

Part I.2 -What's Under the Hood?

Picture two men talking on the driveway concerning the new Nissan Altima one of them just bought. Can't you just hear the non-owner say, "Pop the hood, I want to see what you have under the hood." The new owner says, "Man it's got a 2.5L in-line four-cylinder DOHC with variable valve timing. It has a multi-point fuel injection which helps it get 36 MPG on the highway. This baby has 175hp @5,600rpm; 180 ft. lb of torque @ 3,900 rpm. "

Don't you get excited when you read something like that? To the average person, this means nothing. It might as well be a foreign language. As long as the engine works and gets the car where they want it to go then they're all good.

However, how that engine was created and what makes it produce as it does is very important. The engine has many parts. The core of the engine is the cylinders which move up and down. If the valves don't work properly then air and fuel won't come into the engine and leave out the exhaust properly. The pistons must also move properly inside the cylinder. Piston rings provide a sliding seal between the outer edge of the piston and the inner edge of the cylinder. Then, of course, there are things like the crankshaft and connection rods along with literally hundreds of other things that must work together for the engine to "get us where we want to go". It's in the details that determine the outcome of the power of the vehicle. So it is with the human being. Knowing what empowers the human being to behave as they do will help us understand how they can live successful and happy lives.

In this section we are going to look at the main part of our engine-what gives us power? The main part of our engine is the temperament which produces our personality and builds our character. Let's first ask what is temperament? In the simplest form, it's the traits we inherit from our parents. Our temperament determines if we are outgoing and extraverted or shy and introverted. It helps determine whether a person will be artsier or more sports minded. It will help make a person a leader or a follower. The temperament is not the same in each person. That is why you can have one teen sibling who is a gifted athlete but is tone-deaf and their brother that could care less about sports but is a gifted musician. You may be wondering what's the difference between temperament, personality, and character.

According to Dr. Tim LaHaye, "**Temperament**" is the combination of inborn traits that subconsciously affect human behavior. "**Character**" is the real you. It's the result of your temperament modified by childhood training, education, basic attitudes, beliefs, and principles. "**Personality**" is the outward expression of ourselves, which may or may not be the same as our character." He states that many times people "mask" or cover up character flaws and weaknesses with their personality. Dr. LaHaye states the differences very clearly when he says, "temperament is the combination of traits we are born with; character is our civilized temperament, and personality is the 'face' we show to others."

There are many ways the temperament has been described and taught. Some people like Gary Smalley use types of animals to describe your temperament. Others have used certain colors while others have developed a DISC profile. Whatever it's called they all narrow the temperaments down to four types. For our purposes, we will use Sanguine, Choleric, Melancholy, and Phlegmatic. The idea of the four temperaments traces back to an Ancient Greek medical theory that there were four fundamental bodily touches of humor (blood, yellow bile, black bile, and phlegm) which could cause illness if they were out of balance. The terms sanguine, choleric, melancholic and phlegmatic were coined by the Greek physician Aelius Galenus to describe the effect of these touches of humor on human behavior. This style of assessment has been used by many authors and is popular among those who teach personality types.

We will not discuss these types in detail but in a general way. My purpose in this section is to introduce to you the basics. I want you to have enough knowledge of the four temperaments to make informed decisions on how to better drive the car (your teen). Having a general knowledge of these four temperaments will help you understand why your teen does some of the things they do, and by the way, why you do what you do. Should you want to know more about these temperaments in detail you may research them in books by Dr. Tim LaHaye; *The Spirit-controlled Temperament* and *Why You Act the Way You Do.*? In the meantime, in our workbook, there is a brief online assessment that everyone will take to determine your temperament.

Dr. LaHaye states that in the book of Proverbs, chapter 30, verses 11-14 you see 4 types of temperaments being shared, albeit from negative characteristics.

“There are those who curse their fathers and do not bless their mother” (Melancholy)

“Those who are pure in their own eyes and yet are not cleansed of their filth.” (Phlegmatic)

“Those whose eyes are ever so haughty; whose glances are so disdainful”. (Sanguine)

“Those whose teeth are swords and whose jaws are set with knives to devour the poor from the earth, the needy from among mankind.” (Choleric)

So, let’s take a look at the four temperaments.

