
Spirituality



ENTJ

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be. (Thomas a Kempis)

Finding Your Path

One Person's Spiritual Journey:

"I didn't set out to search for God - I was looking for ways to add meaning and purpose to my life. However, the more I made inquiries regarding the spiritual side of my nature, the more I was led to acknowledge that there has to be something with energy and intellect beyond human existence - God."

"Developing my own guiding purpose provides me with a directional signal that tells me whether I am doing work that matters. My spirituality allows me insight on issues I face, but with all of the tasks I am called on to do, setting aside specific time for God can be hard. To me, the spiritual side of life is meaningful only if we commit to using it to improve our world."

Others Might Help Me On My Journey By:

- Offering opportunities to slow down and "Waste time" on social interactions.
- Joining with me to challenge traditional thoughts, dogmas, and paradigms.
- Recognizing that for me, faith is not emotional but rather more logical.
- Understanding that faith is a very personal thing and I therefore seldom consider looking to others for help in this area.

Common Stumbling Blocks:

- Not taking time to build relationships or consider my spiritual journey in my quest to be effective.
- Wanting to reduce everything to a logical formula or principle.
- Applying rigorous standards to myself and others.
- Wanting clarity about things that may not ultimately be clear.

Spirituality Is:

- Commitment to a particular way of being.
- Belief in the interconnectedness of all things.
- A part of deciding what is fair and unfair based on universal truths.
- Knowing that I have accomplished something that matters in my life.

Following Your Path

Paths For Renewal That May Feel Natural

- Studying rigorously, debating and discussing with others in order to clarify the principles of my faith.
- Applying my standards by planning and leading work projects for various social issues or outreaches.
- Reading journals with the latest findings and advances in science to find patterns, insights or ideas that aid in "cracking the code" of our existence in a way that strengthens my belief in something beyond our concrete experience.
- Finding a place of grandeur for renewal or worship such as a gothic cathedral or a mature oak woods that points to the majesty of a higher being.

Paths for Going Deeper

- Participating in practical outreach work that involves one-to-one contact, listening to the needs and feelings of those who require direct help.
- Completing a values clarification exercise to lessen the seeming arbitrariness of my emotions and interpersonal needs. Meditating and reflecting to tap into my deepest spiritual longings

Trap: Becoming too reliant on my own abilities, forgetting that I can benefit from the experiences and thoughts of others.

Dear children, let us not love with words or tongue,
but with actions and in truth.
(1 JOHN 3:18)

Spirituality



ENTP

It is not in the still calm of life, or in the repose of a pacific station, that great characters are formed ... Great necessities call out great virtues. (Abigail Adams)

Finding Your Path

One Person's Spiritual Journey:

I've always been a self-starter - a person, with a great deal of initiative. As a young adult, I was a bit skeptical of people who believed in God. To me they seemed naive, but at the same time I envied their ability to not care what others thought about their views. I certainly didn't enjoy anyone questioning my thought processes! Besides, I believed in my own competencies and ability to care for myself and those closest to me.

"Eventually, I experienced a crisis where I could not influence the outcome. I began to search for something outside of myself to give me the strength to carry on. For me, that strength came from recognizing, that there is something bigger than human effort can achieve, a God or higher power that understands what we cannot comprehend. My heightened spiritual awareness provides peace and a foundation from which I can charge ahead again."

Others Might Help Me On My Journey By:

- Not overselling the benefits of a spiritual life; let me come at it on my own terms.
- Reminding me that I did my best and that effort, not perfection, is sometimes the better yardstick.
- Engaging me in a relationship that is deep enough for us to share our problems.
- Sustaining my faith by sharing stories of people who experienced serious problems and survived.

Common Stumbling Blocks:

- Taking on so many competing projects that I am pulled away from spiritual things -no spiritual routines.
- Relying too much on my own abilities, forgetting that I can call on God.
- Continuously gathering information on different spiritual traditions/practices, but seldom trying them out.
- Wanting to be as "expert" on spiritual matters, as in any other area of my life, therefore I am reluctant to voice any opinions on the subject.

Spirituality Is:

- A wellspring of hope and freedom that goes beyond my comprehension.
- Often acknowledged or accepted after a period of pain and uncertainty.
- An on going process of learning to look outside myself for strength.
- Acknowledging that something bigger than me is in charge.

Following Your Path

Paths For Renewal That May Feel Natural

- Participating with others in exciting, and rich experiences that celebrate our spirituality.
- Exploring more about spirituality by reading or tracking down key principles and practices of my own faith and that of others.
- Gathering with a group of like-minded people to talk about big issues and personal concerns.
- Being involved in projects, perhaps cross-cultural or even international, that better the quality of life for others.

