

WHAT'S YOUR PRAYER PERSONALITY?

"Pray in the Spirit, on all occasions, with all kinds of prayers and requests." Ephesians 6:18



God displayed His awesome creativity when He made the 7 billion people who share this earth. Each of us is made in God's image but we have unique ways of understanding, learning, communicating and engaging with the world around us. Therefore it stands to reason that we'd all talk with God in different ways. Did you know that the Gospel writers and Saints found different ways of relating to Jesus? Take this quick quiz, discover whom you're most like and try an ancient way of praying...

I would describe myself as:

- A. Reliable and consistent
- B. Enthusiastic and people orientated
- C. Free-flowing and adventurous
- D. Straight-talking and strategic

I am mostly interested in:

- A. The past – it has much to teach us
- B. The future – it holds so many possibilities
- C. The present – there's so much to interact with
- D. The future – let's make things happen

In a crisis I would be the person:

- A. Practically doing whatever needed to be done
- B. Checking that everyone was ok
- C. Trouble-shooting and tackling the big problems
- D. Instructing others and bringing order

I am energised by:

- A. Regular rhythms of life and serving others
- B. Creativity, conversation and self-expression
- C. No confinements, the freedom to go wherever life takes me
- D. Vision and achieving what I've set out to do

I like to set myself:

- A. Sensible goals
- B. Ideals I try to live my life by
- C. No rules!
- D. High goals and strategies to reach them

When I make a decision:

- A. I stick to it
- B. I might stick to it
- C. I could change it at any time
- D. I think it through

In a swimming pool I would be the person:

- A. Swimming
- B. Floating and relaxing
- C. Dive bombing and splashing
- D. Aware of my surroundings: who's there, what they're doing and what could happen next.

Rules are there:

- A. To be followed
- B. To look after people
- C. To be broken
- D. To serve a purpose

When buying lunch I am most likely to go:

- A. To the place I almost always go
- B. To the place everyone else is going
- C. Anywhere! I like to mix it up and try new things
- D. To the place I think everyone should go (and probably try to take them with me!)

If I needed to talk to someone about something they had done wrong I would be:

- A. Careful and considered about how I phrase the problem
- B. Nervous and concerned about how the conversation will affect them
- C. Spontaneous and talk about it as and when it happened
- D. Straight talking and clear

When a friend comes to me with a problem I'm most likely too:

- A. Offer to tackle it for them
- B. Empathise with them
- C. Mediate and help them find a way forward
- D. Tell them what they should do

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MOSTLY A



You're like the gospel writer Matthew

He has a great sense of the past and continuity. He understood how Jesus is the culmination of Jewish history and prophecy.

Try praying St Ignatius

Turn to Ignatian prayer and engage your mind with an ordered approach to using the Bible in prayer.

MOSTLY B



You're like the gospel writer Luke

He was people orientated and showed how Jesus interacted and cared for those He encountered.

Try praying like St Augustan

Turn to Augustinian prayer and learn to pray in a relational and conversational way using God's word.

MOSTLY C



You're like the gospel writer Mark

He was focussed on action and told the dynamic stories of Jesus' life.

Try praying like St Francis

Turn to Franciscan prayer to try going on a prayer adventure with God today.

MOSTLY D



You're like the gospel writer John.

He emphasised the knowledge and truth that Jesus revealed and how it should impact our lives.

Try praying like St Thomas

Turn to Thomistic prayer and engage your intellect to pray and set goals for your life today.

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IGNATIAN PRAYER

St Ignatius loved to make the Bible come alive and lead us into prayer. Try these steps to engage your senses in considering a key event recorded in the Bible, and how it affects your life today...

- i. Choose a passage of the Bible like Luke 10:25-37
- ii. Invite the Holy Spirit to be with you as you read, think and pray
- iii. Consider where the scene takes place, who is involved and why
- iv. Imagine you are present – what can you see, smell, touch, hear and taste?
- v. Use your imagination to take on the role of the different characters – what is the impact of the story on them?
- vi. Reflect and invite God to speak to you through the passage
- vii. What practical fruit can you draw from what you've read? In the parable of the Good Samaritan are you injured? Do you need Jesus' healing touch and presence today? Are you the religious men? Do you need Jesus to stop you in your tracks to make space for Him and others today? Are you the Samaritan? Do you need Jesus' love and replenishing strength today? Take a moment to ask God for what you need.
- viii. Finish with the Lord's Prayer



AUGUSTINIAN PRAYER

St Augustine encouraged us to read the word of God like it is addressed to you today. It is a great way to interact with the Bible and relate to God in an intimate and personal way. Try it now...

Read a passage of the Bible where God speaks and replace the names of others with your own. The aim is not to read for study but to hear God's voice speaking to you. For example read Isaiah 43:1-5 replacing the words Jacob and Israel with your first name...

*"But now, this is what the Lord says—
he who created you, Jacob,
he who formed you, Israel:
"Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.*

*When you pass through the waters, I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;
the flames will not set you ablaze.*

*For I am the Lord your God,
the Holy One of Israel, your Savior;
I give Egypt for your ransom,
Cush and Seba in your stead.*

*Since you are precious and honored in my sight,
and because I love you,
I will give people in exchange for you,
nations in exchange for your life.*

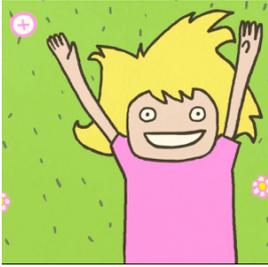
*Do not be afraid, for I am with you;
I will bring your children from the east
and gather you from the west."*

Try to imagine the Lord speaking these words directly to you in your present situation. What is the Lord referring to when He says 'fear not'? What is He saying to do in times of danger? What does God feel about you today? How are these verses true for your current situation? Spend some time in prayer responding to what God has said.



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FRANCISCAN PRAYER

St Francis saw God's glory in all of creation and He and his followers practiced an awareness of God's presence throughout the work and activity of the day. Try praying in this interactive way now...

Go for a walk with God around the New Wine site. Look at the people, the bustle, and the countryside we're camped in. Look for signs of God's presence, His goodness, love, power and beauty. Talk to God thanking Him for showing himself in the world around you. Respond to what you see in prayer.



THOMISTIC PRAYER

St Thomas liked to engage the mind and intellect in prayer. Try using your mind to awaken your spirit in conversation with God today...

- i. Choose a passage of the Bible like Luke 1:26-38
- ii. Invite the Holy Spirit to guide you as you contemplate the words
- iii. Mary was credited with having faith. What is faith?
- iv. Why is it important?
- v. Who do you know who has great faith?
- vi. How does it affect their life and how does it affect Mary's?
- vii. When in your life have you needed faith?
- viii. Where do you need faith today?
- ix. What changes do you need to make in your life to learn from Mary and exercise greater faith?
- x. Talk to God about your conclusions.



CONNECT WITH 24-7 PRAYER

Since the birth of the 24-7 Prayer movement in 1999, thousands of people in over half the nations on earth have rediscovered ancient prayer styles and learned new languages with which to talk to God. Find out more about how you can learn to pray through 24-7 Prayer Rooms and more.

Check out www.24-7prayer.com or ask at the Coffee Bar for more information.