

Prayer Styles



Prayer

What does prayer
mean to you?



Traditional Prayers & Asking for Stuff

- The Lord's Prayer
- The Hail Mary
- The Apostles Creed
- The Grace before meals
- Help me pass a math test
- I want a new Barbie for Christmas
- Make my chicken pox go away

The Problem of Unanswered Prayer



There are different prayer styles



- The prayer style that works best for you depends on your personality type.

Myers Briggs Type Indicator test

- Extroverts
- Introverts
- Sensing Types
- Intuitive Types
- Thinking Types
- Feeling Types
- Judging Types
- Perceiving Types

Sample Questions

- Do you like to have people around you?
- Do you get energy and stimulation from external things?
- Under stress do you need contact with others?
- Are you concerned about what others think about you?
- Then you are an **extrovert**. (E)

Sample Questions

- Are you exhausted after a day of meeting people?
- Do you prefer to work quietly and alone?
- Do you feel lonely in a crowd of strangers?
- Do you keep your inner life private except when you are with your closest friends?
- Then you are an **introvert**. (I)

Sample Questions

- Are you good at giving directions?
- Do you value commonsense; are you practical and realistic?
- Do you want facts, trust facts, remember facts?
- Do you usually read the fine print of contracts?
- Then you are a **sensing type**. (S)

Sample Questions

- Do you face life expectantly and willing to ski jump from the known to the unknown?
- Do you prefer to look at the whole picture rather than minor details?
- Are you imaginative, original and creative?
- Do you dislike routine?
- Then you are an **intuitive type**. (N)

Sample Questions

- Do you make judgments and decisions on an objective basis?
- Do you value logic over sentiment?
- Do you need to be treated fairly and justly?
- Do you love to discuss and argue and get to the bottom of an issue?
- Then you are a **thinking type**. (T)

Sample Questions

- Are you keenly aware of others feelings?
- Are you usually skillful and tactful in handling personal situations?
- Do you try to avoid conflict and therefore are usually good at resolving conflicts?
- Do you need praise and affirmation?
- Then you are a **feeling type**. (F)

Sample Questions

- Do you enjoy following a schedule and meeting a deadline?
- Do you like to know ahead of time to permit planning?
- Do you dislike long shopping trips?
- Are you usually prompt and on time?
- Then you are a **judging type**. (J)

Sample Questions

- Are you flexible and open minded and always looking for more data?
- Are you reluctant to make final decisions?
- Do you live life in a spontaneous and free-spirited manner?
- Do you enjoy the unexpected and love surprises?
- Then you are a **perceiving type**. (P)

Test Results

- ESTJ ISTJ ESTP ISTP
- ESFJ ISFJ ESFP ISFP
- ENTJ INTJ ENTP INTP
- ENFJ INFJ ENFP INFP

David Kiersey's Research

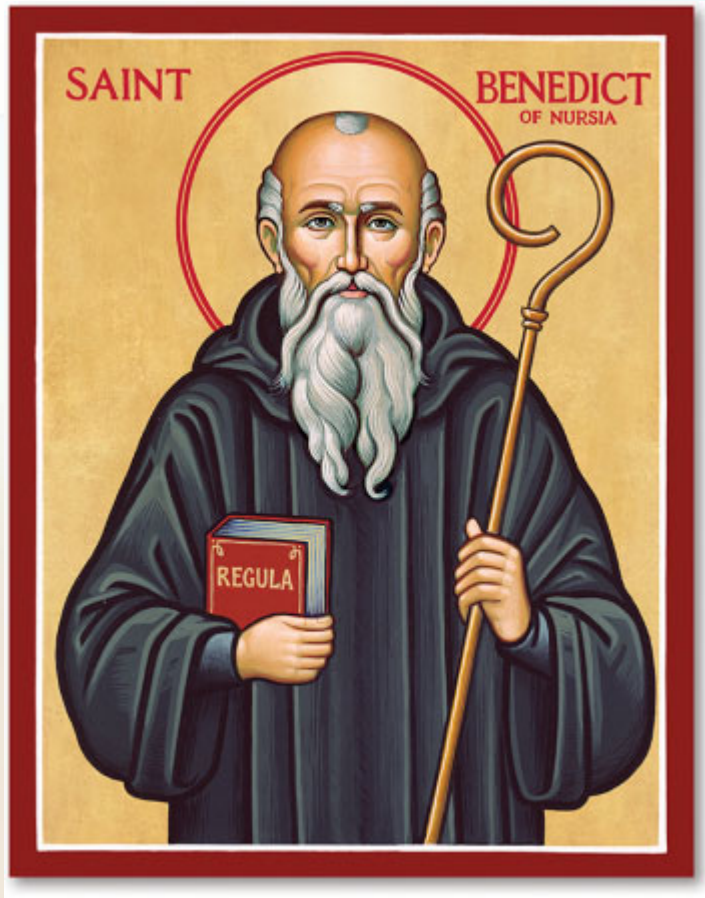
- ESTJ ISTJ ESTP ISTP
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David Kiersey's Research

