

Good parenting and Godly parenting

GENESIS 2:15 And the LORD God took the man, and put him into the garden of Eden to **dress it and to keep it.**

dress: 5647 'abad

1) to work, serve

1a) (Qal)

1a1) to labour, work, do work

1a2) to work for another, serve another by labour

1a3) to serve as subjects

1a4) to serve (God)

1a5) to serve (with Levitical service)

Keep: 8104 shamar

1) to keep, guard, observe, give heed

1a) (Qal)

1a1) to keep, have charge of

1a2) to keep, guard, keep watch and ward, protect, save life

1a2a) watch, watchman (participle)

1a3) to watch for, wait for

1a4) to watch, observe

1a5) to keep, retain, treasure up (in memory)

1a6) to keep (within bounds), restrain

1a7) to observe, celebrate, keep (sabbath/covenant/commands),

perform (vow)

1a8) to keep, preserve, protect

1a9) to keep, reserve

1b) (Niph)

1b1) to be on one's guard, take heed, take care, beware

1b2) to keep oneself, refrain, abstain

1b3) to be kept, be guarded

1c) (Piel) to keep, pay heed

1d) (Hithp) to keep oneself from

Raising godly children requires a profound commitment that goes far beyond simply raising a "good" or moral child.

There are several core principles, developmental strategies, and spiritual priorities for raising children in the ways of the Lord:

1. Distinguish Between "Good" Parenting and "Godly"

Parenting A merely "good" parent might prioritize worldly success, desiring their child to get a scholarship, become a doctor or a lawyer, and attain high social status. While education is important, a "godly" parent prioritizes the First Commandment above all else. A godly parent's highest ambition is the spiritual salvation and biblical obedience of their children, even if it means sacrificing worldly acclaim. For example, Sister Hattie Wright was offered any desire of her heart, and rather than asking for wealth or physical healing, she asked for the salvation of her two teenage boys.

59-1115 MY.NEW.MINISTRY, JEFFERSONVILLE.IN, SUNDAY

E-29 ..ed... Then in this last fall, many have said to me, "Why is it, every morning ...when you're home you grab your rifle and take out to the woods to hunt?"

I want you to know that He's God of the woods just the same as He's God of the city. He's just as much God out there as He is here. And God always deal with men according to their capacity, and what... Like David, by the still waters and green pastures, because he was a shepherd, and different ways He has revealing... And something...

I'd get up of a morning to go out to the woods real early, around four o'clock to squirrel hunt. And my wife even said to me, she said, "Billy, don't you never get tired of going hunting?"

See, this battle is won alone. **My wife doesn't understand it. I don't understand it. But it's a fight. You have to stand alone.** Nobody can stand with you. There's just room for you and Jesus.

Misunderstood? Sure. Even to my little girl there, Rebekah. **She said, "If I ever marry a man, if he even mentions going hunting, I'll not marry him." Said, "I know what my mother's been through: Husband out and gone in the meetings, as soon as he comes home, grabs an old rifle or a fishing pole and hits through the woods."**

I said, "Would you rather he'd do that, or would you rather he'd grab a deck of cards or some blond and take off? And I just draw your opinion." And when I come back that day, she said, "Daddy, I apologize for that. I'm going to marry a man like you that likes to hunt, then I'm going to hunt with him." She said, "I'm go out with him."

I said, "Well, that's all right too. I wish you could talk to your mother a little bit about it."

2. The strawberry generation

The relationship between parents and kids has changed drastically since 1980, creating a deep disconnect between older parents and their Millennial or Generation Z children. This isn't just a normal "generation gap". It is a major shift in how families operate, moving from giving kids independence to highly protecting and "optimizing" them.

The End of Free Play

Before 1980, children were often raised with the help of extended family and neighbours, which gave them a lot of independence. Kids were expected to play outside unsupervised and figure things out on their own. However, in the 1980s, the media created a huge fear of "stranger danger". Parents became extremely fearful, and unsupervised free play was quickly replaced by strict rules and adult-supervised schedules.

From Strict Rules to "Helicopter" Parenting

Older generations were usually raised with "authoritarian" parenting, which meant strict discipline and demanding total obedience. When those children grew up and became parents themselves, they wanted to be warmer and more involved. However, they swung to the opposite extreme, adopting "**intensive parenting**". Instead of letting children grow naturally, parents started treating their kids like projects that needed to be "optimized" for success through endless tutoring, sports, and coaching.

This created two new types of parents:

Helicopter parents:

Parents who constantly hover over their kids and monitor their every move.

Snowplow parents:

Parents who try to clear every obstacle and difficulty out of their child's path.



Are you a Helicopter Parent?

Helicopter parenting has become the go-to buzz word in the child-raising world. Everybody is critical of parents deemed to be overly protective of their child. Helicopter parenting has been blamed for the failure of children everywhere to successfully grow up.

But is this trendy phrase really a one-size fits all label?

Helicopter Parent

The widely-criticized approach of today

Helicopter parents "hover" over their children out of anxiety and fear of the unknown.

Helicopter parents:



1. Rescue when the child desires to go it alone.
2. Rescue due to fear of the child's failures.
3. Squash the child's efforts with doubts of her competence.
4. Fail to create a climate for growth that allows for do-over's.
5. Smother by seeking to control, order, and sort.

Compassionate Parent

The tried, tested and true science-based approach

Compassionate parents understand that there is a balance to parenting, and that each child cannot be parented in the same way. They use listening and connection to guide their decisions.

Compassionate parents:



1. Take into account child's current emotional state and needs.
2. Consider how life is generally going for their child when making parenting decisions.
3. Understand how recent occurrences may have depleted the child's coping resources.
4. Consider it their job to set their child up for success.
5. Have confidence in themselves to decision-make with swagger.

ARE YOU A SNOWPLOW PARENT?

Snowplow parents remove every obstacle in their child's way — with the best of intentions. Below are five ways it shows up, and five steps to stop.

| HOW IT LOOKS | HOW TO ESCAPE IT |
|---|--|
| <p>1 Overprotecting Shielding children from every risk and mistake</p> | <p>1 Encourage problem-solving Let mistakes become learning opportunities</p> |
| <p>2 Micromanaging Controlling every decision and outcome</p> | <p>2 Allow natural consequences Let cause and effect do the teaching</p> |
| <p>3 Avoiding responsibility Doing tasks children should do themselves</p> | <p>3 Build independence Step back and let them try first</p> |
| <p>4 Overindulging Rewarding without challenge or boundaries</p> | <p>4 Teach emotional resilience Acknowledge feelings, then encourage progress</p> |
| <p>5 Inconsistent discipline Rules that shift to keep the peace</p> | <p>5 Praise effort not outcomes Value learning from failure, not avoiding it</p> |

The "Strawberry Generation" and Safetyism

Because snowplow parents fix every problem, their children never learn how to cope with failure. This has led to what researchers call the "**Strawberry Generation**". Young people who look great on the outside but get easily "bruised" by the slightest pressure. This overprotection creates "learned helplessness," a state where kids feel they have no control over their own lives. This connects to a cultural trend called "**safetyism,**" where keeping kids emotionally comfortable is treated as the most important thing in the world.

