

4



Melancholy
Person

Sanguine
Person



Choleric
Person

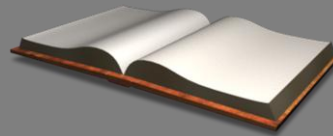
Phlegmatic
Person



Basic Temperaments



Notes From The Textbook



Clifton H Carpenter
Pastor/Teacher

BELIEVERS BIBLE FELLOWSHIP
May 31, 2009

FOUR BASIC TEMPERAMENTS
1 Corinthians 2:1-16

- The Sanguine Person
- The Melancholy Person
- The Phlegmatic Person
- The Choleric Person

Key Verse: Jeremiah 13:23 Can the Ethiopian change his skin, or the leopard his spot?

INTRODUCTION: We begin today a new series title: YOU ARE WHO YOU ARE, *“and you can’t change it”* The six lessons are motivational and designed to help you 1) identify your weaknesses and strengths and 2) to allow the Holy Spirit to modify your behavior and conform you more into the image of Jesus Christ. Romans 12:1-2

What is your perception of Jesus? 1 Peter 1:8 Use the temperament chart and check those traits that you perceive do not reflect the image of Jesus Christ.

Preaching Christ means that we accept certain things and reject certain things:

1. Preaching the *“wisdom of God”* and rejecting the *“wisdom of man”* verses 4-9
2. Preaching the *“spirit of God”* and rejecting the *“spirit of this world”* verses 10-13
3. Preaching the *“spiritual man”* and rejecting the *“natural man”* verses 14-16

TEMPERAMENT: is the combination of inborn traits that subconsciously affects your behavior. These traits are arranged genetically on the basis of Nationally, Race, Sex and other hereditary factors.

NOTE: These traits are passed on by the genes. Some psychologists suggest that we get more genes from our grandparents than our parents. That could account for the greater resemblance of some children to their grandparents than their parents. The alignment of temperament traits is just as unpredictable as the color of eyes, or size of body. Temperament traits whether controlled or uncontrolled, last throughout life.

- The Natural Man: 1 Corinthians 2:14
- The Flesh: Galatians 5:19
- The Old Man: Romans 6:6

CHARACTER: The real you *“the hidden man of the heart”* 1 Peter 3:4

NOTE: Character is the result of your natural temperament modified by child training, basic attitudes, beliefs, principles and motivations. It is something referred to as “the soul of man” which is made up of the Mind, Emotions and Will.

- Matthew 12:34 *“out of the abundance of the heart, the mouth speaketh”*
- Matthew 15:19 *“out of the heart proceed evil thoughts”*

PERSONALITY: The outward expression of ourselves, which may or may not be the same as our character, depending on how genuine we are.

Self Examination

"Self Analysis Only"

- | | | | | |
|--|--|--|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Tenderhearted | <input type="checkbox"/> Spiritual Insight | <input type="checkbox"/> Enjoyable | <input type="checkbox"/> Friendly | <input type="checkbox"/> Leader |
| <input type="checkbox"/> Impulsive | <input type="checkbox"/> Compassionate | <input type="checkbox"/> Weak-Willed | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Cowardly |
| <input type="checkbox"/> Humorous | <input type="checkbox"/> Presumptuous | <input type="checkbox"/> Indecisive | <input type="checkbox"/> Cruel | <input type="checkbox"/> Selfish |
| <input type="checkbox"/> Very Fearful | <input type="checkbox"/> Very Stingy | <input type="checkbox"/> Dependable | <input type="checkbox"/> Efficient | <input type="checkbox"/> Passive |
| <input type="checkbox"/> Impetuous | <input type="checkbox"/> Slow to Respond | <input type="checkbox"/> Sensitive | <input type="checkbox"/> Analytical | <input type="checkbox"/> Negative |
| <input type="checkbox"/> Idealistic | <input type="checkbox"/> Self-Sacrificial | <input type="checkbox"/> Anti-Social | <input type="checkbox"/> Loyal | <input type="checkbox"/> Gifted |
| <input type="checkbox"/> Critical | <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Self-Centered | <input type="checkbox"/> Moody | <input type="checkbox"/> Rigid |
| <input type="checkbox"/> Revengeful | <input type="checkbox"/> Affectionate | <input type="checkbox"/> Self-Sufficient | <input type="checkbox"/> Crusader | <input type="checkbox"/> Practical |

