



PRAYER & SPIRITUAL PERSONALITY TYPES TOOLKIT

OVERVIEW

- Complement with [McGrath Institute Prayer Enrichment Guidebook](#), Richard Rohr's [CAC contemplative practices](#), [Harry Potter and the Sacred Text Spiritual Practices Resources](#), [Fetzer Institute resources](#), and the Joy Practices at the end of *The Book of Joy*
- Compare with Hindu perspective on spiritual personality types
 - Smith [excerpt](#) (pg. 3-4) on yogas (lit. "unite" soul with God)
- God meets you where you are
- Exercise analogy
 - Lots of options - all great in their own way
 - Best prayer (and workout) is the one you will actually do
 - Both require deliberate practice and mono-tasking for improvement
 - "The point of spiritual practice is not to feel good, but to feel, period." - Rabbi Jay Michaelson

TYPES OF PRAYER:

- Ignatian Contemplation (Sacred Imagination)
- Lectio Divina
 - [Modernized](#) with [example](#)
 - If reading scripture as a spiritual practice, the [Bible Project](#) has wonderful explainer videos on each book of the Bible, a [plan](#) to read the whole Bible in a year, and an [app](#) to tie it all together.
- Centering Prayer
- Labyrinth
- Communal prayer
- Rote, e.g. Rosary
- Journalling - Examen, gratitude, etc.
- Nature
- Singing

SYMMETRY OF SPIRITUALITY:

[Ecclesiastes 3](#) and the need for balance - the good life has all, at different times and to different degrees for different people. Jesus models all of these.

- Solitude and Community
- Fasting and Feasting
- Contemplation and Action
- Rest and Work
- Receiving and Giving
- Lamenting and Praising