According to experts, kids today are being harmed by three "Great Untruths":

1. **Fragility:** The false idea that what doesn't kill you makes you weaker. In reality, kids need to face struggles to grow stronger.
2. **Emotional Reasoning:** The false idea that you should always trust your feelings over facts.
3. **Us Versus Them:** The false idea that the world is strictly divided into good and evil people.

Technology and Money Struggles

The digital world has also widened the gap. Today's youth use social media to constantly compare themselves to millions of others, creating deep insecurity. Meanwhile, it has become much harder for young adults to afford to live on their own. Many must move back in with their parents—known as the "boomerang" effect. This makes them feel like they are failing at becoming independent adults.

Parental Burnout

It is important to note that parents are struggling, too. The pressure to be a "perfect parent" has caused a public health epidemic of parental burnout. Exhausted parents are more likely to lose their tempers or emotionally distance themselves, which only makes their children feel more insecure.

Bridging the Gap

To fix this crisis, parents need to understand that the digital world is a real and necessary part of their kids' lives. At the same time, **kids need to learn "anti-fragility."** They must realize that facing discomfort, risk, and failure is the only way to build true confidence and resilience for the adult world.

To help children avoid becoming easily bruised and instead build true resilience, parents can take several practical steps:

- a) Let them fail: It might sound harsh, but parents must stop rescuing their children from every minor discomfort. Humans are actually "antifragile," meaning we need to face stressors, minor failures, and challenges to grow stronger. Life's biggest lessons are learned by examining what went wrong and figuring out how to fix it.
- b) Practice "Authoritative" Parenting: This is considered the healthiest parenting style. Authoritative parents are highly loving and supportive, but they also set firm boundaries and clear rules.

They explain the reasoning behind their rules and allow children to have a voice, but they do not remove the consequences of bad behaviour.

- c) Give kids "problem ownership": If a child is feeling angry, lonely, or frustrated about a situation, the child owns that problem. Parents should practice listening more and talking less. Often, children just need a safe place to express their feelings, and swooping in to solve the problem for them robs them of the chance to learn problem-solving skills.
- d) Encourage independence and unstructured play: Parents can look to the 1980s for inspiration by letting kids figure out everyday tasks on their own. Giving children unsupervised free time allows them to learn how to judge risks, navigate social situations, and resolve conflicts without an adult mediating every disagreement.

Parenting Paradigms: The Great Shift (1980 to Present)

TRADITIONAL PARENTING (PRE-1980)

Autonomy Through Natural Growth



Children experienced high relative autonomy and unsupervised play, fostering antifragility and conflict-resolution skills.

The "Village" Support System



Raising children was a communal effort involving extended families and neighbors before geographic mobility increased.

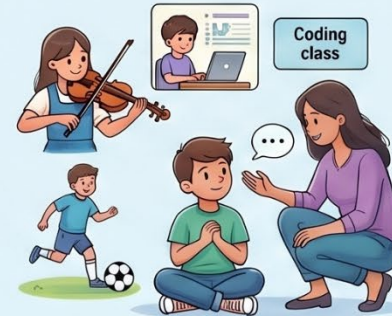
Focus on Character and Obedience



Prioritized physical discipline, basic manners, and respect for authority as primary child outcomes.

MODERN "OPTIMIZATION" PARENTING (POST-1980)

Concerted Cultivation



A child-centered approach viewing children as projects requiring relentless extracurricular schedules and emotional coaching.

The Rise of "Safetyism"



Expanded the definition of safety to include protection from emotional distress and uncomfortable ideas.

1980

COMPARISON OF CONCERNS & OUTCOMES

| FEATURE | PRE-1980 (TRADITIONAL) | POST-1980 (MODERN) |
|--------------------------|---------------------------------|--|
| Primary Concern | Physical discipline & obedience | Emotional safety & academic optimization |
| Supervision Level | Low; Latchkey independence | Hyper-vigilant; Helicopter monitoring |
| Child Outcome | Resilience & Self-reliance | Social anxiety & Delayed independence |

The Cost of Intensive Parenting



\$310,605

Average US child-rearing costs reached by 2015, excluding college expenses.

Pastor Louis Govindraj

Spoken Word Ministry Kenville, Email: support@spokenword.co.za

The Biological Battlefield of the Chemical Man

While our souls are made of heavenly material from the sixth dimension, we are clothed in flesh. The Apostle Paul calls this the carnal man or the old man, but today we must understand it as the "chemical man". Sin dwells in this biology.

Every emotion you feel is a chemical experience produced by your body's pharmacy. Happiness is driven by neurohormones like serotonin, dopamine, endorphins, and oxytocin. Fear and stress are triggered by adrenaline and cortisol. Anger and rage are fuelled by testosterone and thyroid hormones. Even crying and panic attacks are linked to imbalances in estrogen, progesterone, and prolactin.

Because these emotions are chemical highs, we can easily become addicted to them. We can become addicted to the dopamine rush of lust, the high of greed, the thrill of stealing, or the pride of our own reputation. Temptation is not a demon forcing your hand; temptation is a chemical urge in your glands that you must choose to rule over. When we face daily stressors, our bodies instinctively go into "survival mode". Our pupils dilate, our heart and respiratory rates increase, glucose floods our bloodstream, and blood rushes away from the rational, creative forebrain into the instinctive hindbrain. We are primed to fight, flee, or hide. But living in this chronic, neurotic state of stress destroys us. It causes our immune system to malfunction, turning on weak, inherited genes that cause autoimmune diseases, simply because the body is desperately trying to fix the constant flood of stress chemicals. This is why we see the human race rotting, with girls hitting early menopause at just twenty or twenty-five years old.

Guarding the Mind and Memory

Unlike animals, humans have complex memories. Our brains do not know the difference between the past, present, or imagination. You can recall a painful memory or a shameful mistake from ten years ago, and your body will instantly release the exact same stress chemicals, causing a present-day panic attack. Likewise, our imaginations create "what if" scenarios worrying about tomorrow's bills or tragedies producing internal horror movies that flood us with anxiety. We must also be incredibly vigilant about mental health, as chronic stress acts as a trigger for serious conditions like bipolar disorder, schizophrenia, and delusional paranoia.

