

# THE FOUR *Temperaments:* A Spiritual Perspective



with **Julia Monnin, OCDS**  
hosted by **Journeys Revealed Ministries**

Ever wonder why you have a tendency to react a certain way in certain situations? Why one person might prefer to be in charge and call all of the shots while another would rather stay hidden and let someone else make all of the decisions? What about the seven deadly sins? Why do some of us find it especially hard to forgive, others can't seem to get their outbursts of anger under control, others struggle avoiding the party and overcoming sins against the flesh, and still others seemingly lack the desire to do anything at all as they battle sloth on a regular basis? Though we are complex beings in which there are endless reasons for any of our tendencies to react, having a basic understanding of the four temperaments has helped many to find truer and more lasting peace in their relationship with themselves, with others, and with Christ.

- This is typically a 2 hour event given in a Catholic setting
- It can be reduced to as little as 30 minutes and given in a secular setting as well

## ***Psalm 139:1–6, 13–16***

*LORD, you have probed me, you know me:  
you know when I sit and stand;  
you understand my thoughts from afar.  
You sift through my travels and my rest;  
with all my ways you are familiar.  
Even before a word is on my tongue,  
LORD, you know it all.  
Behind and before you encircle me  
and rest your hand upon me.  
Such knowledge is too wonderful for me,  
far too lofty for me to reach. . . .  
You formed my inmost being;  
you knit me in my mother's womb.  
I praise you, because I am wonderfully made;  
wonderful are your works!  
My very self you know.  
My bones are not hidden from you,  
When I was being made in secret,  
fashioned in the depths of the earth.  
Your eyes saw me unformed;  
in your book all are written down;  
my days were shaped, before one came to be.*

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**Speaker fee: \$200 minimum**

Additional fees may apply. Please contact  
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# Julia Monnin, OCDS

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Julia Monnin is a small-town girl whose “rocky” young adult years were followed by a massive conversion in her late twenties. After living a life of deadly sin for more years than she would like to admit, she eventually found God’s endless love and mercy and her fresh start in the practices of the Roman Catholic faith she grew up in. She published her first book, *The World Is Noisy – God Whispers: Volume I* in 2017 and her second, *The World Is Noisy – God Whispers: The Daily Devotional* in 2019. (The Second Editions of both of these books were released in 2021.) Her third book, *The World Is Noisy – God Whispers: Volume II*, was released in January of 2023 followed quickly by the release of her fourth book, *The World Is Noisy – God Whispers: The Second Daily Devotional* in November of 2023. She also hosts *The World Is Noisy – God Whispers@Podcast* and has previously hosted *The Shoenstatt Way of Life Podcast* as well as *Darting Through the Faith* with Fr. Sean Wilson. Links to all of these episodes can be found on her website [theworldisnoisy.com](http://theworldisnoisy.com). Julia is the founder and president of Journeys Revealed Ministries and is also serving as JRM’s Director of Apostolic Works. She has a degree in Psychology and made her Definitive Promises in the Secular Order of Discalced Carmelites (OCDS) on December 14, 2021. She lives with her husband and son in west central Ohio where she joyfully and gratefully lives out her vocation as a wife and mother.



## SPEAKING TOPICS

### A SINFUL WOMAN FORGIVEN

“‘I’m a sinful woman forgiven.’ In essence, this pretty much sums up my soul’s journey. And I’m humbled to share the goodness of our great and merciful God, who ransomed, healed, restored, and forgave me, and who continues to draw me into the depths of His love.”

### SAINT MARY MAGDALENE, “APOSTLE TO THE APOSTLES”

Julia shares insights into the life of this great saint who, after a profound conversion, loved the Lord with such ardor and zeal that she followed Him all the way to the foot of the Cross and was also graced to be the first our Resurrected Lord appeared to at the empty tomb on Easter Sunday. Julia draws her inspiration from the book *Saint Mary Magdalene: Prophetess of Eucharistic Love* by Fr. Sean Davidson.

### 6 SESSION SERIES: CATECHISM OF THE CATHOLIC CHURCH, PART IV

In this 6 session series, Julia discusses in full Part Four (the section on prayer) of the Catechism of the Catholic Church.

### TRUSTING IN GOD’S MERCY

While sharing some of her own witness story, Julia turns to the wisdom of Scripture as she sheds light on the beauty of God’s infinite love and the endless abyss of His mercy.

### THE FOUR TEMPERAMENTS: A SPIRITUAL PERSPECTIVE

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### HEROIC VIRTUE

What it is, what it isn’t, and the perfect opportunity the challenges of parish life give us to grow in it. A day of recollection for priests, staff members, and parish leaders.

### DO YOU LOVE ME? . . . WILL YOU FIGHT FOR ME?

A day of recollection for both women and men spent unpacking the beauty of authentic masculinity and femininity aimed at helping those in attendance better embrace what it truly means to be “man” and “woman.” (Couples are encouraged to attend together.)

### A PRAYERFUL APPROACH TO PLANNING

Learn how to plan as a fruit of prayer and even a way of prayer so as not to let the work and “to-do’s” of the day (and one’s life) become overwhelming. This workshop ties basic planning strategies into the life of prayer and offers practical tips and suggestions for the “how to” part. Great for annual planning strategies as well as for Advent and Lenten strivings.