

# Personality & Prayer



Miss Brahms (INFP) and Mrs. Slocombe (ENTJ) sometimes clash in their working relationship

# **Myers-Briggs Type Indicator®**

## **Myers-Briggs Type Indicator®, or MBTI®**

- helpful tool for assessing personality types
- based on Carl Jung's typology

## **Why is our MBTI important to know?**

- helps us to understand ourselves and others
- helps us focus our prayer methods

## **How does the MBTI work?**

- determines our preferences in four ways:
  - How we are energized
  - How we gather information
  - How we make decisions
  - How we approach life

**Extra-  
version**

**Get energy**

**Intro-  
version**

**Sensing**

**Gather info**

**iNtuiting**

**Thinking**

**Make decisions**

**Feeling**

**Judging**

**Approach life**

**Perceiving**

# Take Jo's mini-"test"

- **How are you energized?**

"Recharge" alone after spending time in a group (I), or do you GET energy from being around people (E)?

- **How do you gather information?**

Read the operator's manual (S) or plunge right in (N)?  
"Arrive" when wheels-down (S) or landing in sight (N)?

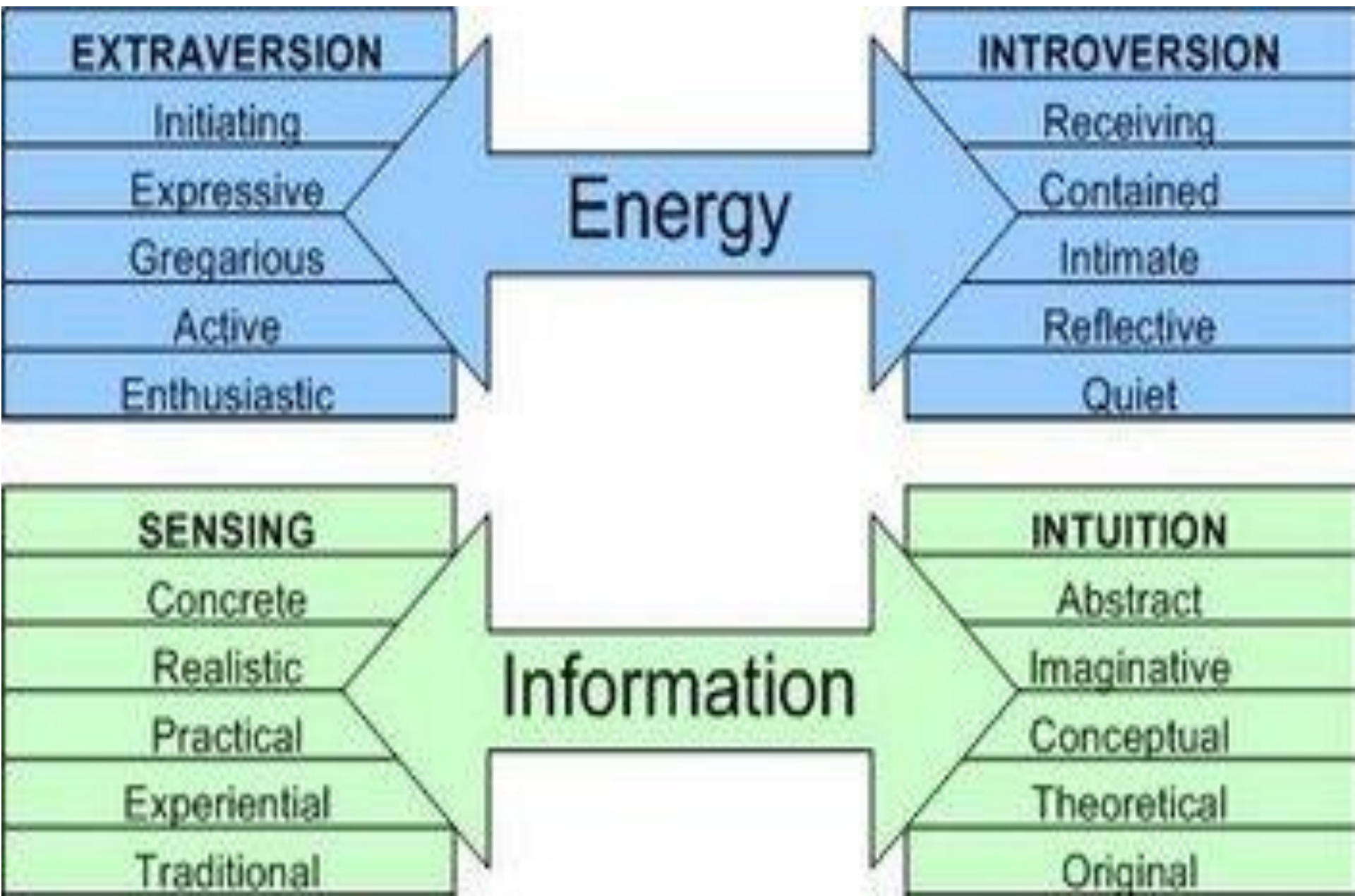
- **How do you make decisions?**

Goal-oriented (T), or people oriented (F)?  
Able to stay cool, calm, and objective in crises (T), or are you emotionally involved in what is happening (F)?