This is why it is vital for anyone entering marriage to seek honest, godly counselling; hiding a history of mental disorders or physical limitations invalidates the good faith of the marriage vows. When bipolar delusions take hold, a person may create imaginary conspiracies, exhibit unprovoked jealousy, and destroy relationships, genuinely believing falsehoods to be truth.

As a family, we must approach these realities with grace, seeking medical and spiritual help, while fiercely guarding our own minds against the stressors that trigger such agony.

The Physics of Faith and Frequency

To overcome, we must understand the profound science of our creation. Every cell in our body, and indeed every thought we possess, vibrates at a specific frequency.

In the First Pull of the Prophet's ministry, he could feel the physical vibration of diseases like cancer, much like a tuning fork vibrating to a specific pitch, and command those vibrations to stop, neutralizing the sickness to zero.

The Second Pull revealed that our minds and thoughts operate the same way.

Science now proves that the brainwave of fear operates at exactly 4 Hertz. When you think a negative thought, it emits an energy signature. But we are sons and daughters of God, sharing the mind of Christ. Our thoughts speak louder in heaven than our voices do on earth. Just as Adam intuitively knew the names of the animals through a shared telepathic mind with God, and just as Brother Branham subdued a killer bull and a swarm of bees using thought-waves instead of spoken prayer, God acts as our ultimate satellite transmitter.

We possess the most potent form of energy in the universe: our minds. Therefore, your thoughts become your *Logos*—the pattern and plan you lay out and pursue. If you hold the wrong concepts, you become an impersonator. We must be anchored to our Absolute, transitioning from the Starlight and Moonlight of past ages into the Sunlight of the fully opened Word.

Mastering the Flesh and Rewiring the Brain

How do we practically apply this and walk in victory?

- a) First, we must **"Stand Still"**. The exact moment trouble hits, drop your defences and pause. Slow your breathing to lower your heart rate, allowing the blood to return to your rational forebrain. Remind yourself of who God is: He is omniscient and holds tomorrow, neutralizing all our "what ifs".
- b) Second, we must **fight a thought with a thought**. You cannot simply wish away a 4 Hertz fear frequency; you must think of a safe, peaceful, Word-based reality. Thinking the exact opposite thought directly cancels out the frequency of the temptation, bringing the emotional wave down to zero.

- c) Third, we must **rewire our neural pathways**. Identify your weakness whether it is anger, lust, or pride and find the opposite, righteous image in the Word. Meditate on this new image every single day. Every time you pull this positive image into your focus, your brain physically builds a new neural pathway. As this new pathway grows stronger, the old temptations lose their voice, and your body will literally be commanded to produce new, joyful chemicals to obey the Word.
- d) Fourth, we must **discipline the physical temple**.
- i. Fasting is the biological reset button. If you finish eating at 6:00 PM and fast until 8:00 AM, the blood leaves your empty stomach, allowing your lymphatic system to powerfully cleanse dead cells and toxins while you sleep.
 - ii. We must prioritize deep sleep, drink pure water, and exercise to release healthy endorphins. If we live it up now on junk food and stress, we will spend our later years paying doctors and being a burden to our families. When you sleep, your body naturally enters a fasting state. Because your stomach empties, blood is redirected away from your digestive tract and moves into your organs and cells to perform two critical maintenance functions: repairing and cleansing. Every single day, billions of cells die in your body. While you sleep, your lymphatic system actively goes to work to cleanse the blood, flushing out these dead cells along with the chemical toxins and food preservatives you accumulated during your waking hours.
 - iii. Sleep is also the designated time for vital mental healing, as your mind works to untangle the stressful experiences and thoughts you encountered during the day. However, living in chronic stress keeps your body flooded with survival hormones, which severely disrupts your ability to rest and sleep. When stress prevents you from getting proper sleep, your body is completely robbed of its chance to heal itself. Because the lymphatic system is interrupted, those billions of dead cells are left inside your body to decay, creating a highly toxic atmosphere that allows diseases to thrive. Struggling to sleep is not just a minor inconvenience; it is a major problem and one of the absolute quickest ways to destroy your physical and mental health. Without sleep, your system remains bogged down by unresolved mental stress and decaying cellular waste, leaving you in a highly dangerous and vulnerable biological position. Meditating on the Word physically rewires your brain by creating new neural pathways that override your body's addictive chemical responses. The "chemical self" is driven by hormonal highs such as anger, fear, or lust and it attempts to master your mind.

To defeat these chemical temptations, you must use the most powerful tool God gave you:

- your mind, which acts as God's Intelligence, using the Word as your ultimate operating manual.

Here is a detailed breakdown of how meditating on the Word defeats chemical temptations through neural rewiring:

- **Fighting a Thought with a Thought:** Because chemical temptations are triggered by thoughts, memories, and imaginations, you cannot simply leave your mind empty. If you try to clean out a negative behaviour without actively replacing it, worse habits will eventually occupy that space. You must actively fight a negative thought by taking the exact opposite thought, neutralizing the brainwave frequency associated with that temptation

53-1108E EXPECTANCY, OWENSBORO.KY, SUNDAY

E-51 Howdy do, sir? Now, there's something strange about you, sir. Satan has desired to take your life. You're all tore up. You think you've sinned away your day of grace. You think your life is ruined. Do you love Jesus?

What makes you love Him? Before there could be anything to there make you love Him, there has to be a Creator to create the love in your heart. Is that right? If you'd sinned away your day of grace you would hate Jesus.

But you love Him, and you're all right. And the devil's just lying to you. You're nervous. Come here and I'll cast him away for you if you'll believe. Do you believe it? Bow your head, and keep your heads bowed, everyone, till you hear me say, "Raise up." This is demonology.

Almighty God, be merciful to the boy. He stands here, and **Satan trying to get him to get in this condition to commit suicide. But Thou art here to relieve the boy, and to make this evil spirit go.**

And Thou has said, "These signs shall follow them that believe. In My Name they'll cast out devils." Then upon the authority of God's Word, as a believer, I now ask the spirit that's on the boy, of unbelief, to leave him. Go out in the Name of Jesus Christ, and bother him no more. And I set him free, and may the enemy be bound and leave this room, and torment no one else, in Jesus Christ's Name.

Creating the Right Word-Image

To build a new neural pathway, you must first identify your specific chemical weakness and find the counter-image in the Word of God. For example, if you struggle with being easily angered, you must vividly envision yourself as the patient, temperate person the Word describes someone who understands that insults or stressful situations are just tests explicitly permitted by God. You must meditate on this new Word-based image every day.

Every time you pull this positive image from your memory and focus on it, your brain physically builds and reinforces a new neural pathway. Through dedicated and repeated meditation, you establish a deep spiritual image in your subconscious mind, which becomes the new "real you".

