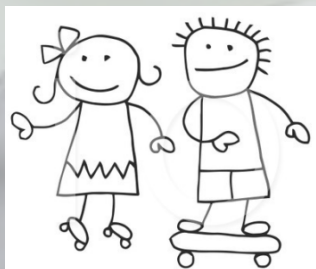
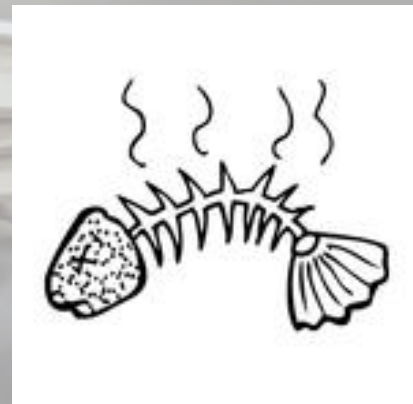




Return on Investment:

Building

Relationship Capital



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BUT
GOD...

in His mercy...

- brings order out of disorder
- ordains marriage & parenting
- conforms us to His image
- knows the task before you
- knows your needs in this season
- CARES ABOUT YOU!

Our Story...



MOM asks DAD: “what happens if we invest in developing our children and then they leave us?”

relationships can be built only if you invest time in people.

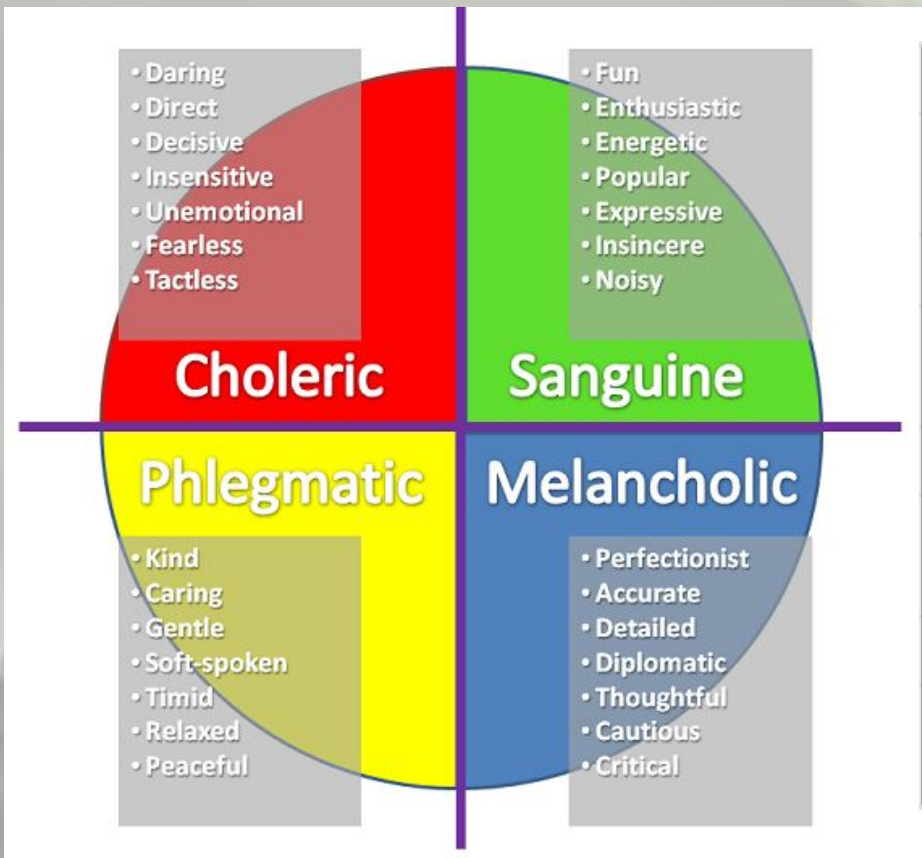
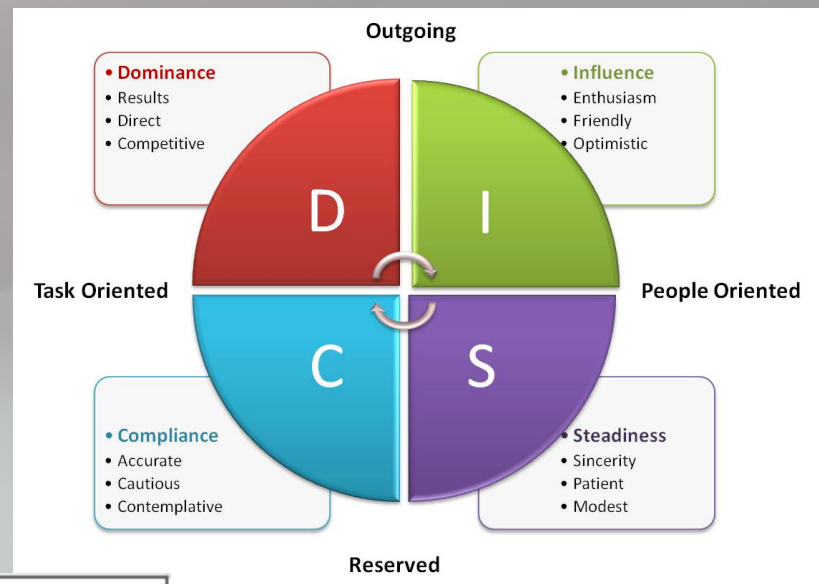
DAD: “what happens if we don't, and they stay?”

