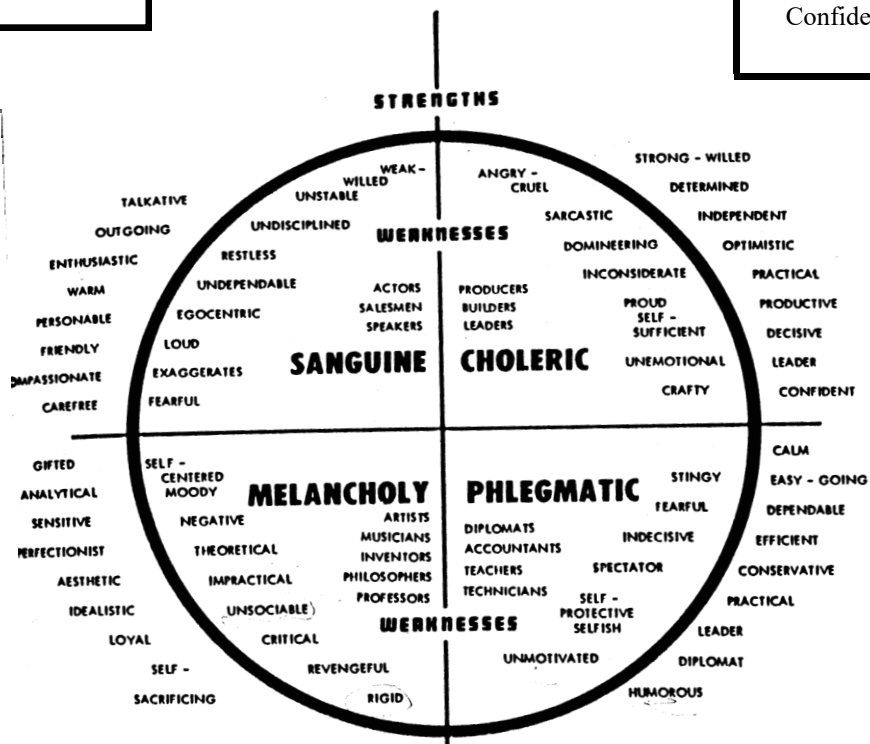
Note also verse 12. What has “practical Paul” learned about emotion?

Humility. The Holy Spirit was aware of Paul’s need for humility. What did he do to Paul to bring this about (and why did he do it)? 2 Corinthians 12:7

What did Paul find out about his ability and God’s ability? 2 Corinthians 12:9

The Choleric temperament is the hot, quick, active, practical and strong willed temperament. No one in Scripture typifies this temperament like the Apostle Paul. However, because most of what we see of Paul comes after his filling by the Holy Spirit, we see a much more mellowed and matured temperament. The Holy Spirit can use the Choleric, but there may be a battle of wills.

| Positive | Negative |
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| Strong-willed | Angry/Cruel |
| Determined | Sarcastic |
| Independent | Domineering |
| Optimistic | Inconsiderate |
| Practical | Proud |
| Productive | Self-Sufficient |
| Decisive | Unemotional |
| Leader | Crafty |
| Confident | |





Gifted Moses. The Biblical Melancholies' "hall of fame would include Jacob, Solomon, Elijah, Elisha, Jeremiah, Isaiah, Daniel, Ezekiel, Obadiah, Jonah, John the Baptist, the apostles John and Thomas. Heading the list is Moses. God chose a man whom He had gifted greatly. What does Stephen say about him in Acts 7:22.

While the Egyptians were very superstitious, what elements do you see of this in Moses' writing?

What elements of giftedness did Moses illustrate in the following verses?

1. Exodus 15:1 ff.
2. Exodus 21:1 ff.
3. Exodus 28:6 ff.
4. Numbers 1:1-3

Self-Deprecating Moses. Although Melancholies may possess the greatest native talents of any of the temperaments, these talents may be covered because of an inordinate feeling of inferiority. Melancholies are perfectionists; consequently they are rarely satisfied with anything they do (or anyone else does). See how Moses responded to God's call in the burning bush.

- **Excuse #1:** I Have No _____ Exodus 3:10-11
Considering Moses' background, why would it have been natural for God to have selected him?

