



What Makes You... You? – An Awake and Alive Video Bible Study based on Psalm 139. The following question sheet is a companion guide to the teaching videos from Dr. Scott Gostchock’s talk at Awake and Alive summer 2019. You can watch the full talk for more background on this topic as well as the complimentary devotion at www.awakealive.com

Teaching Video One – Strengths Foundations and Partnering Up

1. Reread Psalm 139 as a group. Go around the room and each person talk about one bible passage or statement from this psalm that is particularly comforting or challenging to you?
2. Strengths help us to see and understand better how we can serve God and others best. If you know your strengths, take some time and write down at least one specific action for each of your strengths for how you can best serve.
3. In a conversation talking about being frustrated about not liking to be in crowds and being more of an introvert, a friend once remarked “I don’t know why God made me to be this way”. They didn’t think their strengths really mattered. Talk about the strengths you have that you are grateful for and talk about your frustrations about strengths you wish you had.
3. Now consider that all people, ALL people have a unique 8 strengths that make up core ways that God created them uniquely and wonderfully. Consider how you can use your strengths to “partner up” with someone who needs your strengths. Who has strengths that would help you in some of your work or relationships?
4. Take some time today to encourage someone in their strengths. Help them to see how truly blessed they are to be who they are in the Lord. Give some thought and prayer to who might be a great encourager for you and partner-up with them to have a sounding board, mentor, coach to be able to go to for help, love, accountability, etc.

Teaching Video Two – Strengths and Relationships

1. SOF. Strengths are strengths when we use them for others. Consider how you judge other people that you are close to. How can you leverage the understanding of your strengths in the intimate relationships you have with your parents, girlfriend/boyfriend or spouse.
2. How was Scott’s information about dating/marrying when we are younger and when we are older? What challenges and strengths do you see for people who get married younger or older? What kind of implications does this have for your marriage later in life?
3. What comfort or challenge do you take from Scott’s comment “Strengths don’t determine WHAT we do, but HOW we do them?”
4. Through strengths, we see how others operate to their fullest capacity. While we often take other people’s words/actions in harsher ways, how can you view others differently and more positively if we consider their unique strengths? What are some ways can you use your strengths and the knowledge of other's strengths to help you grow stronger in your relationships?