BELIEVERS BIBLE FELLOWSHIP
June 7, 2009

THE SANGUINE PERSON
1 Thessalonians 1:1-9

- The Weaknesses of Simon
- The Strengths of Peter



Peter

Key Verse: Luke 22:32 But I have prayed for thee that thy faith fail not: and when thou art converted, strengthen thy brethren.

INTRODUCTION: Simon Peter is probably the best-loved character in the New Testament. Because his shortcomings are open for everyone to see. As Peter impetuously stumbles through the pages of the Gospels, we see raw sanguine flesh.

The Apostle Peter is the most prominent man in the four Gospels, aside from Jesus Christ. Peter spoke more frequently than the other disciples. Jesus conversed more regularly with him.

The Sanguine Person

Strengths

- A warm, friendly, outgoing person who draws people like a magnet
- A happy-go-lucky optimist, the life of the party and is almost never quiet
- A generous and compassionate person, responsive to their surroundings

Weaknesses

- Often weak-willed, emotionally unstable, explosive, restless and egotistical
- Voted "*most likely to succeed*" but rarely measures up to expectations
- Lovable and laughable one minute, downright disgusting the next
- Beneath the bold exterior, is often insecure and fearful

Simon Peter the Sanguine

Simon's Weaknesses: weak-willed; outspoken; emotionally unstable; explosive; restless
The Sanguine life seems to be a paradox of extremes, hot one minute and cold the next.

1. Impulsive: Whenever Peter acted, he acted instantaneous.

- Matthew 4:18-20 When Jesus first called him, Peter dropped his fishing net and followed Jesus
- Matthew 14:28-31 Who but an "*impulsive sanguine*" would want to leave the safety of a boat to walk on water? He leaps before he looks, than becomes apprehensive about the consequences

2. Outspoken: Whenever Peter's heart was fixed on Jesus, what he spoke was 100% correct, but when fixed on others or himself he was almost always wrong.

- Matthew 16:13-19 Whom say ye that I am? Peter answered, thou art the Christ, the Son of the living God
- Matthew 16:21-23 Peter the only disciple that rebuked the Lord

3. Weak-willed: A weak character "*all mouth*" will spontaneously lie under pressure rather than face shame or penalty.

- John 18:24-27 Peter's denial of Jesus

When Thou Art Converted

NOTE: When thou art converted is an important transition for everyone to experience
Convert means "*to turn about*" implies "*a turning from and a turning to*"

- 1 Thessalonians 1:9 At the point of Salvation: turn "*to God*" then "*from idols*"
- Luke 22:32 During the process of our Salvation: turn "*to God*" from "*self and sin*"

NOTE: The person now has two natures: The Old Simon and the New Peter

Peter's Strengths: When a person receives Jesus Christ into their life, they become a "*new creature*" 2 Corinthians 5:17

1. Peter's Spirit Filling: Acts 1:8
2. Peter's Courage: Acts 1:15; 4:8-12
3. Peter's Wisdom: Acts 4:31-33
4. Peter's Joy: Acts 5:41
5. Peter's Prayerfulness: Acts 9:36-42
6. Peter's Faith: Acts 12:6
7. Peter's Leadership: Acts 15:7-11

BELIEVERS BIBLE FELLOWSHIP
June 14, 2009

THE MELANCHOLY PERSON
Exodus 2:1-10

- The Weaknesses of Moses
- The Strengths of Moses



Moses

Key Verse: Hebrews 11:24-25 By faith Moses, when he was born, was hid three months of his parents, because they saw he was a proper child; and they were not afraid of the king's commandment: Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season.

