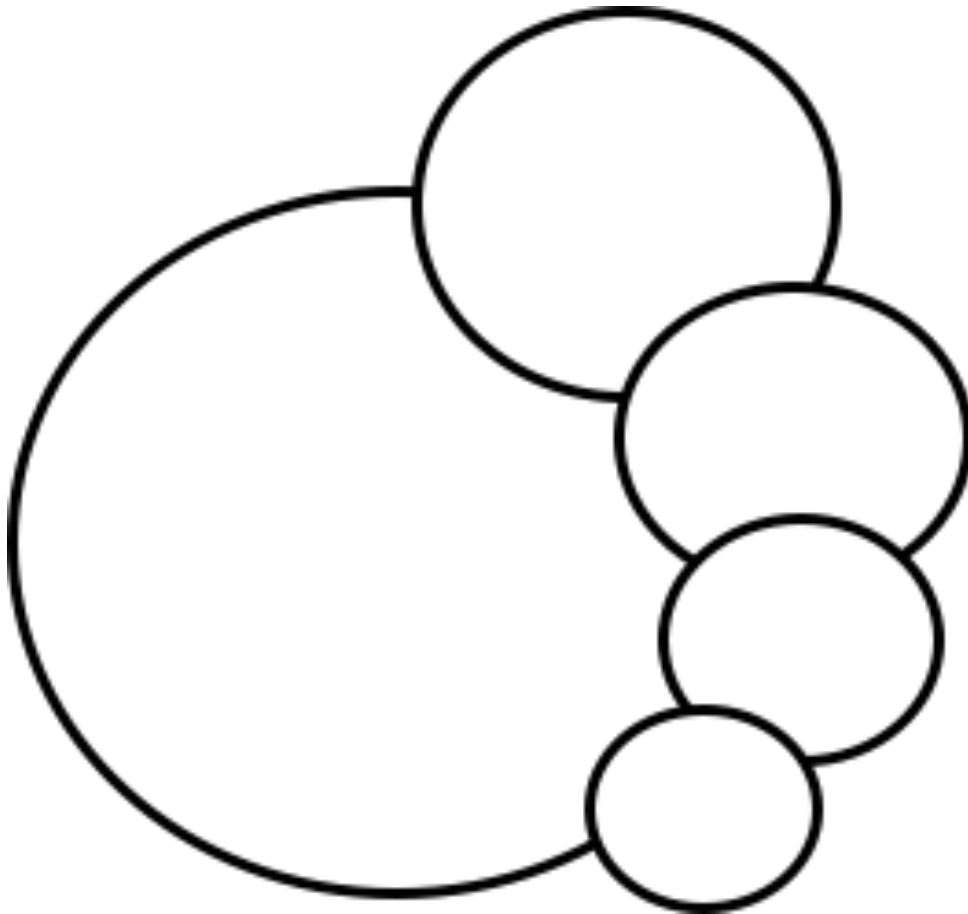


ACTIVITY - PAINTING AN INDIVIDUAL APEST PORTRAIT

- This exercise focuses on developing a 'portrait' of each person's particular calling by associating the APEST in descending order.
- Identify your individual giftings based on your understanding of the APEST typologies (use the 'INTRODUCTION TO APEST' info sheet as reference)
- In order to honour how God calls and shapes people, each member of the group should spend some time in deep personal reflection before sharing these more widely.
- Answering the following questions might help in the personal reflection process:
 - When you think about the measure of gifting that Christ has given you in each of the five APEST ministries, what would you say is your dominant or primary calling?
 - What about your secondary calling?
- Complete the figure below with your primary gifting in the largest circle, your secondary in the next largest circle and so on. What does this say about you?
- Think of events/ meetings/ situations in your life that connect to your profile.



UNDERSTANDING APEST

- Once you've filled in the circles, take the online test to correct or confirm the insights gained from this exercise.
- Adjust the first portrait in light of the online portrait accordingly (assuming you accept the validity of the online version)
- Write down the insights that you gain from the exercise and bring them to share with the small group along with your finalised portrait (or both if necessary)

SOURCE: Activating 5Q - A Users' Guide, Alan Hirsch and Jessie Cruickshank