Paths for Going Deeper

- Retracing, the spiritual experiences of my childhood and the places where my faith was enriched, reflecting on those memories for more understanding of who I am today.
- Dedicating time for spiritual practices that I've learned about in order to determine their effectiveness for me.

Trap: Competitiveness with myself and others.

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own.
(PHILIPPIANS 3:12, NRSV)

Spirituality



ENFJ

The heart benevolent and kind most resembles God. (Robert Burns)

Finding Your Path

One Person's Spiritual Journey:

"In many ways, I took my faith for granted and wondered about some of my friends who seemed to need "aha" experiences or logical proof. I related to God as one would relate to a loving understanding encouraging parent.

"Recently, I joined a group that emphasized how God wanted a personal relationship with each of us, no matter what our spiritual experiences might have been. This insight gave me peace and assurance that God loves me wherever I am on my spiritual journey.

"As I worship and pray with other people, or more often alone as I grow older, I now feel deeply the presence of God and can rejoice in thankfulness about God's grace and faithfulness to me."

Others Might Help Me On My Journey By:

- Encouraging me to consider myself and my own needs and wants.
- Gently confronting me, especially when I insist on everyone getting along, with the truth that even the best of relationships can grow as a result of conflict.
- Giving me permission to develop imaginative and creative ways for people's spiritual growth and development.
- Providing a personal and caring environment. When there is heavy judgment, criticism, or a sense of being devalued, I accomplish less.

Common Stumbling Blocks:

- Becoming too emotionally involved in the success or failure of the spiritual endeavours I lead.
- Not having adequate patience.
- Assuming my way may be the most noble or altruistic.
- Taking the weight of the world on my shoulders.

Spirituality Is:

- A natural part of life.
- Having an evolving, continuing, growing, and committed personal relationship with God.
- A vehicle to improve relationships among people.
- Influencing the welfare of individuals and the community; working with God to transform the world.

Following Your Path

- Paths For Renewal That May Feel Natural
- Leading and/or organizing spiritual retreats which involve interaction, as well as time for meditation on specific readings or concerns for the well being of others.
- Spiritual discussions where I can build relationships, feel safe, and share my hopes and concerns.
- Seeking directed, reflective times for "being" with God and others in a connecting way.
- Developing new ways of helping others to realize their potential.

Paths for Going Deeper

- Attending academic courses, alone or with a friend, to discover fresh interpretations which draw out new possibilities for the logical underpinnings of my beliefs.
- Considering the pluses and minuses of my spiritual commitments to discover new insights/truths about myself and my spiritual journey.

Trap:

Avoiding any expressions of negative feelings out of fear of disharmony even in my relationship with God.

"For I know the plans I have for you " says the Lord,
"plans to prosper you and not to harm you,
plans to give you hope and a future."
(Jeremiah 29:11)

Spirituality



ENFP

The future belongs to those who believe in the beauty of their dreams. (Eleanor Roosevelt)

Finding Your Path

One Person's Spiritual Journey:

"I don't remember not being aware of God. Hearing the stories of faith and reading accounts of missionaries engaged my imagination and connected me with the unseen realities."

"Often sought intense involvement not out of duty, but as a pathway to joy. Even as a child, I tried to marshal the help of others for my causes, raising money for animal shelters and disabled children."

"The hurdle was the regularity of my spiritual practices, although I've always prayed and stayed 'in touch spiritually. For me, concentrated periods of spiritual involvement seem to be followed by periods of more secular emphasis."

Others Might Help Me On My Journey By:

- Allowing for doubt and ambiguity. God seems absent when rules or judgments are too heavy handed.
- Helping me to concentrate on the meaning of faith in its daily application.
- Sharing their deeply held spiritual values and moments of grace. Acting as "family", showing care and concern in times of crisis.
- Forcing me to slow down and pay attention to my spiritual and physical needs.

Common Stumbling Blocks:

- Losing sight of spirituality in the preoccupation with activities and ideas.
- Neglecting to give attention to my own personal, physical, and emotional needs.
- Being so intrigued by all of the aspects of my faith that I limp from subject to subject, missing chances for depth.
- Going at such breakneck speed that I seldom give as much time as I want to contemplation.