The Melancholy Person

STRENGTHS: Sensitive, Analytical, Gifted, Self-sacrificial, Loyal, Idealistic, Perfectionist

- One who excels in the fine arts with a vast appreciation for life's true values
- Creative thinker and at high emotional peaks will often launch into an invention or creative production that is worthwhile and wholesome
- Analytical and able to analyze situations in a few moments, pointing out potential problems that may be encountered in the process
- Perfectionist "*given to details*" and often relives events and decisions made in the past, thinking how much better he would do it if given another opportunity

Weaknesses: Self-centered, Moody, Negative, Anti-social, Critical, Rigid, Revengeful

- Self-centered and inclined to Self-Examination, Self-Contemplation
- Sensitive nature "*carries his feelings on his sleeve*"
- Prone to be suspicious, if two people are talking in hushed tones, he is almost certain to jump to the conclusion that they are talking about him
- Because of his Analytical and Perfectionist traits, he is prone to be Pessimistic
- Indecisive in decision-making, fearful of falling short of his perfectionist standard
- Critical and sees others through his magnifying glass of perfectionism; causing him to see an amplification of bad, instead of seeing the good

Moses the Melancholy Person

The Birth of Moses: Exodus 2-10 Moses means "*drawn forth*"

The 40 year phases of Moses' life: Moses died at the age of 120

- 40 years from his birth to his flight into Midian. Acts 7:23
- 40 years from Midian to the Exodus. Acts 7:29
- 40 years from the Exodus to his death. Deuteronomy 34:7

Moses Weakness: Self-Centered; Self-Depreciating; Moody

1. Moses' Self-Depreciating: A person filled with inordinate feeling of inferiority. A perfectionist is rarely satisfied with anything they do. Fear of rejection is common among the Melancholy Person: The dialogue between Moses and God

- Exodus 3:11 *"I don't have any talent"* (who am I) Moses depreciated his talent
- Exodus 3:12 Moses struggled with self even when God said *"I will be with you"*
- Exodus 3:13 *"I don't know Theology"* (what shall I say)
- Exodus 4:1 *"no one will receive me"* (they will not believe me)
- Exodus 4:10 *"I can't speak public"* (I am not eloquent)
- Exodus 4:13 *"I don't want to go"* (send someone else)

2. Moses' Anger: Repressed anger often stalks the Melancholy Person

- Exodus 16:20 Moses *"was wroth"* with Israel for their failure to obey
- Exodus 32:19 Moses *"anger waxed hot"* when returning with the tablets
- Numbers 20:1-6 Moses anger against the Lord
- Numbers 20:7-12 Moses anger led him not *"to speak but to smote the rock"*

Moses Strengths: Self-Sacrificing; Gifted, Loyal

1. Moses' Gifted: Learned in all the wisdom of the Egyptians

- Acts 7:22 Moses was mighty in words and in deeds

2. Moses' Self-Sacrificing:

- Hebrews 11:24 Refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God

BELIEVERS BIBLE FELLOWSHIP
June 21, 2009

THE PHLEMATIC PERSON
Genesis 12:1-5

- The Weaknesses of Abraham
- The Strengths of Abraham



Abraham

Key Verse: Proverbs 6:6 Go to the ant, thou sluggard; consider her ways and be wise.

The Phlegmatic Person

The Phlegmatic people are the easiest people to get along with in life. Their calm, easygoing nature makes them well liked by others. Their clever wit and dry humor makes them a joy to have around.

- Usually such “a *good person*” they act more like a Christian before their salvation
- Many are teachers, doctors, scientist, comedians, magazine and book editors

STRENGTHS: Dependable, Witty, Friendly, Humorous, Efficient, Easy Going, Analytical

- Can be depended upon to fulfill their obligations and time schedules
- A good listener and does not blurt out their advise, but gives thoughtful counsel
- A very faithful friend and one that rarely proves disloyal
- Works well under pressure and their work is marked by neatness and efficiency
- Their neat desktop in the midst of a great project is a source of amazement

