

The *Lectio Divina* and Temperament Pohick Church—Lenten Series, 2011

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- **Ignatian Spirituality (Sensing-Judging—SJ)**
 - **Characteristics**
 - Attracted to very orderly, organized prayer (e.g., *BCP*)
 - Lean towards the established, traditional orders of worship.
 - Have an abiding interest in history and preserving the historical.
 - Are very practical in their prayer requests.
 - Are often efficient at making prayer lists and sticking to them.
 - **Prayer Suggestions**
 - **Matthew** is the Gospel that best resonates with this temperament, as it emphasizes the continuity of tradition.
 - As you read a narrative passage of scripture, imagine yourself as one of the characters in the story. For example, *become* the prodigal son in the parable, or *become* Mary Magdalene weeping before the empty tomb. Then, perhaps, switch characters. Ask yourself, “How in my life have I acted like this/these character(s)?” How may God be speaking to you in this role-play.
 - Join a prayer group or Bible study that sticks to a very organized format.
 - Make your quiet time at a specific time in a specific place.
 - Make use of an intercessory list during your prayer time.
 - Consider taking a pilgrimage to the Holy Land or a place associated with Church history.
 - **Specific Prayers**
 - **ISTJ:** Lord, help me to relax about insignificant details beginning tomorrow at 11:41.23 a.m. EDT.
 - **ISFJ:** Lord, help me to be more laid back and help me to do it EXACTLY right.
 - **ESTJ:** God, help me to not try to RUN everything. But, if You need some help, just ask.
 - **ESFJ:** God, give me patience, and I mean right NOW.
- **Franciscan Spirituality (Sensing-Perceiving—SP)**
 - **Characteristics**
 - Attracted to nature and kinesthetic activity. Prayer=what I am doing.
 - Often become impatient with organized religion, finding it too stifling.
 - Experience prayer best through nature, liturgical movement, the visual arts and music.
 - **Prayer Suggestions**
 - **Mark** is this temperament’s Gospel, as it is the shortest and cuts right to the chase.
 - Find a way to become liturgically involved with a biblical text, such as by walking the Stations of the Cross or acting in a biblical drama or liturgical dance.
 - Make use of Icons in your worship—or draw or paint your own biblical images.
 - Find religious music that allows you to worship—or compose your own.
 - Pray while jogging, biking, or walking through the woods.
 - Find a way to help someone in need and make your action your prayer.
 - **Specific Prayer**
 - **ISTP:** God, help me to consider people’s feelings, even if most of them ARE hypersensitive.

- **ISFP:** Lord, help me to stand up for my rights (if you don't mind my asking).
- **ESTP:** God, help me to take responsibility for my own actions, even though they're usually NOT my fault.
- **ESFP:** God, help me to take things more seriously, especially parties and dancing.
- **Augustinian Spirituality (Intuitive-Feeling—NF)**
 - **Characteristics**
 - Attracted to interpersonal relationships and the sharing of feelings.
 - Are especially drawn into biblical stories where the characters' personalities and relationships come to the forefront.
 - While they can be swept up in emotional expressions in large gatherings, this type does best in small groups where relationships can better grow and flourish.
 - **Prayer Suggestions**
 - **Luke's Gospel** resonates best with this temperament, as it focuses upon parables and scenes involving complex human interactions.
 - When reading a narrative biblical passage, imagine the scene taking place in the twenty-first century rather than the first (with added modifications). Make *yourself* one of the main characters. How is God speaking to you across the centuries?
 - Join a prayer or Bible study group that focuses more on *what the Bible means for us today* rather than *what it meant in the past*. Allow plenty of time for sharing individual experiences.
 - Keep a prayer journal of personal spiritual reflections and poetic expressions.
 - **Specific Prayer**
 - **INFP:** God, help me to finish everything I start.
 - **INFJ:** Lord, help me not be a perfectionist. (Did I spell that correctly?)
 - **ENFP:** God, help me to keep my mind on one thing - Look at a bird - in a time.
 - **ENFJ:** God, help me to do only what I can and trust you for the rest. Do you mind putting that in writing?
- **Thomistic Spirituality (Intuitive-Thinking—NT)**
 - **Characteristics**
 - Attracted to theological insights and eternal truths.
 - Drawn to serious study, intellectual conversation, and free exchange of theological ideas.
 - Dislikes modes of prayer that are too repetitious, as the obvious only needs to be stated once.
 - **Prayer Suggestions**
 - **John's** soaring theological rhetoric most attracts this temperament.
 - When reading through scripture, explore the interplay between the views of the characters in a narrative, the various books of the Bible, or the First Century and today. How has God spoken in each of these instances?
 - Join an intellectually rigorous Bible study program at the seminary or become part of an EFM group—or consider leading one.
 - Be willing to ask God how you can live into his eternal values in the “here and now” of your existence.
 - **Specific Prayers**
 - **INTJ:** Lord, keep me open to others' ideas, WRONG though they may be.
 - **INTP:** Lord, help me be less independent, but let me do it my way.
 - **ENTJ:** Lord, help me slow down and not rush through what I do.
 - **ENTP:** Lord, help me follow established procedures today. On second thought, I'll settle for a few minutes.