Spirituality Is:

- The certainty that God has a plan.
- A triumph of the needs of people over the dictates of law.
- At the forefront when I feel grateful, confused, or in need of help.
- Knowing in my bones that there is a God - Only believe and all things are possible, only believe

Following Your Path

Paths For Renewal That May Feel Natural

- Gathering with like-minded people in spiritual discovery and community where there is ample opportunity for discussion.
- Reading, talking, envisioning about God and spiritual matters from a wide variety of resources and traditions, both secular and spiritual.
- Enjoying the discovery of God in the beauty of art, literature, music, or in small acts of kindness.
- Leading or assisting people in spiritual endeavours that can help them grow.

Paths for Going Deeper

- Allowing ample quiet time for reflection in peaceful, beautiful settings that stimulate my senses, knowing that solitary times and retreats allow God to touch me in new ways.
- Engaging in spiritual discussions with "doubters" or those who hold opposing beliefs. In hearing and responding to their questions, I can discern more specifically, who and what I believe.

Trap: Being attracted to the newest, latest, most attractive spiritual experience, movement, or leader.

Whatever is true, whatever is noble,
whatever is right, whatever is pure whatever is lovely,
whatever is admirable - if anything is excellent or praiseworthy
- think about such things.
(PHILIPPLANS 4:8)

Spirituality



ESTJ

To be both a speaker of words and a doer of deeds. (Homer)

Finding Your Path

One Person's Spiritual Journey:

"As a child I participated in my family's religious traditions but once I was out of the house, I saw no real need for spirituality. I was far too busy pursuing my educational and career goals. Later, at the urging of my spouse, I joined a church for the sake of our children so that they could make their own decisions about what they believed.

"Our spiritual community provides a social circle and an avenue for meaningful and important volunteer work. While I still question some of the details, the majority of the teachings make practical sense and work to link my family together. I also like that I'm surrounded by role models who practice what they preach in most aspects of their lives. When we join together for a cause, I realize that something bigger than each of us individually is at work - and that something is God."

Others Might Help Me On My Journey By:

- Working together with me to accomplish what none of us could do on our own.
- Reminding me that the world cannot always be efficient and that something can be gained even in chaotic times.
- Persuading me personally to try a spiritual offering by outlining its practical applications for my situation.
- Describing moments when they were in awe by what God has done, thereby helping me to appreciate life's intangibles.

Common Stumbling Blocks:

- Not wanting to be very adventuresome, staying stuck with my tried and true spiritual practices.
- Taking charge of situations or making decisions too readily, forgetting to look for spiritual guidance.
- Needing proof about spiritual matters, usually wanting more evidence than is possible.
- Being so practical and logical that I miss out on the intangible results of classes or experiences.

Spirituality Is:

- A way of determining moral and ethical principles and teaching them to others.
- Something to fall back on in the turning points of life such as personal crises or natural disasters.
- Seeing the interconnectedness that exists among people, thus giving me a reason to believe and to see things in a wider context.
- Confidence and knowledge of God that results in action.

Following Your Path

Paths For Renewal That May Feel Natural

- Spearheading projects for the benefit of my community-building projects, disaster relief, food and clothing drives, coordinating volunteer efforts, etc.
- Enjoying the company of others and experiencing God through those interactions.
- Incorporating spiritual practices into everyday occurrences, i.e., reading the newspaper, exercising, or commuting.
- Participating in a structured study of spiritual matters where people gather for learning and camaraderie.

Paths for Going Deeper

- Engaging in a process to establish my own principles and goals for the meaning and purpose of my life.
- Studying the myth, symbolism, and mystery of my tradition to find new insights.

Trap: Forgetting to consciously pursue spiritual matters; getting caught up in either the fellowship or social action of my spiritual community.

Be diligent in these matters; give yourself wholly to them.
(1 TIMOTHY 4:15)

Spirituality



ESTP

It is impossible to live pleasurably without living wisely, well, and justly, and impossible to live wisely, well and justly without living pleasurably. (Epicurus)

Finding Your Path

One Person's Spiritual Journey:

"The church I attended as a child did not make a great impression on me. I found God when I realized the difference faith made in some people I knew well and really admired. They didn't just talk about it they acted on it.

"When I saw these people able to love others in a way I knew I didn't - and serve others joyfully – I became interested in learning more. Finding God in the structure of a church is difficult since I prefer variety in my spiritual practices. My best paths to God may not seem "spiritual" to others. I know God exists when I can help others tangibly or talk with them about what makes faith real."