Up first, **THE SANGUINE**- They can be summarized often in the words of the song by Kool and the Gang.

“Celebrate good times, come on! Let's celebrate, celebrate good times, come on! Let's celebrate
There's a party goin' on right here. A celebration to last throughout the years. So, bring your good times, and your laughter too. We gonna celebrate your party with you. Come on now.”

Come on admit it, while you were reading those words you were grooving to the tune. If you haven’t guessed it yet the Sanguine likes to have fun. He is warm, fun-loving, and quite lively. His thoughts are based on how he feels and not how he has analyzed the situation. Chances are he has not done much analyzing. Don’t automatically assume that just because your teenage boy has done a really stupid thing because he didn’t think it through, that he is a Sanguine. You can chalk up most teenage boy’s dumb mistakes to immaturity and brain function, or lack thereof. Sanguine people can be very emotional and therefore can show great joy while showing great anger. When he enters a room, he tends to bring more life to the party. He is a social creature who enjoys people. He often will speak without thinking and loves to talk. He can cover or mask many of his weaknesses by his bubbly personality and wit.

Let’s relate this temperament to driving habits. What would the driving habits of a Sanguine look like? They love to drive fast and then for no apparent reason they slow down. They change lanes a lot and change the radio frequently because they get bored quickly. You have to constantly remind them to keep their hands on the wheel because they love to talk and most of the time, they don’t look at the road but the person they are talking to. When not if, they are stopped by a policeman for a traffic violation you can rest assured they’ll try to talk themselves out of the ticket.

The Sanguine does have some major weaknesses. One of the main ones is a lack of discipline and a weak will. They are “touchers” and have a great appeal for the opposite sex. Due to this weakness, they will often fall into sexual temptation and must fight the urge to follow those desires. This weak-will can also make them deceitful, dishonest, and sometimes undependable. However, when infused and fueled by the Holy Spirit they can not only overcome these weaknesses but be a tremendous encourager to others who are struggling with the same issues.

Below and following you will find charts listing the strengths and weakness of the different temperaments which are shared by Dr. Tim LaHaye in his book, "I Love You, But Why Are We So Different?"

Sanguine Strengths vs. Weaknesses

Strengths

Warm Emotionally
Friendly
Fun-loving
Outgoing-extroverts
Enthusiastic
Talkative
Compassionate
Responsive
Stimulating
Ambitious

Weaknesses

Lacking in discipline
Weak-willed
Egotistical
Emotionally excitable
Unstable
Prone to exaggerate
Hot-tempered
Disorganized
Manipulative
Restless

One final note: The Sanguine is naturally good with people and has great interpersonal skills. They have great potential if they can turn many of their weaknesses into strengths.

Parent Awareness!!!

If your temperament is heavily Sanguine then you need to be aware of the following.

Positive: You make home fun. Your teen's friends like you and like coming over. You find ways to turn disasters into humor. Your home shows creativity and usually is very colorful. You love to be spontaneous and like to do activities with the family on spur of the moment.

Negative: You sometimes keep your home in a frenzy. You can be disorganized and often forget or are challenged to remember your teen's appointments or activities. You usually don't listen to the whole story and multitask while someone is talking. You often will interrupt your teen when they are talking and make excuses for your weaknesses.

Do you see yourself or someone you know that has many of these temperaments? Most of us have a combination of temperaments but lean more in one area over the other. You will be asked to take a temperament test to help determine your major temperament and your minor temperaments. It's not a bad idea to take the same test for your spouse and teens and compare their findings. It's quite enlightening.

Career Path: In helping your teens with career choices remember the following. A Sanguine usually makes a great salesperson. They also make good actors, entertainers, and preachers (evangelist). They make outstanding public speakers and sometimes leaders if it's mixed with another temperament. They can be very successful in-service industries when they use their people skills. If your teen's major temperament is a Sanguine then they should consider a profession that has excessive exposure to people who want to make people happy.

A biblical Sanguine would be the Apostle Peter, can you think of reasons why?

