

# Prayer and Personality Type

Two Attitudes toward Life<sup>1</sup>:

- 1) **E**xtraversion 2) **I**ntroversion      Where do we prefer to focus our attention?

Four Operating Functions:

- a) **S**ensation      b) **I**ntuition      How do we gather data?  
c) **T**hinking      d) **F**eeling      How do we make decisions?

How do we prefer to relate to the outside world?

- i) **J**udging      Primarily using the Thinking/or Feeling functions - Generally quite structured and decisive  
ii) **P**erceiving      Primarily using the Sensation/or Intuition functions - Usually more flexible and open-ended

<u>Type</u>	<u>% of Pop.</u>	<u>Biblical Saints</u>	<u>Spirituality</u>	<u>Prayer Type</u>	<u>Tools/Attributes</u>
<b>SJ</b>	40%	St. James, St. Matthew	<b>Ignatian</b> (Jesuits)	Structured Prayer Liturgical Year; Commemorations (50% of churchgoers are SJ's)	Lectionaries; Acts of charity Practical; Strong sense of duty & obligation; honor the <i>past</i> & tradition
<b>SP</b>	38%	St. Peter, St. Mark	<b>Franciscan</b> (Franciscans)	Open to guidance of Holy Spirit unstructured; spirit-filled praise & celebration	Simplicity; acts of service focused on the <i>present</i>
<b>NT</b>	12%	St. John	<b>Thomistic</b> (Dominicans)	Structured Prayer Rational Reflection & study	Search for truth systematic; thorough
<b>NF</b>	12%	St. Paul, St. Luke	<b>Augustinian</b> (Augustinians)	Scriptural Reflection/Meditation Retreats; Extended prayer times (50% of retreat-goers & spiritual writers are NF's); <i>Future</i>	Imagination and Reflection Emphasize Intuition & Feeling Focused

Benedictine Prayer: **Lectio Divina** (using all the senses)

<b>Lectio</b>	Spiritual Reading	<b>S</b>	Eagerly seeking after the <i>Word of God</i> and divine truth
<b>Meditatio</b>	Meditation	<b>T</b>	Chew and ruminate on God's word and <i>apply it</i> to our own situation and needs
<b>Oratio</b>	Prayer	<b>F</b>	Respond to what God has revealed to us in <i>prayer</i>
<b>Contemplatio</b>	Contemplation	<b>N</b>	Be quiet, listen and <i>be open</i> to what God might wish to impart

<sup>1</sup>Extraverts use their dominant Function when dealing with the external world and rely on their Auxiliary Function when dealing with the inner world of ideas, concepts, spirit. On the other hand, Introverts use their Dominant Function in the inner world, and depend upon their Auxiliary Function when they deal with the external world.