Others Might Help Me On My Journey By:

- Talking openly about the difference faith has made in their lives and showing that difference by caring about me when the going is tough.
- Seeing the lighter side of a spiritual life.
- Withholding their judgments about what I should/should not do to be a spiritual person.
- Joining with me in celebrating/enjoying today as a gift from God.

Common Stumbling Blocks:

- Questioning the reality of faith - finding it hard to take future promises seriously.
- Being skeptical about immortality.
- Overlooking spiritual life because of my focus on real life.
- Finding it hard to be patient and open in dry periods of faith.

Spirituality Is:

- Trusting it will all work out in the end because God is in charge.
- A set of beliefs that helps me cope in the here and now.
- Making progress in showing my beliefs in the way that I live.
- Living life fully, appreciating God's gifts by actually using them or enjoying them.

Following Your Path

Paths For Renewal That May Feel Natural

- Finding others with similar a vocational interests and joining with them on recreational outings where we occasionally discuss spiritual matters.
- Working with other people where I know that I tangibly make a difference and am not just one of a crowd.
- Setting aside time to be in nature, using these opportunities to consider the miracles and wonders of God's creations.
- Seeking informal settings for spiritual gatherings that include active, joyous participation. Formalities such as having to dress formally or to sit still through long prayers or lectures detract from my wanting to participate.

Paths for Going Deeper

- Disengaging at least once a year from the real world by going on a spiritual retreat. Structured retreats help me concentrate on my relationship with unseen realities.
- Meeting together with a group of people who seem genuine in their faith. Often my spiritual growth comes in the reality of being with so many believers.

Trap: Spending too much time in activities, too little time in reflection.

Therefore everyone who bears these words of mine
And puts them into practice is like a wise man
who built his house on the rock
(MATTHEW 7:24)

Spirituality



ESFJ

After the verb "To Love", "To Help" is the most beautiful verb in the world. (Bertha von Suttner)

Finding Your Path

One Person's Spiritual Journey:

"As a child I attended services at my parents' religious community, but I always thought of God as a rule maker and judge - I was certain I fell short. As I grew, I was hungry for a God that would offer me a secure source of love to help me feel whole and complete.

I wanted an authentic relationship with God - I found it after I did my own assessment of right and wrong. Then I was able to order my life and enhance my spiritual practices. Now I feel that I have an outlet for my faith. The more uncertainties that life brings my way, the more comfort I find in knowing that God is there. I can't imagine my life without a close relationship to God."

Others Might Help Me On My Journey By:

- Talking through spiritual issues and explaining to me the basis for their own life choices.
- Contributing their fair share and assuming some responsibility so I don't feel overburdened.
- Showing their love for me in concrete ways, especially when I am feeling undeserving or am in the midst of a crisis.
- Helping me remember to have faith when I feel concerned about the welfare of someone I love.

Common Stumbling Blocks:

- Being driven by "should's" - aiming for perfection to meet my own standards or the standards of others.
- Sweeping conflicts under the rug to maintain harmony and to avoid being considered judgmental.
- Staying with the same spiritual practices, hesitating to try new or different ideas, even when the results of my current practices aren't satisfying.
- Being reluctant to question spiritual tradition or leaders.

Spirituality Is:

- A conscious effort to look for God's presence in the actions of others.
- A rudder that is unshakable; a truth that stays when the storms of life come along.
- Loving God enough to actively pass that love on to others.
- Making time for daily or special spiritual rituals and traditions.

Following Your Path

Paths For Renewal That May Feel Natural

- Participating in organized studies or classes with groups that gather for fellowship in addition to learning.
- Defining for myself spiritual concepts such as love, unity, and truth, and what each means for my spiritual journey, by evaluating my own personal experiences and those of people I admire.
- Being involved in service or outreach programs that uplift or enable people to live better.
- Joining friends for long walks in natural surroundings or meeting in coffee houses or other intimate settings to discuss topics of faith and spirituality.

Paths for Going Deeper

- Using a logical framework to evaluate my spiritual development and to find those areas that need improvement, i.e., cause ... effect, if ... then.
- Engaging in academic course work and studying sacred texts or world religions to increase my worldview and add to the richness of my faith.

Trap: Focusing on others first, forgetting to "analyze" what is truly important to me.

For I am not seeking my own good but the good of many,
so that they may be saved
(ICORINTHIANS 10:33)

Spirituality



ESFP

To love what you do and feel that it matters - how could anything be more fun ? (Katherine Graham)

Finding Your Path

One Person's Spiritual Journey:

"My early religious experiences were a bit dry - the lectures and set prayers didn't do much for me, but I enjoyed being with my friends and also didn't want to disappoint my parents. I remember trying to tell a youth leader that I felt close to God when I was outside and could wonder about the magnitude of a being who could create such a world. Besides, being inside a formal religious setting made me restless. He thought such talk was irresponsible!