Next, **THE CHOLERIC-**

This person is very quick in thought process, active, very practical, strong-willed, and self-sufficient. The Choleric can be very opinionated (aren't we all), is very impatient with people who can't make a decision. You don't want to be in line with a Choleric at McDonald's when someone can't decide whether they want a Big Mac or a Quarter Pounder. You just might find the Choleric leaning over their shoulder saying, "Look, get the Big Mac and if you hurry up, I'll even buy the stupid thing, BUT GET OUT OF THE LINE!" Our Choleric friend thrives on activity and doesn't need to be stimulated to do something. He's very ambitious and plans goals. He has no problem with adversity. He loves a great challenge. Some of his most favorite words are "bring it on." He makes a good leader and has issues with following indecisive people. He is very independent and self-sufficient.

What about the Choleric driving habits? Because they are so ambitious and driven, you'll find a Choleric darting in and out of traffic to get to the next appointment or meet the next task. He's been known to ride the tail of a car to get them to move over. They have never met a yellow light they didn't like since it always tells them to go REAL FAST through the intersection. When they talk in the car it's because they want to control the conversation and make a point. Most importantly, they hardly ever get a ticket, not because they don't deserve one, but because they are very crafty in how they drive. When they do get a ticket, they will quickly provide the necessary information and not engage in idle chit chat with the police officer because they are wasting valuable time.

This person does have some negative parts of their temperament and probably has the most potential weaknesses of all our temperaments. They are not very sympathetic, and they don't empathize very well with people. They can come across as cold, calculated, uncaring, and harsh. They can be very domineering and hurt people's feelings easily. They are not very forgiving and can be quite hostile. However, once again, if they are infused with the Holy Spirit and have a personal walk with Christ, their temperament can be used mightily by God. Their harshness can turn to gentleness and their self-sufficiency can turn to dependence on Him. Some of your greatest church leaders were Choleric. It all depends on what fuel you're using to power the moving parts of the engine.

Career Path: If your teen shows a majority of temperament in the Choleric range then they are probably already leaders who like to motivate people. The negative side of a Choleric's leadership is they sometimes don't pay attention to detail because they are a "doer" and don't like to get bogged down. You'll rarely find a Choleric as a surgeon, dentist, craftsman, etc... Although they could be in a hospital, they'll just be the ones running a department at the hospital. Choleric love construction work because it's so productive and often will be the project manager on the job. A Choleric can be a visionary person who sees what the rolling hillsides can become, a shopping mall before anyone else does. Most entrepreneurs are Choleric. They are smart enough to know they don't have all the skills necessary to get the job done so, they'll hire a Melancholy as an assistant or even go into business with one. They love to delegate and once a project is completed, they'll often look quickly to move on in another direction.

A Biblical Choleric would be the Apostle Paul. (Can you think of reasons why?)

Choleric Strengths vs. Weaknesses

Strengths

Strong-willed
Determined
Independent
Decisive
Active and Energetic
Practical
Strong natural leader
Optimistic and confident
Productive
Goal-oriented

Weaknesses

Unemotional and cold
Self-Sufficient
Impetuous
Domineering
Unforgiving
Hostile and volatile
Sarcastic and cruel
Impatient
Unsympathetic
Opinionated

Parent Awareness!!!

If your temperament is heavily Choleric then you need to be aware of the following.

Positive: You exert sound leadership in the home, and everyone respects your leadership. You help establish goals for your teens to achieve. You can motivate your teens to accomplish what they never thought possible. You help organize the home and often know the right answer.

Negative: You tend to over dominate and control conversations as a parent. Sometimes you are too busy for the family. You give answers too quickly and you get very impatient when your kids have poor performance. Due to your high expectations, you can send your teen into depression or not wanting to be around you. You don't let your kids relax or fail.

Now, **THE MELANCHOLY-**

The Melancholy is an analytical, self-sacrificing, gifted, perfectionist type who is very sensitive emotionally. The Melancholy loves the fine arts. They will stop to “smell the roses” and take their time enjoying their surroundings. This person drives the Choleric crazy because they are very patient people. They are prone to be introverted and since they are driven by feelings, they can have tremendous mood swings. Some of their moods can take them to the heights of ecstasy where they become extroverted while other times their moods will take them down to depression and introverted. They are very faithful and loyal friends which makes them susceptible to being hurt easily if not reciprocated in kind. They desire deep relationships with people but are suspicious and thus will not make the first move to be their friend.

