SHAPE WORKBOOK

A Vessel for the Master's Use

A journey into how God designed you

"...a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work."

— 2 Timothy 2:21



S	H	A	P	E
Spiritual Gifts	Heart	Abilities	Personality	Experiences

ADAPTED BY

Praison Timothy

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Name _____

Church / Ministry _____ Date _____

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Welcome

A lesson from the kitchen



A kitchen holds a small spoon and a big vessel, a tumbler and a strainer. Each has a different shape and is used at a different time and in a different way — but all share one purpose: to serve others.

> **From a small spoon to a big vessel — all made to serve.**

> Now in a great house there are not only vessels of gold and silver but also of wood and clay… Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.
>
> **— 2 Timothy 2:20–21 (ESV)**

S.H.A.P.E. — five questions, one shape

S	**Spiritual Gifts**	What has the Lord graced me to do?
H	**Heart**	What does my heart long to do?
A	**Abilities**	What can I do better than others?
P	**Personality**	How has God made me?
E	**Experiences**	What paths have I walked? What lessons have I learned?

How to use this book

Six simple guidelines

> For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.
>
> **— Ephesians 2:10 (ESV)**

1 **Begin with prayer**

"Lord, show me how you have made me."

2 **Write what is true, not what should be**

Don't give the answer others expect; who you really are is what matters.

3 **Answer from experience**

If you are unsure about a ministry you have never tried, give a low score (0 or 1). The best way to discover your gifts is to start serving.

4 **At your own pace**

No rush. Use it on your own, or with a group across five Sessions.

5 **Privacy**

The painful memories in the Experiences section belong to you. Write only what you want to; whom you share it with is your choice.

6 **Confirm it**

When you finish, show it to two people who know you well (your pastor, spouse or a friend) and ask for their view (page 34).

Symbols used in this book

- **Personal Work**
- **Group Discussion**
- **Scripture**
- **Prayer**
- **Purpose**
- **My notes**

SESSION 1

Pages 5–20

Getting Started & Spiritual Gifts

Purpose of this Session

To look honestly at where I am today, and begin to discover the gifts the Holy Spirit has given me.

Reflect & Discuss

1. Have you ever felt that only the “big vessel” matters in church? Why do we think that way?
2. Have you ever sensed that God has given you a gift? When?
3. Who noticed your gift first — you, or others?

> As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.
>
> **— 1 Peter 4:10 (ESV)**

My notes

S — H — A — P — E

Section 1

Who am I?

My starting point

Vessels are not made to sit on the shelf for show; they are made to be used.

Knowing ourselves matters. Only when we know why and how we were made can we understand our part in God's kingdom.

> But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load.
>
> **— Galatians 6:4–5 (ESV)**

I What mostly drives my life? (tick one)

Trend-led

crowd-driven, living for popularity: I do what everyone else does and follow what is popular.

Talk-led

compliment-driven, living to please people: I do things so that everyone will praise me.

Truth-led

calling-driven, living for God's purpose: I first find out what the Lord's plan is, then act.

II What kind of person am I? (tick one)

Getter

my aim is always to receive something.

Gazer

I watch from the side and just want to get through life peacefully.

Giver

my aim is always to give or do something for others.

Tick honestly, without hesitation. This is not a score — it is a mirror to see where the journey begins.

III Where am I today?

Every journey has a beginning. This is the start of a life-changing journey of discovering who you are. Circle one number for each statement: **3 = Yes, 2 = Perhaps / I think so, 1 = No.**

#	Statement	Yes	Perhaps	No
1	I am clear about God's unique purpose for my life.	3	2	1
2	My spiritual gifts are being used and seen.	3	2	1
3	My passions are being spent for God.	3	2	1
4	My natural abilities are being used to serve others.	3	2	1
5	My personality helps me serve others.	3	2	1
6	My life's purpose is being confirmed through the many experiences I go through.	3	2	1
7	My whole life is surrendered to God.	3	2	1
8	My actions and attitude show a servant's heart.	3	2	1
9	I regularly give account of my life to others.	3	2	1
10	My daily plans show how much of myself I invest in others.	3	2	1
11	I have received a firm plan from God to fulfil my life's purpose.	3	2	1
	Total (11–33)			

Where does my score fall?