Instead of dwelling on the stressful trigger, redirect your focus to the new neural pathway you are building. Hold a vivid mental image of the person the Word of God calls you to be for instance, envisioning yourself as patient and temperate instead of easily angered.

PSALM 16:8 I have set the LORD always before me: because he is at my right hand, I shall not be moved.

By meditating on this positive, Word-based image exactly when the temptation arises, you physically command your brain to rewire itself and force your bodily chemistry to submit to this new, calm reality.

Mastering the Chemical Self: A Blueprint for Spiritual Overcoming

THE PROBLEM: Living in Survival Mode
The Biological Loop of Human Emotions

THE SOLUTION: Rewiring through Stillness
Transforming the Mind for Spiritual Victory

The Chemical Man

Human emotions and "faults" are biological chemical reactions triggered by hormones like cortisol and adrenaline.

The Survival Mode Loop

Rational Forebrain

Stress

Instinctive Hindbrain

Blocks faith and creativity.

Emotional Addiction

Repeated negative patterns (e.g., anger, fear) create biological addictions to specific "chemical highs".

Be Still and Know

Stillness deactivates survival-mode chemistry, allowing the mind to reset and remember God's nature.

Rewiring Neural Pathways

Meditating on the "Word Image" creates new brain pathways that bring the body into subjection.

Frequency of Faith

Miracle Frequency: 528 Hz
Ancient frequency used to reduce stress and manifest "miracles"

Human Range: 3 - 16 Hz
Standard operating frequency for the average human mind

Fear Wave: 4 Hz
Lowest frequency; triggers survival mode and anxiety

THE SOLUTION: Rewiring through Stillness

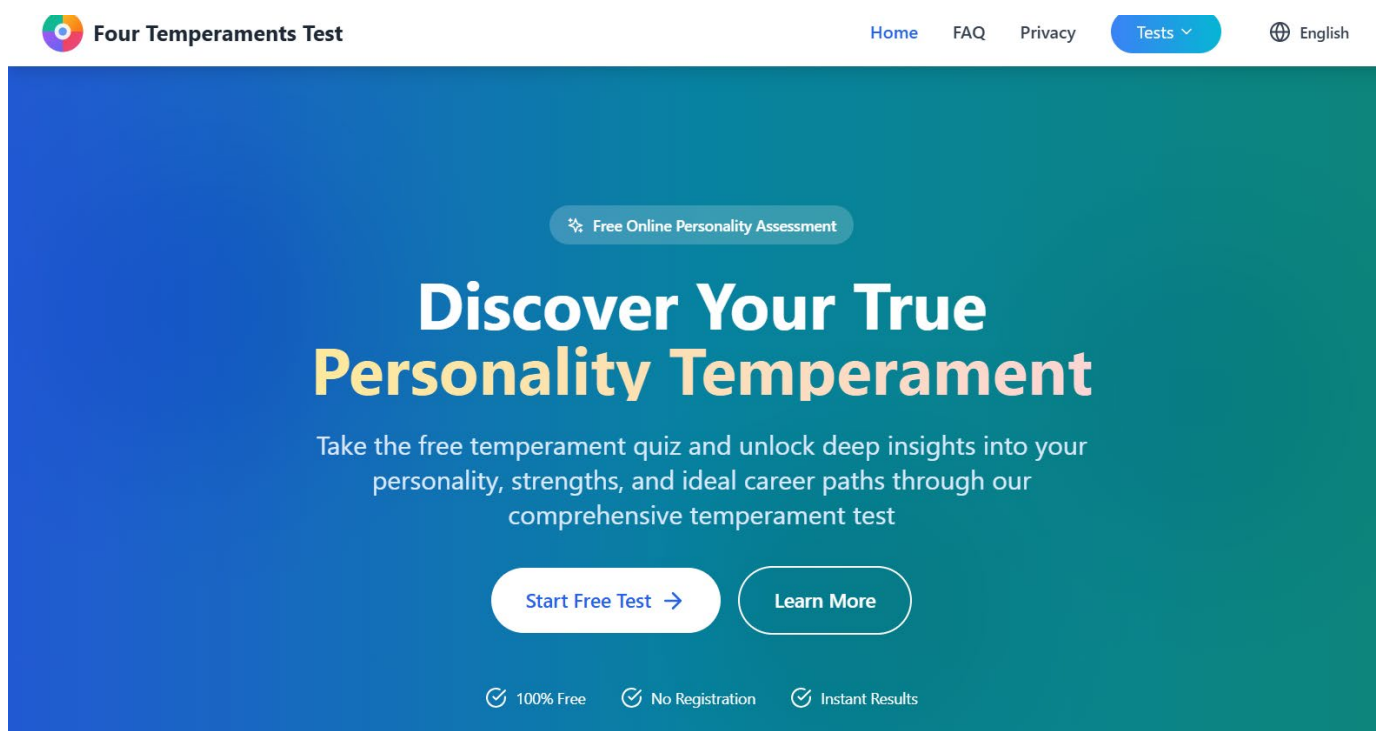
Weakening the Old Chemical Temptations

As you reinforce the new pathway, you must actively deny the old chemical urges. This denial is likened by the Apostle Paul to "suffering in the flesh" to cease from sin. Every time you successfully overcome a temptation, its old neuro pathway gets weaker and weaker until the temptation completely loses its voice, while your newly built neural pathway grows undeniably stronger. Your thoughts carry actual brain waves, frequencies, and energy signatures that act as commands to your physical biology. When you consistently meditate on the Word, your newly formed neural pathways command your body to submit to that spiritual image.

Your body will literally begin to produce different chemicals such as the hormones for happiness, peace, or trust to align with the Word you are meditating on. As the prophet stated, "God will make your body obey the Word", actively bringing your chemistry subject to your faith.

Understand yourself, take the 4-temperament test:

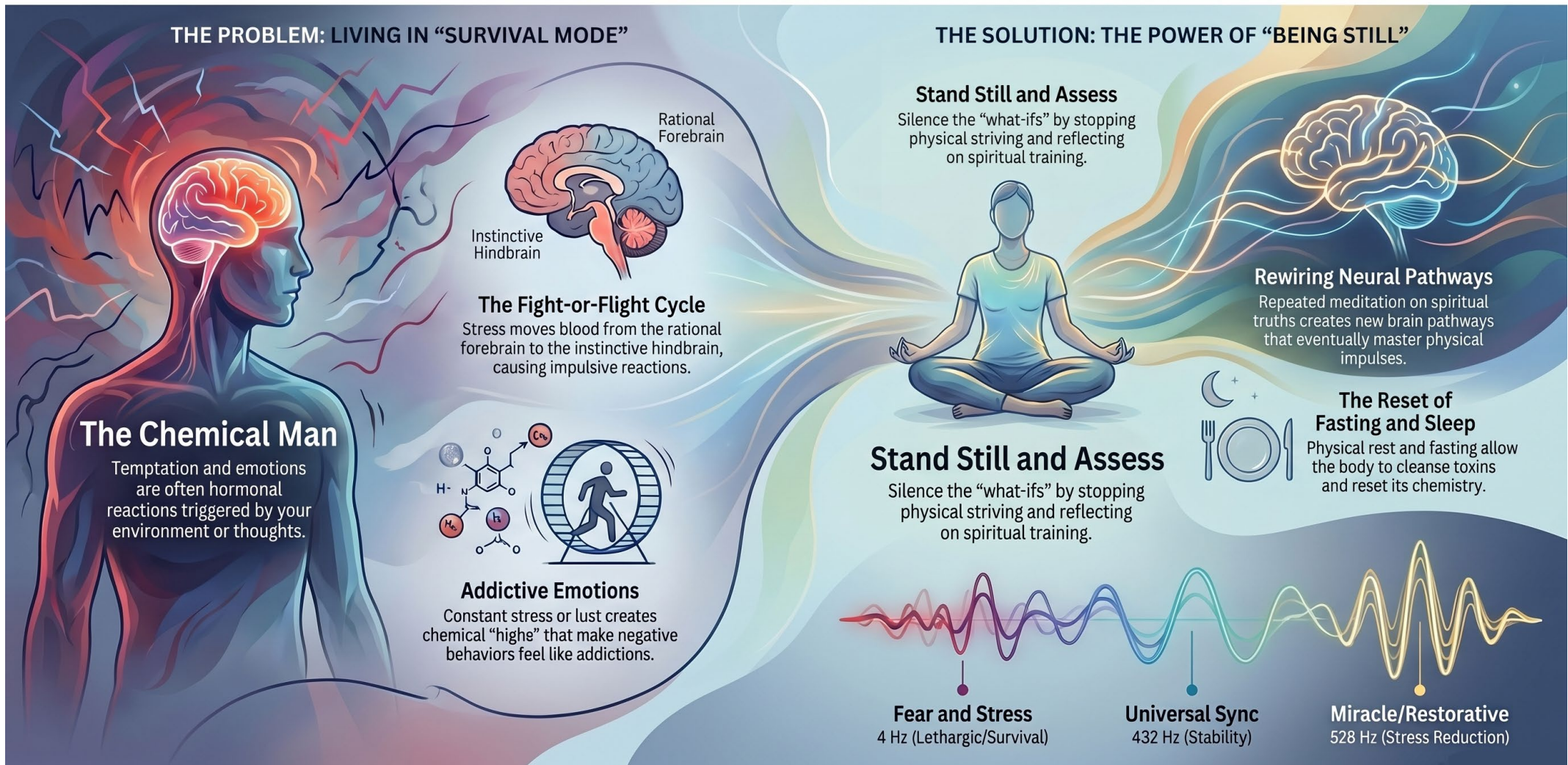
<https://fourtemperamentstest.com/>



The screenshot shows the homepage of the 'Four Temperaments Test' website. The header includes the logo 'Four Temperaments Test' on the left and navigation links for 'Home', 'FAQ', 'Privacy', 'Tests' (with a dropdown arrow), and 'English' (with a globe icon) on the right. The main content area has a blue-to-teal gradient background. At the top of this area is a badge that says 'Free Online Personality Assessment'. Below this is the main heading 'Discover Your True Personality Temperament' in large white and yellow text. Underneath the heading is a sub-headline: 'Take the free temperament quiz and unlock deep insights into your personality, strengths, and ideal career paths through our comprehensive temperament test'. There are two buttons: 'Start Free Test →' and 'Learn More'. At the bottom of the main content area, there are three icons with text: '100% Free', 'No Registration', and 'Instant Results'.

See additional explanations and descriptions on page 17 et seq

The Science of Stillness: Overcoming the Chemical Self



Pastor Louis Govindraj

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"Stand Still" and Drop Your Defences

The exact moment a stressor arises whether it is a difficult person, a threatening situation, or a painful memory your very first action must be to "stand still" and do nothing. This means consciously putting your hands down, relaxing, and stopping your initial biological instinct to defend yourself or lash out. Like a trained special-ops soldier encountering danger, you must temporarily pause, reassess the situation, and rely on your spiritual training before reacting.

Remember Who Controls the Situation

To "know God" in a moment of panic simply means to remember what you have been taught about Him. You must actively remind yourself of His divine identifications: He is omniscient, omnipotent, and omnipresent. You silence the fear by reminding yourself that the person or necessary evil in front of you has absolutely no power to harm you unless God explicitly permits it for your training and ultimate good.

Neutralize "What Ifs" with the Exact Opposite Thought

When your imagination tries to hijack your mind by producing mental "horror movies" about what might go wrong tomorrow (e.g., losing a job, a house, or a loved one), you must recognize this as a chemical fear. The specific technique to defeat this is to fight the negative thought with its exact opposite. The thinking of a peaceful, safe reality produces a brainwave frequency that directly cancels out the brainwave frequency of a frightening thought. By actively casting down the "what if" and declaring that God completely controls your tomorrow, you zero out the anxiety.

Cut Off Hijacked Memories with Forgiveness

The enemy will often use your own memory cells to torture you, bringing up a mistake or traumatic event from ten years ago to trigger a present-day panic attack, guilt, or wave of shame.

We must **forgive**. If God has forgiven your past, placing it under the Blood of Christ, it is a supreme arrogance to refuse to forgive yourself or others. Leave the past in the past. Do not dig it up to torture your body with the chemicals of old shame. When this happens, you must forgive yourself immediately and leave the memory under the Blood of Christ.

You must consciously recognize that going back to that memory has no value; it only serves to flood your body with destructive stress chemicals, so you must firmly leave those things behind you.

“THE FOUR HUMAN TEMPERAMENTS”

by Dr. D. W. Ekstrand

There are “reasons” for everything we do as human beings, though it is often difficult for us to understand why we *think* like we think, *feel* like we feel, or *act* like we act in life. Many of the answers for human behavior can be found in people’s temperaments or personalities. The study of the human personality goes all the way back to the famous Greek physician *Hippocrates* (460-370 BC), the “father of medicine” — he was born during the prophetic ministries of Nehemiah and Malachi, or some 450 years before the birth of Christ. Hippocrates’ work has been researched extensively and is used as a dynamic diagnostic tool in both psychology and psychiatry to this day. A generic explanation of human “*Temperaments*” or “*Personalities*” is that all of us have been born with genetically inherited “behavioral tendencies” that are as much a part of our DNA as is the color of our hair; all of us are made up of DNA combinations passed on to us through our parents and ancestors. This fact is important because it helps us to more fully understand our basic *behavioral disposition*. Even though much of our human personality is inherited, it should also be noted, much of it has also been influenced and shaped by our unique environments. Most scientific research on human behavior suggests that about 50% of the variations in human personality are determined by genetic factors — so our human behavior is *shaped equally* by our environment and by our DNA. Thus, all of us as human beings have been *hard-wired by our Creator* (we are not just products of random chance – Ps 119:73; 139:13-16; Is 44:24), and we have all been *impacted by the world around us*. Furthermore, according to the scientific analysis all human personalities are commonly divided up into four major categories (with the exception of those with severe mental disorders), and these four types are further broken down into two categories — *Extroverts* and *Introverts*:

Extroverted Personalities: The *Choleric* and *Sanguine* personality-types are more “out-going,” more sociable, and more comfortable in a crowd, even standing out in a crowd.