Four Basic Temperaments

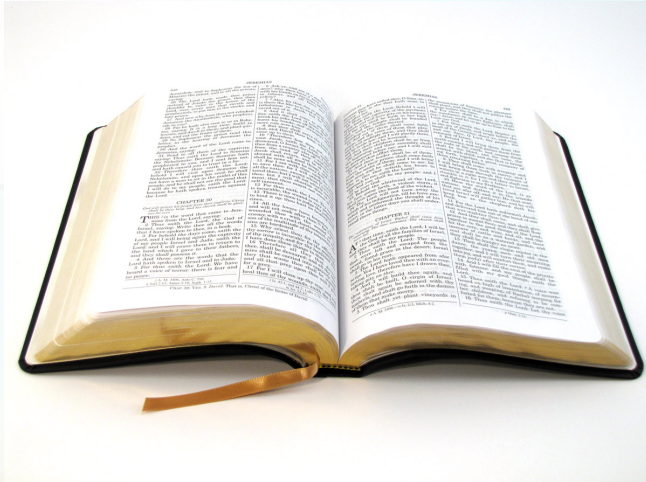
1. Sensing-Judging (SJ)
2. Sensing-Perceiving (SP)
3. Intuition-Thinking (NT)
4. Intuition-Feeling (NF)

Lectio Divina – Sacred Reading



St. Benedict recommended this type of prayer to the communities of monks and virgins he founded in the fifth century.

Step One in Lectio Divina



Read Sacred Scripture,
a book on some
religious topic, or
study an art work.

Step Two in Lectio Divina



Think about what you have read or about the art work.

Step Three in Lectio Divina



Pray about how to relate the meaning of what you just studied to your own life.

Step Four in Lectio Divina



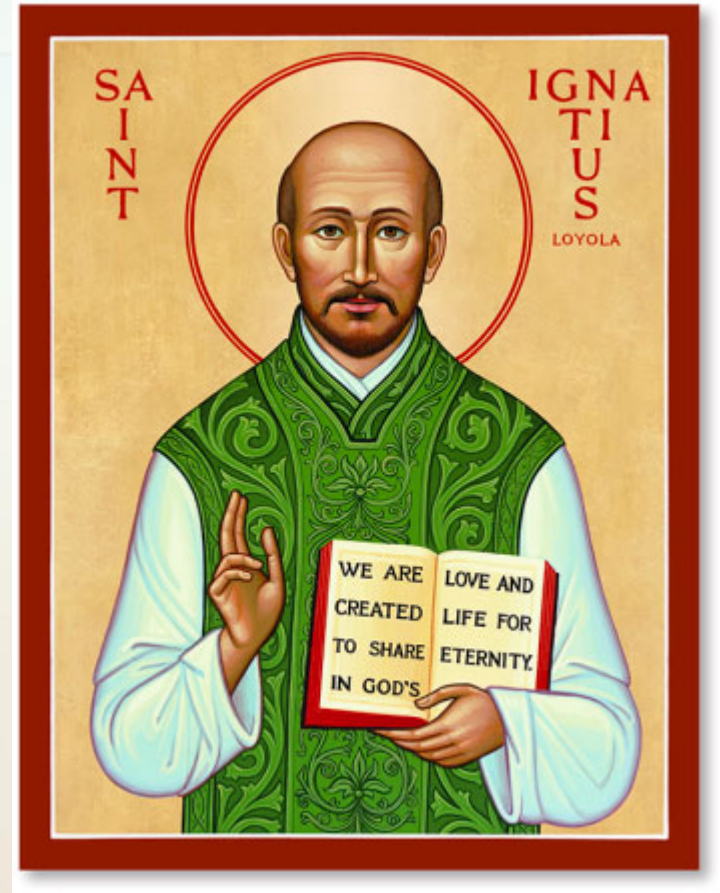
Sit in silence to allow God to touch you. If you become distracted, simply recall the theme of the reading or the painting and become open to resting in the Lord.

