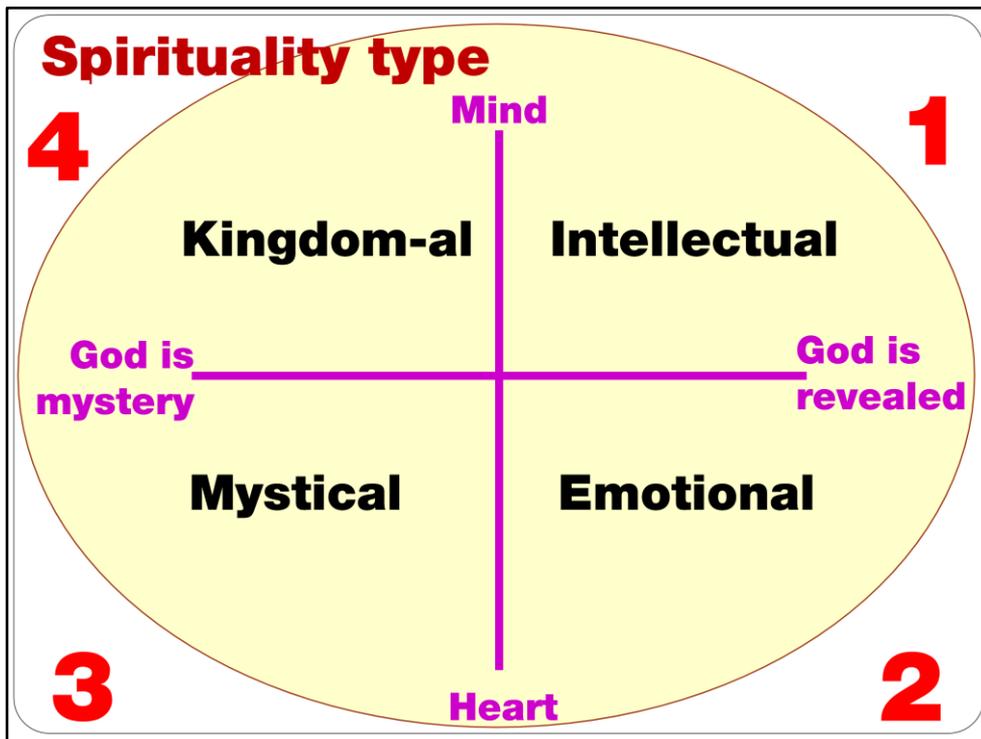


# Prayer by Type

**How your spiritual type  
relates to your preferred  
worship styles**

We are here today to discover our spiritual and personality types, both individually and collectively. That is, I want to discover both your type as an individual person, and our type as a congregation.

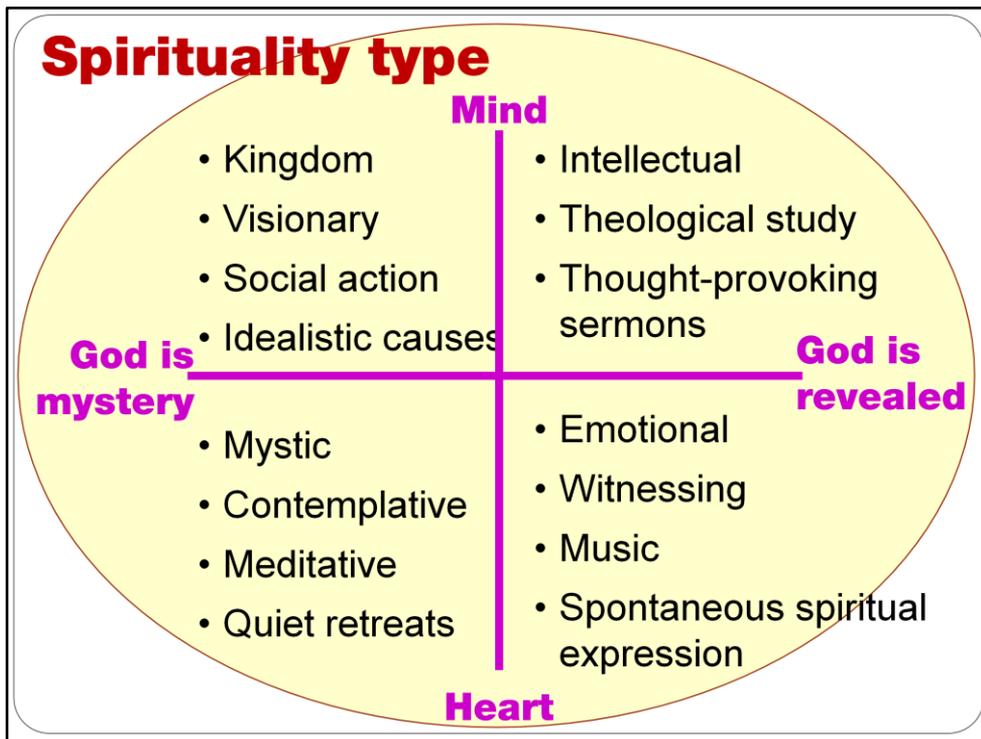
I hope that in the process you will learn something about the style or type of worship and prayer that you might be most comfortable. And finally, I hope to encourage you to deliberately stretch yourself this coming Advent or next Lent by choosing to engage in a spiritual practice that is not as comfortable to you.