11–18 · A beginning	19–26 · Halfway there	27–33 · A clear path
That's fine — this workbook is for exactly this. Work through each section slowly, with prayer.	Some areas are clear, some still hidden. Notice the statements where you scored 1 — that is where your next growth lies.	Your shape is mostly clear; this workbook will sharpen it and help you guide others.

S — Spiritual Gifts

What has the Lord graced me to do?

What did the Master make this vessel for? You don't cook in a ladle, and you don't serve with a big pot. Each is used for the very thing it was designed for.

Spiritual gifts are not given for ourselves or our own purposes; they are given to **bless** the church, the body of Christ. Every believer receives them. A gift still in its wrapping helps no one — this section helps you unwrap yours.



Five truths about spiritual gifts

1. **Only after salvation.** Abilities come with your first birth; spiritual gifts come with your new birth. They are given to believers who confess Jesus as Lord and have received the Spirit.
   — 1 Cor 12:1–3; Eph 4:7–8

2. **The Holy Spirit distributes them.** We don't choose our gifts; the Spirit "apportions to each one individually as he wills."
   — 1 Cor 12:4, 11

3. **To everyone.** Not just to some: every believer has at least one gift. No title or position is needed.
   — 1 Cor 12:7; Eph 4:7; 1 Pet 4:10

4. **To serve.** Not for our own glory, but "for the common good" and "to equip the saints for the work of ministry."
   — 1 Cor 12:7; Eph 4:12; 1 Pet 4:10

5. **It must be unwrapped.** A gift still in its wrapping helps no one. "Do not neglect the gift you have"; "fan into flame the gift of God, which is in you."
   — 1 Tim 4:14; 2 Tim 1:6

> As each has received a gift, use it to serve one another, as good stewards of God's varied grace.
>
> — 1 Peter 4:10 (ESV)

Which kitchen vessel am I?

Discussion · not scored

Which vessel are you most like? Tick one or two and tell your group why. This is not a score, just a way to start talking. The real test is on the next page.

Serving ladle
Serves each person the right portion, with care

Shepherding

Mixie
Grinds what is hard into something others can take in

Teaching

Strainer
Separates the good from the grit

Discernment

Big vessel
Makes room for many and feeds everyone

Hospitality

Tumbler
Gives a cup of water to one thirsty person

Mercy

Gas lighter
Lights the first fire

Evangelism

Microwave
Warms up again what has gone cold

Encouragement

Stove
Gives the heat that is needed and moves the whole meal forward

Leadership

Measuring cup
Makes sure everything is in the right amount and order

Administration

Fridge
Stores many things and keeps each fresh and in its place

Knowledge

Salt
Says little but brings flavour to the situation (Colossians 4:6)

Wisdom

Rice container
Stays full so there is always something to give

Giving

Kitchen cloth
Holds the hot pot and wipes up, helping without being noticed

Helps

Knife
Cuts, divides and makes things clear (Hebrews 4:12)

Prophecy

Lunch box
Carries food beyond the kitchen to new places

Apostleship

Rolling pin
Shapes raw dough into something useful with the hands

Craftsmanship

Serving plate
Presents the food beautifully so people want to eat

Creative Communication

Pressure cooker
Stays steady under heat and pressure, waiting for the whistle

Faith

Flask
Keeps the warmth for long hours, unseen

Intercession

Another vessel?
Draw a vessel that is like you, and name it.

I. Gifts — Self Test

Statements 1–13 / 133

Write a number for how true each statement is of your life. Answer from what you actually do and feel, not what you think you should; don't spend long on any one statement.

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
1	I like to manage people, tasks and events.	
2	I would like to start churches in places where there are none now.	
3	I enjoy making new handcrafted things with wood, cloth, paint, metal, glass and other materials.	
4	I use different art forms to challenge the way people see God.	
5	I can easily tell spiritual truth from error, and good from evil.	
6	I try to recognise the abilities in people.	
7	I share the gospel clearly and fruitfully.	
8	I naturally and easily trust that God will answer my prayers.	
9	I give generously and gladly to people who need help with financial needs and goals.	
10	I am happy to help others by working behind the scenes on their tasks, without anyone knowing.	
11	I want my home to be a place for people who need ministry and help.	
12	I take prayer requests from people who need prayer and keep praying for them faithfully.	
13	People come to me wanting my view on the truth of Scripture and on particular passages.	