The best minute you spend is the one you invest in people.

What you have to invest...

Figure it out: (aka Know yourself)

- Personality Test–Myers-Briggs, DISC, Colorcode,...
- Spiritual Gifts Inventory



| | | | |
|--------------------------------------|---|--------------------------------------|--------------------------------------|
| ISTJ Responsible Executors | ISFJ Dedicated Stewards | INFJ Insightful Motivators | INTJ Visionary Strategists |
| ISTP Nimble Pragmatics | ISFP Practical Custodians | INFP Inspired Crusaders | INTP Expansive Analyzers |
| ESTP Dynamic Mavericks | ESFP Enthusiastic Improvisors | ENFP Impassioned Catalysts | ENTP Innovative Explorers |
| ESTJ Efficient Drivers | ESFJ Committed Builders | ENFJ Engaging Mobilizers | ENTJ Strategic Directors |



Now what?

- YOU ARE FEARFULLY AND WONDERFULLY MADE! PSALM 139:14
 - Personality...
 - Introvert vs Extravert
 - Choleric, Sanguine, Phlegmatic, Melancholy
 - Lion, Otter, Golden Retriever, Beaver
 - Rabbit, Tigger, Pooh, Eeyore
 - Lucy, Snoopy, Charlie Brown, Linus
 - Mary vs Martha
 - Spiritual Gifting
 - Service, Giving, Encouragement, Mercy, Administration, Hospitality, Teaching,...
- Describes not defines (see first point)

