

Understanding Your Design

A Roots & Wings Study of Temperament, Identity, Relationships, and Purpose

Course Description

God created every person with a unique design. Some people naturally lead while others naturally support. Some are energized by relationships while others are energized by ideas, planning, and reflection. These differences are not accidents—they are part of God's intentional design.

This course explores the four classical temperaments through a biblical worldview and helps students understand how God has uniquely wired them. Students will learn to identify their strengths, recognize areas for growth, improve relationships, appreciate differences, and discover how their temperament contributes to the Body of Christ.

Throughout this study, students will learn that temperament explains tendencies, but it does not determine character, spiritual maturity, or identity. It also does not negate the need for self-control, which the Holy Spirit shows in us as we walk with Him. Our identity is found in Christ alone. Temperament is simply one of the many ways God has uniquely designed us to serve Him and others.

Course Goals

By the end of this course, students will:

- Understand the four classical temperaments
 - Identify their primary temperament and temperament blend
 - Recognize strengths and weaknesses of themselves and others
 - Understand the needs that often drive behavior
 - Learn healthy and unhealthy ways temperaments seek to meet those needs
 - Improve communication and relationships
 - Appreciate differences within families, friendships, and churches
 - Understand how different temperaments strengthen the Body of Christ
 - Develop greater self-awareness
 - Create a personal growth plan
 - Discover how God may use their unique design for His purposes
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Weekly Lesson Format

Each lesson contains:

Opening Reflection

Questions designed to help students connect the lesson to their own lives.

Teaching Section

Biblical teaching and practical application.

Temperament Connection

How the lesson relates to temperament and personality

Body of Christ Connection

How different temperaments strengthen each other's people when working together.

Scripture Study

A guided Bible study connected to the lesson.

Challenge of the Week

A practical assignment designed to develop awareness and growth.

Family Discussion

Questions designed to encourage conversation between parents and students.

Journal Reflection

Opportunities for personal processing and application.

Prayer

A guided prayer connected to the lesson.

Lesson 2: Understanding Temperament

Understanding Your Design: A Roots & Wings Study of Temperament, Identity, Relationships, and Purpose

Key Scriptures

Romans 12:4-8

1 Corinthians 12:12-27

Ephesians 4:11-16

Big Idea

God intentionally created people with different strengths, motivations, and tendencies. Understanding temperament helps us better understand ourselves and others so that we can grow in wisdom, strengthen relationships, and contribute to the glory of Christ.

Opening Reflection

Think about the people in your family, church, or friend group.

Who is most likely to:

Start a conversation with a stranger?

Take charge of a project?

Notice a small detail everyone else missed?

Keep everyone calm during a disagreement?

Why do you think people approach life so differently?

Teaching Section

Why Are People So Different?

Have you ever wondered why some people seem energized by being around others while some prefer quiet time alone?

Why do some people make decisions quickly while others need time to think?

Why do some people naturally take charge while others prefer supporting behind the scenes?

APPENDIX A

Parent Observation Inventory

Purpose

Parents often notice strengths, challenges, and patterns that children do not yet recognize in themselves. This inventory is designed to help parents prayerfully observe and encourage their child's God-given design.

This inventory should not be used to label a child. Instead, it should help identify strengths to nurture, areas for growth, and opportunities for discipleship.

Part 1: General Observations

My Child's Name:

Age:

Date Completed:

When My Child Is Most Comfortable, I Notice They Tend To:

- Seek out people
- Lead others
- Observe and analyze
- Stay near family/people
- Encourage others
- Organize activities
- Ask thoughtful questions
- Keep peace in relationships

My Child Appears Most Energized By:

- Relationships
- Accomplishments
- Learning and understanding
- Stability and security

My Child Is Most Naturally Drawn Toward:

- Fun and connection
- Leadership and action
- Excellence and quality

APPENDIX B

Family Discipleship Guide

How To Use This Guide

Each lesson includes a simple family discipleship opportunity.

The goal is not to complete every activity perfectly.

The goal is to create meaningful conversations about God's design, spiritual growth, and relationships.

Even one intentional discussion each week can have a lasting impact.

Lesson 1: Created On Purpose

Family Discussion

Share one strength you see in each family member.

Family Activity

Create a "God's Design" chart listing strengths and gifts observed in each person.

Family Prayer

Thank God for creating each family member uniquely.

Lesson 2: Understanding Temperament

Family Discussion

What temperament do you think each family member demonstrates most strongly?

Family Activity

Create a Family Temperament Map.

Family Prayer

Pray that God would help your family appreciate differences.

APPENDIX C

Interactive Activities & Games Guide

Bringing Temperament to Life

Purpose

Temperament is best understood through experience, not simply in information.

The activities in this appendix are designed to help students:

- Understand temperament differences
- Develop empathy
- Practice communication skills
- Appreciate the strengths of others
- Build teamwork
- Apply biblical truths
- Have fun while learning

Many activities work well in:

- ✓ Homeschool families
- ✓ Co-ops
- ✓ Youth groups
- ✓ Small groups
- ✓ Classrooms

LESSON 1 ACTIVITY

Identity Circles

Materials

Paper

Markers

Welcome to Your Roots & Wings Student Journal



This journal belongs to:

Date Started:

Date Completed:

Throughout this study, you will discover more about how God designed you, how you relate to others, and how He desires to use your life for His purposes.

This journal is not about getting the "right" answers.

It is about becoming more aware of:

- How God created you
- What strengths He has given you
- Areas where He is showing you
- How you can better understand others
- How you can best serve His Kingdom

Be honest.

Be thoughtful.

Be curious.


Most importantly, remember:

Your temperament is not your identity.

Your identity is found in Christ.



LESSON 1 JOURNAL

 Created On Purpose