Self Test — continued

Statements 14–28 / 133

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
14	I encourage others to reach their goals.	
15	I want to show compassion to hurting people and help them heal from their wounds.	
16	I speak to people in a way that leads them to recognise sin, repent and live a pure life.	
17	I enjoy spending my time nurturing and caring for others.	
18	I communicate God's work to others effectively.	
19	People often seek me out for advice on spiritual and personal problems.	
20	I handle information carefully, thoroughly and skilfully.	
21	I am drawn to the idea of ministering in other countries or among other people groups.	
22	I am skilled at working with many kinds of tools.	
23	I enjoy developing and using my artistic skills (art, drama, music, photography...).	
24	I often try to weigh up a person's character at first sight.	
25	I enjoy putting courage and strength back into discouraged people.	
26	Again and again I look for chances to make friends with people who are not Christians.	
27	Even in hard situations, I firmly trust that God's care, help and favour will come to me.	
28	I give more than a tithe so that the work of God's kingdom gets done.	

Self Test — continued

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
29	I enjoy doing the everyday tasks that support ministry.	
30	I delight in meeting new people, welcoming them and helping them.	
31	I enjoy waiting in prayer for long periods and praying as God leads me what to pray for.	
32	I receive information from the Spirit in ways beyond the natural.	
33	I stir others to receive vision.	
34	I patiently help people going through painful experiences to get their lives steady again.	
35	I feel responsible to make truth known so that others understand it and walk in it.	
36	I carry a burden for unstable believers and want to protect them.	
37	I take time to study, because I know truth brings change in people's lives.	
38	I have often found simple, practical solutions in the middle of conflict and confusion.	
39	With clear goals, I have developed plans and put them into action.	
40	I have made a major effort to start a new church.	
41	I enjoy making tools and equipment used for ministry.	
42	I use creative arts to help people understand themselves, their relationships and God better.	
43	I can spot deceit or trickery before others notice it.	

Self Test — continued

Statements 44–58 / 133

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
44	I point people to God's promises and give them hope.	
45	I share the gospel in a way specially fitted to meet each person's needs.	
46	I trust confidently that God will help me accomplish great things.	
47	I manage my money well so that I can give a large part of it away.	
48	I gladly do the many different jobs around the church to meet others' needs.	
49	I truly believe the Lord leads me to connect people I don't know with others and bring them into fellowship.	
50	When I pray, I have a sense of and concern for ministering to others.	
51	I have dedicated myself and a major part of my time to reading and studying Scripture, to understand its truth fully and accurately.	
52	I adjust my leadership style to bring out the best in others.	
53	I enjoy helping people who seem undeserving of help, or who cannot help themselves.	
54	I boldly oppose cultural trends, teachings and events that go against biblical truth.	
55	I want to guide and help a person as a whole — in their relationships, emotions and spiritual life.	
56	I set aside time to learn new truths from Scripture and share them with others.	
57	When there are many options, I can easily choose the best one.	
58	I clearly identify resources and use them well to get tasks done.	

Self Test — continued

Statements 59–73 / 133

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
59	I adapt and prepare myself to fit different cultures and settings.	
60	Before something is built, I picture in my mind how it should be built.	
61	I find new and sound ways to communicate the Lord's truth.	
62	In any situation I want to see what is right and what is wrong.	
63	I reassure people who must make bold decisions about their faith, family and life.	
64	I lovingly invite unbelievers to receive the Lord Jesus Christ as their personal Saviour.	
65	I trust God in situations where human effort alone cannot succeed.	
66	I have taken up the challenge of changing my lifestyle in order to give a large percentage of my income.	
67	I see spiritual significance in doing practical tasks.	
68	I want to create a place where people do not feel lonely.	
69	I pray boldly because I know God answers prayer.	
70	I have received an inner sense (or knowledge) that something is true.	
71	I set goals and skilfully manage people and resources to reach them.	
72	I have deep compassion for hurting people.	
73	I discern whether actions are right or wrong, and feel prompted that what is wrong should be corrected.	