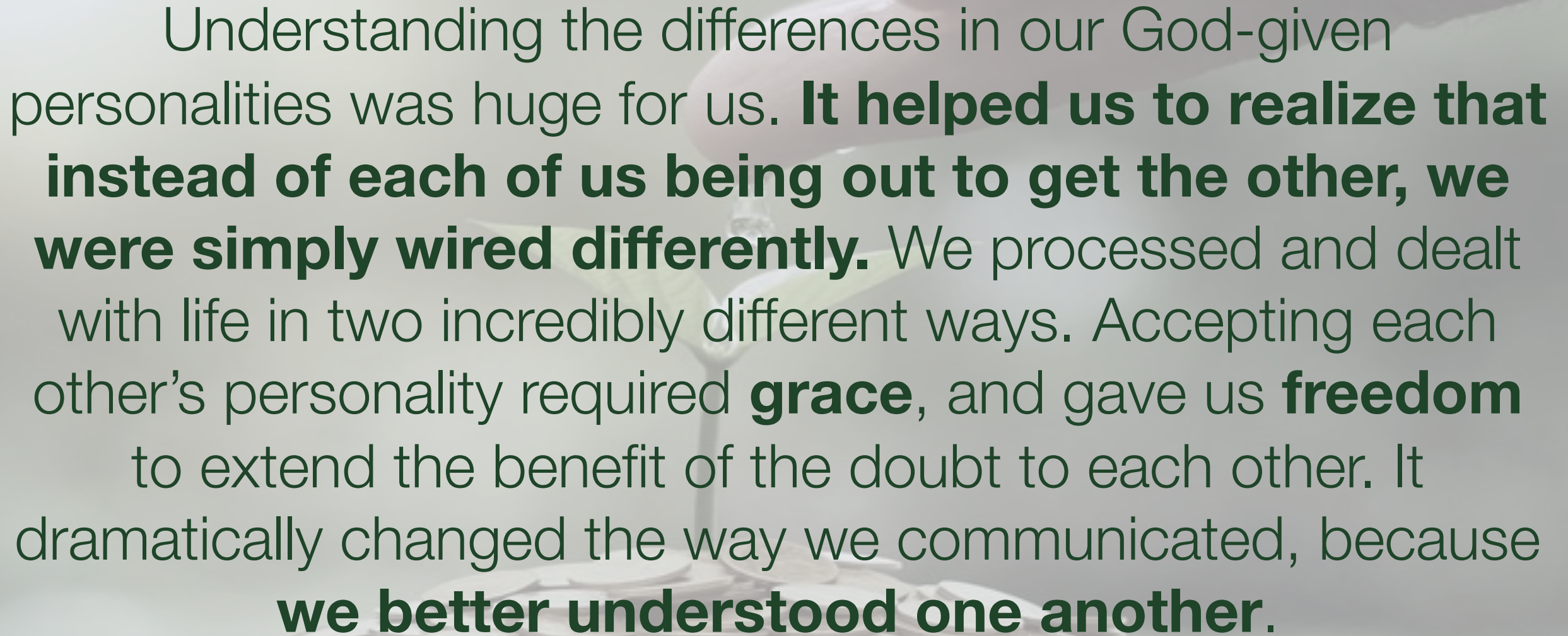
Discovering how He defines you and your worth can lead to a clearer understanding of your unique personality, and the freedom to embrace it, without the confusion of outside opinions and pressures.

~Trina Holden (kindredgrace.com)

So what?

- Allows you to recognize God's design
- Identifies strengths & weaknesses
- Influences likes & dislikes
- Does NOT provide an excuse
- Impacts relationships (husband, children, friends)



A hand holding a pen over a stack of coins. The background is a soft, out-of-focus image of a hand holding a pen over a stack of coins. The text is overlaid on this image.

Understanding the differences in our God-given personalities was huge for us. **It helped us to realize that instead of each of us being out to get the other, we were simply wired differently.** We processed and dealt with life in two incredibly different ways. Accepting each other's personality required **grace**, and gave us **freedom** to extend the benefit of the doubt to each other. It dramatically changed the way we communicated, because **we better understood one another.**

~Kayse Pratt (kindredgrace.com)

DR. CARMELLA'S GUIDE UNDERSTANDING TO THE INTROVERTED!



1. WHAT IS INTROVERSION?



INTROVERTED PEOPLE LIVE IN A HUMAN-SIZED HAMSTER BALL. (NOT REALLY, BUT YOU KNOW WHAT I MEAN)
THE MAJOR TRAIT OF A TRUE INTROVERT, AS OPPOSED TO SOMEONE WHO IS WITHDRAWN, IS HOW THEY GAIN THEIR ENERGY.

EXTROVERTED PEOPLE GATHER THEIR ENERGY FROM THEIR SURROUNDINGS.

THEY ABSORB THE "GOOD VIBES" OF THE PEOPLE AROUND THEM AND THIS NEED A LOT OF SOCIAL INTERACTION.



I'D BETTER GET HOME AND READ SOME BOOKS



INTROVERTED PEOPLE MAKE THEIR OWN ENERGY AND, RATHER THAN TAKING IT FROM OTHERS, GIVE IT ON SOCIAL CONTACT.