How does God respond in Exodus 3:12 (Compare Matthew 28:20)? What should a Melancholy who thinks that he has no talent remember?

- **Excuse #2:** I Don't Know _____ Exodus 3:13-14. Consider the source of the information that Moses was getting. Would a class in theology have been any better?

When a melancholy is asked to witness, her first response is to want a class to cover any and all questions he or she might encounter. Why is this counter-productive? How might Matthew 10:19,20 be helpful?

- **Excuse #3:** No One Will _____ Exodus 4:1 Fear of failure is often devastating to Melancholies. Moses was probably paralyzed by his failure years earlier (Exodus 2:11-15), even though God had clearly told him that he would be listened to (Exodus 3:18). Have you had an experience where fear of failure was a factor that limited your efforts?

Is God looking for success? I Corinthians 4:2

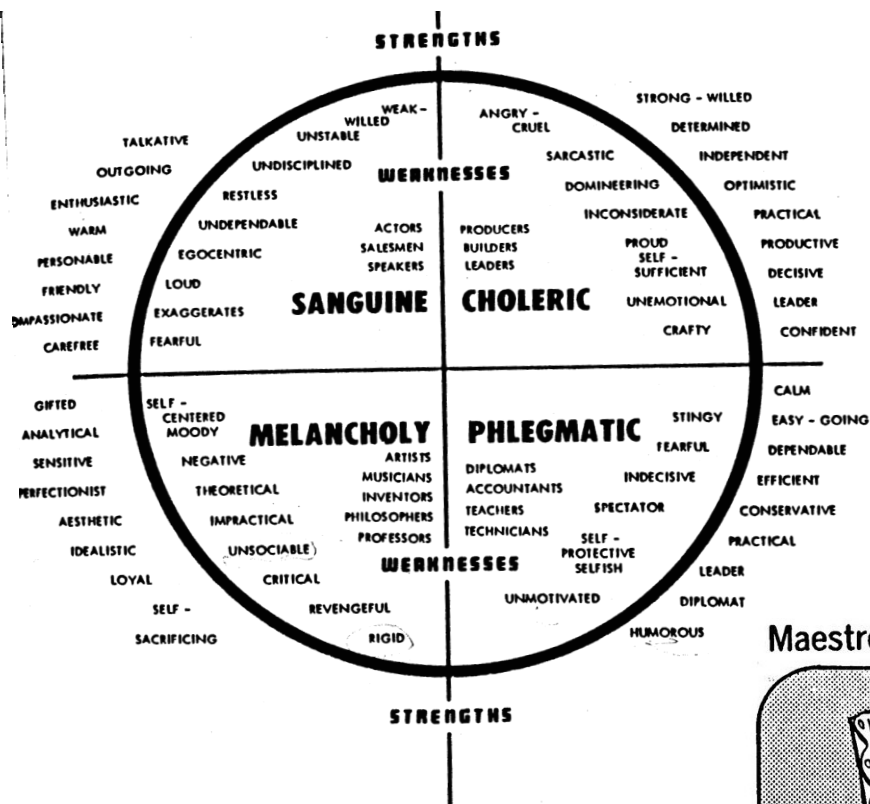
How can 1 Corinthians 15:58 help Melancholy Moses?

- **Excuse #4:** I Am _____ Exodus 4:10 While the Choleric has an unfounded confidence in his own ability and denies the power of God, the Melancholy has a doubt that God can work. What did God answer in Exodus 4:11?
- **Excuse #5:** I Don't _____ To! Exodus 4:13 Moses was on the verge of turning down the greatest opportunity he would ever receive. What could be some possible reasons?

