

Ignatian (SJ) prayer

PRAYER SUGGESTION #4: (John 21:1-19) Imagine that you are Peter. Read the story very carefully so that you will remember all of the details. Then close your eyes and relive the scene in your imagination. Try to capture your feelings when Jesus asks you three times, "Do you love me?" Then answer the way you would want to answer rather than merely repeat what Peter said. When Jesus tells you: "Follow me," try to imagine what that might mean in the immediate future of your present life.

PRAYER SUGGESTION #6: (Mark 9:14-29) Read the story. Imagine yourself as the father of the possessed boy and apply the conversation between Jesus and the father to your own situation. Instead of an afflicted son, imagine the affliction is some fault of yours which has resisted cure. Bring this affliction to Jesus and ask him to cure it.

Augustinian (NF) prayer

PRAYER SUGGESTION #2: Read Hosea 2:16-22. Imagine God or Jesus speaking these words to you. What meaning would you derive from them? Change the words, pronouns, names, so that they apply to your present situation; and write the passage on a piece of paper. Imagine going to the mail-box and receiving today a personal letter addressed to you containing these words. What meaning would they have?

PRAYER SUGGESTION #3: Read the 17th Chapter of St. John's Gospel. Rewrite it so that it could be a prayer that Jesus might be praying for you personally at this very moment in your life. Change or omit whatever words or verses that do not apply to you. If you have a tape recorder, read the new prayer into it. Then listen to it. Close your eyes and imagine Jesus praying thusly for you today. Or, you might simply read it slowly to yourself; and imagine Jesus praying or speaking these words to you.

Franciscan (SP) prayer

PRAYER SUGGESTION #4: Think of the person in the world that you love the most. Ask yourself the following question: How can I see the presence of God in that person? Spend some time praising and thanking God for giving so much goodness, beauty, grace, etc. to that person. Spend some time thanking God for the gift of love whereby you are able to love that person and that person is able to love you.

PRAYER SUGGESTION #6: Plan some sort of celebration of gratitude for God's gifts to some particular person or persons you know. It may be a birthday party for a member of your family. It can be something very simple — for example, invite someone for ice cream and cake some afternoon or evening. Make sure that the celebration is centered around praise and gratitude to God for His blessings, His goodness, His love. (Planning and executing this would be a typical Franciscan Prayer in action.)

Thomistic (NT) prayer

PRAYER SUGGESTION #10: (Matthew 13:44-46) "The Kingdom of God is like a treasure hidden in a field, which a man finds and rejoicing goes and sells all he has in order to buy the field." Where have you discovered the hidden treasure of the Kingdom of God? Are you willing to sell everything in order to possess it? Have you disposed of everything else in order to obtain it? Do you sufficiently appreciate the hidden treasure of God's Kingdom? What do you need to do to appreciate better this "hidden treasure", "this pearl of great price"?

PRAYER SUGGESTION #11: (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 rank first among you must serve the needs of all." Do you have this kind of ambition? What do you need to change in your present way of life in order to do a better job of serving others? How might you, like Jesus, give your life in ransom for others?

MYERS-BRIGGS TYPE INDICATOR AND PRAYER

EXTRAVERTED THINKING: ESTJ & ENTJ

possible preference for: tradition, established pattern in prayer; logic; an institutional model of Church; enjoy leading others; liturgical rites; analyse prayer as a phenomenon; not in touch with feeling side; perhaps no liking for charismatic prayer; spiritual life may centre round social justice questions and involvement in the world

INTROVERTED THINKING: ISTP & INTP

some of the above apply: prefer ideas, not emotion; ISTP may enjoy outdoor meditation to experience concrete realities in a concrete fashion; may find creative activities prayerful; may enjoy contemplative life - liking the solitude and labour; INTP - internal experience valued; journal keeping may be appreciated

EXTRAVERTED FEELING: ESFJ & ENFJ

outgoing people - will enjoy sharing in groups; define prayer life in terms of personal relationship with the Lord; have many 'shoulds' in their life and may use prayer as a duty; need approval and become easily disillusioned; downplay study and analysing prayer; tend to find the Lord 'out there' in the city, in people, in events; can read situations and respond to them in prayer; need to discipline self to practise regular meditation

INTROVERTED FEELING: ISFP & INFP

strong feelings about prayer and a strong feeling of God within; prayer is a personal and deep experience; enjoy meditation and contemplation; find music and arts helpful to prayer; may need a lengthy time for prayer; may deny extraverted experiences are important; presence to community is important because can sense the joy in others and give joy to others; spirituality often finds expression in intercessory prayer for others; INFP might like journal keeping; ISFP might like concrete symbols, gestures, deeds.

EXTRAVERTED SENSING: ESTP & ESFP

may like a practical, simple method; are orderly and logical about prayer; may see life as a total experience of God's presence; do not like long periods of reflective meditation; enjoy liturgical rituals, physical realities; may not listen for the inner message; body posture is important; danger of getting into a rut; may have guilt feelings about lack of depth in prayer; can draw prayer from nature and the beauties of creation

INTROVERTED SENSING: ISTJ & ISFJ

will be methodical about their prayer and enjoy a set format; like traditional prayer forms - rituals, devotions, litanies, novenas, Stations of the Cross; may have a favourite place for prayer; have a set time commitment; need to develop imaginative side and to pray for constant openness in spiritual life; ISTJ may tend to rigidity; ISFJ attracted to ministry

EXTRAVERTED INTUITION: ENTP & ENFP

will not like routine or ritual; may find institutional, traditional prayer forms dry; will enjoy creative liturgies; may get lost in endless possibilities; enjoy prayer with others; neglect details of prayer life; a 'prayer-in-action' type of spirituality - concrete service of others; needs to learn to 'be still and know that I am God'

INTROVERTED INTUITION: INTJ & INFJ

like to develop own prayer life without too much external direction; resistant to outside directions; individualistic; not too keen on group prayer; like reflective type, centering prayer, exercises in use of imagination, music background; value time alone; may be open to inner mystical experiences; need to share more with others; need to realize prayer can be found in more 'extraverted' experiences, or in concrete experiences such as nature walks etc