Sample Lectio Divina

1. Read Matthew 13: 1-23 and your favorite Bible commentary on this scripture.
2. Jesus gives 6 different results of his sowing of the seed. Three of them do not produce any fruit, but 3 of them do. Think about the times when you heard God's Word and produced fruit and the times when life events distracted you.
3. Ask forgiveness for any past failures. Pray that you will be one of those who produce fruit.
4. What insights is the Holy Spirit giving you now?

Ignatian Prayer: SJ Temperament

St. Ignatius of Loyola founded the Jesuit order in the 4th century. He wrote about this prayer style in his book Spiritual Exercises.



Ignatian Prayer: SJ Temperament

Strive to participate in an event in the life of Jesus by projecting yourself back into history to become part of the scene.



Sample Ignatian Prayer

Read Luke 10:38-42

Imagine yourself a friend and fellow-villager of either Mary, Martha or Lazarus. They tell you that Jesus of Nazareth is coming to visit in Bethany. You express an interest in meeting him and you are invited to come have dinner with them and Jesus. Close your eyes and relive in your imagination, with as many vivid details as possible, what your meeting and conversation with Jesus would be like.

Franciscan Prayer: SP Temperament



St. Francis of Assisi introduced a type of spirituality in the 13th century that is ideal for the SP temperament.

Franciscan Prayer: SP Temperament



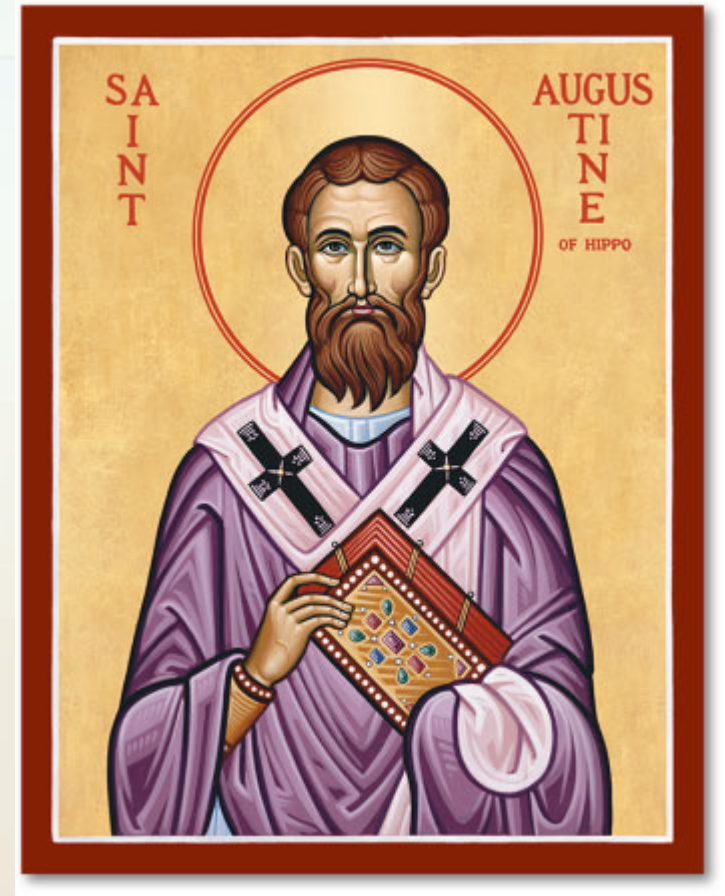
Acts of loving service can be a most effective form of prayer. SPs work is their prayer.

Sample Franciscan Prayer

Visit someone sick or old in a nursing home and talk to him/her about God. Before you leave, pray with this person and ask God to bless and help him/her. If you do not know anyone ill or aged who lives nearby, simply go unannounced to some nursing home and ask permission to visit a patient who seldom has visitors.