"Later, though, I searched on my own to find my answers to the big questions of life. I soon learned to seek answers as the need arose - I had too many questions to tackle all at once. I connected with a fellowship that made faith a part of their lives. We meet to study, but we also enjoy life together, be it celebrating a birth, skipping stones across a lake, or retreating together, enjoying fun and fellowship away from our normal routine.

Others Might Help Me On My Journey By:

- Working with me to see what God might be doing beyond what I experience in the here and now.
- Helping me question what is best for me in given circumstances but allowing me to choose my own course of action.
- Joining with me in spiritual practices or journeys even though other delightful aspects of life beckon.
- Taking time to listen and talk with me one-to-one.

Common Stumbling Blocks:

- Neglecting to make time for God and spiritfilled matters.
- Not giving enough thought to the future.
- Being too generous or giving too much of myself to others.
- Expecting my spiritual practices to be more organized and regular than I am naturally.

Spirituality Is:

- Enjoying and appreciating what God has created; being thankful for all of our blessings.
- Assisting those who need help in a practical, direct way.
- Having confidence that God cares for me and that I'm on the right path.
- The essence of life - an added dimension to what we experience, filling our thoughts and actions with new richness.

Following Your Path

Paths For Renewal That May Feel Natural

- Participating with others in vibrant, joyful expressions of spirituality.
- Having time away with a congenial group for playful but spiritual activities such as camping, skiing, or sight-seeing.
- Visiting the sick and elderly, giving aid in emergencies, and tangibly experiencing God in these ways.
- Spending time in the company of trusted, close friends to talk about our faith journeys. Hearing about others' experiences, as well as reading biographies, to see and understand how God works.

Paths for Going Deeper

- Spending time in solitude, reflecting and journaling on the events and concerns in my life. A beautiful, natural setting often makes this easier.
- Going beyond my five senses in looking at a situation and what it could mean in the larger context of life, what other possibilities there might be, and how it might relate to a non-physical dimension of life.

Trap: Trying to help everyone at the same time.

A cheerful heart is good medicine
(PROVERBS 17:22)

Spirituality



ISFJ

The firm, the enduring, the simple, and the modest are near to virtue. (Confucius)

Finding Your Path

One Person's Spiritual Journey:

"I don't think I really 'started' a spiritual journey; I was on it from the day I was born. As a child, but perhaps even more as an adult, I enjoyed organized worship experiences. I felt a part of a larger family. The things I learned about God provided structure for the rest of my life. I seldom really struggled against God or rebelled, but rather asked for more understanding of why some people have to suffer so much and why evil things happen in the world.

"More than the organized aspects of religion, though, I find God in the lives of people around me. Through their example, and then through my own experiences, I gained an assurance that God stands with me and works through me, enabling me to face adversities without crumbling."

Others Might Help Me On My Journey By:

- Letting me see their spiritual side which serves as a model, encourager, and rich, connecting experience to me.
- Offering to relieve me from some of the responsibilities I shoulder, since I find it hard to ask for assistance.
- Taking the time to study and discuss spiritual issues that are a source of concern to me.
- Showing that they care about me and others through their actions, not just their words.

Common Stumbling Blocks:

- Becoming so concerned with alleviating the suffering of others that my own needs are left behind.
- Not seeing how all the details add up to become the overall plan.
- Disliking complex and philosophical topics not related to my practical spiritual interests
- Filling time with "all that needs to be done," sometimes neglecting my own spiritual needs.

Spirituality Is:

- Using the wonder of what I can see, touch, hear, or feel, to strengthen my beliefs in areas that I have to take on faith.
- Helping others to follow their spiritual practices.
- Following the spiritual injunctions or duties of my faith.
- Looking to God for guidance for each day and beyond, believing that God, who sees the bigger picture, is with me no matter what unfolds.

Following Your Path

Paths For Renewal That May Feel Natural

- Studying spiritual matters that I can apply to my own life, i.e., prayer methods, spiritual practices of leaders, or parallels between biblical stories and modern day situations.
- Being a part of a small, structured group for prayer, support, and meaningful discussion of spiritual matters. Organized studies or methodologies for prayer are often fulfilling.
- Cultivating close friendships with people who care for me and with whom I can partner on my spiritual journey.
- Participating in retreats, preferably in quiet, peaceful and beautiful places to refresh and relax.

