

## Ignatian Prayer and Spirituality

St. Ignatius of Loyola

Basic trait: the remembrance of an event of salvation history

Gospel of Matthew

James

Myers-Briggs type: SJ

Prayer: structured, especially public

Spirituality: an organized striving toward a deeper relationship with God

Highest value: commitment

Commitment to law and a deep sense of duty and obligation/practical/strong work ethic/ need to belong/strong sense of history and tradition – the past is important/relate well to ritual/change is difficult/want to be useful/want to care for those in need and contribute to society/conscientious/titles are important/50 percent of those who regularly attend church

(2008 – Compiled from “Prayer and Temperament: Different Prayer Forms for Different Personality Types,” Chester P. Michael and Marie C. Norrissey)

## Augustinian Prayer and Spirituality

St. Augustine

Basic trait: use of imagination to transpose scripture to present situation

Gospel of Luke

Paul

Myers-Briggs type: NF

Prayer: meditative, centering, intuitive search for God's will

Spirituality: seek spiritual meaning of each event and relationship

Highest value: compassion

Seek hidden meaning in everything/heightened focus on relationships/the future is important/God is continuing to work every day in creation and redemption/idealistic and hopeful/symbols and parables are central/good at communication but hate conflict/12 percent of population but majority of pastors

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## Franciscan Prayer and Spirituality

St. Francis

Basic trait: willingness to go in any direction that the Spirit calls

Gospel of Mark

Peter

Myers-Briggs type: SP

Prayer: flexible, free-flowing, spontaneous, use of all senses, work as prayer

Spirituality: creative, strong connection to creation, loving service

Highest value: active love

Love action/impulsive/hate to be tied down to rules/more interested in the here and now than in symbol or ritual/incarnation of Jesus is central/good at problem-solving/easily bored with status quo and restrictions/the present is the most important reality/thrive on risk and challenge /hunger for activity and enjoyment/live intensely/optimistic/38 percent of population.

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## Thomistic Prayer and Spirituality

St. Thomas Aquinas

Basic trait: logical and orderly thought and a deep desire to understand and interpret

Gospel of John

John

Myers-Briggs type: NT

Prayer: discursive, contemplative, intellectual movement toward revelation

Spirituality: set goals and systematically move toward a God-centered life

Highest value: logic

Cherish orderly thought/gravitate toward complication and challenge/thirst for truth/perfectionist/ workaholic/must excel/tend to be impatient with self and others for short-comings/terse communication and unaware of seeming insensitive/desire competency/fascinated by power/12 percent of population

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