Self Test — continued

Statements 74–88 / 133

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
74	I give long-term help to those in need and keep caring about others.	
75	I like to read the Bible in an orderly, systematic way.	
76	I anticipate the results of an individual's or a group's actions beforehand.	
77	I help organisations or groups to function more effectively.	
78	I communicate in culturally sensitive ways so that others understand.	
79	I honour the Lord with my ability to make handcrafted things (my talents).	
80	I use a variety of art forms to explain God's truth.	
81	I seek others' confirmation to check whether my inner sense or visions are reliable.	
82	I strengthen the hearts of those who are wavering in faith.	
83	I openly say I am a Christian and want people to ask me about my faith.	
84	I live content in God's presence and God's work that I experience each day.	
85	I want to know what difference my financial help makes in the lives and ministries of God's people.	
86	I make an effort to find the small things that often need doing, so they get done without anyone asking.	
87	I like to keep my home open to make people welcome and to help others.	
88	When I hear about needy situations, I feel burdened to pray for them.	

Self Test — continued

Statements 89–103 / 133

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
89	I sometimes know things about people without knowing how I came to know them.	
90	I motivate others to use their full potential and accomplish great things.	
91	I see that God can step into a person's life and do great things, beyond their disability or other problems.	
92	I value people who live honestly and speak the truth.	
93	I enjoy counselling, guiding and giving practical help to a small group of people.	
94	I explain Scripture in a way that makes others want to study it and know more.	
95	I give good practical advice to people going through very bad, difficult or confusing situations.	
96	I enjoy learning how organisations work.	
97	I like to be the first to take up and carry out new things.	
98	I like working with my own hands.	
99	I am gifted in creating new things and in imagination.	
100	I can detect preaching, teaching or relationships that are contrary to Scripture.	
101	I encourage and stir others towards spiritual growth.	
102	I openly and confidently tell others what Jesus Christ has done for me.	
103	I challenge others to trust God properly.	

Self Test — continued

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
104	I give my money and possessions to God's work willingly and joyfully.	
105	I take great joy in being a helper so that others can do their work well.	
106	I do what is needed so that people feel important, needed and that they belong.	
107	I feel honoured when people come to me asking me to pray for them.	
108	When I read or study Scripture, I discover truths that benefit others in the body of Christ.	
109	I receive vision in a way that others can share in.	
110	I enjoy bringing hope and joy to people living in all kinds of situations.	
111	I keep speaking biblical truth even in difficult places where people do not know it or cannot accept it.	
112	Lovingly, calmly and patiently, I help unsettled believers stand firm in faith and fellowship.	
113	I present God's messages, skills and information so that people can easily understand and apply them.	
114	I apply spiritual truths in ways others find useful and helpful in practical life.	
115	I foresee what lies ahead, anticipate coming problems and make plans in advance to meet them.	
116	I am able to take responsibility for several church ministries and oversee them.	
117	I design and carry out things in ways that help the church.	
118	I need regular time alone to reflect and to let my imagination grow.	

Self Test — continued

Score: 3 = Always true | 2 = Mostly true | 1 = Sometimes | 0 = Never

#	Statement	0–3
119	I can discern when the enemy's attack is present in a person's life or a situation.	
120	I stand against and challenge whatever opposes spiritual growth.	
121	I eagerly look for good opportunities to share spiritual things with unbelievers.	
122	When I sense God's blessing on something, I go ahead and do it even if no one else comes forward to help.	
123	I believe God has given me abundant resources and means to do the Lord's work.	
124	I quickly and gladly use my natural and learned abilities wherever they are needed.	
125	I make people feel at ease even in unfamiliar places.	
126	I see more and more significant answers to my prayers.	
127	I boldly share my insights and my knowledge of the Lord with others.	
128	I can identify places of need and lead others to help there.	
129	I enjoy giving practical training to people who need it.	
130	I feel strongly that I must openly rebuke sin and challenge people to turn from it.	
131	I want to patiently and steadily nourish ordinary believers with the spiritual food they need to grow in faith.	
132	I enjoy explaining things clearly so that people grow spiritually and in character.	
133	I have insight to find solutions to problems that others cannot see.	

Well done! On the next page, add the scores of the 7 statements for each gift and fill in your Gifts Chart.

II Score & My Gifts Chart

For each row, add the scores of its 7 statements and write the total in the "Total" box (maximum 21). Then shade the same number of boxes on the right — your Gifts Chart is ready.