Introverted Personalities: The *Melancholy* and *Phlegmatic* personality-types are more shy and “reserved” and feel anxious about being in crowd, especially at being singled-out in a crowd.

It should be noted that all human beings have a degree of each of these four personality types within them, though each person will definitely *test out higher in one*, with *another being a close second*. No individual only possesses one personality type, and most of us have a very strong secondary temperament. Should you take one of the personality tests available today, you would discover that you possess dominant characteristics in a couple of the temperaments, and each kind of personality has a general characteristic associated with it. It should be noted that there are varying degrees of *Extroversion* and *Introversion* — in other words, some Phlegmatics and Melancholies “border” on being out-going, and some Choleric and Sanguines “border” on being shy. Though the characteristics may not be true for everyone with a particular personality, they are generally true for the vast majority of people. All four personality types have general strengths and weaknesses with which people must contend, and no one personality type is better than any other. All four have both good and bad qualities, and all four are needed to make this world a better place. Whatever your temperament or personality, God is the one who has given you the abilities and sensitivities that you possess, and He has given those things to you for a purpose — that you might faithfully work at developing them and using them in His service. Though our temperaments have been tainted by sin and the fall, God’s Spirit is mightily at work in us transforming us into the image of Christ that

we might be more effective workmen in His Kingdom (Jn 17:17-20; 2 Cor 3:18; 5:20; Eph 4:7-16; Phil 2:13). Remember, no two people are alike – we are all unique – and we have all been given a unique calling in life. Therefore it is important that we not covet qualities we do not possess; rather, that we focus on discovering God’s will for our lives and enjoy serving Him with the skill-set with which we have been blessed; knowing that God wants to use us to do the work for which He designed us. So identify your skills and strengths and get to work! (Prayerfully reflect upon the following passages — Mt 6:33; 13:12; 25:14-30; Lk 12:48; Jn 21:20-22; 1 Cor 4:2; 12:4-7, 21-24; Eph 2:10).

Of all the relationships we have in life, marriage is by far the most important. A good relationship between a husband and a wife makes for a happy home. A marriage shadowed by bitterness, fighting and other unpleasantness leaves its scars on not only the couple, but also on their children and those around them. Good marriages are not just accidents — they are the result of hard work and understanding. In general, marriages between two people with the “*same personality type*” have the greatest potential for clashing, and anyone married to a sanguine or choleric is in for a challenge; this is mainly due to the tendencies of these two personality types to require excessive attention and control, respectively. Thus pretty much all marriages will have fairly significant challenges. Most often “*opposites do attract*” — Sanguine individuals tend to marry Melancholy ones, and Choleric favor Phlegmatics; though such situations are not always the case, they do appear to be the most common. It should be noted that there is no such thing as “*the ideal combination*;” we are all fallen human beings with foibles and shortcomings.

Following is a brief description of each of the four temperaments or personalities — at the end of each description I have listed the *two primary characteristics* for that temperament. By identifying the two temperaments that best describe who you are as a person, you should be able to identify your “strongest characteristic” — be it predominantly extroversion, introversion, organizational, or relational. Aside from the **Extrovert-Introvert** continuum that was described above on the previous page, there is the **Organizational-Relational** continuum — Choleric and Melancholies are more “*organizational*,” whereas the Sanguines and Phlegmatics are more “*relational*.” With that said, let’s look at a description of the four temperaments, beginning with the “sanguine” —

A. SANGUINE — The Sanguine temperament is fundamentally *impulsive* and *pleasure-seeking*. Sanguine’s are referred to as “*the talker*.” They are expressive in personality... desire influence, and being enthusiastic with people... in expressing thoughts with excitement... and being the center of attention. The Sanguine is sociable and charismatic, generally warm-hearted, pleasant, lively, optimistic, creative, compassionate, and outgoing; he is the life of the party, humorous, enthusiastic, and cheerful; he easily attracts others and makes friends; he inspires others to work and join in the fun. He is sincere at heart, always a child, creative and colorful, possesses energy and enthusiasm, loves people, is a great volunteer, thrives on compliments, and doesn’t hold grudges. The Sanguine likes to talk a lot... struggles with completing tasks... is chronically late... and tends to forget his obligations... he bases his decisions primarily on feelings. Sanguine types can be great parents, because they love to have fun; but their homes are often frenzied and disorganized, and the only time you find everyone silent is when they are sleeping! Sanguine people usually possess high amounts of energy, so they often seem restless and spontaneous. This type of personality loves the life of luxury and impressing others... they are big spenders... they love to travel the world and indulge in rich, comfortable living... and they will do almost anything to satisfy their always present need to be absorbed by something meaningful

and exciting. They are impulsive and often find it difficult to control their cravings; as such, people with this temperament are more susceptible to smoking, alcohol, drugs, gambling and taking risk; sadly, they are most susceptible to chemical imbalances, addictions and mood disorders. These people feel bored if they are not absorbed by something intriguing and adventurous. The Sanguine is very poor at tolerating boredom; for the most part he will try to avoid monotony and that which is routine at all costs; routine jobs and boring companions annoy him and irritate him. The Bible characters that seem to best fit the characteristics of a Sanguine are King David and Peter. In addition to the characteristics listed below, the Sanguine is essentially described as being *relational* and an *extrovert*...

- Is self-composed, seldom shows signs of embarrassment, perhaps forward or bold.
- Is eager to express himself before a group; likes to be heard.
- Prefers group activities; work or play; not easily satisfied with individual projects.
- Is not insistent upon acceptance of his ideas or plans; compliant and yielding.
- Is good in details; prefers activities requiring pep and energy.
- Is impetuous and impulsive; his decisions are often (usually) wrong.
- Is keenly alive to environment, physical and social; likes curiosity.
- Tends to take success for granted; is a follower; lacks initiative.
- Is hearty and cordial, even to strangers; forms acquaintanceship easily.
- Tends to elation of spirit; not given to worry and anxiety; is carefree.
- Seeks wide and broad range of friendships; is not selective; not exclusive in games.
- Is quick and decisive in movements; pronounced or excessive energy output.
- Turns from one activity to another in rapid succession; little perseverance.
- Makes adjustments easily; welcomes changes; makes the best appearance possible.
- Is frank, talkative, sociable, expresses emotions readily; does not stand on ceremony.
- Has frequent fluctuations of mood; tends to frequent alterations of elation and depression.

