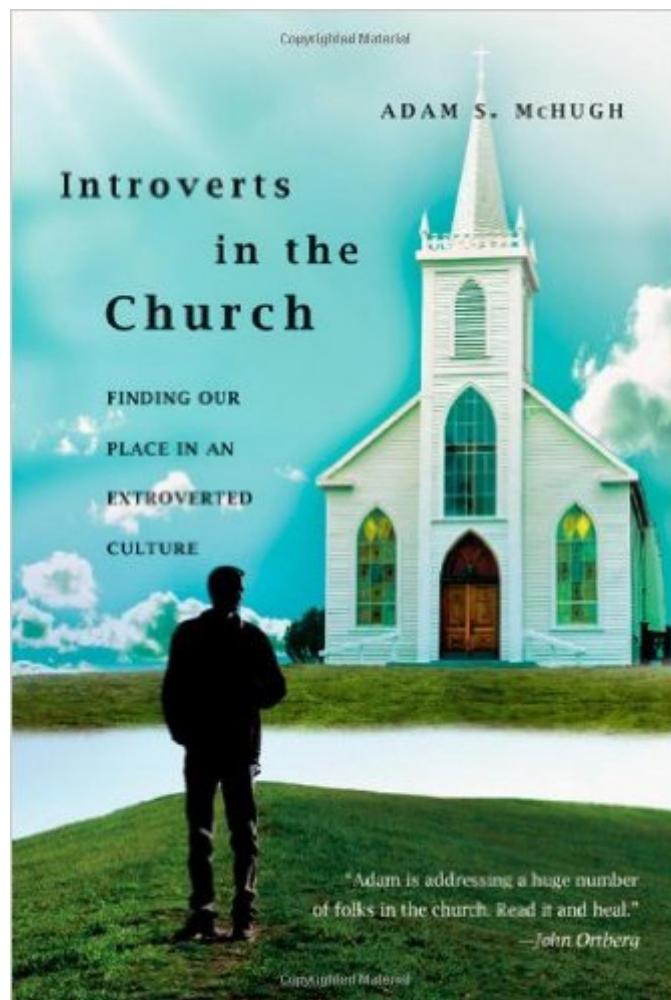


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# Introverts In The Church: Finding Our Place In An Extroverted Culture



## Synopsis

Introverts are called and gifted by God. But many churches tend to be extroverted places where introverts are marginalized. Some Christians end up feeling like it's not as faithful to be an introvert. Adam McHugh shows how introverts can live and minister in ways consistent with their personalities. He explains how introverts and extroverts process information and approach relationships differently and how introverts can practice Christian spirituality in ways that fit who they are. With practical illustrations from church and parachurch contexts, McHugh offers ways for introverts to serve, lead, worship and even evangelize effectively. *Introverts in the Church* is essential reading for any introvert who has ever felt out of place, as well as for church leaders who want to make their churches more welcoming to introverts. Discover God's call and empowering to thrive as an introvert, for the sake of the church and kingdom.

## Book Information

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## Customer Reviews

Few books really change me deeply. Directly. Powerfully. Never to look back. I didn't expect it, but this one had me spinning for days and still eager to consider the implications more and more. I'll be honest. I was in a rut. I still am trying to turn my way out. I need refreshment. I need recharging. I need renewal. And God has used *Introverts in the Church* by Adam McHugh to show me how I put myself in the rut and how to get out. And that was just after the first 2 chapters. What is realized is that I've been working hard for years at being more extroverted. After all, the more extroverted I could be the better I could function in ministry. I'd be a better evangelist and preacher and counselor and networker and so on. Imagine the hunger to be in constant interaction with the people around

you in pastoral ministry. I romanticized that idea, but struggled to follow through. I have been streaky at best. And the more I felt guilty about it, the more drained I became and harder I worked to be something that didn't \*click\*. McHugh explained a picture of me in the book that opened my eyes. McHugh helped explain my introversion in super-helpful recognizable attributes (p 42). I recharge best alone or with close friends or family. I need rest after outside activities and interaction with people. I'm territorial with private & family space and treat my home like a sanctuary. Small talk drives me batty. My brain is bubbling with activity no matter what else is going on around me. And so on. I think while reading this chapter I giggled with delight at the things I learned about myself that I knew but didn't know, if you know what I mean. Ok, I didn't "giggle." I'm a dude, after all. But I grinned big and in a giggle-y way.

This is a helpful book that describes the difficulties that introverts have in contemporary churches in America. It provides an illuminating description of how "extroverted" the modern evangelical church has become. The author shares many suggestions as to how introverts could more fully integrate into the life of these churches. It should be read by any pastor who wants to understand the flock better and how modern church movements like Alpha, the small group movement, Amore, and even the "coffee hour" can be extremely off-putting and even destructive to the faith of introverts. There are a number of negative aspects of the book that prevent me from rating it more highly. - The author paints introverts with a pretty broad brush, relying on stereotypes and eschewing much psychological or sociological research that could have supported his assertions more persuasively. Anyone familiar with Myers Briggs types knows that introverts can also be sensing or intuitive, thinking or feeling, and perceiving or judging. By the end of the book I realized that the author purported to speak for all introverts but was a very different introvert than I am. - Too often the author conflates introversion with shyness. The two are distinct concepts and yet many of his examples involve shy introverts. Many of my fellow attorneys are introverts and yet I do not think that anyone would ever accuse us of being shy. - The author's advice to the church seems to be that introverts should become more extroverted, or, as another reviewer put it, "get over" their introversion.

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