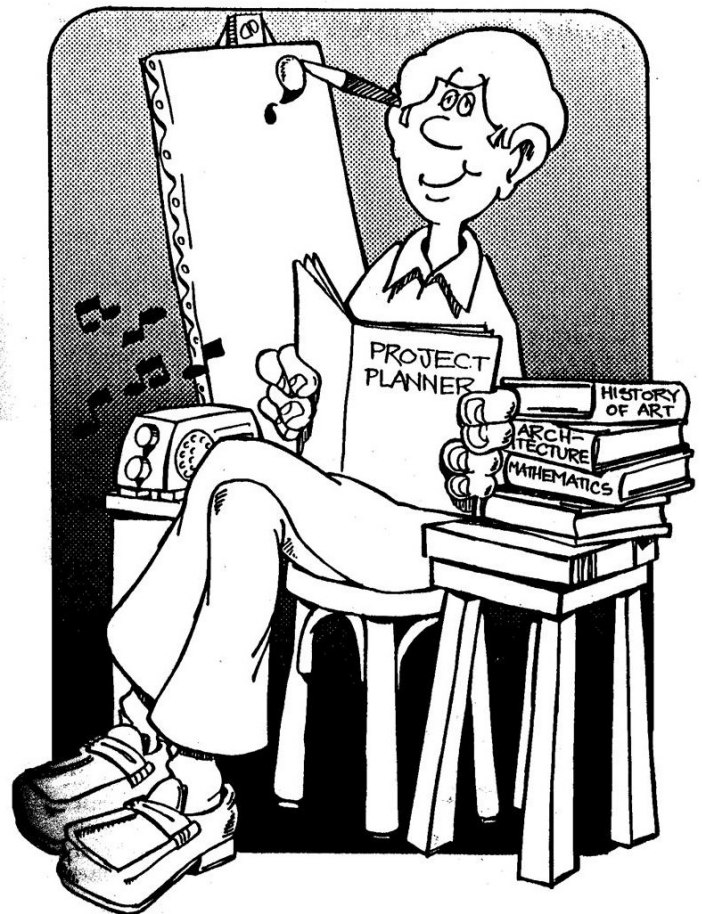
Moses needed to recognize that this reluctance is sin. It must be confessed and replaced with thanksgiving in order to maintain fellowship with God. 1 Thessalonians 5:18

The richest of all temperament types is the Melancholy. Mr. Melancholy is usually blessed with a gifted mind and a tremendous capacity to experience the complete spectrum of emotions. His greatest danger is in giving in to negative thinking patterns. But he is a natural perfectionist, very sensitive and appreciative of the fine arts, analytical, self-sacrificing, and a faithful friend. The world's greatest artists, composers, philosophers, inventors, and theoreticians have usually been Melancholies.

| POSITIVE | NEGATIVE |
|------------------|-------------|
| Gifted | Moody |
| Analytical | Negative |
| Sensitive | Theoretical |
| Perfectionist | Impractical |
| Aesthetic | Unsocioable |
| Idealistic | Critical |
| Loyal | Vengeful |
| Self-sacrificing | Rigid |



Maestro Melancholy



The Melancholy Temperament, part 2



Self-Sacrificing. One of the hallmarks of the Melancholy temperament is a desire to be self-sacrificing. They are often prone to dedicate themselves to some sacrificial cause. Very little is known about Moses' life between his adoption by Pharaoh's daughter and his call by God. Hebrews 11:24-27 fills us in, however. What elements of self-sacrifice do you see here?

All Christians have the responsibility to practice self-sacrifice. What did Jesus have to say about this in Matthew 16:24?

Unfortunately, the sinful self can even practice "self-sacrifice" for sinful reasons! Can you think of some "selfish" reasons to be sacrificial?

How can Mr. or Ms. Melancholy keep from becoming a "martyr?" Matthew 6:3-4, 16-18

If you see yourself in the melancholy temperament please share with us - do you find it difficult to enjoy ease or success without a guilty conscience?

Is it O.K. not to sacrifice yourself? Ecclesiastes 2:24-25

Mr. and Ms. Perfect! Re-examine some of the detail work that God gave to Moses. Are you a detail oriented person? How is this helpful in your life? How is it a hindrance?

Exodus 15:1 ff.

Exodus 21:1 ff.

Exodus 28:6 ff.

Numbers 1:1-3

What types of tasks do we depend upon people who have a real detail orientation and penchant for flawlessness to do?

Probably as a product of his perfectionist ability, Moses had a difficult time letting go of some tasks. Scan through the incident of Exodus 18:12 ff. What was Moses doing? What was the job doing to him?

Why do you think it was difficult for Moses to let others do the work?

How can a melancholy Christian trust others to do a good enough job? Philippians 2:13

Melancholies Getting Mad. Repressed anger often stalks the temperament of a melancholy. Watch Moses' pot boil over in Exodus 11:8, 16:20, 32:19, Numbers 16:15 and 31:14. Which of these episodes of anger were justified?

