

Sensitive Bartholomew

The following six traits and behaviors are clues to the presence of the Sensitive style. A person who has a strong Sensitive tendency will demonstrate more of these behaviors more intensely than someone who has less of this style.

1. **Familiarity:** Individuals with the Sensitive personality style prefer the known to the unknown. They are comfortable with, even inspired by, habit, repetition, and routine.
2. **Concern:** Sensitive individuals care deeply about what other people think of them.
3. **Circumspection:** They behave with deliberate discretion in their dealings with others. They do not make hasty judgments or jump in before they know what is appropriate.
4. **Polite Reserve:** Socially they take care to maintain a courteous, self-restrained demeanor.
5. **Role:** They function best in scripted settings, vocationally and socially: when they know precisely what is expected of them, how they are supposed to relate to others, and what they are expected to say.
6. **Privacy:** Sensitive men and women are not quick to share their innermost thoughts and feelings with others, even those they know well.

Sensitive Bartholomews in Action

Sensitive people are private and territorial--most comfortable in the confines of their own known worlds. They're nesters, bonding closely with family and coworkers, and they form lasting friendships with a favored few. Among strangers, however, they rarely feel themselves. Even well into new relationships, they may find it difficult to be who they are. Yet they can operate impressively among others when they know exactly what is expected of them and what they're supposed to say. For example, many journalists with Sensitive style can interview celebrities forcefully and effectively whom they would find difficult to talk to if they were introduced socially; then, outside the work role in which they feel confident, they would be more concerned that the other person might not like them or would find them unacceptable.

Some highly Sensitive people are given to fears and phobias. Others simply feel anxious, tense, or vaguely uneasy until they can get back to their familiar habits, haunts, or roles. Uncomfortable or not, they can maintain a polite reserve around strangers and may come off as rather cool, which effectively masks their anxieties but often makes them seem haughty and unapproachable.

They are quite free in their imaginations, though, often capable of great inventiveness and creativity. They can occupy themselves quite comfortably when alone, as long as they have a family or partner or close friends whom they know they will soon be with and of whose affections and respect they are certain.

They thrive at work, especially in structured settings. They're thorough, dedicated, competent, and loyal to coworkers. They're comfortable with routine, and they try hard to earn respect.

Stress for this personality style comes from having to brave the unfamiliar on their own. Although some react by restricting their worlds and limiting their risks, many adapt by relying on close companions to accompany or even protect them. Others respond by becoming counterphobic—attempting to conquer the anxiety by confronting the challenge again and again. Stress also comes from criticism, since these men and women care so greatly about how people react to them, although others might not realize it because of their characteristic reserve.

Issues of the Sensitive Bartholomew

Since they are Sensitive familiarity and close friends are especially important. For a Sensitive Bartholomew to do something new or especially to go somewhere new or different they need a bridge to the new thing or place in the form of a friend or acquaintance who has been there or is there to make them feel at home or comfortable. Venturing out on their own is not usually attractive for them and frequently if they move away from home, family and friends, to try something new, they will have to return to home base to either live or draw comfort or support frequently before they can return to the new place or thing they are doing. They also have a keen need for belongingness and need to feel part of a group where they are accepted even if they are afraid to fit in for fear of rejection.

Scripture for the Sensitive Bartholomew

Since they are flighters by nature and John is the epitome of a flighter, one who flights for survival, the book of 1st John has a lot to say to flighters and Sensitive Bartholomews. 1st John 4:7-19 states the following: ⁷Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is born of God and knows God. ⁸But anyone who does not love does not know God—for God is love.

⁹God showed how much he loved us by sending his only Son into the world so that we might have eternal life through him. ¹⁰This is real love. It is not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins.

¹¹Dear friends, since God loved us that much, we surely ought to love each other. ¹²No one has ever seen God. But if we love each other, God lives in us, and his love has been brought to full expression through us.

¹³And God has given us his Spirit as proof that we live in him and he in us. ¹⁴Furthermore, we have seen with our own eyes and now testify that the Father sent his Son to be the Savior of the world. ¹⁵All who proclaim that Jesus is the Son of God have God living in them, and they live in God. ¹⁶We know how much God loves us, and we have put our trust in him.

God is love, and all who live in love live in God, and God lives in them. ¹⁷And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we are like Christ here in this world.

¹⁸Such love has no fear because perfect love expels all fear. If we are afraid, it is for fear of judgment, and this shows that his love has not been perfected in us. ¹⁹We love each other^o as a result of his loving us first.

Since Sensitive Bartholomews primarily wrestle with fear on some level with many things in their life, realizing God's love "casts out" or replaces fear is important for them to remember. If they are right with God and feel his love, what do they need to fear from mankind whether it be harm or disapproval.

Fear

WHAT CAN I DO WHEN I AM OVERCOME WITH FEAR? HOW DO I FIND THE STRENGTH TO GO ON?

PSALM 46:1-2; JOHN 14:27

God promises to comfort us in our fear if we seek him when we are afraid. We have the confident assurance that he is with us in any circumstance.

WHEN IS FEAR GOOD?

PSALM 2:11

Because God is so great and mighty, and because he holds the power of life and death in his hands, we must have a healthy, reverent fear of him. A healthy fear helps us keep our perspective about where we need to be in our relationship with God.

2 CORINTHIANS 7:1

A healthy fear of God motivates us to strive for holiness.

