

3E-ATTITUDES

Some people cannot see the good things in their lives because they have only been told the bad things: "You are dumb ... clumsy ... no good, etc." In the Scripture known as the Beatitudes, Jesus referred to eight character traits. In the first part of this inventory, you will have a chance to evaluate your progress on each of these traits. In the second half of the activity, your group will add their insights about you.

Go around on the first trait—**POOR IN SPIRIT**—and let everyone call out a number between 1 and 4 to indicate how they see themselves: 1—**VERY LOW**, and 4—**VERY HIGH**. When you have finished with the first trait, go around again on the second trait, etc. ... through all eight traits.

POOR IN SPIRIT: I can feel accepted by God when I feel most unacceptable to myself. I am a person of worth and value even though I don't have it all together.

LOW 1 2 3 4 HIGH

GRIEVE: I can show my feelings and let others know when I'm hurting. I can be around others when they are hurting without feeling embarrassment. I can weep like Jesus did.

LOW 1 2 3 4 HIGH

MEEK: I don't have to act like a hero or look like a beauty queen. I can just be myself—the person that God made me.

LOW 1 2 3 4 HIGH



SPIRITUAL HUNGER: I am more excited about God's will for my life than my own success, popularity or good time. I am excited about knowing God.

LOW 1 2 3 4 HIGH

MERCIFUL: I can feel the pain of someone who is hurting ... and care for them as God's representative. I really hurt when my friends hurt.

LOW 1 2 3 4 HIGH

PURE IN HEART: I can be open and honest with God and others. I don't have to put on a false mask or pretend to be something that I am not.

LOW 1 2 3 4 HIGH

PEACEMAKER: I work at keeping communication channels open and resolving conflicts—particularly with my family and friends who I love the most.

LOW 1 2 3 4 HIGH

PERSECUTION: I can take criticism without reacting defensively or feeling self-pity. I can take the heat and stand alone if I have to.

LOW 1 2 3 4 HIGH

When you are finished evaluating yourself, let the others in your group tell you some positive things about you that they have observed. Have one person listen silently while the others choose one of the Beatitudes that they see in that person. Go around and affirm each member of the group in this way.