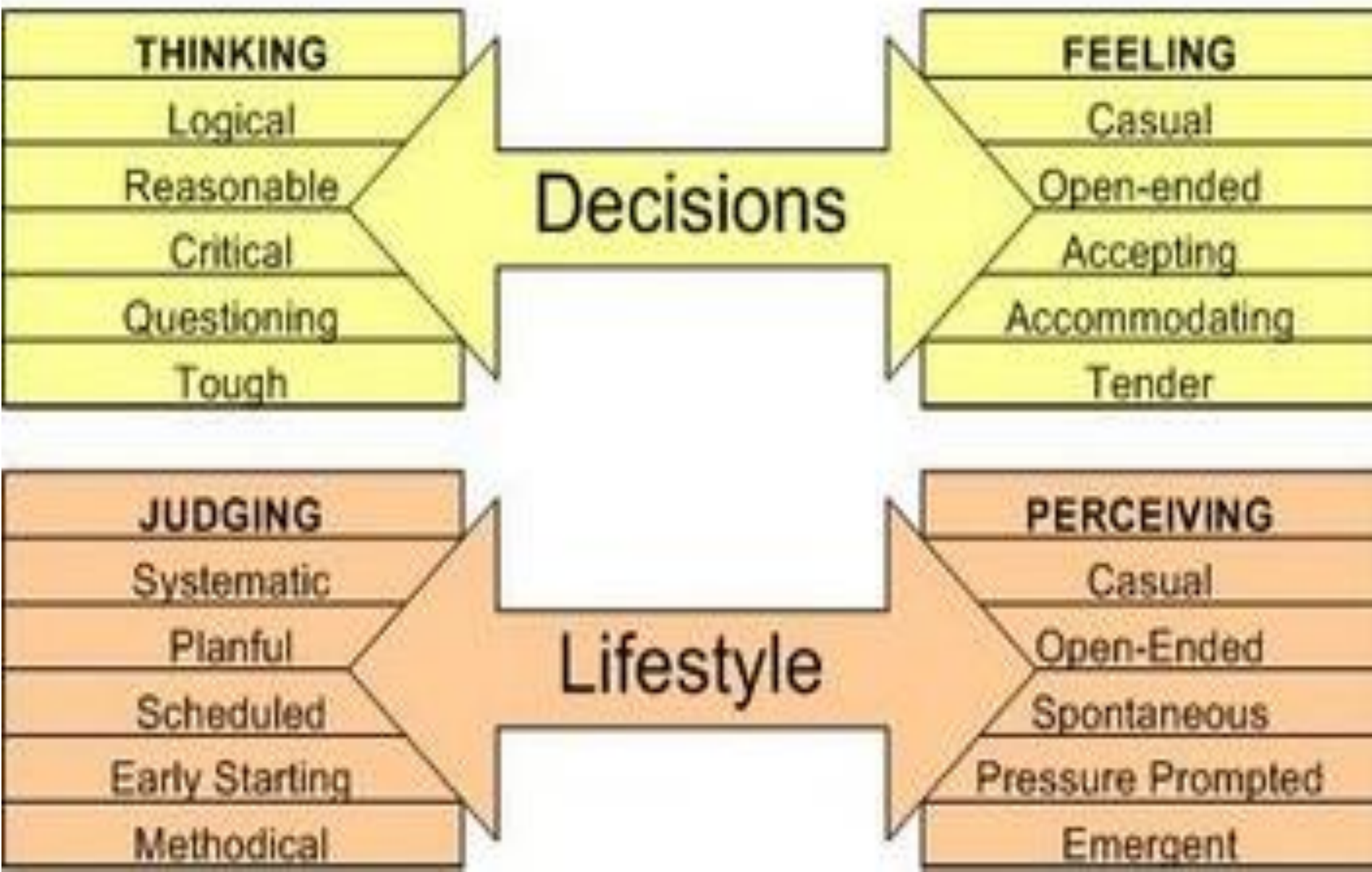
- **How do you approach life?**

Always waiting for others, who never seem to be on time (J), or do you rely on last-minute spurts of energy to meet deadlines (P)?