DEUTERONOMY 31:7-8

Fear can be good if it teaches us about courage. Joshua couldn't have truly understood courage if he hadn't experienced fear. Fear gave him courageous character and taught him to rely on and trust in God.

WHEN IS FEAR NOT GOOD?

HEBREWS 10:31

Fear is terrifying if we have to fall into the hands of God without having made peace with him.

GENESIS 26:7; JOSHUA 17:16-18

Fear is not good if it keeps us from doing the things we ought to do. We are not meant to live in fear.

Promise from God: Isaiah 41:10

¹⁰Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand.

Family

WHAT IS FAMILY? HOW DOES THE BIBLE DEFINE IT?

GENESIS 2:24; EPHESIANS 2:19; JAMES 1:18

The Bible talks about both an earthly family, made up of husband and wife and usually children, and the family of God, which is all believers united together by the bond of faith.

1 CHRONICLES 9:1

The Bible lists several genealogies, all recorded by family units, showing the family as central and fundamental to the development of people and of nations.

PROVERBS 6:20-23

Nowhere can truth be more effectively taught and modeled than in the family.

JOSHUA 24:15

The family is one of God's greatest resources for communicating truth and effecting change in any community. This change is directly related to the family's spiritual commitment and zeal.

PSALM 127:3

Children are a wonderful blessing.

WHAT IS YOUR RESPONSIBILITY TO YOUR FAMILY?

DEUTERONOMY 6:7; PROVERBS 22:6

To give them spiritual training and explain the gospel of Jesus to them.

2 TIMOTHY 1:5; EXODUS 10:2

To share spiritual experiences with them and remind them of their spiritual heritage.

TITUS 2:4-5; EPHESIANS 6:1-4

To love them and discipline them when necessary. To teach them proper conduct. To be a good role model.

PROVERBS 31:27

To provide for them.

1 SAMUEL 3:13; 1 KINGS 1:6; PROVERBS 29:15

Neglecting to teach your children spiritual truths and neglecting discipline have tragic consequences.

SHOULD I TREAT OTHER BELIEVERS LIKE MEMBERS OF MY OWN FAMILY?

1 PETER 3:8

God's family should have all of the qualities of family life, but extended throughout the family of God. We should love one another, sympathize with one another, and help one another. We should be bonded into a special family relationship.

Promise from God: Psalm 102:28

²⁸ The children of your people
will live in security.
Their children's children
will thrive in your presence.

The Sensitive Bartholomew's Role in God's Kingdom

Due to their great sensitivity individuals with the Sensitive Bartholomew personality type will often sense the needs of others and be able to understand their pain. In appropriate care-giving roles they will often be able to be appreciated by others for the healing their presence brings. If they can overcome their fear and venture out in faith and God's love they can extend the love of God's family to others and offer them a sense of acceptance

and belongingness that is very sensitive to where the other person is in their own life. If you want to read further in scripture regarding how God can use sensitive people even if they are out of or removed from their comfort zone read the life of Daniel in the Old Testament.

Daniel

Daniel's early life demonstrates that there is more to being young than making mistakes. No characteristic wins the hearts of adults more quickly than wisdom in the words and actions of a young person. Daniel and his friends had been taken from their homes in Judah and exiled. Their futures were in doubt, but they all had personal traits that qualified them for jobs as servants in the king's palace. They took advantage of the opportunity without letting the opportunity take advantage of them.

Our first hint of Daniel's greatness comes in his quiet refusal to give up his convictions. He had applied God's will to his own life, and he resisted changing the good habits he had formed. Both his physical and spiritual diets were an important part of his relationship with God. He ate carefully and lived prayerfully. One of the benefits of being in training for royal service was eating food from the king's table. Daniel tactfully chose a simpler menu and proved it was a healthy choice. As with Daniel, mealtimes are obvious and regular tests of our efforts to control our appetites.

While Daniel limited his food intake, he indulged in prayer. He was able to communicate with God because he made it a habit. He put into practice his convictions, even when that meant being thrown into a den of hungry lions. His life proved he made the right choice.

Do you hold so strongly to your faith in God that whatever happens you will do what God says? Such conviction keeps you a step ahead of temptation; such conviction gives you wisdom and stability in changing circumstances. Prayerfully live out your convictions in everyday life and trust God for the results.

STRENGTHS AND ACCOMPLISHMENTS

- ◆ Although young when deported, remained true to his faith
- ◆ Served as an adviser to two Babylonian kings and two Medo-Persian kings
- ◆ Was a man of prayer and a statesman with the gift of prophecy
- ◆ Survived the lions' den

LESSONS FROM HIS LIFE

- ◆ Quiet convictions often earn long-term respect
- ◆ Don't wait until you are in a tough situation to learn about prayer
- ◆ God can use people wherever they are

VITAL STATISTICS

- ◆ Where: Judah and the courts of both Babylon and Persia
- ◆ Occupation: A captive from Israel who became an adviser of kings
- ◆ Contemporaries: Hananiah, Mishael, Azariah, Nebuchadnezzar, Belshazzar, Darius, Cyrus

KEY VERSE

"This man Daniel, whom the king named Belteshazzar, has a sharp mind and is filled with divine knowledge and understanding. He can interpret dreams, explain riddles, and solve difficult problems. Call for Daniel, and he will tell you what the writing means" (Daniel 5:12).

Daniel's story is told in the book of Daniel. He is also mentioned in Matthew 24:15.