

IT'S NOT EASY BEING ME

WHY YOU ACT THE WAY YOU DO

Proverbs 14:8 Jeff Schreve

*The wisdom of the prudent is to understand his way,
but the folly of fools is deceit. Proverbs 14:8*

Do you understand why you act the way you do?

1. God has made each of us with a particular temperament.

- A. Temperament is a mix of inborn traits that affect behavior.
- B. Temperament is a key component of your total personality.
- C. Temperament is divided into four groups:
 - 1. Sanguine - outgoing, fun-loving, talkative, friendly
 - 2. Choleric - practical, productive, decisive, take-charge
 - 3. Melancholy - disciplined, exact, reserved, orderly, gifted
 - 4. Phlegmatic - easy going, diplomatic, quiet, funny, calm

2. God has made each of us with strengths and weaknesses.

*Therefore, since we have so great a cloud of witnesses surrounding us,
let us also lay aside every encumbrance, **and the sin which so easily
entangles us**, and let us run with endurance the race that is set
before us Hebrews 12:1*

- A. Sanguine - exaggeration, discipline, ego, insecurity
- B. Choleric - anger, cruelty, forgiveness, affection, control
- C. Melancholy - moody, critical, unsocial, negative, touchy
- D. Phlegmatic - procrastination, fear, inertia, selfishness

3. God has made each of us and loves what He has made.

*I will give thanks to You, for I am fearfully and wonderfully made;
Wonderful are Your works, and my soul knows it very well.
Psalm 139:14*

A. Since God loves you, you can love yourself.

B. Since God made you, you can see Him work through you.

*... for it is God who is at work in you, both to will and to work
for His good pleasure. Philippians 2:13*

The more you understand you, the better you can serve God.