

PRAYER

Session 3

Spiritual Types

This is the third of six sessions on prayer. In this session we will explore what “spiritual type” you are. Spirituality is the “inner dimension” of faith. That place within yourselves where your soul can find a sense of peace. It’s liberated from any rules, institutions or hierarchy and it’s dedicated to the human soul.

Leader Prep Before You Meet:

Make copies of the Spiritual Type Test on page X for each member of your small group to be used during the Group Discussion time.

Opening Activities



Centering Moment

Light a candle and observe 30 seconds of silence as a reminder of God’s presence among us.



2 Corinthians 3:18

And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.



Reflect

What do you think it means to be transformed into the same image “from one degree of glory to another”?



Opening Prayer:

Holy God, let your ear be attentive and your eyes open to hear the prayers of your servants. Amen.



Music (optional)

Sing or listen to “My Faith Looks Up To Thee”



Share

Share with one another any thoughts from last weeks' exercises or session.



Watch: Spiritual Types



Discuss

- Which Spirituality type do you think you might be?



Group Exercise - Spirituality Test

Take the Spirituality Test (by Corinne Ware) on the next page

- What did you discover about yourself? What strengths do you have and does the group agree? What's your area for growth/improvement?
- In what ways are you a good fit for the congregation? In what ways is the congregation different? What are the strengths of this congregation? Is your spiritual type accepted and used by the congregation? What are ways you might use them if they are not currently a congregational strength?
- Make a copy of your test and turn it into your group or session leader. They will turn these into your pastors to evaluate. You do not need to put your name anywhere on the test as this is just an anonymous collection of information for them to see where the congregation perceives itself and where each individual sees themselves within the congregation. At the end of these sessions your pastor(s) will meet with your group and discuss your individual results with you.



Closing Prayer

Gracious Lord, you bring together many unique and different types of people to be part of your body. Help us to celebrate and lift up those who are different than ourselves. Amen.



Exercises To Do At Home

1. **Read John 3:16:** Read the text once a week, using one the four different spiritual types each week.
Head: Paraphrase the verse in a sentence that captures its essence.
Heart: List several people you love and those you have difficulty loving. Read the verse slowly for each person on your list by personalizing it: "For God so loved _____" Include yourself. Pause and add a prayer of your own for what you need in order to love that person. Notice any changes in you as you affirm God's love for that person and decide how you are going to express God's love and your love to the people on your list. Write your experience down in your journal.
Mystic: Repeat the verse prayerfully as a way of focusing on God. Carry some part of John 3:16 with you in your daily activities.
Activist: Be a living prayer today, an expression of God's sacrificial love rather than trying to understand the verse. Bless everyone and everything you see with the words "For God so loved the world..." Where do you see a need for God's love?
2. **Practice your breath prayer daily.**

SPIRITUAL TYPE TEST

This spirituality type indicator is similar to personality tests such as Myers-Briggs. It works with two continuums (Head & Heart and Knowledge & Mystery) to give you a general idea of how you experience God. It is drawn from "Discover your Spiritual Type" by Corrine Ware. You will take the test twice - once for the congregation type, once for your own personal type.

Congregational Style

Read through the first set of statements and select the one(s) that describe what you do in your worshipping group. You may select none or more than one if you wish. Notice the number that goes with your chosen statement.

On the top wheel on the last page of the test, find the numbered quadrant that matches the number of your chosen statement. In that quadrant draw a line (a spoke going from the center to the outside edge of the circle). If you've chosen two statements, draw two spokes, each in a different quadrant. Before you go on to the next set of statements, fill in the "personal style" wheel for the first set.

Personal Style

Read through the first set of statements a second time. Now choose the statement or statements that describe what you personally prefer as part of your spiritual experience. You may select one statement or more than one. Match the chosen statement number with the quadrant number in the lower circle. In that quadrant draw a spoke-line. If you've chosen two statements, draw two spokes, each in a different quadrant. The result is a portrait of your personal style, which you can compare with the experience you have in your worship group.

THE ORDER OF WORSHIP

1. A carefully planned and orderly worship program is a glory to God.
2. A deeply moving and spontaneous meeting is a glory to God.
3. Simplicity and some silence are important elements needed for worship.
4. It is not a service, but ordering ourselves to God's service that is important.

TIME

1. Stick to announced beginning and ending times of worship services.
2. It is important to extend the meeting time if one feels led to do so.
3. All time is God's time. A sense of timelessness is important.
4. Gather whenever and as long as you need to in order to accomplish the task.

PRAYER

1. Words express poetic praise; we ask for knowledge and guidance.
2. Let words and feelings evoke God's presence in this moment.
3. Empty the mind of distractions and simply BE in the presence of the Holy.
4. My life and my work are my prayer.

MUSIC

1. Music and lyrics express praise to God and belief about God.
2. Singing warms and unites us and expresses the soul's deepest heart.
3. Chant and tone bring the soul to quietness and union with God.
4. Songs can mobilize and inspire to greater effort and dedication.

PREACHING

1. The Word of God, rightly proclaimed, is the centerpiece of worship.
2. The gospel movingly preached is the power of God to change lives.
3. Proclamation is heard when the Spirit of God speaks to the inward heart.
4. What we do is our “preaching” and speaks louder than anything we say.

EMPHASIS

1. A central purpose is that we fulfill our vocation (calling) in the world.
2. A central purpose is that we learn to walk in holiness with the Lord.
3. A central purpose is that we be one with the Creator.
4. A central purpose is that we obey God’s will completely.