THIS MEANS THAT THEY NATURALLY FIND MOST INTERACTION EXHAUSTING AND NEED TIME TO RECHARGE.

BECAUSE THIS ENERGY IS A LIMITED RESOURCE, THEY TEND TO SEE EXTROVERTS AS OBNOXIOUS PREDATORS OUT TO STEAL THEIR SWEET, SWEET ENERGY JUICES.

THAT'S WHY THEY HAVE THE HAMSTER BALL OF PERSONAL SPACE.



2. HOW TO INTERACT WITH THE INTROVERTED



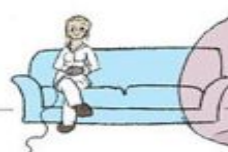
JUST BECAUSE SOMEONE IS INTROVERTED DOESN'T MEAN THEY DON'T LIKE COMPANY.
INTERACTION IS JUST EXPENSIVE AND THEY DON'T WANT TO SPEND IT ON SOMETHING ANNOYING (READ: WASTEFUL)
HERE'S WHAT YOU DO:



SAY HELLO, BE POLITE AND RELAXED, SHOW THAT YOU RECOGNIZE AND APPROVE OF THEIR PRESENCE.

IT IS IMPORTANT FOR INTROVERTS TO FEEL WELCOME - THEY WON'T SPEND THEIR PRECIOUS ENERGY ON SOMEONE WHO DOESN'T WANT THEM AROUND.

IF YOU HAVE INTERESTING/IMPORTANT NEWS TO MENTION, MENTION IT. JUST DON'T PRESS FOR GOSSIP.



THEN GO BACK TO WHATEVER YOU WERE DOING.
NOW THE INTROVERTS KNOW THAT YOU ARE FRIENDLY AND OPEN TO INTERACTION BUT WILL NOT PUSH THEM INTO SPENDING ENERGY IF THEY HAVE NO NEED TO.



TAH-DAH! THAT'S ALL THERE IS TO IT!

REMEMBER:

- RESPECT PERSONAL SPACE (HAMSTER BALL)
- ENERGY IS LIMITED
- DON'T DEMAND TO HAVE ENERGY SPENT ON YOU WHEN IT'S NOT PARTICULARLY NEEDED
- DON'T TAKE SILENCE AS AN INSULT - IT ISN'T!
- INTROVERTS GET LONELY, TOO



THAT'S IT, FOLKS!
BE SURE TO HUG YOUR INTROVERTS TODAY!

(WITH PERMISSION, OF COURSE.)

Where you should invest...

But as for you, speak the things which are fitting for sound doctrine.

Older men are to be temperate, dignified, sensible, sound in faith, in love, in perseverance.

Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good,

so that they may encourage the young women to love their husbands, to love their children,

to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored.

Likewise, urge the young men to be sensible;

in all things show yourself to be an example of good deeds, with purity in doctrine, dignified,

sound in speech which is beyond reproach, so that the opponent will be put to shame, having nothing bad to say about us.

~Titus 2: 1-8

GOD

You shall love the LORD your God with all your heart and with all your soul and with all your mind. *Matt. 22: 37*

HUSBAND

- *Philippians 2: 3–5* Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus.
- Pray for him
- Understand your different wirings (aka the root causes of conflict)
 - SECURITY
 - LOYALTY
 - RESPONSIBILITY
 - CARING
 - ORDER
 - OPENNESS
 - CONNECTION
- Know his love language(s)
- Find common interests—exploring coffee shops, searching for the best donut!, hiking and biking

CHILDREN

- *Deuteronomy 6: 4–9* You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. (verse 7)
- Engage in your child(ren)'s world
- Develop your child's character to equip him for life
- Pray regularly and specifically for them