# Brief summary of differences



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# U.S. population breakdown

<b>ISTJ</b> <b>11.6%</b>	<b>ISTP</b> <b>5.4%</b>	<b>INFJ</b> <b>1.5%</b>	<b>INTJ</b> <b>2.1%</b>
<b>ISFJ</b> <b>13.8%</b>	<b>ISFP</b> <b>8.8%</b>	<b>INFP</b> <b>4.4%</b>	<b>INTP</b> <b>3.3%</b>
<b>ESTJ</b> <b>8.7%</b>	<b>ESTP</b> <b>4.3%</b>	<b>ENFP</b> <b>8.1%</b>	<b>ENTP</b> <b>3.2%</b>
<b>ESFJ</b> <b>12.3%</b>	<b>ESFP</b> <b>8.5%</b>	<b>ENFJ</b> <b>2.4%</b>	<b>ENTJ</b> <b>1.8%</b>
<b>SJ = 47%</b>	<b>SP = 27%</b>	<b>NF = 16%</b>	<b>NT = 10%</b>

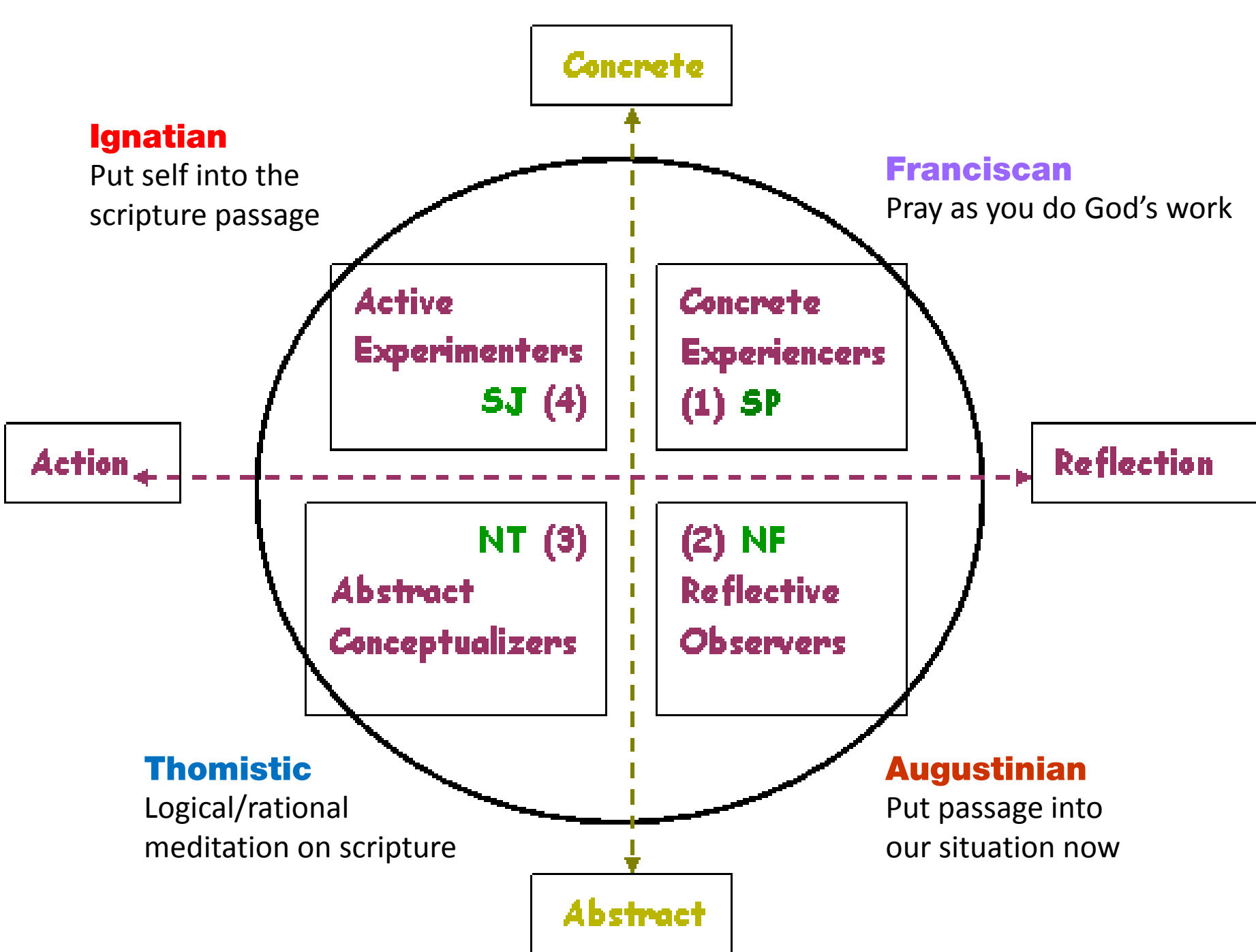
Introspective (N)	Idealist (NF) Diplomatic	Mentor (NFJ) Developing	Teacher (ENFJ): Educating
			Counselor (INFJ): Guiding
		Advocate (NFP) Mediating	Champion (ENFP): Motivating
			Healer (INFP): Conciliating
	Rational (NT) Strategic	Coordinator (NTJ) Arranging	Fieldmarshal (ENTJ): Mobilizing
			Mastermind (INTJ): Entailing
		Engineer (NTP) Constructing	Inventor (ENTP): Devising
			Architect (INTP): Designing