Now let's look at their driving habits. Melancholy people have planned out their trip long before they leave the house. They have alternate routes ready to go in case construction projects get in the way. Legalists by nature they seldom speed and may even drive below the speed limit just to be safe. They only allow a certain type of music to be played and you NEVER change the dial until the song is over. Do you think this type of person could drive the Sanguine crazy?

Due to their perfectionist demands it sometimes makes it hard to like them. Since they have exceptional analytical abilities, they can diagnose solutions to obstacles quickly and are wanted by people who cannot meet those challenges, such as the Sanguine. That's why you'll often have a sibling who is a Sanguine ask their Melancholy sister to help them with their homework. Melancholy people often are called pessimistic, but they see it as just "being a realist". The most unique thing about a Melancholy person is they usually take great pleasure in personal sacrifice. They seem to enjoy making themselves suffer and will often choose a difficult life vocation. They struggle to try to find that perfect career (perfectionist) but once they find it, they excel at it. Imagine when infused with the Holy Spirit what a Melancholy person can do for God. On the negative side, they are not only world-renowned pessimist, but they can be a very critical person finding faults with others. They verbalize their negative thoughts often and others consider them a downer.

Career Path: Melancholies excel in careers that require artistic expression. Most of your great inventors, musicians, philosophers, theologians, scientist, and dedicated educators are Melancholy. They can "feel" their music or deeply understand written concepts. You will often find the Melancholy in acting. They can learn how to adapt to the character and be someone they are not and then after the acting job is finished; they will go back to their quiet reserved self. You'll find Melancholies in any profession that requires a type of artistic skill. Carpenters, bricklayers, plumbers, mechanics, and engineers can all be Melancholy. Humanitarian vocations like doctors and nurses as well as teachers often are Melancholy.

Biblical Melancholy would be most of the prophets, Moses, Solomon, and the Apostle John. (How come?)

Melancholy Strengths vs. Weaknesses

Strengths

Gifted
Analytical
Perfectionist
Self-disciplined
Industrious
Self-sacrificing
Aesthetic
Creative
Sensitive
Loyal and faithful

Weaknesses

Moody
Deeply emotional
Easily offended
Pessimistic
Negative
Critical and picky
Theoretical and impractical
Suspicious and revengeful
Self-centered
Indecisive

Parent Awareness!!!

If your temperament is heavily Melancholy, then you need to be aware of the following.

Positive: You keep the home in good order. You want everything done right so you are actively involved in helping. You pick up after your teens because you need order. You sacrifice your will over others all the time because you are sensitive to others' feelings. You are an encourager and extremely loyal to your family. "Don't mess with my kids".

Negative: Often will put their goals for their teens out of reach. Due to their perfectionist mentality, they can discourage their kids easily. They take a martyr syndrome attitude sometimes, "no one helps me". Can put guilt on their teens and often will sulk.

Finally, **THE PHLEGMATIC-**

Is the guy that can be very likable but at the same time can frustrate you? Nothing seems to bother this guy and therefore he sometimes takes a “could care less” attitude. He’s easy-going and laid back. He seems to never really get upset. He’s a real mellow person who is just pleasant to be around. His viewpoint on life is much like his temperament-one where everything seems okay. He usually has a dry sense of humor and doesn’t lack for friends. Once he decides to put his mind on something (which is not often), he can be very efficient. He’s the practical one out of all the temperaments.