It is a temptation of all temperaments to use anger. Sanguines explode impulsively to defend their fragile egos. Choleric can be cruel towards those who stand in the way of their goals. Melancholies tend to exhibit ungodly anger when they feel their sacrifice is unappreciated or toward those who do not keep as high standards as they. Read through James 1:20. What will anger NOT produce in the one you are angry toward? Why?

Moses' anger erupted toward the Israelites one too many times for God. What was the (common) complaint of the Israelites in Numbers 20:3-5?

Now examine the response of Moses in Numbers 20:9-12. What was wrong with his retort?

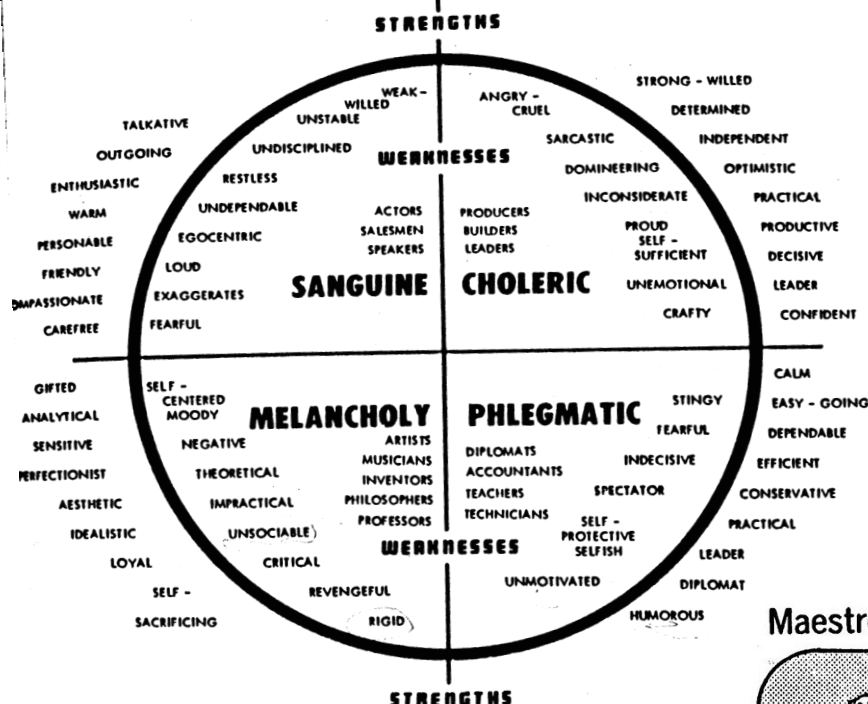
How can Ephesians 4:26 be helpful to Melancholies who expect the best from themselves and everyone else?

Moses was a great man of God. He allowed his talents and abilities to be used by God for great things. We can learn from his mistakes, as well. And all those with melancholy personalities can be great men and women of God, as well. What did the chronicler write about Moses in Deuteronomy 34:10-12?

Good Mental and Spiritual Hygiene. Every temperament needs to practice good mental and spiritual hygiene, but it is especially crucial for those with melancholy personalities. They tend to coddle self-pity and are prone to brood in persecution complexes. These things are not merely habits, but sins of thought. When tempted with these thoughts Christians should take these steps. Ask yourself:

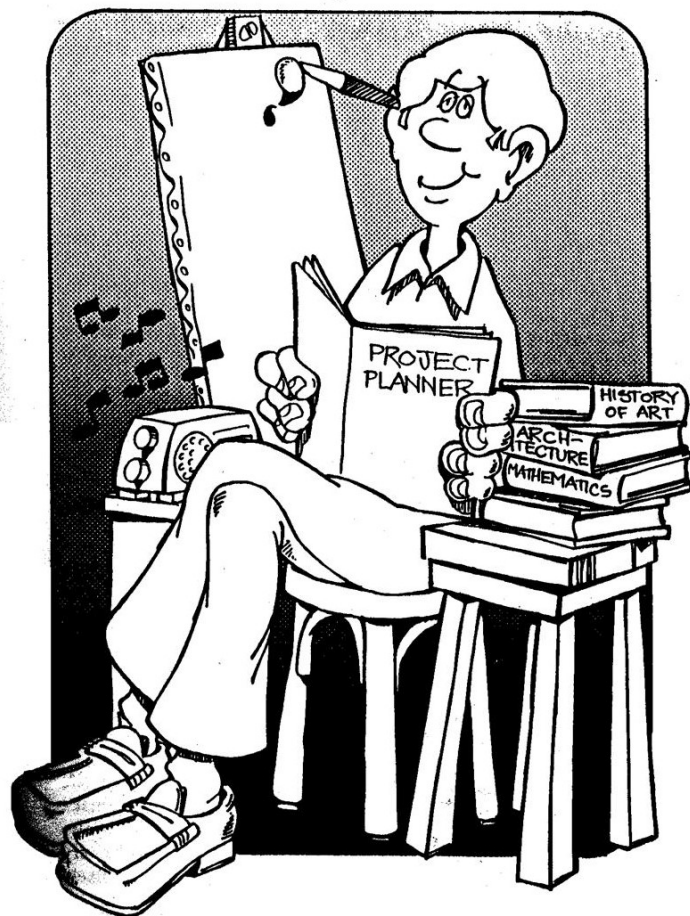
- Can God make this into good for me? Romans 8:28
- What elements of this situation are out of my control?
- When will I foster an attitude of grace toward those who aggravate me? Luke 23:34

The richest of all temperament types is the Melancholy. Mr. Melancholy is usually blessed with a gifted mind and a tremendous capacity to experience the complete spectrum of emotions. His greatest danger is in giving in to negative thinking patterns. But he is a natural perfectionist, very sensitive and appreciative of the fine arts, analytical, self-sacrificing, and a faithful friend. The world's greatest artists, composers, philosophers, inventors, and theoreticians have usually been Melancholies.



| POSITIVE | NEGATIVE |
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| Gifted | Moody |
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| Aesthetic | Unsociable |
| Idealistic | Critical |
| Loyal | Vengeful |
| Self-sacrificing | Rigid |

Maestro Melancholy





Indecisive. Several men of God seemed to have a high degree of Phlegmatic temperament, including Noah, Samuel, Daniel, Nathaniel, Philip, and the Apostle James. The best illustration is Abraham. Revered by more people than any man other than Jesus, Abraham would never have achieved greatness were it not for the hand of God. One of the prime characteristics of the Phlegmatic is his natural caution. He is generally quite fearful and this leads to indecisiveness. This is seen in Abram's call. Read Genesis 11:31-12:5. The recording of God's promises are in the past tense. What does that mean?

Whom had God told him to leave, and who did he take along?

What did Abram's father do to hinder his effectiveness? ...Lot?

It seems difficult for Phlegmatic people to trust God, probably because fear is one of their most common problems. Take a look at Genesis 12:10 ff. Was Abram supposed to have gone to Egypt? Why might have fear been a motivating factor in all the above decisions?

The Apostle John had a remarkable insight that would help Phlegmatics in 1 John 4:18. How can God's love and promises help the over-cautious?

Peace, but at what cost? One of the most admirable characteristics of Phlegmatics is their love for peace. They tend to exhibit a serenity and calmness that is soothing to others. See Peaceable Abram at work as you listen in on negotiations in Genesis 13:5-12. What was the problem?

Which land did Lot take? What are several reasons that Abram should have had the "best" pick?

Peaceableness is something that could be learned by the other temperaments from Phlegmatics. God calls on us to be people of peace. Look at the following passages and see if you can apply them to a particular temperament:

- Ephesians 4:3
- Romans 12:18
- Hebrews 12:14

Unfortunately, a Phlegmatic's desire for peace may sometime lead him/her into error. Such was Abram's problem with his wife in Genesis 16. Scan through the chapter. What could Abram have done to prevent this?

Why was he so willing to go along with Sarai?

What could a Phlegmatic learn from someone of another temperament in this situation?

How do you balance peace with principle? If there is a choice, what side do you call on?

The easiest people to get along with are Phlegmatics. They have a calm, easy-going nature that makes them well liked by others, and their clever wit makes them a joy to have around. Phlegmatic are such "Mr. -Nice-Guys" that they act more like Christians before their salvation than other personalities after! Since he is usually an introvert his weaknesses, as well as his strengths are not as readily apparent as those who are more expressive.