Gift	Statement numbers	Total	3 6 9 12 15 18 21
A Administration	1 · 20 · 39 · 58 · 77 · 96 · 115		
B Apostleship	2 · 21 · 40 · 59 · 78 · 97 · 116		
C Craftsmanship	3 · 22 · 41 · 60 · 79 · 98 · 117		
D Creative Communication	4 · 23 · 42 · 61 · 80 · 99 · 118		
E Discernment	5 · 24 · 43 · 62 · 81 · 100 · 119		
F Encouragement	6 · 25 · 44 · 63 · 82 · 101 · 120		
G Evangelism	7 · 26 · 45 · 64 · 83 · 102 · 121		
H Faith	8 · 27 · 46 · 65 · 84 · 103 · 122		
I Giving	9 · 28 · 47 · 66 · 85 · 104 · 123		
J Helps	10 · 29 · 48 · 67 · 86 · 105 · 124		
K Hospitality	11 · 30 · 49 · 68 · 87 · 106 · 125		
L Intercession	12 · 31 · 50 · 69 · 88 · 107 · 126		
M Knowledge	13 · 32 · 51 · 70 · 89 · 108 · 127		
N Leadership	14 · 33 · 52 · 71 · 90 · 109 · 128		
O Mercy	15 · 34 · 53 · 72 · 91 · 110 · 129		
P Prophecy	16 · 35 · 54 · 73 · 92 · 111 · 130		
Q Shepherding	17 · 36 · 55 · 74 · 93 · 112 · 131		
R Teaching	18 · 37 · 56 · 75 · 94 · 113 · 132		
S Wisdom	19 · 38 · 57 · 76 · 95 · 114 · 133		

☆ Your three longest bars may be your main gifts. Write them on the next page.

III Gifts this test does not measure

Tongues, interpretation, healing and miracles are not in the test above. They are discerned through prayer and the confirmation of the church (1 Corinthians 12:7–11; 14:29).

Gift	Sign	Yes	Perhaps	No
Tongues · 1 Cor 12:10; 14:27	In church gatherings, the Spirit uses me to give a message in tongues, together with interpretation.	☐	☐	☐
Interpretation · 1 Cor 12:10	The Spirit reveals to me the meaning of a message given in tongues in church.	☐	☐	☐
Healing · 1 Cor 12:9	I feel a strong urge to pray for the sick, and I have seen God bring healing through my prayer.	☐	☐	☐
Miracles · 1 Cor 12:10	I pray for God's power to be shown in impossible situations, and give the glory to God alone.	☐	☐	☐

Note: The prayer language given to believers as a sign of the Spirit's baptism (Acts 2:4) is different from the gift of tongues given to build up the church; mark only the second here.

IV My top three gifts

1

Gift _____ **How will I use this gift now / from now on?** _____

2

Gift _____ **How will I use this gift now / from now on?** _____

3

Gift _____ **How will I use this gift now / from now on?** _____

V Which trap might I be caught in? (ask trustworthy people to hold you accountable — page 34)

- ☐ **Comparing** — I compare myself with others' gifts and think little of my own (1 Corinthians 12:21–22).
- ☐ **Putting self first** — I press others to do what I do well, the way I do it.
- ☐ **Rejecting** — because I have no title or position, I refuse to accept the gift God has given me.
- ☐ **Being deceived** — I think I have a gift God has not given me, and neglect my real gift.

SESSION 2

Pages 21–23

H — Heart

Purpose of this Session

To recognise the longing and burden God has placed in my heart — for whom, and for what.

Reflect & Discuss

1. What sight or news moves you to tears? Why?
2. Which people make your heart long to help them?
3. If money or obstacles were no issue, what is one thing you would love to do for God?

> Delight yourself in the LORD, and he will give you the desires of your heart.
>
> — **Psalm 37:4 (ESV)**

My notes

S — **H** — A — P — E

H — Heart

What does my heart long to do?

Whatever a vessel is filled with is what it carries to others.

Gift says:
"What I can do"

Heart says:
"Where, and for whom"

The things you do without noticing the time, and the sights that move you to tears — these are signs of your heart.