MENTORS/ MENTEES

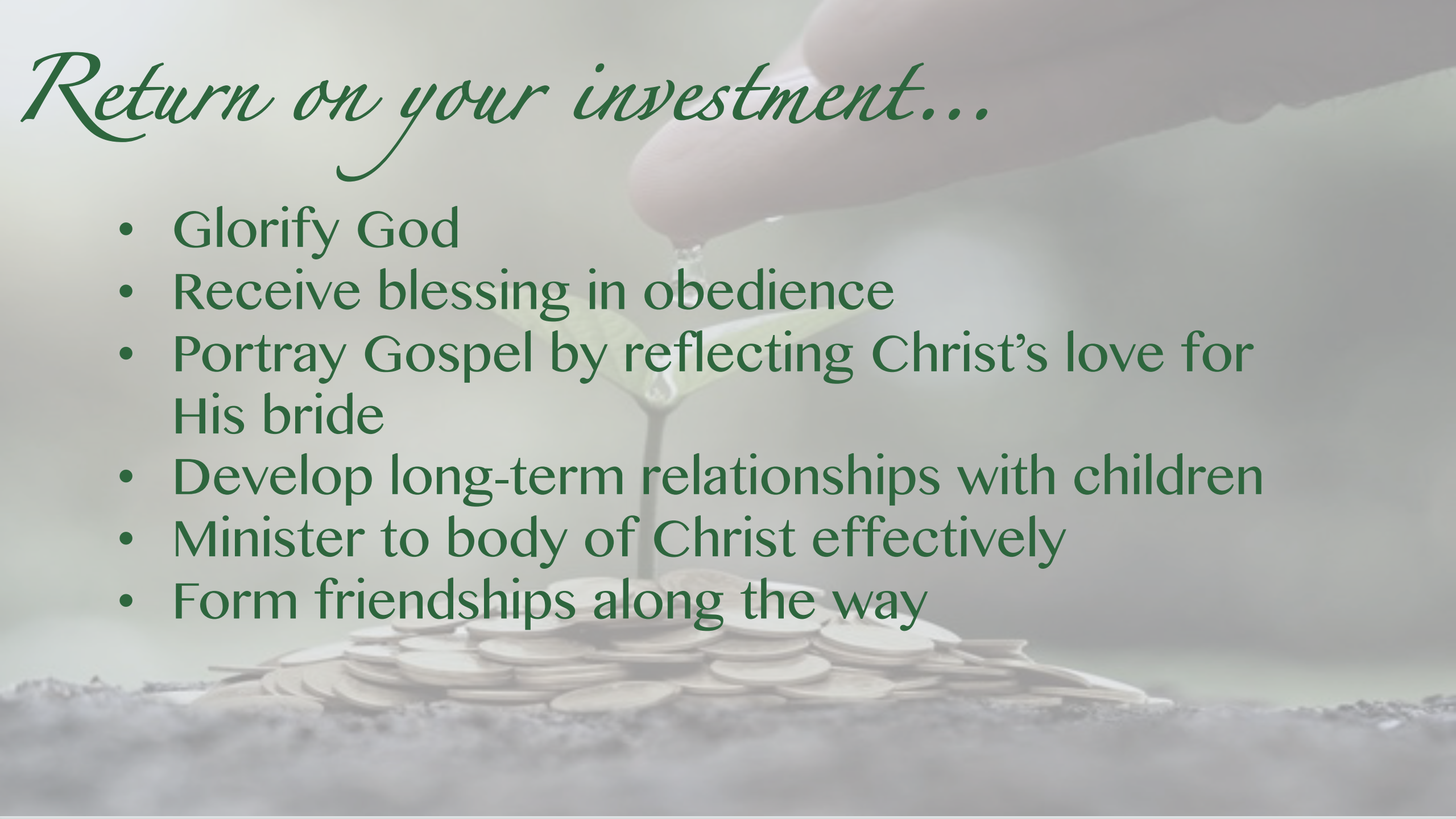
- Don't miss the opportunity to learn from those ahead of you...observe, ask questions, seek wisdom
- Biblical threshold of older womanhood...
YOU MIGHT BE THERE!