WEAKNESSES: Slow to Respond, Very Fearful, Very Stingy, Selfish, Stubborn

- A spectator in life with an inclination to do as little as possible
- Resents being stimulated to action against their will
- Frequently finds themselves in stubborn opposition of change of any kind
- Can use wit to get others stirred up and angry, while staying cool themselves
- Tendency of being stingy and selfish: What will it cost? What will it take from me?
- Vacillates between wanting to do something and not wanting to pay the price

Abraham the Phlegmatic Person

1. Slow to Respond: Genesis 12:1 “*Now the Lord had said unto Abram*”
2. Very Fearful: Genesis 12:10 Lot his “*security blanket*” Fear led to compromise
3. Peacemaker: Genesis 13:5-11 Abraham settles a dispute between herdsmen
4. Dependable: Genesis 14:14-16 Abraham fighting to rescue Lot
5. Passive: Genesis 16:1-3 Abraham submits his authority of headship to Sarah

BELIEVERS BIBLE FELLOWSHIP
June 28, 2009

THE CHOLERIC PERSON
Acts 9:1-9

- The Weaknesses of Paul
- The Strengths of Paul



Paul

Key Verse: Galatians 2:20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

INTRODUCTION: Thank God for ministries such as CEF "*Child Evangelism Fellowship*" and Prison Fellowship. These ministries reach boys and girls before or after they get into serious trouble. The person who possesses the Choleric Temperament Trait is perhaps, the most difficult of traits to reach for Christ. Unless they are reached early in life and exposed to a high moral standard, the decisions made by the Choleric Person will very often lead them down a path of self-destruction.

The Choleric Person

Strengths: Leader, Crusader, Practical, Dependable

- A well organized mind and given to details
- Make quick judgments, can sort out situations and make use of them
- Practical, keen mind, capable of making sound, instant decisions
- Thrives on activity, not an "*aimless activity*" but goal-oriented
- Has a dogged determination, not frightened by adversities
- Very persistent and "*pushes ahead*" when others are ready to quit

Weaknesses: Cruel, Hot-Tempered, Self-Sufficient, Impetuous

- Can become violently angry, and will explode wrath upon others
- Does not sympathize easily, often disgusted by the tears of others
- Tends to be domineering and bossy, will use others for personal gain

Saul/Paul the Choleric

Scripture reveals only about 5% of the pre-Christian activities of Paul and about 95% of the things he accomplished after his conversion:

1. Crusader: Acts 8:1 Consented to the death of Stephen
2. Cruel: Acts 9:1 "*breathing out threatening and slaughter against the church*"
3. His primary trait – Choleric and His secondary trait - Melancholy

Your Basic Temperament Trait

Temperament	Sanguine	Melancholy	Phlegmatic	Choleric
Strengths	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Weaknesses	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

- Temperament – is the combination of inborn traits that subconsciously affect man’s behavior
- Character – is the real you, “the hidden man of the heart”
- Personality – is the outward expression of ourselves

The Influence of Temperaments



Habits

Sanguine

Melancholy

Phlegmatic

Choleric

Eating



Driving



Shopping



Studying



Billing

BELIEVERS BIBLE FELLOWSHIP
July 5, 2009

THE INFLUENCE OF TEMPERAMENTS
Galatians 5:16-26



- Conversation
- Eating
- Driving
- Shopping
- Studying
- Billing

Key Verse: 2 Corinthians 5:17 Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

INTRODUCTION: Perhaps, no other influence affects our behavior as does our Temperament. Temperament influences everything you do – from sleep habits, to study habits, to eating habits, to the way you get along with other people.



Peter

THE SANGUINE PERSON

- **Conversation:** Talks about the weather, friends, and a hundred things before facing the real problem
- **Eating:** Enjoys eating and usually eats the most
- **Driving:** Erratic driver, fast than slow
- **Shopping:** Not price conscious, selects for visual satisfaction
- **Studying:** Usually a good student, undisciplined, very restless
- **Billing:** Terrible record keeper, dislikes details, pays bill after several reminders