B. CHOLERIC — The Choleric temperament is fundamentally *ambitious* and *leader-like*. The Choleric is the strongest of the extroverted Temperaments, and is sometimes referred to as a “Type A” personality or “*the doer*” (or “the driver”); he is a hard driving individual known for accomplishing goals... he has a lot of aggression, energy, and/or passion, and tries to instill it in others. Dominant in personality Choleric desire control, and are best at jobs that demand strong control and authority, and require quick decisions and instant attention. The Choleric is the most insensitive of the Temperaments; they care little for the feelings of others; feelings simply don’t play into the equation for them. Most Choleric are men, and born leaders who exude confidence; they are naturally gifted businessmen, strong willed, independent, self sufficient, they see the whole picture, organize well, insist on production, stimulate activity, thrive on opposition, are unemotional and not easily discouraged. They are decisive, must correct wrongs when they see them, and compulsively need to change things. They systematize everything, are all about independence, and do not do well in a subordinate position. They are goal oriented and have a wonderful focus as they work; they are good at math and engineering, are analytical, logical and pragmatic; and are masters at figuring things out. They are skeptical and do not trust easy; they need to investigate the facts on their own, relying on their own logic and reasoning. If they are absorbed in something, do not even bother trying to get their attention. Negatively, they are bossy, domineering, impatient, can’t relax, quick tempered, easily angered, unsympathetic, enjoy arguments, too impetuous, and can dominate people of other temperaments, especially the Phlegmatic types. Many great charismatic military and political figures were Choleric. They like to be in charge of everything... they are workaholics who thrive on

control and want their way... they are highly independent people, and have very little respect for diplomas and other credentials. They set high standards, are diligent and hard-working, are rarely satisfied, and never give up their attempts to succeed. Choleric women are very rare, but strangely are very popular people. Choleric men have the most trouble with anger, intolerance and impatience; they want facts instead of emotions; and should you get your feelings hurt, it's your problem, not theirs. The Choleric does not have many friends (though he needs them), and he has a tendency to fall into deep sudden depression, and is much prone to mood swings. The Bible characters that seem to best fit the characteristics of a Choleric are the apostle Paul, James, Martha and Titus. In addition to the characteristics listed below, the Choleric is essentially described as being *organizational* and an *extrovert*...

- Is self-composed; seldom shows embarrassment, is forward or bold.
- Is eager to express himself before a group if he has some purpose in view.
- Is insistent upon the acceptance of his ideas or plans; argumentative and persuasive.
- Is impetuous & impulsive; plunges into situations where forethought would have deterred him.
- Is self-confident and self-reliant; tends to take success for granted.
- Exhibits strong initiative; tends to elation of spirit; seldom gloomy; prefers to lead.
- Is very sensitive and easily hurt; reacts strongly to praise or blame.
- Is not given to worry or anxiety; he is seclusive.
- Is quick and decisive in movement; pronounced or excessive energy output.
- Has marked tendency to persevere; does not abandon something readily regardless of success.
- Is characterized by emotions not freely or spontaneously expressed, except anger.
- Makes best appearance possible; perhaps conceited; may use hypocrisy, deceit, disguise.

C. **PHLEGMATIC** — The Phlegmatic temperament is fundamentally *relaxed* and *quiet*, ranging from warmly attentive to lazily sluggish. Phlegmatics are referred to as "*the watcher*" — they are best in positions of unity and mediation, and solid in positions that desire steadiness. The Phlegmatic is most often a female who tends to be easygoing, content with herself, calm, cool and collected, tolerant of others, well-balanced, sympathetic, kind, unassuming, keeps emotions hidden, is happily reconciled to life, not in a hurry, has many friends, avoids conflict, inoffensive, quiet but witty, agreeable and intuitive... though they are very peaceful, patient and adaptable, they tend to be reluctant, indecisive and a worrier. They are wonderful at gathering facts, classifying them, and seeing the relationship between them; basically, they are good at generalizing, seeing the bigger picture, and reading between the lines. They are accepting, affectionate, frequently shy, and often prefer stability to uncertainty and change. Because they are fearful, indecisive and hesitant of things in life, they have a compromising nature. Phlegmatics often worry about everything. They want to know other people's deepest feelings and strive to build intimate attachments with just about everyone in their lives. They are interested in cooperation and interpersonal harmony, and this is why they preserve their family ties and friendships. They could be described as considerate, charitable, sympathetic, trusting, warm, calm, relaxed, consistent, rational, curious, and observant — this makes them good administrators. Phlegmatic men and women strive for greater self-knowledge, and seek to contribute to society at large. On the negative side, they are often selfish, self-righteous, judge others easily, resist change, stay uninvolved, dampen enthusiasm, and can be passive-aggressive. In large part, the Phlegmatic temperament is deemed to be a neutral temperament. The Bible characters that seem to best fit the characteristics of a Phlegmatic are Joseph, Timothy and Barnabas. In

addition to the following characteristics, the Phlegmatic is essentially described as being *relational* and an *introvert*...

- Is deliberative; slow in making decisions; perhaps overcautious in minor matters.
- Is indifferent to external affairs.
- Is reserved and distant.
- Is slow in movement.
- Has a marked tendency to persevere.
- Exhibits a constancy of mood.

D. MELANCHOLIC — The Melancholic temperament is fundamentally *introverted & thoughtful*. Melancholies are referred to as “*the thinker*.” Their analytical personality’s desire caution and restraint, best at attending to details and in analyzing problems too difficult for others. They tend to be deep-thinkers and feelers who often see the negative attributes of life, rather than the good and positive things. They are self-reliant and independent and get wholly involved in what they are doing. Melancholies can be highly creative in activities such as art, literature, music, health-care and ministry, and can become preoccupied with the tragedy and cruelty in the world; they long to make a significant and lasting difference in the world. Melancholies usually have a high degree of perfectionist tendencies, especially in regards to their own lives or performance. They are serious, purposeful, analytical, musical, artistic, talented, creative, self-sacrificing, conscientious, idealistic, philosophical, and are genius prone. They are also very “introspective” and hold themselves to a very high standard — one that can rarely be achieved. They tend to be highly organized, schedule oriented, economical, tidy, neat, detail conscious, finish what they start, like charts, graphs, figures and lists, see the problems and are able to identify creative solutions with ease. Sadly, many Melancholies are also victims of deep bouts of depression that come from great dissatisfaction, disappointment, hurtful words or events. Melancholy personalities are people who have a deep love for others, while usually holding themselves in contempt. In short, melancholies take life very seriously (too much so sometimes) and it often leaves them feeling blue, helpless or even hopeless. Because they are deeply caring people, they make great doctors, nurses, social workers, ministers, and teachers. This comes from a deep sense of what others are feeling or experiencing and the inward need to reach out and do something in order to help them. They are extremely loyal in friendships; there is an old saying that goes like this: “If you have a Melancholy for a friend, you have a friend for life.” Most Melancholies have a low self-image, are inclined toward depression, think “self-promotion” is tacky, are continually into “fixing themselves,” are notoriously “guilty” (they have an over-active conscious), and tend to worry much too often about their health. The Bible characters that seem to best fit the characteristics of a Melancholy are Moses and Abraham. In addition to the following characteristics listed below, the Melancholy is essentially described as being *organizational* and an *introvert*...