I am going to start with the spirituality type, as it is the most straightforward to address. A priest named Urban T. Holmes devised a way of describing four different types of spirituality. His view of spiritual types considers whether we prefer to encounter God primarily through our mind, or through our heart. [CLICK1](#). One way is not better than another; both would be best.

In addition, there is a major difference if we think that God is revealed to us (that we can know God), or if we think that God is mystery—generalizing hugely, this is the fundamental Protestant-Roman Catholic divide. Mr. Holmes’ schema gives us a four-quadrant approach to characterizing spirituality.

- The upper-right quadrant (Mind-Revealed) is the Intellectual, fed by theological study and thought-provoking sermons. The Presbyterians are pretty much in this quadrant of spirituality.
- The lower-right quadrant (Heart-Revealed) is the Emotional, nurtured through witnessing, music, and spontaneous spiritual expression. Most of the evangelical denominations are in this quadrant.
- The lower-left quadrant (Heart-Mystery) is for the Mystic, which is very contemplative and supported by meditative practices and quiet retreats. Their musical style is chanting, and the Roman Catholics, by and large, are in this quadrant.
- The upper-left quadrant (Mind-Mystery) is the Kingdom place, which is very visionary. The people of this spiritual type are social activists who connect with their creator by helping others; it is not something they do **because** they are spiritual, but it is **how** they are spiritual. The Quakers are a denomination that might fit into this quadrant.



But remember, the Episcopal Church welcomes absolutely everyone, so we are blessed to have people from across the spiritual spectrum in our church (and in our congregations). It is fair to say, though, that there are some Episcopal congregations who specialize in one of these types of spirituality. For example:

- Can you think of a nearby Episcopal congregation whose members might predominantly be in the lower-right, or Heart-Revealed, quadrant?
- How about a church in the lower-left, or Heart-Mystery quadrant?
- Now an Episcopal upper-left, or Mind-Mystery congregation?

What kind of church do you think Resurrection is?

I

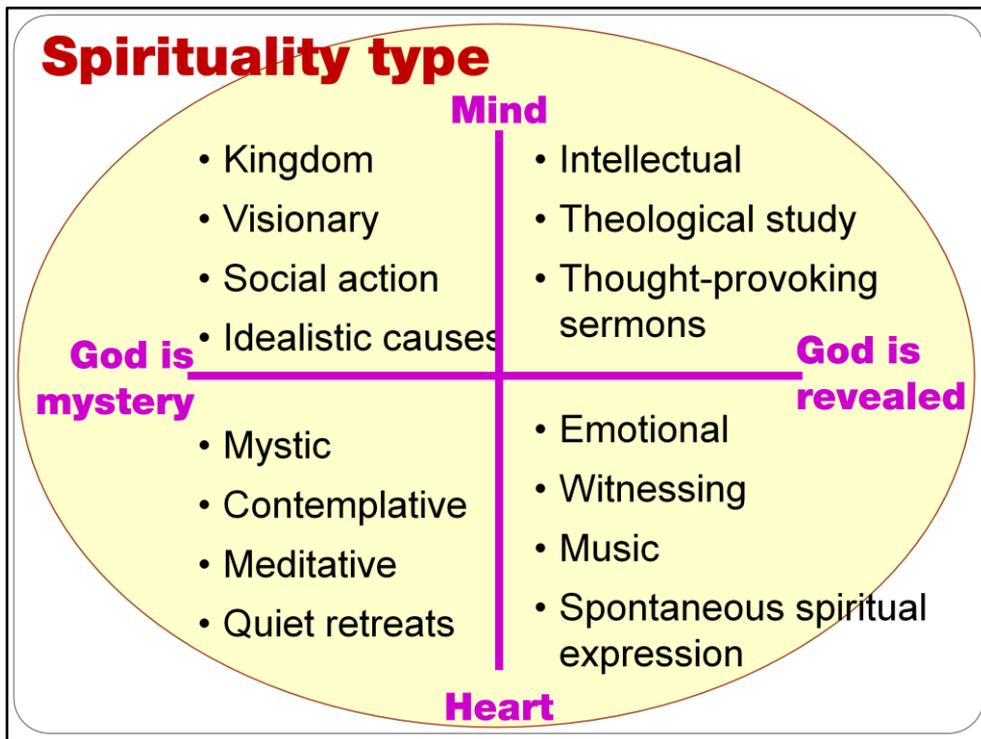
## **Spirituality type**

- **What spiritual type is the Church of the Resurrection?**
- **How might we be more inclusive of other spiritual types?**

If you took the spirituality type test, please turn in your sheets so we can calculate the “precise” answer to that question, at least using the tool that Corinne Ware at The Alban Institute developed to determine our individual personality type. If you are comfortable with doing so, please put your name on your sheet. I will let you know the results for our church collectively; I will post the results and share them in other ways.

For now, though, we can get a rough idea. If you got a “1” on your test, or if you think that you are in the upper-right (Intellectual) quadrant, please raise your hand. Now the “2”s. Threes? Fours?

Why do you think that we are this way? <CLICK TO NEW GRAPHIC>



I put this graphic up to refresh your memory about the characteristics of the four spirituality types.

<AFTER DISCUSSION>

Those who created this characterization of the spirituality types said that it is preferable that we—individually and collectively—be all four types equally. That this is the most well-rounded, balanced, spiritual type to have. I wonder what we might do individually (say, in Advent or Lent) to “try” a spiritual practice from another quadrant?

<DISCUSS>