

A - Abilities

...and I have filled him with the Spirit of God, with ability and intelligence...

Exodus 31:3

...who called his servants and entrusted to them his property...to each according to his ability.

Matthew 25:14-15

OVERVIEW

In this session you will:

1. Learn more about Abilities both Natural and Learned.
2. Identify and Clarify several of the Abilities God has given you that you may use to serve others effectively.

Abilities are the natural talents you were born with. All our abilities come from God since He formed us. Since your natural abilities are from God, they are just as important as your spiritual gifts only you were given them at birth. You have dozens, probably hundreds, of untapped, unrecognized, and unused abilities that are lying dormant inside you.

Abilities should be used for God's glory. Paul said, *"Whatever you do, do all to the glory of God."* **1 Corinthians 10:31** God has made and formed you so your special abilities can shine, and you can use them to make a difference in His Kingdom.

God blesses you with abilities from two sources:

Natural Abilities

Some abilities are natural or innate. We call them talents. Some of us are born with the ability to sing, run, fix or solve complex puzzles. Because the Bible tells

us that God “knit us together in our womb,” we know that God planned the natural abilities with which we are born.

Learned Abilities

- Formal Training (Educational background)
- Experience

Experience is often our best teacher, and God wants to use all of our Experiences, both good and bad, for His glory.

“...for I have learned in whatever situation I am to be content...I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.”

Philippians 4:11-12

--Work Experiences

What do you do every day at work? What you have learned to do in your professional career can be of great value in the church as well. Sometimes we don't see the correlation until a ministry opportunity actually presents itself. It's interesting; people usually fall into one of two camps. Either they are passionate about their career and are perfectly happy doing the same thing in ministry. Or, they do not. Many times people who work on computers all day do not want to serve on the Data Management ministry.

--Life Experiences

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 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 1:3-4

Some people gain the **ability** to cope with stress, or juggle multiple roles such as mother, wife, and principle caregiver for a parent that's ill. Or life sometimes gives someone the ability to cope with a handicap or special challenge. Often

Life experiences present themselves in the form of trials which produce special abilities. This area will be covered in the last section of SHAPE.

--Ministry Experiences

God often uses abilities that have already developed through ministry experiences. You may not even realize you have developed abilities in ministry. Use this exercise to help remind you of some of your ministry experiences.

Instructions: Write down some ministry experiences you have had in the first column then in the second column write one to three words that describe a skill or ability you gained from having that experience.

	Ministry Experience	Year	Ability or Skill learned from that experience.
1)			
2)			
3)			
4)			
5)			
6)			

Look for either reoccurring ministries or reoccurring skills learned from these experiences.

SUMMARY - take a moment to write down some of your natural and learned abilities.

Some of my natural abilities are: _____

Some of my learned abilities are: _____

Applying My Abilities –

Complete the Abilities section in your S.H.A.P.E. Profile.