

## MBTI and Spirituality

**INTRO:** Now that we have done a general overview of the MBTI, let's turn our attention to how our MBTI type can potentially influence our spirituality

**How do you gain energy for your spiritual journey?**

- (1) Extroverts typically are energized by contact with the outside world, by contact with other people EX: fellowship groups, study groups, etc.
- (2) Introverts typically are energized by spending time in their inner world, preferring private reflection, study, etc.

**ILL:** which one would most enjoy a silent prayer retreat? E? I?

- (3) This does not mean that an introvert cannot function well with people, but it will be more tiring for them than for an Extrovert; ministry or counseling both involve heavy people contact, which an introvert can do, but you will need to guard your private time to renew yourself
- (4) It is not unusual ,in midlife, even for extroverts to turn more toward an introverted activities; spiritual growth is almost always enhanced by acting out of the opposite preferences.

**How do we perceive God? How do we experience God?**

- (1) Sensing types (S) are grounded in present reality, what is. They are much more likely to "see" God in more reality-based ways

EX: the beauty of a sunset

- (2) Intuitive types (N) are going to be much more appreciative of religious symbolism and ritual

- (3) In midlife, our spirituality I soften enriched by practicing in our opposite preference

EX: my growing appreciation for the symbolism in liturgical worship

**How do we act out our faith in God? We encounter God through the perceiving processes (S,N); we organize and express those perceptions the rational (decision-making) functions (T,F)**

- (1) A Thinking type will have a strong need for his/her faith to make sense logically, their worship preferences will tend toward being more rational and intellectual; whereas a Feeling type will prefer a more experiential worship experience**

**EX: what type of sermon do you prefer? One that challenges you intellectually to think about your faith? Or one that stirs you emotionally?**

- (2) Some thinking types may think they never have “peak” experiences, or may not trust them if they do; some feeling types may have real trouble explaining their experiences**

**How do we prefer to live out our spirituality? How we live our lives before the outside world is most effected by the J,P preferences**

- (1) For the judging types, spirituality is best expressed through regular practices and routines**

**EX: structure, discipline, predictability are important  
“Seven Last Words of the Church”**

- (2)For perceiving types spirituality is best expressed through spontaneity, being “open” to the “flow” of the Spirit**

- (3) Theologically, J’s are vulnerable to the criticism of being dogmatic; whereas P’s are vulnerable to being seen as “ungrounded”; need balance between the two extremes**