Moses

THE MELANCHOLIC PERSON

- **Conversation:** Sits down with depression, self-pity, unhappiness on the face
- **Eating:** Picky eater, takes longer to eat
- **Driving:** Prepares trips, goes from point to point
- **Shopping:** Deliberate, decisive, compares prices
- **Studying:** good student, enjoys learning, good concentration, good speller
- **Billing:** Usually keeps receipts, checkbook balanced to the nearest penny



Abraham

THE PHLEGMATIC PERSON

- **Conversation:** Takes a half hour to prime their conversation pump
- **Eating:** A deliberate eater, finishes last
- **Driving:** Pokey driver, dangerous on the road
- **Shopping:** Enjoys shopping, takes longer and shops more frequent
- **Studying:** can be a good student, procrastinator, works best under pressure
- **Billing:** systematize everything, keeps matching records, balanced checkbook



Paul

THE CHOLERIC PERSON

- **Conversation:** Gets to the point, no time wasted, wants to straighten things out
- **Eating:** Eats in a hurry
- **Driving:** Daring and speed demon
- **Shopping:** Not fond of shopping, shops only when its necessary
- **Studying:** Clever but not brilliant, skim reader, poor speller, ask “*why*” questions
- **Billing:** Pays on time, given to details



Temperament and Career Choice

Extrovert	Sanguine Person	Choleric Person
“People Person” “Out-Going”	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
Introvert	Melancholic Person	Phlegmatic Person
“Shy” “Shrinking Violet” “Shuns Society”	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____

BELIEVERS BIBLE FELLOWSHIP
July 12, 2009

TEMPERAMENTS AND CAREER CHOICE
Matthew 25:14-30

1. Are you an extrovert or an introvert?
2. Are you a spontaneous quick-talker?
3. Do you have to apologize frequently?
4. Do you have high emotional responses?
5. Are you quiet and slow of speech?
6. Are you a good speller?
7. Do you do well at math and details?
8. Do you get depressed easily?

Key Verse: Genesis 2:15 And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it.

INTRODUCTION: God has designed each of us with a special capacity for productivity. It is an inherited trait and unique to human beings. Work is essentially *"a good gift"* from God, not a punishment for sin. 2 Thessalonians 3:10 *"if a man does not work, he shall not eat"* Throughout the Bible the *"work ethic"* is encouraged. People need to work because it is good for us.

- Before the fall: Genesis 2:15 The garden of Eden was a safe and worshipful environment. God instructed Adam *"to dress it"* and *"to keep it"*
- After the fall: Genesis 3:17-19 Because of sin work became a painful toil *"by the sweat of your brow"* Work in the garden was now compounded by thorns, weeds, bugs and disease.

Many people worldwide are unemployed and miserable not only because they are out of money, but also because they do not have an opportunity to work productively. There is something self-enriching to hear the words *"a job well done"* 2 Timothy 2:15



Peter



Moses



Abraham



Paul

- The Sanguine Person: Extrovert; people-oriented, salesman types who excel in public relations, people- helping: actors, entertainers, evangelist, auctioneers
- The Melancholic Person: Introvert; creative, analytical individuals with strong perfectionist tendencies: musicians, artists, inventors, theologians, scientists, inventors
- The Phlegmatic Person: Introvert; cool, detailed individual, statistical: draftsmen, engineers, glassblowers, specialists, craftsmen, watch and camera repairmen

- The Choleric Person: Extrovert; strong natural leader, goal or project oriented, a planner, motivator of people, Bible teacher, dictators, gangsters

Vocational frustration: Next to lack of employment is to have the wrong job. How to avoid feeling like “*a round peg in a square hole*” is to know your temperament and its natural vocational possibilities.

STEPS TO FINDING THE RIGHT VOCATION

- Know your primary purpose in life: Matthew 6:33 seek first the advancement of the kingdom of God. Making money, enjoyable work is to be secondary.
- Analyze your temperament: God has given you certain basic skills. You will never get more than He has given you. Improve upon what you have through training, discipline and practice.
- Pray to God in making a career choice: Trust God, Commit to God and acknowledge God. If you are unemployed or dissatisfied where you are employed, pray about it.
- Share your concerns with others: Look for fellow-believers who share your spiritual values.
- Investigate potential opportunities: Don't plan to sit back after you have prayed. Don't expect God to send down a job on a white cloud. Prayer motivates us to do something. Make a list of the kind of jobs you might qualify for.
- Remain faithful and watch for the open door: The Lord is the master of the “*open door*” Don't expect to receive a ten year plan from God. He will open one door at a time. Once we enter through the first door take on the hard work of preparing yourself for the next door.
- Anticipate the future with peace and confidence: God is the Lord of the future. God has never failed anyone.

