

# Charisms & Spiritualities

## VIDEO LINK

<https://www.youtube.com/watch?v=Xa0ac2vpjq8>

## GOAL SUMMARY

The goal for this session is for young people to see how God uses people's different gifts and personalities bring goodness into the world and build up the Church. They will be introduced to the four temperaments, hopefully see which temperament (or two temperaments) they most strongly identify with, appreciate others more deeply, and become more aware of potential personal weaknesses and ways to grow.

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## VIDEO SUMMARY

This video is from Ascension Press and features Ms. Rose Sweet discussing the four temperaments: sanguine, choleric, melancholic and phlegmatic. She highlights the strengths and some potential weaknesses for each temperament.

## DISCUSSION QUESTIONS

1. Based on the video, which temperament sounds most like you?
2. How can knowing about each temperament give us the ability to care for each other better?
3. What would happen if everyone had the same temperament?
4. Why is each temperament important? How are the temperaments complementary?
5. How do you think knowing what type of temperament you have can increase your relationship with Christ? Grow in virtue? Identify vice?

## SEND

God created each one of us uniquely, but in a way that complements other people's gifts. We cannot have a world with just one type of temperament. By knowing our temperament and learning about others, we can better love them and grow in our relationship with Christ.

*Let us pray:*

Holy Spirit, you give each of us a temperament as a way that we interact with the world. Help us today to see the value of each temperament and how we can best love those who have different temperaments from ourselves.

Like the psalmist we praise you Lord, for the unique way you have created us: "I praise you, because I am wonderfully made; wonderful are your works! My very self you know" (Psalm 139:14). Amen.