

THE Big 3

EPISODE: 113

TITLE: Breaking the Myth of Introverts and Extroverts

Whether introverted or extroverted God has gifted you differently than others AND he knows who will be a good fit for you relationally. Let God lead you to those “people of peace” who will love you for who you are. And with whom and how often you spend time with others involved in meaningful community. We need you!

1. **Are you an introvert or an extrovert?** Self awareness is a good place to start. Take this free assessment to get started better understanding yourself: <http://brainfall.com/quizzes/myers-briggs-are-you-extroverted-or-introverted/#BkOgX1ipe>
It takes only a few minutes to go through and you'll get instant results to see where you fall on the extroversion to introversion scale.
2. **Plan your social schedule to allow you to recharge emotionally** in ways that best suit your personality. Don't hide behind your introversion or extroversion as excuses to not be with people or always be the center of attention. A little advance preparation will open you up to new horizons and relational depth.
3. **Seek to build teams and community with those who are different than yourself.** Remember, you need both introverts and extroverts in community. Learn to be gracious and patient as you grow more accustomed to, and appreciative of, those differences.

None of us need to hide from, nor boast in, who God has made us to be. God loves you regardless of how introverted or extroverted you are.

Now get out there...trust God...and **you be you!**

(Check out the bonus questions on the next page.)

Caesar & Heath

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BONUS: Here are the questions to ask yourself that Caesar and Heath gave in the podcast:

When trying to move toward a lifestyle of discipleship and mission as a more introverted person, ask yourself (or the Spirit) these questions:

1. How set in my ways am I? Do I love my routines more than people?
2. Could I be hiding my selfishness behind the term “introvert”?
3. Do I plan for times of recharging alone after being with lots of people? How could I improve on this so as to better enjoy the social times?
4. Do I believe God has made me both in his image (like Jesus) and uniquely...and that is good?!
5. How does God want to use me within the lives of others in community?
6. Do I regularly seek the Spirit when trying to decide how often I will be in community and involved with others?
7. Do I prefer and/or understand the value of going deeper with those few people God may be calling me to?

Remember, you don't always have to lead the band, but **you have a part to play**. The loud extroverts need you!

And when trying to move toward effective discipleship and leadership as a more extroverted person, ask yourself (or again the Holy Spirit) these questions:

1. What is my true motivation for wanting to be with people...a LOT. Is it to be a blessing and/or get recharged, or is it to be the center of attention or be in charge?
2. Could I be using my extroversion at times as an excuse to be loud, opinionated or seek to control?
3. Do I believe God has made me both in his image (like Jesus) and uniquely...and that is good?! And that I need others with different perspectives and giftings and personality types?
4. Do I regularly seek the Spirit when trying to decide if I should be out in a crowd or mixing it up? Or if it is a good time to speak up and take charge or is it a good time to use my abundant energy to simply serve others?
5. Do I understand that while I can easily draw a crowd or make friends easily, I need others who can come alongside people and be gentle with them, listen and go for the long haul?

We really do need each other. God knits together marriages, families, communities and churches with exactly the right types of people and personalities he knows will most glorify himself and bless the most people.