

**TRANSFORMING YOUR LIFE THROUGH PRAYER II**  
**College of Prayer 2005**

by  
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**1. TEN MAIN ASPECTS OF CHRISTIAN PRAYER**

1.1 \_\_\_\_\_ (saying, "I love you.")

1.2 \_\_\_\_\_ (saying, "I'm sorry.")

1.3 \_\_\_\_\_ (saying, "Thank you".)

1.4 \_\_\_\_\_ (sharing)

1.5 \_\_\_\_\_ (asking for our own)

1.6 \_\_\_\_\_ (asking "on behalf of others")

1.7 \_\_\_\_\_ (surrendering to God)

1.8 \_\_\_\_\_ (reflecting over Scripture)

1.9 \_\_\_\_\_ (receiving God's guidance)

1.10 \_\_\_\_\_ (taking the offensive)

2. \_\_\_\_\_, PERSONALITY TYPE and PRAYER

2.1 **Benefits of Myers Briggs Type Indicator (MBTI)**

2.1.1 It helps us understand \_\_\_\_\_ better.

2.1.2 It helps us understand why we \_\_\_\_\_ and make judgments and decisions the way we do.

2.1.3 It helps us understand why others see reality differently and arrive at decisions at variance with our own.

2.1.4 It helps in mutual \_\_\_\_\_ of each other in human relationships in the context of marriage, family life, work environment, etc.

2.1.5 It helps us to nurture a more meaningful personal \_\_\_\_\_.

2.2 **Understanding your Temperament and \_\_\_\_\_**

2.2.1 The MBTI gives the relative strength of each person's preference to the eight choices

*E = Extraversion*

*I = Introversion*

*S = Sensing*

*N = Intuition*

*T = Thinking*

*F = Feeling*

*J = Judging*

*P = Perceiving*

2.2.2 Four pairs of preferences have been identified

*Extraversion – Introversion (E – I)*

*Sensing – Intuition (S – N)*

*Thinking – Feeling (T – F)*

*Judging – Perceiving (J – P)*

2.2.3 The 16 personality types are designated by the particular four letters which comprise our habitual, conscious choices in the four pairs of preferences:

*ESTJ ENTJ*

*ISTJ INTJ*

*ESTP ENTP*

*ISTP ISTP*

*ESFJ ENFJ*

*ISFJ ISFJ*

*ESFP ENFP*

*ISFP INFP*

2.3 **Understanding the Pairs of Preferences**

2.3.1 First Pair – *Extravert (E) and Introvert (I)* – about where we get our energy

2.3.2 Second Pair – *Sensing (S) and Intuition (N)* – about how we take in information

2.3.3 Third Pair – *Thinking (T) and Feeling (F)* – about how we process the taking in of information and making decisions.

2.3.4 Fourth Pair – *Judging (J) and Perceiving (P)* – about the lifestyle we prefer

## 2.4 Approaches To Prayer By Personality Types

<b>The Extraverted Personality</b>	Open prayer -- outward orientation, communal
<b>The Introverted Personality</b>	Prayer within ourselves -- complex non-conforming, personal
<b>The Sensing Personality</b>	Practical Prayer -- contact with environment, present orientation
<b>The Intuitive Personality</b>	Prayer of hope--possibilities, spiritual communion, reflection
<b>The Thinking Personality</b>	Prayer of reason--rationally ordered and logical approach, truth orientation
<b>The Feeling Personality</b>	Feeling prayer--emotional dynamics, personal integration
<b>The Judging Personality</b>	Orderly prayer--little ambiguity, structural orientation
<b>The Perceiving Personality</b>	Lived prayer--accepts ambiguity, several approaches, enthusiastic

Source: Who We Are – How We Pray by Charles J. Keating.

## 3. Four Approaches to Christian Spirituality

<p>_____</p> <p>action engagement visibility pursuing God as holy</p>	<p>_____</p> <p>intelligibility analysis activity pursuing God as truth</p>
<p>_____</p> <p>quietism withdrawal hiddenness pursuing God as love</p>	<p>_____</p> <p>ineffability intuition passivity pursuing God as one</p>

**4. EXPERIENCING ALL SPHERES OF PRAYER** (taken from James Houston's The Transforming Power of Prayer, p.249.

**4.1 \_\_\_\_\_ the Triune God**

**4.1.1 We approach God in four ways:**

- 4.1.1.1 Mentally thinking about God – with our mind
- 4.1.1.2 Emotionally loving God – with our heart
- 4.1.1.3 Be attentive to the absent God – through reading the Bible or with other symbols that remind us of Him.
- 4.1.1.4 Be aware of the unknowable God – through the experience of His intimate presence.

**4.2 \_\_\_\_\_ Types of Christian Prayer**

**4.2.1 \_\_\_\_\_ Prayer** – actively use our minds and express our attentiveness before God with the symbolic use of language.

**4.2.2 \_\_\_\_\_ Prayer** – Less articulation of words but mind is active; more to do with feelings than the mind.

**4.2.3 \_\_\_\_\_ Prayer** – Words and thoughts are unnecessary; God's presence is so intensely and intimately real; this heart-to-heart communication is a gift from God.

**4.2.4 \_\_\_\_\_ Prayer** – "Taken out of ourselves" momentarily by the love of God to experience His deepest intimacy of love, joy and peace.