> Delight yourself in the LORD, and he will give you the desires of your heart.
>
> **— Psalm 37:4 (ESV)**

I What drives me?

If I could spend a whole month only for God, what would I do? Which subject makes my heart come alive when I talk about it?

II Who do I care about? (tick three)

- ☐ Children
- ☐ Teenagers (13–19)
- ☐ College students
- ☐ Youth / young workers
- ☐ Newly married couples
- ☐ Families / parents
- ☐ Women
- ☐ Men
- ☐ The elderly
- ☐ Widows / people living alone
- ☐ New believers
- ☐ Unsaved friends / neighbours
- ☐ Villages that have not heard the gospel
- ☐ The sick / hospitals
- ☐ People with disabilities
- ☐ People addicted to drugs or alcohol
- ☐ Prisoners
- ☐ Migrant workers
- ☐ Ministers / pastors
- ☐ People at my workplace
- ☐ Others: _____

My heart and burden

III Which needs do I want to meet?

Tick your top two. It helps to start with needs God has met in your own life (2 Corinthians 1:4).

- ☐ **Spiritual** — Helping people know Christ and grow in him
- ☐ **Physical / practical** — Basic needs like food, clothing and shelter
- ☐ **Relational** — Building healthy, Christ-centred relationships; connecting people
- ☐ **Emotional** — Listening to the hurting, comforting them, helping them know who they are in Christ
- ☐ **Educational** — Teaching and giving the knowledge people need for life
- ☐ **Vocational** — Training and guiding people to develop their skills and progress in work

IV Which social problem do I want to fight against?

Tick the one that moves your heart most.

- ☐ Drinking / drug addiction
- ☐ Broken families / marriage problems
- ☐ School dropouts
- ☐ Poverty / hunger
- ☐ Unemployment
- ☐ Violence against women and children
- ☐ Caste discrimination
- ☐ Student stress
- ☐ Mobile / pornography addiction
- ☐ Neglect of the elderly
- ☐ Spiritual apathy
- ☐ Villages that have not heard the gospel
- ☐ Mental health / depression
- ☐ Debt burden
- ☐ Dowry / wedding-expense burden
- ☐ Health / disease
- ☐ Environment / caring for creation
- ☐ Others: _____

V My big dream for God's kingdom

_____

_____

_____

☆ Don't ask "How?"; write only "What?" The "how" is God's part.

SESSION 3

Pages 24–26

A — Abilities

Purpose of this Session

To discover the natural abilities God has given me, and offer them for his work.

Reflect & Discuss

1. Cooking, tailoring, accounts — how can these become ministry? Give an example.
2. What work can you do, yet it drains you?
3. What do people often ask you to help with?

Read: Exodus 31:1–5 — Bezalel's craftsmanship

My notes

S — H — A — P — E

A — Abilities

What can I do better than others?

What the vessel is made of — steel, brass, clay; every material has its use.

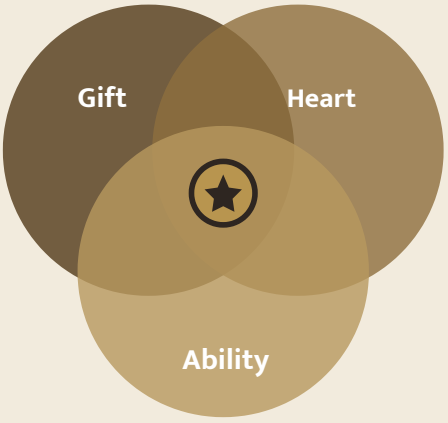
Abilities are the natural talents God has given you, from birth or through learning. To build the tabernacle, God filled Bezalel with his Spirit and gave him skill (Exodus 31:1–5). Cooking, tailoring, accounts, driving — no ability is too small for God's work.

Tick only the abilities you **do well and enjoy doing** . Don't tick work you can do but find draining.

