

APPENDIX 1: "CAN YOU HEAR ME NOW?"

"PRAYER TEMPERMENT QUESTIONNAIRE"

It's important to note that we are not attempting in any way to make a definitive type preference for anyone tonight. There are personality-indicator tools that you can use to do that. We are simply trying tonight to help you identify some of your broad preferences. This is not a very precise way to go about it, but it will roughly indicate what your primary "temperament" may be.

There are four basic personality characteristics that help indicate someone's personality preferences.

Extrovert vs. **Introvert**
Sensing vs. **Intuition**
Thinking vs. **Feeling**
Judging vs. **Perceiving**

We want to go through each of these categories and discover what your preferences may be for each. Which of these sounds more like you? When you think you have the one that is most like you, circle the large letter.

Extrovert

- Outer world
- Like to have people around
- Have many friends
- Plunge into new experiences
- Get energized by people
- Last to leave a party
- Think out loud

VS

Introvert

- Inner world
- Need to be alone
- Have a few close friends
- Are cautious with new things
- Lose energy around people
- First to leave a party
- Think in their mind, then speak

Sensing

- Concerned with the actual and factual
- Want to touch it, see it, feel it, taste it
- Want facts, proof
- Down to earth and practical
- Trust experience rather than hunches
- Hard to sacrifice present enjoyment for future good

VS

iNtuitive

- Concerned with the future and possibilities
- Want to dream about it, think about what could be
- Want to see the hidden meaning, the deeper truth
- Up in the sky, over other's heads
- Trust hunches and their "spirit"
- Work in bursts of energy and enthusiasm, sometimes with great sacrifice

Thinking

- Make decisions on objective basis
- Ruled by their head rather than their heart
- Are rational, logical and straight-forward
- Value logic more than sentiment
- Value justice and fairness
- Do not show feelings easily
- Tend to be impersonal, can sometimes hurt others' feelings

VS

Feeling

- Make decisions on personal values and then try to find logical reasons to back them up
- Are ruled by heart and feelings rather than head and logic
- Are warm-hearted and forgiving, deeply concerned about others' feelings
- Value feelings, sentiment more than logic
- Can be deeply hurt if overlooked or discounted
- Keenly aware of others' feelings
- Dislike telling others unpleasant things

Judging

- Like to have things settled and finished
- Like things planned and orderly
- Enjoy following a schedule and having deadlines
- Usually are prompt and on time
- Have a strong sense of accomplishment when finishing a task
- Can be rigid and closed-minded – not good with surprises

VS

Perceiving

- Like to leave things open-ended
- Feel cramped by a tight schedule
- Enjoy the unexpected – love surprises
- Are usually late - trying to do one more thing
- Like to leave things unsettled so there is room for change –last minute alterations
- Are flexible, open-minded, continually trying to gather new data

Now write here the four letters you have circled:

_____ _____ _____ _____
(E or I) (S or N) (T or F) (J or P)

These four letters will place your personality preference in one of the four quadrants on the next handout. The quadrants help identify your prayer temperament.

APPENDIX 2: "CAN YOU HEAR ME NOW?"

WHO ARE YOU?

Personality Theory

Extrovert vs. Introvert
Sensing vs. Intuition
Thinking vs. Feeling
Judging vs. Perceiving

ESTP	ISTP	ENFP	ENTP
ESTJ	ISTJ	INFP	INTP
ESFP	ISFP	ENFJ	ENTJ
ESFJ	ISFJ	INFJ	INTJ

Temperments

SJ-Ignation SP-Franciscan NF-Augustinian NT-Thomistic

SJ

SP

ESTJ	ESTP
ISTJ	ISTP
ESFJ	ESFP
ISFJ	ISFP

ENTJ	ENFJ
INTJ	INFJ
ENTP	ENFP
INTP	INFP

NT

NF

Going Deeper

Meyers Briggs Personality Profile

"Please Understand Me"

David Keirse/Marilyn Bates, Distributed by
 Prometheus Nemesis Book Co., P.O. Box 2082,
 Del Mar, CA 92014

"Prayer and Temperament"

Chester Michael/Marie Norrisey, Distributed by
 The Open Door, Inc., P.O. Box 855,

Another Good Resource

"In the Zone-A Prayer Book for Teens"

Jim Beckman, Published by LIFETEEN, 2222
 South Dobson Road, Suite 601, Mesa, AZ, 480-
 820-7001

**Check out LIFE TEEN at
www.lifeteen.com**

CAN YOU HEAR ME NOW?

THE FOUR SPIRITUAL TEMPERAMENTS

SJ "IGNATIAN" TEMPERAMENT

Deep sense of obligation
givers over receivers
deeply committed to caring for those in need
like order- ceremonies, rituals, tradition & history
Tends to be pessimists
Need to see continuity between what is believed today and what was believed
Project themselves back into an event of scripture and become a part of it

SP "FRANCISCAN" TEMPERAMENT

have a need to be free
Can be impulsive, don't like to be tied down
Want to follow their spirit
They are flexible, open-minded
Acts of loving service can be a most effective form of prayer
Like to live and pray in the present moment-not too concerned with the past or the future
Are capable of great and heroic sacrifices

NF "AUGUSTINIAN" TEMPERAMENT

Usually creative, optimistic, persuasive
Tend to be good verbally - outspoken, good a writing and speaking
Have a great need to communicate to others
Do not do well with conflict - impact their ability to operate
They nee acceptance and affirmation from others
Always searching for meaning and self-identity
Want to know that what they do makes a difference
Keen interest in the future
Transposing events of scripture into today's situations

NT"THOMISTIC" TEMPERAMENT

Very Logical
Gravitate to things that are complicated and challenging to the mind
Want to master and control whatever they do - including their faith life
Can tend to be very hard on themselves - very disciplined, very demanding, etc.
Prefers orderly, neat forms of prayer and spirituality
Tremendous hunger for perfection
Mystics and contemplatives have come form this temperament - Theresa of Avila, John of the Cross

APPENDIX 4: **"CAN YOU HEAR ME NOW?"**

CREATIVE PRAYER IDEAS FOR YOUR TEMPERAMENT

IGNATIAN SPIRITUALITY - SJ TEMPERAMENT

Read 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 time, "Do you love me?" Then answer the way you would want to answer rather than merely repeating what Peter said. When Jesus tells you: "Follow Me," try to imagin what that might mean in your life right now.

FRANCISCAN SPIRITUALITY - SP TEMPERAMENT

Think of a person you really love. Ask your self how you can see God's presence in that person. spend some time thankin and praising god for that person and for His presence in their life andhow that presence has touched you. think of something you can do to show this person how much you love them, in some tangible way.

AUGUSTINIAN SPIRITUALITY - NF TEMPERAMENT

Read I Corinthians 13: 4-8

Talk to Jesus about your failures in loving others, and ask Hlm what He want you to do. Put your own name in the passage each time the word "love" is used. How authentic does the passage sound now? What changes do you need to make in your life so that the passage would be true with your name substituted for "Love"?

THOMISTIC SPIRITUALITY - NT TEMPERAMENT

Read Matthew 13:44-46

Where have yo discovered the hidden treasure of the Kingdom of God? Are you willing to sell everything in order to possess it? Have you gotten rid of everything you need to obtain it? Do you truly appreciate the hidden treasure of God's Kingdom? What more could you do to more fully appreciate this hidden treasure, this pearl of great price?

CAN YOU HEAR ME NOW?