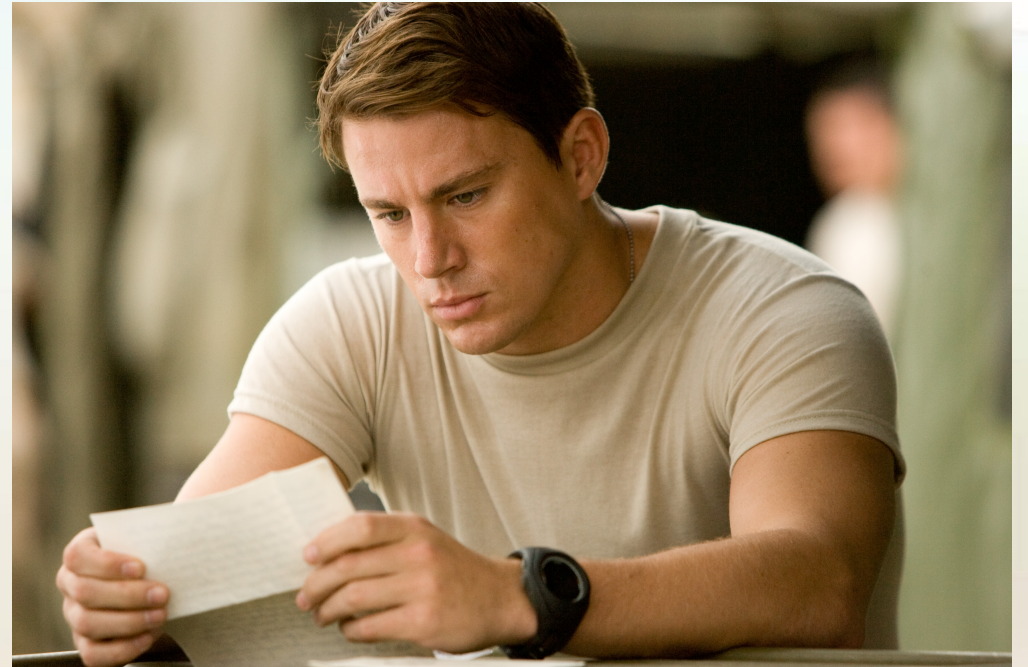
Augustinian Prayer: NF Temperament

St. Augustine was one of the early Christian Fathers of the Church. He developed rules of spirituality for monasteries and convents in North Africa in the early 5th century.



Augustinian Prayer: NF Temperament

- Read a Bible passage as if it is a personal letter from God to you. Use your creative imagination to make the words apply to your situation today.

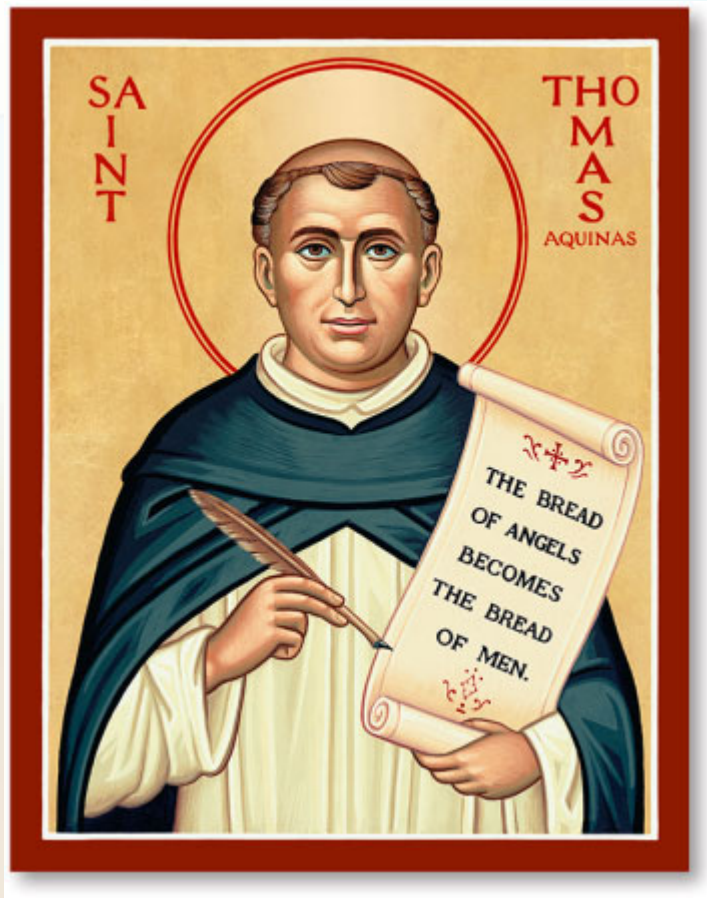


Sample Augustinian Prayer

Read Matthew 5:38-48.