- [ ] Teaching / explaining
- [ ] Public speaking
- [ ] Singing
- [ ] Playing an instrument
- [ ] Writing (articles, songs)
- [ ] Translating
- [ ] Drawing / designing
- [ ] Decorating
- [ ] Cooking / serving food
- [ ] Tailoring / handicrafts
- [ ] Building / carpentry / electrical work
- [ ] Repairing
- [ ] Farming / gardening
- [ ] Driving
- [ ] Accounts / managing money
- [ ] Computers / mobile / internet
- [ ] Photography / video / sound
- [ ] Social media
- [ ] Planning
- [ ] Organising events
- [ ] Supervising / managing
- [ ] Leading
- [ ] Encouraging
- [ ] Listening / counselling
- [ ] Mentoring
- [ ] Coaching
- [ ] Connecting people
- [ ] Welcoming / hospitality
- [ ] Peacemaking
- [ ] Promoting / publicity
- [ ] Research / reading
- [ ] Analysing
- [ ] Starting new things
- [ ] Imagining / seeing vision
- [ ] Adapting to change
- [ ] Travel / new places
- [ ] Sports / competition
- [ ] Working with children
- [ ] Caring for the elderly / sick
- [ ] Drama / storytelling
- [ ] Record-keeping / documentation
- [ ] Cleaning / maintenance
- [ ] Fundraising
- [ ] First aid / health care
- [ ] Others: _____

My top five abilities that I enjoy using

	Ability	How could I use this in church or community?
1		
2		
3		
4		
5		



Where the three meet

Gift — what I can do
Heart — where, and for whom
Ability — with what, and how

When you serve where all three meet, you tire less and bear more fruit. Put your top gift, the people you care about and your top ability side by side below.

My top gift	The people I care about	My top ability

SESSION 4

Pages 27–28

P — Personality

Purpose of this Session

To thankfully accept the way God has designed me, and find the ministry setting that suits me.

Reflect & Discuss

1. How did you feel when you served in a role that didn't fit your personality?
2. Why is it good to serve alongside someone with the opposite personality?
3. In which setting do you bear the most fruit without getting tired?

> I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.
>
> **— Psalm 139:14 (ESV)**

My notes

S — H — A — **P** — E

P — Personality

How has God made me?

The vessel's shape — wide or narrow, lidded or open; each one fits its own job.

There is no "right" or "wrong" personality; God loves variety. In each row, tick the circle that describes you best; the middle circle = both equally.

> I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.
>
> **— Psalm 139:14 (ESV)**

I How I relate to others

Outgoing I gain energy from a crowd	○ ○ ○ ○ ○	**Reserved** deep with a few; refreshed by being alone
Self-expressive I share my thoughts easily	○ ○ ○ ○ ○	**Self-controlled** I open up only once I trust
Cooperative peace matters most	○ ○ ○ ○ ○	**Competitive** challenge and winning excite me

II How I respond to opportunities

High-risk I like new, uncertain opportunities	○ ○ ○ ○ ○	**Low-risk** I like clear, stable settings
People ministry that touches people directly	○ ○ ○ ○ ○	**Projects** behind-the-scenes tasks
Follow I do well under a good leader	○ ○ ○ ○ ○	**Lead** I take responsibility and lead
Team working together with others	○ ○ ○ ○ ○	**Solo** I do my best work alone
Routine finish one job, then the next	○ ○ ○ ○ ○	**Variety** many things at once

III My personality in one sentence, and the ministry setting that suits me

SESSION 5

Pages 29–35

E — Experiences + My S.H.A.P.E.

Purpose of this Session

To see that God wastes nothing, turn my experiences into ministry, and write my S.H.A.P.E. summary and 90-day plan.

Reflect & Discuss

1. Who could your painful experience comfort?
2. Tell of a time God turned a hard experience into good (only if you wish).
3. Which ministry so far has given you the deepest fulfilment? Why?

> And we know that for those who love God all things work together for good, for those who are called according to his purpose.
>
> — **Romans 8:28 (ESV)**

My notes

S — H — A — P — **E**

E — Experiences

What paths have I walked? What lessons have I learned?



A new iron dosa tawa doesn't make good dosa; heat and use season it. The fires and dents of life prepare us the same way.

God wastes nothing; both joyful and painful experiences can become tools for helping others.

> And we know that for those who love God all things work together for good, for those who are called according to his purpose.
>
> **— Romans 8:28 (ESV)**

I Joyful experiences / achievements

Area	An experience I remember	Whom could I help through this, and how?
Personal life		
Family / relationships		
Education / training		
Work / career		
Spiritual (salvation, Spirit baptism, ministry)		

II Painful experiences

This section is for you alone. If you are not ready to write, write just one word and take it to God in prayer. For wounds that have not yet healed, speak privately with your pastor.