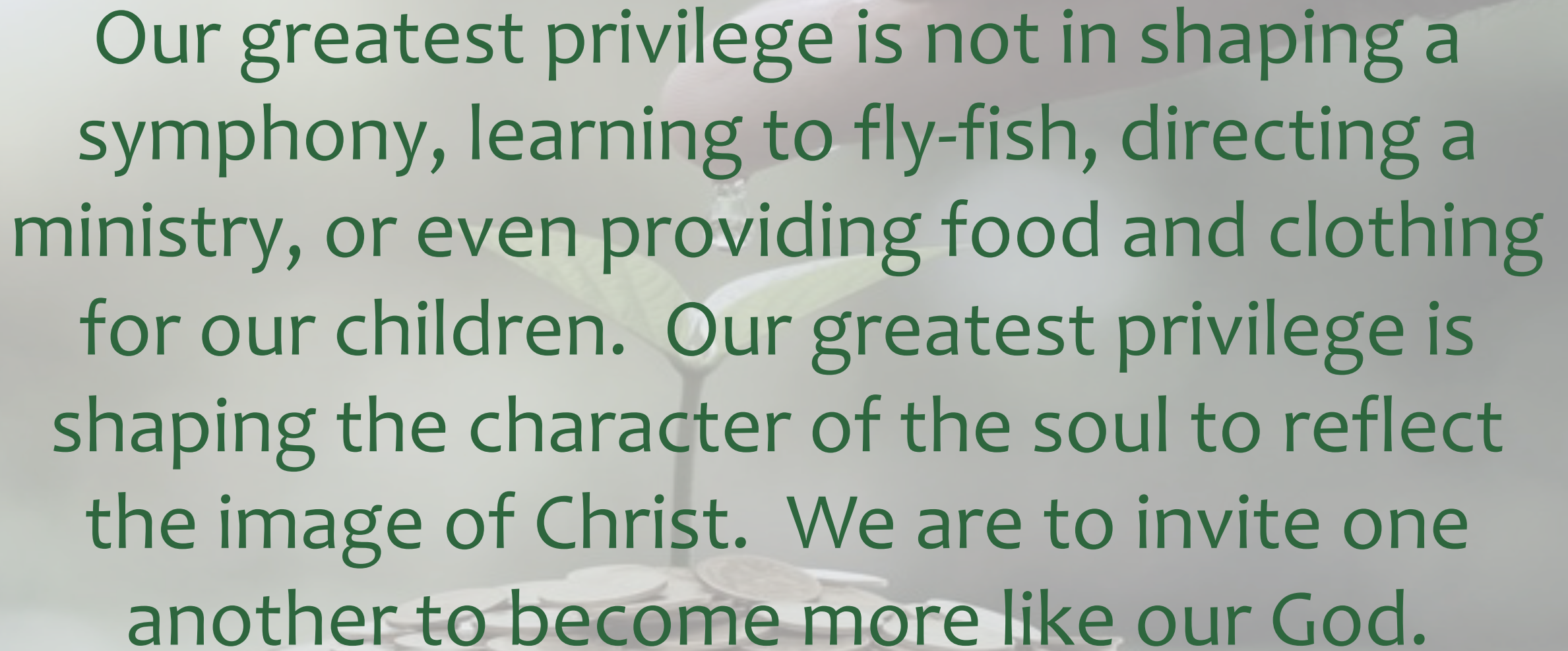
FRIENDS, NEIGHBORS, COWORKERS

- *Matthew 22: 39*
You shall love your neighbor as yourself.
- Great Commission
- Find things you can do as a family—
cookouts, ballgames, mission trips, etc.

Return on your investment...

- Glorify God
- Receive blessing in obedience
- Portray Gospel by reflecting Christ's love for His bride
- Develop long-term relationships with children
- Minister to body of Christ effectively
- Form friendships along the way



A close-up photograph of a hand holding a single gold coin, poised to drop it into a large, growing pile of similar gold coins. The background is a soft, out-of-focus green, suggesting a natural setting. The overall image conveys themes of growth, investment, and the accumulation of wealth or resources.

Our greatest privilege is not in shaping a symphony, learning to fly-fish, directing a ministry, or even providing food and clothing for our children. Our greatest privilege is shaping the character of the soul to reflect the image of Christ. We are to invite one another to become more like our God.

~ Tim and Joy Downs (*The Seven Conflicts*, p. 163)