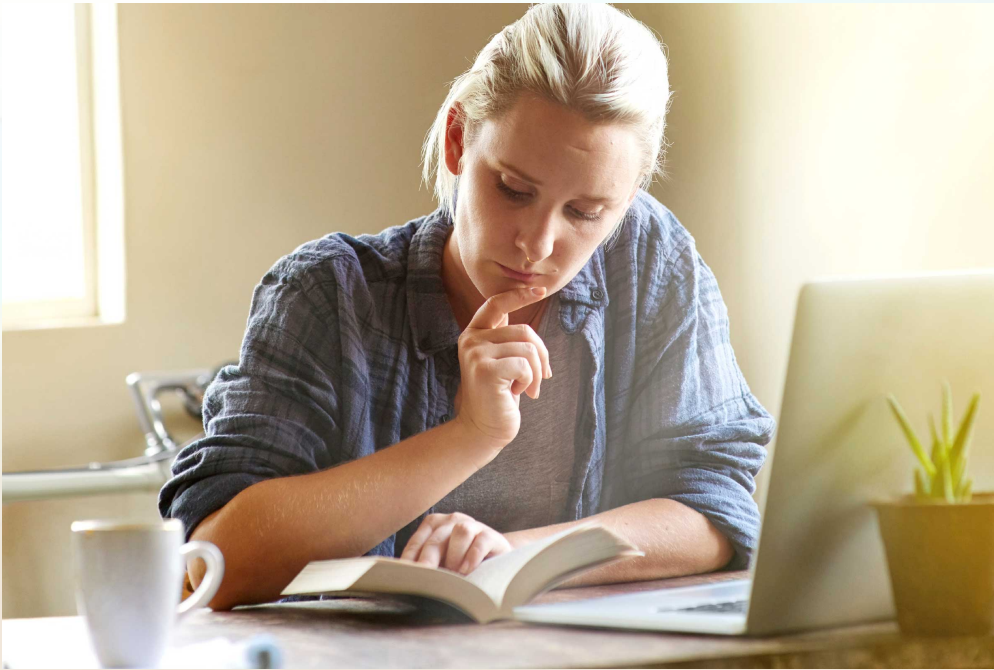
Read the passage slowly several times. Try to discern what meaning the words might have if spoken to you by Jesus at this very moment. Whom do you need to forgive? How might you turn the other cheek, or go the extra mile, or give away your shirt as well as your cloak?

Thomistic Prayer: NT Temperament



St. Thomas Aquinas recommended this method of prayer to his followers in the 13th century. It uses a type of thinking known as the Scholastic Method.

Thomistic Prayer: NT Temperament



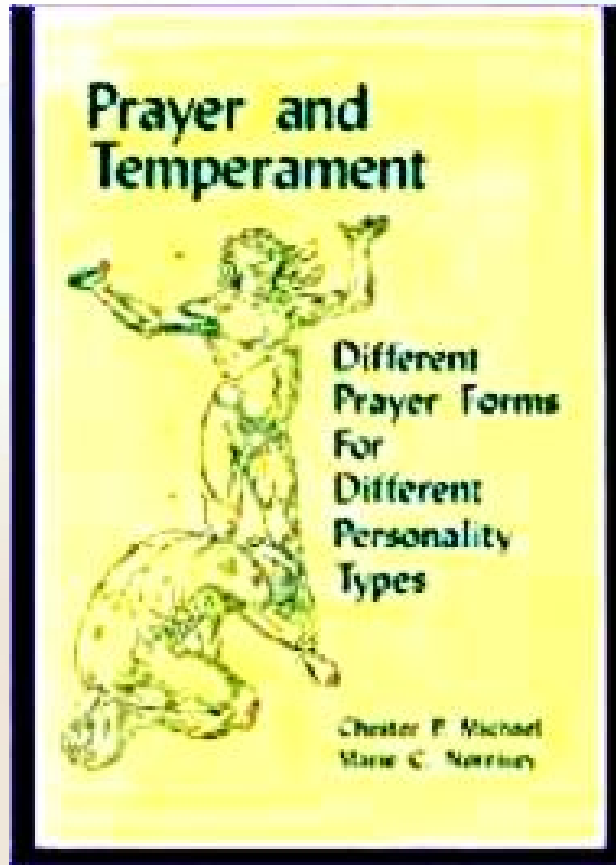
Select a subject, a Biblical teaching, one of the hard sayings of Jesus, a virtue or fault, or a book on theology. Walk around it asking what, why, how, who, where, when, with what helps.

Sample Thomistic Prayer

Read Mark 10:35-45

Read the passage carefully. Notice that Jesus in no way condemns ambition but simply teaches the disciples that their desire to be first should be in the area of humble service to others. “Whoever wants to be first among you must serve the needs of all.” Do you have this kind of ambition? How might you, like Jesus, give your life in ransom for others?

Questions? Comments?



Resource:

Prayer and Temperament:
Different Prayer Forms For
Different Personality Types
by Chester P. Michael and
Marie C. Norrissey. The
Open Door, Charlottesville,
VA, 1991. Revised 2002.