

# Strengths

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Strength can be defined as “a good or beneficial quality or attribute of a person or thing.” You have strengths; some you are aware of and perhaps some not yet realized. Strengths can come in the form of gifts, talents, personality traits and abilities. Take a minute to think about what [strengths you have](#). Write down what comes to mind.

Have you ever thought of your strengths as a gift? In [1 Peter 4:10](#) (NLT) the Bible says, “God has given each of you a gift from His great variety of spiritual gifts. Use them well to serve one another.” Think about this: God has given you a unique gift not only to be of benefit to you in all of your endeavors but to benefit those around you as well.



## Gifts

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Some of the [gifts](#) mentioned in the Bible include (see also [1 Corinthians 12](#); [Romans 12](#); [1 Peter 4:10](#)):

- *Administration* – steer others toward accomplishment by planning, organizing, and supervising
- *Faith* – firmly convicted of God’s power and promises
- *Giving* – to share with liberty and cheerfulness
- *Helping* – give support to others to free them up for ministry
- *Leadership* – stand before, attend to, and motivate others to act
- *Serving* – to do the undone, however menial
- *Teaching* – to instruct others for understanding and growth

While the gifts above describe roles (e.g., giver, helper, leader, server, teacher, etc.), God has designed you with a set of talents related to you to think, feel and behave. In studying what is right with people, researchers have identified a set of 34 talent themes. Talent, when combined with knowledge and skills and investment of practice, produces strengths – the consistent ability to provide near-perfect performance in a specific activity.<sup>1</sup> Knowing your talent themes (and potential strengths) can assist you in your career and in earning your degree. Knowing how to [avoid your strengths becoming a barrier](#) is important, too.

No matter what gifts, talents, and strengths you exhibit, God desires for you to use them in your personal and professional endeavors. As you fulfill God’s calling in your life, you will discover how to use these to make a positive and lasting impact on those around you.

## Discover your God-given gifts:

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- [Self-assessment](#) (free)
- [GiftTest.org Survey](#) (free)
- [StrengthsFinder® assessment](#) (\$)
- [Other assessments through Regent](#) (\$)

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<sup>1</sup> <http://strengths.gallup.com/help/general/125543/difference-talent-strength.aspx>