



GOD VIEWS

Manic Mechanic

Listed below is a worksheet based on the “big five” personality dimensions. Please circle the number that best describes your perceptions of yourself. This is not a test, and you will not be asked to do anything with the numbers. This is merely a worksheet for helping you consider some of your individual differences and how these factors may relate to your view of God. After completing Part A, do the exercise suggested in Part B.

PART A

I. Extrovert/Introvert

1	2	3	4	5	6	7
Extrovert (Talkative) (Likes crowds)					Introvert (Quiet) (Likes solitude)	

II. Agreeableness

1	2	3	4	5	6	7
Cordial (Sympathetic) (Feeling-oriented)					Critical (Tough-minded) (Rational)	

III. Conscientiousness

1	2	3	4	5	6	7
Well-organized (Self-disciplined) (Outcome oriented)					Disorganized (Negligent) (Process oriented)	

IV. Emotional Stability

1	2	3	4	5	6	7
Insecure (High-strung) (Worrying)					Secure (Relaxed) (Peaceful)	

V. Openness to Experience

1	2	3	4	5	6	7
Open to New Experiences (Creative) (Intuitive)					Closed (Uncreative) (Practical)	

SESSION
SEVEN:

MANIC
MECHANIC

[7-A]

PAGE 1/2



GOD VIEWS

PART B

After circling a number in each of the five categories in part A, choose a word for these areas (from the ones suggested in part A) and ask yourself how that particular trait may cause you to view God.

■ Category

■ One-word Description

■ View of God

- I. Extrovert/Introvert
- II. Agreeableness
- III. Conscientiousness
- IV. Emotional Stability
- V. Openness to Experience

SESSION
SEVEN:

MANIC
MECHANIC

[7-A]

PAGE 2/2



GOD VIEWS

Manic Mechanic

Consider the items in the two categories listed below. Put a check mark by the description that sounds the most like you.

PERFECTIONIST VERSUS STRIVER

■ Perfectionist

Sets standards beyond reach and reason

Is never satisfied by anything less than perfection

Becomes depressed when failure and disappointment are experienced

Is preoccupied with fear of failure, and disappointments can deplete energy level

Sees mistakes as evidence of unworthiness

Becomes overly defensive when criticized

Frequently becomes disappointed with spouse, children or friends.

■ Striver

Sets high standards, but within reach

Enjoys the process as well as the outcome

Bounces back from failure and disappointment

Keeps normal anxiety and fear of failure and disapproval within bounds and uses them to create energy

Sees mistakes as opportunities for growth and learning

Reacts positively to helpful criticism

Rarely disappointed with spouse, children, or friends.

SESSION
SEVEN:

MANIC
MECHANIC

[7-B]

PAGE 1 / 1



GOD VIEWS

Manic Mechanic

The first step in moving beyond perfectionistic attitudes is to realize that perfectionism is not desirable. Perfectionism is an illusion created to fight internal insecurities. Illusions are unattainable. The most helpful thing a perfectionist can do is to ask God to reveal His true nature—how much He loves us whether we win, place, or finish last. It will also be helpful to fight against the self-defeating thoughts and behaviors of perfectionism. Some of the following suggestions may help.

- Set realistic and reachable goals based on a clear knowledge of what God desires from you. It will also be helpful when setting goals to consider what you were able to accomplish in the past without breaking a sweat.
- Don't consider 100% the minimum definition of success. Experiment with more realistic standards—like 70% to 90% success.
- Focus on enjoying the ride—the process of doing an activity—as much as the end results.
- Whenever you feel anxious or depressed about a goal, stop and ask yourself whether you set an unrealistic goal.
- Confront your fears that may be behind your perfectionism. Remind yourself that you are loved by the creator of the entire universe (your heavenly Father) even when you score 0%.
- Learn to enjoy mistakes as opportunities to learn something new.
- Tell yourself that anything worth doing is worth doing poorly. That is, if a task is worth doing, it is better to go ahead and begin—making sure some of it gets done—than to risk its never getting done at all for fear of failure.
- Imagine the truth that Jesus is with you as you work—offering love and encouragement.

SESSION
SEVEN:

MANIC
MECHANIC

[7-C]

PAGE 1 / 1



GOD VIEWS

Bible Study

READ THE FOLLOWING TWO PASSAGES—AS RECORDED IN *THE MESSAGE*.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matthew 11:28-30)

Let me put this question to you: How did your new life begin? Was it by working your heads off to please God? Or was it by responding to God’s Message to you? Are you going to continue this craziness? For only crazy people would think they could complete by their own efforts what was begun by God. If you weren’t smart enough or strong enough to begin it, how do you suppose you could perfect it? Did you go through this whole painful learning process for nothing? It is not yet a total loss, but it certainly will be if you keep this up!” (Galatians 3:2-4)

- 1** J. B. Phillips believes “...the conscientious, sensitive, imaginative person who is somewhat lacking in self-confidence and inclined to introspection will find one-hundred-per-cent perfection truly terrifying.” (p. 28) How should reading Jesus’ words in Matthew 11:28-30 help such an individual?
- 2** What is Jesus’ suggestion for living “freely and lightly”? And how has this worked in your life?
- 3** In the Galatians passage, what is Paul so concerned about? And how does this situation in the Galatian church relate to the notion of God as a demanding mechanic?

SESSION
SEVEN:

MANIC
MECHANIC

[7-D]

PAGE 1 / 1



GOD VIEWS

Transparency

Session Outline

I. INTRODUCTION



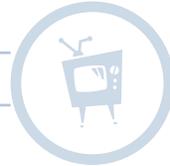
- Welcome
- Prayer
- Review

II. WARM-UP



- Discussion of Personality
- Exercises and Discussion

III. CONTENT



- Video Vignette
- Class Response
- Questions/Discussion

IV. BIBLE STUDY



- Small Groups or All Together

V. SUMMARY



- Review

SESSION
SEVEN:

MANIC
MECHANIC

[7-E]

PAGE 1 / 1