Paths for Going Deeper

- Studying and experiencing other spiritual traditions by reading books or listening to recognized authorities who hold those beliefs to see if they match my own beliefs.
- Spending time in spiritual imaging or carefree daydreaming, perhaps using art, poetry, meditation, or music, to open up new possibilities for meaningful activities that I can add to my life.

Trap: Deferring too much to the wants of others and forgetting my own needs.

Pursue righteousness, Godliness, faith, love, endurance, gentleness
(1 TIMOTHY 6A, NRSV)

Spirituality



ISFP

The greatest pleasure I know is to do a good deed by stealth and have found out by accident. (Charles Lamb)

Finding Your Path

One Person's Spiritual Journey:

"My spirituality seemed to appear by osmosis. I was convinced by the power of faith in the lives of people I knew well. No other proof was needed I just believed. When a person I admired explained the essentiality of her spiritual journey in a clean, clear, and understandable way, it was easy for me to commit even more deeply. I struggled, though, with the organized part of religion, especially those rules and regulations which defined who was spiritual and who was not.

"To me, God is a personal friend whose tenderness and love are real. All of this is intensely deep and personal and therefore hard to explain in a way that truly captures its essence. However, whether or not I can describe my faith, I know God will stand close and hold my hand through whatever life brings."

Others Might Help Me On My Journey By:

- Allowing me to reach my own spiritual goals in my own way, perhaps only providing a gentle structure for discipline.
- Offering warmth and emotional support in times of spiritual crises or change.
- Inviting and encouraging me to join with them in taking some risks, be they physical or interpersonal.
- Being appreciative of my quiet behind the scenes work.

Common Stumbling Blocks:

- Devaluing my own talents and gifts when contributing to my spiritual community.
- Taking on too many good deeds for the welfare of others and overlooking my own needs in the process.
- Keeping my opinions on spiritual matters to myself until my values are crossed then watch out!
- Not voicing how the actions of others have affected me, preferring to avoid disharmony.

Spirituality Is:

- Being the hands and feet of God in the world.
- Living my life according to my values and beliefs as best I can.
- Trusting that God has my best interest in mind, even in bad times.
- Practicing devotion and humility in my own - spiritual practices by not calling attention to my beliefs.

Following Your Path

Paths For Renewal That May Feel Natural

- Seeking private time at home, in a garden, or with pets or animals where I can enjoy the wonder of living things.
- Helping others learn about spiritual matters in simple, step by step terms that also allow me to internalize what I believe.
- Joining a small group of close friends for prayer and spiritually focused conversation. Informal settings, perhaps in homes, with food and fellowship, make the gatherings more special.
- Learning opportunities that have a spiritual component, i.e., workshops or classes about parenting, getting organized, communication, marriage, etc.

Paths for Going Deeper

- Scheduling a lengthy time for solitude, either in nature or at a retreat centre or considering a longer service opportunity where I can get to know people as we work together.
- Memorizing meaningful passages from sacred texts, enrolling in classes that focus on the historical or logical aspects faith, or evaluating how formal doctrines fit with my personal values.

Trap: Going beyond my physical and/or emotional limits to be of service to others.

Truly I tell you just as you did it to one of the least of these who are members of my family, you did it to me.
(MATTHEW 25:40, NRSV)

Spirituality



ISTJ

Do your duty and leave the rest to heaven. (Pierre Corneille)

Finding Your Path

One Person's Spiritual journey:

"As a child, I attended religious services and classes with my family. I experienced the traditional rituals and heard the stories of historical religious figures. Knowing that all these knowledgeable people before me believed in God enabled me to accept on faith the reality of a higher power. I believe that God is present and listens to my concerns.

I feel closest to God when praying or when fulfilling my duties to others my family, my co-workers, or those in need of help. Gathering with people in a worshipful setting allows me to forget for the moment all of my other responsibilities and concentrate on God for that short, precious time."

Others Might Help Me On My Journey By:

- Offering lots of specific, real life examples about spiritual matters, especially ones that appeal to my realistic and practical nature.
- Appreciating the necessity for details when bringing plans to fruition and assisting me in carrying them out, thereby lessening my responsibilities.
- Helping me to relax and laugh, keeping me focused on the big picture and the overall meaning of faith.
- Supporting my ideas or decisions, upholding me with their actions or prayers.

