

# TOOLBOX FOR LIFE

## SESSION 3: MAXIMIZING YOUR STRENGTHS

### PARTS 1-2

Skill #1 Ignoring the Naysayers

Skill #2 Recognizing What Matters Most

*“Before I shaped you in the womb, I knew all about you.  
Before you saw the light of day, I had holy plans for you.”*

**JEREMIAH 1:5A [THE MESSAGE]**

*“You Lord, made my whole being; you formed me in my mother’s body. I praise you because you made me in an amazing and wonderful way . . . You saw my bones being formed as I TOOK SHAPE in my mother’s body. When I was put together there, you saw my body as it was formed. All the days planned for me were written in your Book before I was one day old!”*

**PSALM 139:13-16 [NCV]**

### THE 5 ELEMENTS GOD USES TO “SHAPE” YOUR LIFE

S

*“Each one has his own gift from God; one has this gift, another has that.”*

**1 CORINTHIANS 7:7B [NIV]**

H

*“Guard your heart, for it is the wellspring of life.”*

**PROVERBS 4:23 [NIV]**

A

*“God has given each of us the ability to do certain things well . . .”*

**ROMANS 12:6A [LB]**

P

*“God works through different people in different ways . . .”*

**1 CORINTHIANS 12:6 [PH]**

E

*“All that happens to us is working for our good if we love God . . .”*

**ROMANS 8:28 [LB]**

## HOW DO I MAXIMIZE MY GOD-GIVEN SHAPE?

1.

---

• **BY** \_\_\_\_\_

*“You have experienced many things. Were all those experiences wasted?”*

**GALATIANS 3:4 [ICB]**

*“Everyone should examine his own conduct; then he will be able to take the measure of his own worth; with no need to compare himself to others.”*

**GALATIANS 6:4 [KNOX]**

*“Try to have a sane estimate of your capabilities . . .”*

**ROMANS 12:3B [PH]**

• **BY** \_\_\_\_\_

2.

---

*“What right do you have as a human being to cross-examine God?  
The pot has no right to say to the potter: Why did you make me this shape?  
A potter can do whatever he likes with the clay!”*

**ROMANS 9:20-21 [JB]**

*“Each one should retain the place in life that the Lord assigned to him  
and to which God has called him.”*

**1 CORINTHIANS 7:17A [NIV]**

3.

---

*“To enjoy your work and to accept your lot in life — this is a gift from God. People who do this rarely look with sorrow on the past, for God has given them reasons for joy.”*

**ECCLESIASTES 5:19-20 [NLT]**

*“It is God who is at work within you — energizing and creating in you the power and desire to will and to work for his good pleasure and satisfaction and delight.”*

**PHILIPPIANS 2:13 [AMP]**

4.

---

*“Keep using the gift God gave you . . . let it grow, as a small flame grows into a fire.”*

**2 TIMOTHY 1:6 (NCV)**

*“God has given each of you special abilities; be sure to use them to help each other, passing on to others God’s . . . blessings.”*

**1 PETER 4:10 (LB)**

**WHAT HOLDS US BACK?** 

---

*“I was afraid, so I hid the talent you gave me in the ground.”*

**MATTHEW 25:25**

**WHY MUST I MAXIMIZE MY STRENGTHS?**

---

*“From where he sits God overlooks all of us on earth. He has shaped each person and now he watches everything we do.”*

**PSALM 33:14-15 (THE MESSAGE)**

*“Offer every part of your body to God to be used in doing good.”*

**ROMANS 6:13B (NCV)**