The Phlegmatic driving habits are the slowest of all because he’s such an easy-going guy. He rarely changes lanes and because of his indecisiveness, he can be a danger when trying to merge on a very fast highway. He rarely will get a ticket and once in a blue moon will he get in an accident. He doesn’t care what music you listen to or if you listen at all. He sometimes tends to poke fun at other temperaments because he’s amazed at how they always let the little things get to them. His mantra is “just chill”. He doesn’t get very involved in another’s life and tends to be a spectator. He’s not the volunteering type for leadership unless no one else volunteers. However, when he does take a leadership role, he usually does a very good job. One of the major drawbacks of our Phlegmatic is he doesn’t have much drive or ambition. He is selfish in many regards and self-indulgent. This type of person can be very stubborn but because he’s so easy going many people don’t pick up on it until they’re halfway through the conversation. In the family environment the Phlegmatic hardly ever yells or argues, instead, they drag their feet and refuse to budge. They are very hard to motivate when challenged.

Career Path: Most Phlegmatic people are drawn to the field of education. You’ve got to be a pretty easy-going person to not kill some of the kids in your classroom. Think about the amount of patience it takes to teach a group of first graders to read. A Sanguine wouldn’t read to them, he’d tell the students stories. The Melancholy would be so critical in their reading capabilities that the children would be afraid to speak and start to cry. And if a Choleric was a first-grade teacher all the kids would be jumping out the window or running down the hall screaming that they can’t take it anymore. Engineering is also a good field for the Phlegmatic because they love to plan and calculate. Most mechanical, electrical, and civil engineers are Phlegmatic. Any job that requires paying attention to some detail, as well as some mechanical aptitude, is good for the Phlegmatic. They are not risk-takers, so you’ll often find them in professions where their path is pretty much planned for them such as the military.

Biblical Phlegmatic: Abraham, due to his self-protective and stubborn nature with Sarah. (How come?)

Phlegmatic Strengths vs. Weaknesses

Strengths

Calm-cool
Easy going
Diplomatic
Dependable
Objective
Efficient
Orderly
Practical
Humorous
Agreeable

Weaknesses

Passive and unmotivated
Subject to procrastination
Indecisive
Fearful and filled with worry
Unsure
Self-protective
Stubborn
Selfish
Stingy
Slow and lazy

These individuals work hard at staying in the background and work at their own pace which as they get older diminishes with each year.

Parent Awareness!!!

If your temperament is heavily Phlegmatic then you need to be aware of the following.

Positive: Because of your easy-going nature you make a great parent. You take a lot of time off to make sure you are with your kids. You are never in a hurry and help your kids calm down. You can take the good with the bad and don't get upset easily. You're usually the peacemaker in the family.

Negative: You are often very lax with discipline and let the kids get away with things that can cause conflict. You don't organize the home very well and you often don't take things seriously which drives your teen crazy because everything is a big deal to a teen. You are hard to get motivated sometimes, especially on a spur of the moment activity.

Well, there you have it. The four basic temperaments in a summary format to help you better understand why you and your teens might act as you do. Hopefully, some wheels are starting to turn in your brain. When it comes to marriage, we've always been told that opposites attract. Do you see any opposite traits? Perhaps some of you are now realizing that your past shaped many of your values and developed your personality and character but only through the prism of your temperament. Hopefully, by now you may be recognizing that perhaps the reason you both have issues on how to discipline your teen is that your temperament is clouding your judgment by refusing to consider the other person's temperament. Let's say you are a Choleric with some Sanguine but one of your teenagers is a Phlegmatic with some Melancholy. Now look over the strengths and weakness of those temperaments and you will understand why you might have some relational issues with that teen. They could care less about moving at a fast pace while you must move at breakneck speed. Now let's say you have another teen who is a Choleric with some Sanguine as you are. Do you understand why you might butt heads frequently? You've got to understand what's under the hood. Throughout this course, we will be referring back to our temperaments and how they affect our behavior.

So now that you have a better grasp of yours' and your teen's temperament you might be asking, "How can I apply this knowledge?" As I stated earlier, we will be reflecting on our temperaments and the practical application of each through this course. However, there are FOUR very important steps you must take if you want to maximize your new-found knowledge and improve your relationship with your teen. (And spouse)

#1-Admit that you have weaknesses too.

Humility is a great gift. James 4:6 says, "*God opposes the proud but gives grace to the humble.*" If you want to build a strong relationship with your teen, then work hard at not focusing on just their weaknesses. Find creative ways to help them make those weaknesses become strengths by overemphasizing their strengths. Remember, a person who is humble enough to recognize they are not perfect is best able to 1) *become motivated to improve themselves*, 2) *accept the imperfections of others*.