> ...who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.
>
> **— 2 Corinthians 1:4 (ESV)**

Area	A painful experience	How did God carry me through?	How could I comfort someone in the same pain?
Personal life			
Family / relationships			
Education / training			
Work / career			
Spiritual			

III Three turning points in my life

Give each one a title, and briefly write what happened and how you felt. Even when the road wasn't straight, God was there at every turn.



Title _____ **Age** _____

What happened, and how I felt

_____

_____

_____

_____

_____

Title _____ **Age** _____

What happened, and how I felt

_____

_____

_____

_____

_____

Title _____ **Age** _____

What happened, and how I felt

_____

_____

_____

_____

_____

My S.H.A.P.E. — Summary

This one page is your profile

Washed, placed on the shelf, ready for every good work.

S Spiritual Gifts

My main spiritual gifts

H Heart

Who, which need and which problem I care about

A Abilities

My top five abilities that I enjoy using

P Personality

My personality and the ministry setting that suits me

E Experiences

Experiences through which I can help others

My Kingdom Purpose statement

God has given me _____ (gifts / abilities). When I use them to meet _____ (which need) for _____ (whom), I feel the fulfilment of living for God's glory.

The next 90 days

Your shape becomes clear only when you act on what you have learned



Write three small, definite steps — for example, serving on trial in one church ministry for four weeks.

Days 1–30

What am I going to do?

When?

Who will support me?

Days 31–60

What am I going to do?

When?

Who will support me?

Days 61–90

What am I going to do?

When?

Who will support me?

9 Confirmation by others

The cook knows which vessel to reach for; others often see our use before we do.

Show this summary to two people who know you well. Let them write the gifts and abilities they see in you.

Name	Relationship	Gift / ability they see in me	Signature

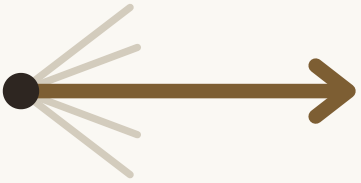
Pastor's note / recommended ministry

Closing

Not for everything — for this!

A ladle doesn't try to become a big vessel; it serves best by being a ladle.

We are not called to do everything; we are called to fulfil the purpose God has set for us. David "served the purpose of God in his own generation" and fell asleep (Acts 13:36). Jesus, too, finished the work the Father gave him (John 17:4).



Bartholomäus Ziegenbalg (1683–1719)

Could have: Gone to many places and done many things

The one thing at the centre: Arrived at Tranquebar in 1706 and made giving the Tamil people the Bible in their own language the centre of his work. His Tamil New Testament was printed in 1714. He died at 35, yet we still read the Bible in Tamil today.

Mother Teresa (1910–1997)

Could have: Gone anywhere in the world and served all kinds of people

The one thing at the centre: Came to India in 1929; in 1946 heard a "call within a call" and gave her life to the poorest of the poor in Kolkata — the dying and people with leprosy.

Draw my vessel

Which vessel am I now?

My vessel _____

Because...

_____

_____

My response: I don't have to do everything. The "one thing" God has called me to:

_____

_____

_____

Signature _____ **Date** _____

Prayer: Lord, not everything — help me faithfully finish the work you have given me. Amen.



From a small spoon to a big vessel — all made to serve.

God has shaped you for a specific purpose. This workbook helps you discover that shape in five areas — spiritual gifts, heart, abilities, personality and experiences — so that you can live as a vessel useful to the Master. Use it on your own, or with a group across five Sessions.

Adapted by Praison Timothy

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"You received without paying; give without pay" (Matthew 10:8). This resource is purely for the Kingdom of God and is not for profit. You are welcome to use, print and share it, always free of charge. It may not be sold, or used in any form to earn money.

The S.H.A.P.E. concept was first introduced by Rick Warren in *The Purpose Driven Life* (Zondervan) and developed by Erik Rees in *S.H.A.P.E.: Finding and Fulfilling Your Unique Purpose for Life* (Zondervan). This workbook adapts that framework. Spiritual gifts inventory translated into Tamil by Praison Timothy. Scripture quotations: ESV.

2 Timothy 2:21