

## MEETING GUIDE - PERSONALITY

*A Sample Timeline and Discussion Guide*

### Session Objectives

For married women: Better understanding of the personality of each woman and their spouse, and how to better relate and encourage each other.

For single women: Better understanding of the personality of each woman and the people who they are in a close relationship with, and how to better relate to others.

Community will continue to grow among the women, and the younger women will become more connected with the mentor.

7:00 ARRIVAL AND OPENING PRAYER

7:15 SCRIPTURE MEMORY REVIEW

7:30 BOOK DISCUSSION

Here are some possible questions you might use to generate an interactive discussion about the book.

"What did you learn from the book?"

"How important is it for you to understand your personality as you interact with other people?"

"What is your personality and what did you learn about that personality?"

"How can understanding your personality help you relate to others?"

"What other insights about yourself did you gain in reading the book?"

On the website for this topic is a document called Understanding the Temperaments. It's a good summary of the temperaments that you can refer to, or if you think it would be helpful for your women, you could make copies and give them out to them.

8:15 BREAK

8:30 DISCUSS: MARRIAGE FOCUS (if applicable)

Have women share what they did for their date night. Remind the women of the importance of spending quality time with their husbands and making the effort to plan time away from children and other responsibilities.

"What is your husband's personality? Were you aware of this before this month?"

"How do your husband's strengths balance out your weaknesses?"

"How do your strengths balance out your husband's weaknesses?"

"Did you discover anything new about your husband as you discussed your personalities with each other?"

"Looking at your possible 'personality pitfalls' in dealing with your relationship to your husband, what do you need to be especially mindful of?"

"Any new insights on how best to interact with each other?"

Complete your discussion by sharing from your own life. Share what you have learned over the years about your personality and your husband's; and how helpful understanding personality types is in relating to others and in living with your husband and children in an "understanding way."

9:15 HANDOUTS FOR NEXT TIME

Pass out homework for the next month: homework assignment, scripture memory, marriage exercise, peer challenge partner, book.

9:25 PRAYER REQUESTS AND PRAYER

10:00 DISMISS