

Bent in the Right Direction

INTROVERTS (AND EXTROVERTS)

Galatians 6:4-5 (MSG) *Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.*

Intro—vert: Inward _____

Joshua 1:8 (NLT) *Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.*

Isaiah 30:15 (NLT) *This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength.*

Psalms 77:12 (NIV) *I will consider all your works and meditate on all your mighty deeds.*

Proverbs 28:1 (NLT) *...the godly are as bold as lions.*

Psalms 66:8 (NLT) *Let the whole world bless our God and loudly sing his praises.*

Hebrews 10:25 (NLT) *And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.*

Proverbs 3:5 (NIV) *Trust in the Lord with all your heart and lean not on your own understanding.*

Hosea 11:7 (ESV) *My people are bent on turning away from me, and though they call out to the Most High, he shall not raise them up at all.*

Philippians 2:15 (NLT) *Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.*

INTROVERT OR EXTROVERT? HOW YOU RESPOND TO _____ STIMULATION.

Summary of Introvert/Extrovert Differences

	Introverts	Extroverts
Neurotransmitter	Acetylcholine	
Nervous System	Parasympathetic	
Brain Pathway	Longer and More	and Faster
External Stimulation	Energy	Energy
Internal Stimulation	Energy	Energy

Being an introvert isn't being _____ or social _____.

Being an introvert isn't _____.

Behaviors _____; temperaments _____.

Rank each of the statements below on a scale of 1 to 10, with 1 being "not true of me at all" and 10 being "very true of me."

☐

I enjoy spending time in solitude.

☐

I prefer for someone else to be the center of attention.

☐

I prefer spending time one-on-one with others rather than hanging out in a group.

☐

I listen and think before I speak.

☐

I need time to process before making decisions.

☐

I'm drawn to deep conversations and thoughts.

☐

I need time alone to recharge and reflect.

☐

I'm observant and often notice what others miss.

☐

I prefer working in quiet, independent environments.

☐

I'm at my best when I fully focus rather than divide my attention.

_____ Total

Extrovert _____ Introvert

2 Corinthians 12:8-9 (NLT) *Three different times I begged the Lord to take it away. 9 Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.*

Romans 12:2 (NLT) *...let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*