Observant (S)	Guardian (SJ) Logistical	Administrator (STJ)	Supervisor (ESTJ): <i>Enforcing</i>
		Regulating	Inspector (ISTJ): <i>Certifying</i>
		Conservator (SFJ)	Provider (ESFJ): <i>Supplying</i>
		Supporting	Protector (ISFJ): <i>Securing</i>
	Artisan (SP) Tactical	Operator (STP)	Promoter (ESTP): <i>Persuading</i>
		Expediting	Crafter (ISTP): <i>Instrumenting</i>
		Entertainer (SFP)	Performer (ESFP): <i>Demonstrating</i>
		Improvising	Composer (ISFP): <i>Synthesizing</i>

# Fun MBTI prayers

<b>ISTJ</b> God, help me to begin relaxing about little details tomorrow at 11:41:32 a.m.	<b>ISFJ</b> Lord, help me to be more laid back, and help me to do it exactly right!	<b>INFJ</b> Lord help me not be a perfectionist. (Did I spell that correctly?)	<b>INTJ</b> Lord, help me open to others' ideas, WRONG through they may be!
<b>ISTP</b> God, help me to consider people's feelings, even if most of them are hypersensitive!	<b>ISFP</b> Lord, help me to stand up for my RIGHTS! (if you don't mind my asking)	<b>INFP</b> Lord, help me to finish everything I sta	<b>INTP</b> Lord, help me be less independent, but let me do it my way.
<b>ESTP</b> God, help me to take RESPONSIBILITY for my own actions even though they're usually not my fault!	<b>ESFP</b> GOD, HELP ME TO TAKE THINGS MORE SERIOUSLY- ESPECIALLY PARTIES & DANCING	<b>ENFP</b> God, help me keep my mind on one th..LOOK, A BIRD!...ing at a time.	<b>ENTP</b> God, help me follow established procedures today. On second thought, I'll settle for a few minutes.
<b>ESTJ</b> God, help me to try not to RUN everything. But, if You need some help, just ask!	<b>ESFJ</b> LORD, GIVE ME PATIENCE, AND I MEAN RIGHT NOW!	<b>ENFJ</b> God, help me to do only what I can, and trust you for the rest. Do you mind putting that in writing?	<b>ENTJ</b> God, help me to slow downandnot rushthrough whatIdoAmen!



**Practice our prayers?**



# Ignatian Prayer (SJ) example

- **Read Mark 9:14-29**
- **Imagine yourself as the father of the possessed boy**

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 example**

- **Read Micah 6:6-8**
- **Consider verse 8**

Specifically, consider how verse eight sums up your relationship with God and your fellow human beings. Imagine God speaking these words to you. Close your eyes and repeat them slowly over and over again. Try to apply them to your own situation. What is God asking of you?

# **Franciscan (SP) prayer example**

- **Go visit our Memorial Garden**

Look for signs of God's love, beauty, power, wisdom, goodness, balance. Praise and thank God for revealing himself in all the events of history: in one's personal history, in the history of the world, and in the history of salvation. Think of some of the mysteries in God's creation which we cannot understand or explain, for example, the problem of sin and evil in the world. Try to make an act of blind faith and trust in God's wisdom, power, and love, even when we cannot see clear manifestations of his wisdom, power, and love.

- **Read Psalm 8**

# Thomistic (NT) prayer example

- **Read James 2:14-26**
- **Ask yourself questions**

What efforts am I making to serve the poor, the suffering, the needy people of my community? What am I doing for the poor and needy and suffering people of the world? Do I really believe that they are my brothers and sisters? What in the area of charity can I do to fulfill Christ's commandment to love others as He has loved us? "Faith without works is as dead as a body without breath."



I am not what I ought to be.  
I am not what I want to be.  
I am not what I hope to be.  
But still, I am not what I used  
to be.

And by the grace of God,  
I am what I am.

*John Newton*

# References

- **“Prayer and Temperament”**  
Chester P. Michael and Maric C. Norrisey
- **“Who we are is how we pray”**  
Dr. Charles J. Keating
- **“Personality Type and Religious Leadership”**  
Roy M. Oswald and Otto Kroeger
- **“Are you being served?”**  
Sean Henry’s synthesis of personality types