#2-Accept the fact that your teen-and everyone else-is not perfect

Teens are not perfect, yet in many sessions, counselors say their number one complaint is about parental expectations and standards. They often say, "My parents expect me to be perfect", or "Their standards are too high". Let your child know that they are loved unconditionally, and you will give them to freedom to fail while they are pursuing your high standards.

#3-Commit the problem to God

Take the weakness that is causing the problem and give it to God. Ask for wisdom from Him on how to help this person through their weakness. James 1:5 says, *If any of you lack wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.* Don't nag because that will only make matters worse. Instead, kneel.

#4-Work WITH not against your teen's weakness-and never criticize what you perceive to be a temperamental weakness.

A wise man once said, "Never criticize your wife, it only reflects poorly on your judgment." As long as you remain critical of your teen's weakness you will always have a conflict with them. **Very important: Parents must learn how to approach their teen in light of their respective temperaments.** We will learn practical steps to take throughout this manual. The important thing right now is to know what those temperaments are, and I believe we have covered them well enough for you to grasp this.

Let me say that everyone's temperament can be modified when they come to a personal relationship with Jesus Christ. I want to make it clear that what's under the hood can be tweaked to run better. The tweaking that takes place pertains to your walk with Christ. Without a deep walk with Christ, the engine will always have some serious flaws. You have to learn to let the Master Mechanic fix those flaws. A great relationship with your teen starts with a personal relationship with Christ for both of you.

II Corinthians 12:9 says, *"But He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."* Here's a tough question: Can you brag to the world about a weakness that God has made a strength for you? Can you see His power working through you for victory over some of your weaknesses? If you want your engine running smoothly then you need to learn the secret. It's not STP in the gas tank its SFL, a Spirit-Filled life. We will discuss in more detail the importance of a Spirit-Filled Life in the section "Do you check the engine oil regularly? For now, realize that bragging rights belong to God whom the Holy Spirit will reveal to you.

You might be saying, "I get the temperaments but I'm not sure what you're talking about when you say I need to work on my weaknesses." Okay, suppose you've tested yourself and you have found your temperament to be Phlegmatic/Melancholy. One of your major weaknesses is your selfishness and your sarcastic attitude toward others. A selfish person thinks first of themselves before they think of others. When there is a potential conflict, a selfish person will always ask inwardly how this is going to affect me before they think about how this is going to affect someone else. Selfishness is an absence of true love for someone else.

The Bible says in Philippians 2:3-4, *"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."* Learning to love as Christ loved us requires us to allow Him to love others selflessly through us. That, by the way, includes our teens. Too often we feel that teens are to serve us and not the other way around.

So, you have identified your weakness as selfishness and want to make it a strength of selflessness.

So how do you learn to boast in your weakness as Paul told us in II Corinthians 12:9?

1st- Be willing to change the way you think.

Romans 12:2 says, *"Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approved what God's will is his good, pleasing, and perfect will."*

You have to ask yourself are you ready to transform your mind and change the way you think? Are you ready to find through scripture how God feels about selfishness and how He'll equip you to become a person of selflessness? In reality, many Phlegmatic/Melancholy people "like" to be selfish and sarcastic. They get a sense of joy from it, though after they do it, they usually show signs of some remorse. So, if you are ready to change the way you think and modify your temperament then you're ready for what comes next.

2nd - Ask God to bring to your mind as often as He deems fit every selfish act or thought that you have.

I John 1:9 says, "*If we confess our sins God is faithful and just to cleanse from all unrighteousness.*" You can't play games with selfishness. You have to call it what it is. It is SIN with the emphases on the "I". You might ask how many times I have to confess selfishness. I don't know, but in my own life, I can't count the number of times I have allowed selfishness to creep into my life. Hint: I have confessed it more than once.

3rd - Prayerfully ask God to remove this bad habit in your life and ask for the filling of the Holy Spirit.

I John 5:14, 15 says, "*This is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know He hears us then whatever we ask, we know He will answer us because we have asked of Him.*" **God wants us to be filled in the Spirit, so we need to ask.** Ephesians 5:18 says, "Be filled in the Spirit".