POSITIVE

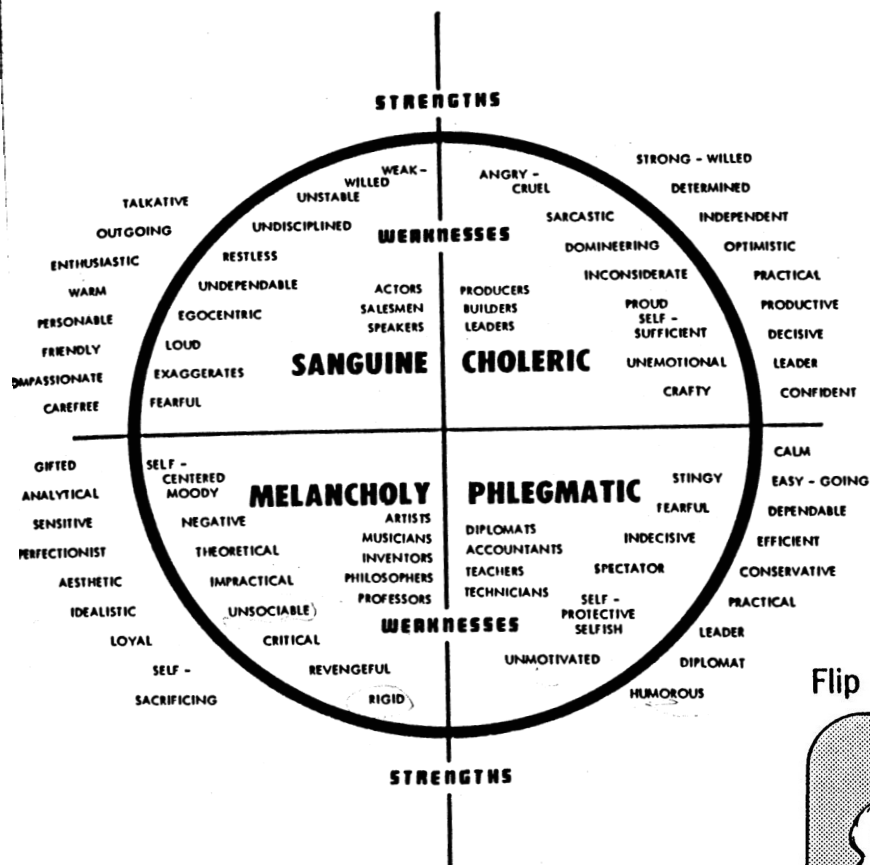
Calm
Easy-Going
Dependable
Efficient
Conservative
Practical
Leader
Diplomat
Humorous

NEGATIVE

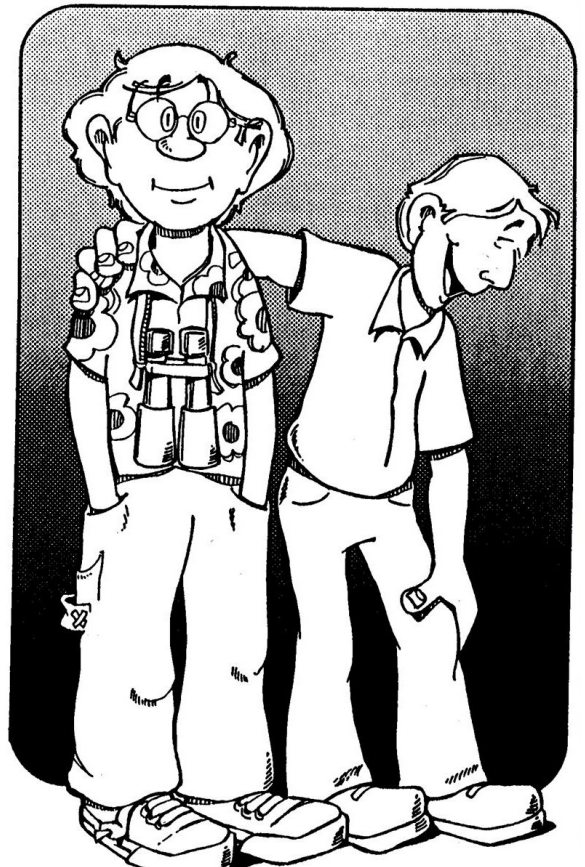
Stingy
Fearful
Indecisive
Spectator
Self-Protective
Selfish
Unmotivated

How to get backbone. Phlegmatics share with their Sanguine brothers the fearfulness that leads to compromise. While one is an introvert and the other an extrovert, the pressure of those around can cause them to compromise. What advice does Peter give when facing such temptation?

