

APEST

we're all body parts

discovering our
place in the living
body of Jesus
Christ



As those captured by Jesus' love, with his Spirit alive inside, we are members of the Body of Jesus Christ. The Apostle Paul used the "body" analogy to explain that Jesus equipped the Church for God's mission on earth—and each individual is created to participate in that mission.

In Ephesians chapter four, Paul specifically describes how Jesus gave himself to the Church by gifting it with five diverse functions, to be lived out in unity, so we all grow to spiritual maturity. These functions can be summarized as APEST:



The APOSTOLIC function : Sending and Extending

Extending Jesus' love and life into new cultures and contexts.



The PROPHETIC function : Revealing and Reforming

Keeping the Church faithful to God and serving in the world.



The EVANGELISTIC function : Exciting and Inviting

Telling the story and recruiting to Jesus' cause.



The SHEPHERDING function : Protecting and Providing

Developing and maintaining healthy community in the Body.



The TEACHING function : Explaining and Training

Passing on wisdom and understanding.

Key Insights

- To best understand your APEST profile, engage your (1) personal reflection, the (2) wisdom of others, and the (3) APEST Personal Assessment (found at 5QCentral.com/tests)
- Jesus' image is planted in each human, so we each carry all five APEST gifts in varying strengths.
- Our TWO strongest areas are usually how we view the world, even if they are not the most mature. As they mature we find our strongest areas for serving on mission.
- Our THIRD strongest area may be the most developed, since it often describes the job we do.
- By living in community, we can help one another grow in all five areas.
- When a community demonstrates all five APEST gifts serving together, we will see the most complete picture of Jesus on mission.

Your APEST Profile

Use the boxes below to list your APEST mix as indicated by the results of your APEST assessment.

← most prominent ————— least prominent →

Your Natural Wing

Identify two key thoughts from your APEST assessment that resonate with you. Write them here:

You only have one vocation

We tend to think our lives are divided between sacred and secular, with a “church life” and a “work life.” The Bible describes a different view. Our single vocation is to live on Jesus’ mission wherever we live, work, or play. It’s everyday, all-the-time, as the Holy Spirit lives through us. So with our APEST gifting areas, we look for opportunities to serve, encourage, and bless.

Here are some ideas of how our APEST giftings may get expressed in everyday life:

Apostolic Roles	Prophetic Roles	Evangelistic Roles	Shepherding Roles	Teaching Roles
Founder	Activist	Messenger	Caregiver	Sage
Designer	Politician	Salesperson	Defender	Professor
Cultural Architect	Advocate	Journalist	Peacemaker	Philosopher
Visionary	Aid Worker	Recruiter	Helper	Scientist
Pioneer	Poet	Promoter	First-responder	Guide
Adventurer	Reformer	Champion	Healer	Engineer
Strategist	Liberator	Storyteller	Counselor	Researcher
Innovator	Environmentalist	Marketer	Human Resources	Legal Worker



Let's Make a Plan

As we live within a community of Jesus-followers, we grow to better understand ourselves, our dominant APEST areas, and how to develop our weaker areas. This allows us to serve in the ways that God has most strongly wired us—while also growing more mature in all areas as disciples of Jesus.

How will you use your dominant styles to serve others in your daily life?

Who do you know with different APEST strength areas, that can show you how to grow in your weaker areas?