Warning!!! What does it mean then for a parent to be filled with the Spirit?

What is doesn't mean:

1. It doesn't mean you have to ask for the Holy Spirit because it was something that you were empty of at the time of your conversion. Romans 8:9-10 is very clear; "*You are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. And if Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness*" If you accepted Christ then the Holy Spirit came into you and dwelt within you and He doesn't come and go.
2. Being filled with the Spirit is not what some call a "Baptism with the Spirit". This is not an extra experience or second blessing that you need. You received the fullness of the Spirit of God at the moment of salvation. 1st Corinthians 12:13 says, "*For we were all baptized by one Spirit to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink.*" In John 7:37-39 you will read how Jesus talked about this act becoming a reality once he left. In John 14 and John 16 you will notice the role of the Holy Spirit and His fullness and how as the Greek word "paraclete" tells us, He will be a helper (one who stands besides) "in you".

What it does mean:

1. It means being "**pressurized**"

Not like you probably are thinking. Most people think when they are being pressured it's because they are being asked to do something against their will. With this kind of pressure, I want you to think about being pressurized. What happens when something is pressurized? The definition of pressurized says, "brought to and maintained at an atmospheric pressure higher than that of the surroundings". In other words, you allow yourself to be controlled by the Holy Spirit in such a way that your surroundings don't affect you as it would normally affect a person in this world.

2. It means to be "**permeated**"

The idea is to let the Holy Spirit penetrate through every part of your being, to saturate, to pervade you. Your day to day life is filled with the Holy Spirit penetrating how you think and how you live your life.

3. It means to be “**dominated**”

Once again when someone is filled with the Spirit of God they are controlled, ruled over, and governed by what God says through His Word. You allow the Holy Spirit to teach you, guide you, correct you, and discipline where needed.

4th - Replace selfish actions with generous service to others.

Ephesians 5:21- *“Submitting to one another about God” ...*

5th- Practice giving generously both your finances and your time.

Matthew 6:3-4. *“But when you give to the needy do not announce it with trumpets, as the hypocrites do in the Synagogue and on the streets to be honored by men. I tell you the truth; they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father who sees what is done in secret will reward you.”*

6th- Work hard at giving love to your family daily.

Colossians 3:14- *“And over all these virtues put on love, which binds them all together in perfect unity.”*

7th- Read the Word daily.

II Timothy 3:16- *“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.”*

As we close the hood of our cars the Behavior Formula below will help explain how we develop our behavior

Behavior Formula

- Inherited Temperament
 - Childhood Training
 - Life's experiences
 - Mental attitude
 - Self-discipline
 - Parental love
 - Motivation
 - Education
 - Health
 - +Habit
- = Your Behavior

Parental Practice

Match the "weakness" with the temperament. The answers are at the bottom of the page. (No cheating or you'll show what your temperament is)

Weakness

Temperament

- 1) Your teen has a hard time completing their homework and staying focused
- 2) You tell your teen they can't go to the movies with their friends and they get really mad, screaming at you and slamming the door
- 3) Your teen is very sensitive and thinks people are always talking behind their backs.
- 4) You get very frustrated with your teen because they are always dragging their feet
- 5) Your teen is very stingy with their money and their time.
- 6) Your teen is deliberately failing a class to get back at you.
- 7) Your teen has a hard time apologizing when they are in the wrong. They have no problem hurting the feelings of their friends if it gets them what they want.
- 8) Your teen is becoming sexually active
- 9) Your teen is always talking about themselves and their accomplishments
- 10) Your teen is constantly saying sarcastic things to people

11) Your teen is extremely confident that they will get the part in the play _____

12) Your teen has been disappointed before and is pessimistic that they won't be asked to the prom. _____

13) Your teen thinks it's funny to tease and make fun of people _____

Answers: #1-Sanguine #2-Sanguine#3-Melancholy #4-Phlegmatic #5-Phlegmatic #6-Melancholy #7-Choleric #8-Sanguine #9- Sanguine #10-Choleric#11-Choleric #12-Melancholy #13-Phlegmatic