Common Stumbling Blocks:

- Enjoying my traditions and therefore not wanting to change the status quo.
- Becoming rules minded as I apply my spiritual principles, sometimes overlooking exceptional needs.
- Seeking to know all the nitty gritty and in the process missing the "big picture".
- Doubting that I am truly worthwhile because I'm all too aware of my areas for self improvement.

Spirituality Is:

- Learning to set aside all of the details of life in order to be present to God.
- Wanting to travel on a straight path despite all the forks in the road. Behaving responsibly toward others and honoring my commitments.
- Very private, deep and somewhat unexplainable.

Following Your Path

Paths For Renewal That May Feel Natural

- Doing arts and crafts projects which allow for self expression, for either practical or aesthetic purposes.
- Reading all the works of an author in a structured and organized way to ascertain the consistency and truthfulness of their point of view.
- Serving as a resource to others who are seeking a just and fair way to handle matters of faith and in this process clarifying my own analysis.
- Doing a values identification exercise or meditating on matters that are important to me to check if my life is congruent with those values.

Paths for Going Deeper

- Travelling with others to places which can be spiritually enriching and/or exploring those histories, customs or traditions of my faith for a more well-rounded perspective.
- Committing to corporate worship and/or a spiritual discussion group where I can enrich my faith and understanding. Making room in my life for organized religious activities allows me an opportunity to leave tasks behind and concentrate on spiritual matters.

Trap: Being so aware of my tasks that I forget to step back and appreciate that I am already worthy as I am, not only because of my deeds.

Hold them in the highest regard in love

because of their work

(I THESSALONIANS 5:13)

Spirituality



ISTP

Trees and stones will teach you that which you can never learn from masters. (St. Bernard)

Finding Your Path
One Person's Spiritual Journey:

"Spirituality doesn't exactly come naturally for me, at least not in the way most people think of it. While I prefer to believe that a higher power is in charge of the universe, my strongest rationale for that belief is that I don't like any of the alternative theories!

"I tend to feel restrained by structure in any part of my life, so God seems real to me in my unstructured moments when I am outside in the created world, when I see a particularly moving film, or when I pray with my children at bedtime. My beliefs are straightforward and I don't want them to be clouded by teachings or meetings that are pointless. If I live by my principles and give my time to helping others, I am as spiritual as I need to be."

Others Might Help Me On My Journey By.

- Giving tangible, in the moment help in times of need which demonstrates their spiritual commitment.
- Reminding me that people and social conditions will not necessarily be rational.
- Providing me with examples of their faith in action, bringing to me a new vantage point.
- Allowing me brief "time out" periods from others and from my spiritual practices.

Common Stumbling Blocks:

- Allowing spiritual life to be more incidental or accidental.
- Finding worship or emotional expressions of others awkward or even intimidating.
- Not factoring the needs of others into daily living.
- Trying to reduce everything to a logical formula.

Spirituality Is:

- To let my actions genuinely reflect my words.
- To have hope.
- Carrying through on my commitments, whether or not they make me personally happy.
- To firmly decide what I believe, even though may be no verifiable basis for some of those decisions.

Following Your Path

Paths For Renewal That May Feel Natural

- Finding the sacred in the everyday, using quiet places for prayer and reflection, perhaps in the midst of other pursuits.
- Meeting with a few trusted others to talk honestly about beliefs and doubts.
- Volunteering in tangible, practical ways to help those who need immediate and concrete help, leading the effort if no one else will.
- Escaping from the rules of formal spiritual practices, either as a time of renewal, or to define my own spiritual experiences.

Paths for Going Deeper

- Attending a workshop where I can explore my values and become aware of what matters most to me.
- Concentrating on finding areas of agreement, offering appreciation to those who have shown me kindness, and listening and reflecting with others about spiritual development.

Trap: Isolating myself from a spiritual community.

But whoever lives by the truth comes into the light
so that it may be seen plainly that what he has done has
been done through God.
(JOHN 3:21)

Spirituality



INFJ

The most beautiful thing we can experience is the mysterious. It is the source of all true art and science. (Einstein)

Finding Your Path

One Person's Spiritual Journey:

"I can't remember not being aware of God - that a creator existed who cared for us was as believable to me as a child as anything I studied in science. Gathering with others to learn more about my faith was fun as well as very natural.

"However, as a teenager, I needed to prove to myself that God was real, not just accept what I'd been told. After extensive study, I found out just exactly what God meant to me. I then made a conscious decision to live my life for God. That means I live what I know to be true about God and doing so is a treasure worth any price."