SUPPORT OF CAUSES *(If necessary, circle the words that apply and select categories with the most circles.)*

1. Support seminaries, publishing houses, scholarship, preaching to others.
2. Support evangelism, missions, spreading the word on television and radio.
3. Support places of retreat, spiritual direction, liturgical reform.
4. Support political action to establish justice in society and its institutions.

CRITICISM

1. Sometimes we (I) are said to be too intellectual, dogmatic, and “dry.”
2. Sometimes we (I) are said to be too emotional, dogmatic, anti-intellectual.
3. Sometimes we (I) are said to be escaping from the world and are not realistic.
4. Sometimes we (I) are said to have tunnel vision and are too moralistic.

DOMINATING THEMES *(If necessary, circle the words that apply and select categories with the most circles.)*

1. Discernment, discipline, knowledge, order, grace, justification.
2. Love, conversion, witness, spontaneity, sanctification.
3. Poverty, humility, wisdom, letting go, transcendence.
4. Simplicity, purity of heart, action, temperance, obedience, martyrdom.

MEMBERSHIP CRITERIA *(What the congregation believes is necessary; what you believe is necessary.)*

1. Assent to doctrine, baptism, endorsement by group.
2. A personal inward experience of God, baptism, public declaration.
3. All who face Godward are incorporated in the Holy.
4. Solidarity with humankind is membership in God’s kingdom.

RITUAL AND LITURGY

1. Ritual and liturgy evoke memory and presence, teaching traditional truths.
2. Liturgy and ritual ceremonies are not of great importance.
3. Ritual and liturgy are ways in which God becomes present to us.
4. Ritual and liturgy are one way we make statements about inner conviction.

CONCEPT OF GOD

1. God is revealed in scripture, sacrament, and in Jesus Christ and his cross.
2. I can feel that God is real and that Christ lives in my heart.
3. God is mystery and can be grasped for but not completely known.
4. We participate in the mystery of God when we become co-creators with God in the world.

Tally up the number of 1's, 2's, 3's and 4's and draw a spoke for each question in the quadrant it corresponds with. Example:

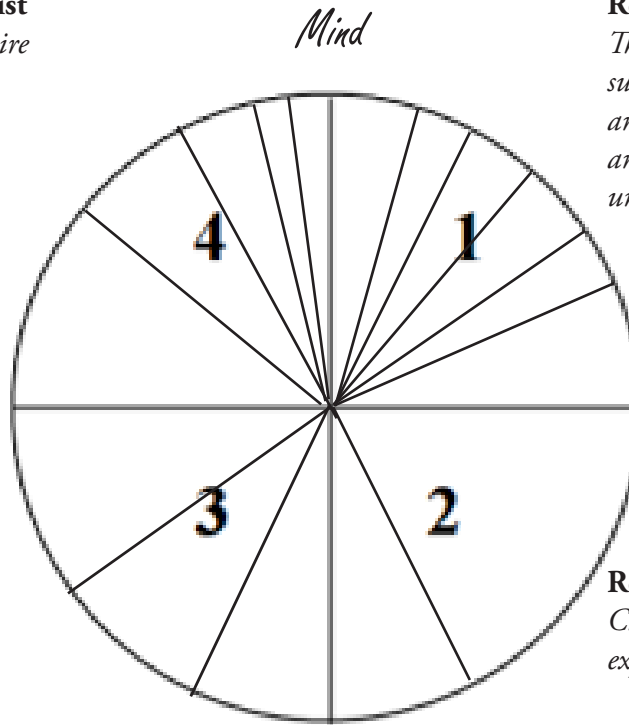
Mystery/Mind: Moralist/Activist

Social action, loving neighbor, desire to witness to God's reign, want to transform society, idealistic

Revelation/Mind: Rationalism

Theological reflection on concepts such as the incarnation, God's love, and ethical issues. Study groups and concrete ways to deepen and understand faith

Mystery



Revelation

Mystery/Heart: Mystic

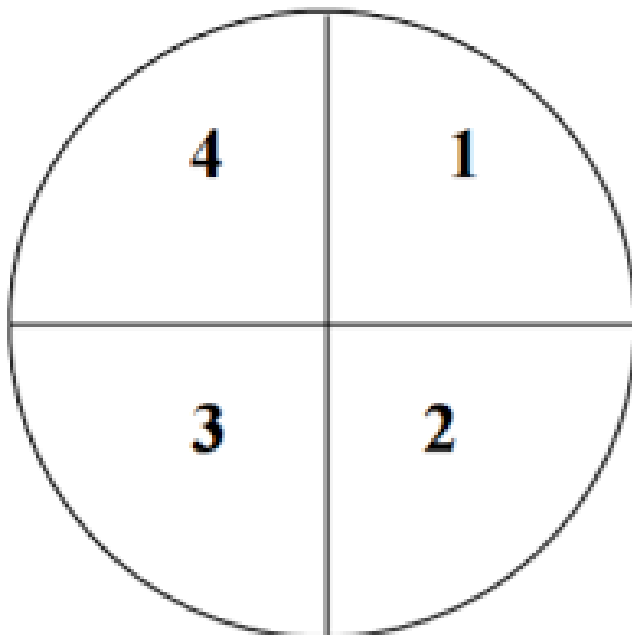
Desire union with God, contemplation, radical denial

Revelation/Heart: Pietism

Charismatic spirituality, rely on the experience of their hearts, purity

Heart

Congregation



Personal