- Is self-conscious, easily embarrassed, timid, bashful.
- Avoids talking before a group; when obliged to he finds it difficult.
- Prefers to work and play alone. Good in details; careful.
- Is deliberative; slow in making decisions; perhaps overcautious even in minor matters.
- Is lacking in self-confidence and initiative; compliant and yielding.
- Tends to detachment from environment; reserved and distant except to intimate friends.
- Tends to depression; frequently moody or gloomy; very sensitive; easily hurt.

- Does not form acquaintances readily; prefers narrow range of friends; somewhat exclusionary.
- Worries over possible misfortune; crosses bridges before coming to them.
- Is secretive; seclusive; shut in; not inclined to speak unless spoken to.
- Is slow in movement; deliberative or perhaps indecisive; moods frequent and constant.
- Often represents himself at a disadvantage; modest and unassuming.

Closing note: The biblical characters listed above — Joseph, Timothy, Barnabas, David, Peter, Paul, James, Titus, Martha, Moses, and Abraham — obviously possessed temperaments other than the one attributed to them. These individuals were chosen because of the behavioral tendencies they demonstrated at various times in biblical history.

THE VARIOUS “TEMPERAMENT COMBINATIONS”

Following are the various temperament combinations and what they look like when they are combined together. Once you have identified your “*primary temperament*” and the temperament that is a close second for you, you are then ready to see how the two temperaments look when joined together. When looking at the various temperament options below, your “*primary temperament*” will be listed first — for example, if your primary temperament is a Sanguine and your runner-up temperament is a Choleric, they would be listed as “**San/Chol**” under the heading “Sanguine,” not as “**Chol/San**” under the heading “Choleric” (your secondary temperament); your primary temperament needs to be listed first. The corresponding results of the combinations listed can be found on the following website if interested: <http://www.selfgrowth.com/articles/Warfield2.html>

SANGUINE

San/Chol – This is the strongest “extrovert” of all the blends because both primary types are extroverted. They are people-oriented and enthusiastic but with the resolutions of the Choleric tempering the lack of organization of the Sanguine. He is almost always a sports enthusiast and is ideal in sales. He can talk too much and can be obnoxious if threatened. The forgetfulness of the Sanguine and the caustic nature of the Choleric may make them hurtful without realizing it.

San/Mel – They are highly emotional people whose moods can fluctuate from highs to lows and back again quickly. The Sanguine’s outgoing nature often allows the Melancholy's critical nature to surface too easily. It is very easy for a San/Mel to "get down" on themselves, and to realize their potential, it is best that they work with others.

San/Phleg – The overpowering outgoing nature of the Sanguine is tempered by the gracious Phlegmatic. These are extremely happy and carefree individuals who live to help people. They would not purposely hurt anyone but they must fight a lack of workplace motivation; they would rather visit than work.

CHOLERIC

Chol/San – The second strongest extrovert is an active and purposeful individual; he is almost fearless and has high levels of energy. Whatever his profession, his brain is always active and engaged. His weaknesses combine the quick anger of the Sanguine with the resentment of the Choleric. He gets AND gives ulcers. He may leave people (including spouse and children) shell-shocked and resentful because of his angry outbursts.

Chol/Mel – The Choleric/Melancholy is very industrious and capable. He is both Industrious and detailed. He combines verbal aggressiveness with sharp attention to detail. He is very competitive and forceful. He can be autocratic and opinionated with work habits that keep after details until the job is completely finished. He finds interpersonal relationships difficult due to the hard-to-please nature of the Choleric and the perfectionistic nature of the Melancholy.

Chol/Phleg – This is the most subdued of the outgoing temperaments. He is extremely capable in the long run though he may not impress you that way at first. He is organized and a good planner. He often gets more accomplished than other temperaments because he always thinks in terms of enlisting others to help him. His weaknesses include a tendency to quietly harbor bitterness rather than letting it out. Acknowledging weaknesses is difficult for him and he tends to worry about his performance in life activities.

PHLEGMATIC

Phleg/San – This is the easiest to get along with being congenial, happy, and people-oriented. They make excellent administrators and other jobs that involve getting along with people. He may lack motivation and discipline and may fall short of his true capabilities. He may "putter around" for years without making progress.

Phleg/Chol – This is the most active of the introverts but he'll never be a ball of fire. He can be an excellent counselor because he is an active listener. He is practical and helpful and patient. He may lack motivation and may become stubborn if threatened. He may also have a tendency toward being sedentary and passive. He needs to be around other people as he is externally motivated.

Phleg/Mel – This is gracious and quiet, does the proper thing and is dependable. He wobbles between patience and criticism and may tend toward negativism. They can be afraid of over-extending themselves so may avoid involvement in a group.

MELANCHOLY

Mel/San – They are detailed and organized; the Melancholy is tempered by the outgoing and warm Sanguine. He makes an excellent teacher as his organized side is well versed in the facts and his Sanguine side makes him enjoyable to listen to. If he goes into sales it will be sales that calls for exacting detail and the presentation of many facts. He is an emotional person – from being moved to tears to being critical and hard on others. Both temperaments can be fearful which may make this an insecure person with a poor self image.

Mel/Chol – This is both a perfectionist and a driver which may lead him into law or medicine. They mix decisiveness and determination. Because of the critical nature of the Melancholy they may be very difficult to please. If they become negative about someone or something it will have a tendency to stay with them for a long time. Their combination can lead them to "nit-pick" others and be revengeful to those they have a grudge against.

Mel/Phleg – These are often teachers and scholars. They are not as prone to hostility as other Melancholy blends and combine analysis with organization. They make excellent accountants and bookkeepers. Unfortunately he can become easily discouraged and may be susceptible to fear and anxiety. They may become uncooperative because of stubborn, rigid tendencies.