- 1 Peter 5:7 when you have anxieties, give them to _____
- 1 Peter 5:8 remember that Satan is _____
- 1 Peter 5:9a you are able to _____ Satan
- 1 Peter 5:9b you are not _____ in your temptation
- 1 Peter 5:10 you do not get strong by becoming someone you aren't but by the power of _____



Flip Phlegmatic



The Phlegmatic Temperament, part 2



Reliable. “What you are under pressure is what you are!” Of all the temperament types, Mr. Phlegmatic often comes out best under pressure. One of the behavioral surprises is the calm, efficient reaction of the Phlegmatic in a time of great crisis. Read the report in Genesis 14:11-16. How powerful were these kings who carried off Lot?

What was Abram’s reaction? Do you think that his forces were large compared to those who sacked Sodom and Gomorrah?

What natural tendency of his must

Mr. Phlegmatic war against in order to accomplish such things?

It seems that Paul wanted young Pastor Timothy to find men like Abraham in his ministry. 2 Timothy 2:2 Why might someone with this temperament be the best teacher for a young congregation?

The word translated here for “reliable” is “faithful,” from the root “faith.” Does reliability before God for the phlegmatic come from extreme faith - or from the fact that he is stuck in a rut?

Scan the episode of Genesis 22. What do you see of Abraham’s faithfulness and reliability here?

Perhaps the fact that faithfulness is a key spiritual strength in many Phlegmatics is shown in that we do not find a single illustration of braggadocio in the life of Abraham. This is not only a tribute to his spiritual life, but a distinctive of Phlegmatics in general, who are prone to be conservative about everything. Including self-praise.

Last on the list of reliable features is reliability in giving. Go back to Genesis 14:20. Note how Abraham responded to the ministry of Melchizedek. While this temperament can be stingy, he/she can also be regular givers. Read Malachi 3:8. Which of the kinds of offering would be easiest of Mr. Easy-going Phlegmatic? Why?

The easiest people to get along with are Phlegmatics. They have a calm, easy-going nature that makes them well liked by others, and their clever wit makes them a joy to have around. Phlegmatics are such “Mr. –Nice-Guys” that they act more like Christians before their salvation than other personalities after! Since he is usually an introvert his weaknesses, as well as his strengths are not as readily apparent as those who are more expressive.

Passive. The natural tendency of the Phlegmatic to be a peacemaker carries with it a tendency to be passive in the face of conflict unless crisis is involved. Such was the problem that Abraham had with Sarah and Hagar. Last week we looked at the way Abraham got into the mess with Hagar. Recap what we learned from Genesis 16. How was Abraham’s passivity shown?

Now the situation has come to a head. Read Genesis 21:8-21. What should Abraham have done?

What does James 4:17 have to say about people who are way too passive?

The needs of a Phlegmatic. Scan through Galatians 5:22-23. What fruits of the spirit would be most needed by people of this personality type? Try these after you have listed yours:

L _____. The Phlegmatic needs to receive a full dose of love so that he or she can love others. What is the connection between knowing God’s love and actually doing something for others? 1 John 3:16-18.

G _____. Endurance is a hallmark of the Phlegmatic who is spirit-filled, but a bane to the Phlegmatic who has not yet been touched in this area of life. Not only are Phlegmatics good procrastinators, but they are respectable quitters. The antidote is goodness. While we know that Paul did not preach works righteousness, what did he encourage to flow from faith life? Romans 2:7

Different temperaments react differently to “lack of results.” How did Paul encourage us all to “do good” in Galatians 6:9?

POSITIVE

Calm
Easy-Going
Dependable
Efficient
Conservative
Practical
Leader
Diplomat
Humorous

NEGATIVE

Stingy
Fearful
Indecisive
Spectator
Self-
Protective
Selfish
Unmotivated