BELIEVERS BIBLE FELLOWSHIP
July 19, 2009

TEMPERAMENT MODIFICATION
Galatians 5:16-26

The Fruit of the Spirit

Love; Joy; Peace; Longsuffering; Gentleness; Goodness; Faith; Meekness; Temperance

Key Verse: Galatians 5:16 This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh

INTRODUCTION: We conclude our series today on the Four Basic Temperaments. You Are Who You Are *"and you can't change it"*



Peter



Moses

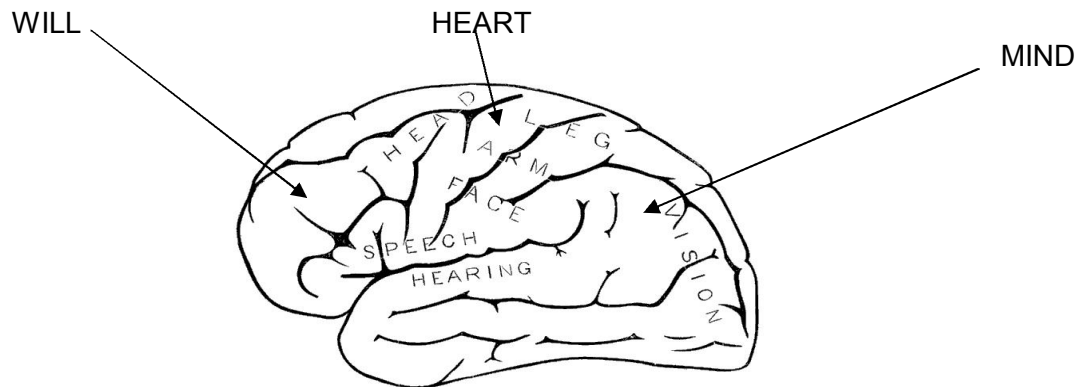


Abraham



Paul

Does the title of our lesson imply that there is no hope of change? No! Our temperaments can be changed, but not by us, but by the enabling power of the Holy Spirit. The filling of the Holy Spirit is the key to this change process. It is not an option for Christians to be filled with the Holy Spirit, but a command from God. Matthew 22:37-40



Works of the Flesh
Mark 7:14-23

- ADULTERY – FORNICATION – UNCLEANNES – LASCIVIOUSNESS
- IDOLATRY – WITCHCRAFT – HATRED – VARIANCE
- EMULATIONS – WRATH – STRIFE – SEDITIONS – HERESIES
- ENVYINGS – MURDERS – DRUNKENESS – REVELLINGS
- And such like: FEAR – ANXIETY – WORRY – DEPRESSION – INSECURITY

The Holy Spirit Modification of Our Temperaments

THE PROCESS

1. Self examination of our temperament traits: 1 Corinthians 11:28 There must be a daily inventory check of our behavior. The command is *"take heed" "examine himself"*
 2. Confession of all known sins: 1 John 1:9 The Holy Spirit will only fill *"clean vessels"*
 3. Submit yourself completely to God: Romans 6:11-13 We must make ourselves available to God, to do the things the Holy Spirit directs us to. Be not drunk with wine: Ephesians 5:18
- NOTE: When a person is drunk, they are dominated by alcohol; their influences are controlled by the alcohol.
4. Ask the Lord to fill you with the Holy Spirit. Luke 11:13 We have not, because we ask not. James 4:1-8
 5. Believe you are filled with the Holy Spirit: Romans 14:23 Don't be as the doubled-minded man James 1:8 *"unstable in all his ways"*