Others Might Help Me On My Journey By:

- Understanding that I'm an independent and original person who often has a need to "go it alone" in matters of faith.
- Meeting in a small group in a disciplined way to encourage our spiritual growth.
- Sharing how they have deepened their faith so they can give to others.
- Allowing me the freedom to strive for what I envision and lending support while I do so, saying "Go for it, you can do it!"

Common Stumbling Blocks:

- Finding it difficult to ask others for help, thinking I can work it out with God on my own.
- Reluctantly advocating for my ideas or talents.
- Focusing with such intensity on my own "vision" that I miss the suggestions of others.
- Withholding needed criticism to maintain harmony.

Spirituality Is:

- Believing in and having a personal relationship with the Creator.
- Acknowledging that God is in charge and that there are some things I can't control.
- Trying to live a life of example so others might see good works and reflect upon God.
- Trusting and obeying the values and precepts of my faith □ loving God and loving my neighbor in both word and deed.

Following Your Path

Paths For Renewal That May Feel Natural

- Joining or establishing a small group of committed people, setting goals for prayer, study, or fellowship and holding each other accountable to work toward those goals.
- Seeking study opportunities to explore in depth topics of faith that interest me. Studying sacred texts on my own to understand how the situations and precepts apply to my life.
- Practicing spiritual activities that actively engage the imagination - creative writing about sacred stories, listening to music which allows free reign for dreams and ideas, or keeping a faith diary.
- Considering all of life "sacred", looking for God at work in novels and newspapers, in the events of the day and in the people I know.

Paths for Going Deeper:

- Paying attention to what God is doing right now, what I can see around me, what can I touch and hear; looking at God's wonders in the company of others, in beautiful surroundings or in small, practical acts of kindness.
- Finding opportunities to put my faith into action through hands-on service, missions opportunities and other authentic ways that might require sacrifice of time. This will allow me to leave the world of ideas for the world of response.

Trap: Trying to work things out alone, being hesitant or afraid to ask others for help.

Therefore encourage one another and build each other up,
just as in fact you are doing.

(I THESSALONANS 5:II)

Spirituality



INFP

It is only with the heart that one can see rightly; what is essential is invisible to the eye. (Antoine de Saint-Exupery)

Finding Your Path

One Person's Spiritual Journey:

I can't exactly define when I became aware of God. It has been more or less a part of my life since I can remember. I have always been intrigued by the idea of a spiritual presence and from an early age read books about the lives of the saints, explored other faiths and traditions, and appreciated poetry and music which dealt with people's interactions with God and with each other.

"While I did go through a period of teenage rebellion, the outcome was a more personal and deeply felt sense of my relationship with God. Now as an adult I find God gives me a sense of inner peace and is an anchor for my soul."

Others Might Help Me on My Journey By:

- Telling me about their own deeply-held beliefs in an authentic fashion so that I can use them to reflect upon my own.
- Understanding that my spirituality is very private and personal to me, only to be discussed with an open and sympathetic person.
- Living out their values not necessarily with perfection but with true conviction.
- Offering me new challenges for an external expression of my vision and ideals.

Common Stumbling Blocks:

- Taking negative feedback personally; shying away from anything but positive Support.
- Believing that others do not care enough.
- Avoiding issues where conflict may emerge unless a value is crossed - then a tiger emerges!
- Coming across to others as idealistic and impractical.

Spirituality Is..

- As wonderful and beautiful mystery never to be fully understood.
 - Doing your best to live your life day-by-day in congruence with your values
 - Something very deep that transcends external spiritual practices.
-
- Being with friends and loved ones to share our spiritual journeys and practices.

Following Your Path

Paths For Spiritual Renewal That May Feel Natural

- Going on retreat for as long as possible to lovely, quiet settings to nurture my soul, engaging in journaling, poetic writing, solitude, and other introspective activities which explore values, the human condition or community.
- Reading and reflecting on biographies and autobiographies of those who have led inspired lives or of those who have given much to others.
- Seeking out expressions of faith that involve beautiful music, drama, or other artistic involvement, either as a performer or as part of an audience.
- Understanding and feeling the needs of those who are in pain and anguish and ministering to them.

Paths for Going Deeper Spiritually

- Taking a direct leadership role in areas that have an impact on my values.
- Investing time in academic course work about the theology of my faith, perhaps even using this training avocationally, if not vocationally.

Trap: Being entrenched in my ideals.

Do not conform any longer to the pattern of this world,
but be transformed by the renewing of your mind.

(ROMANS 12:2)

Spirituality



INTJ

Nothing in life is to be feared. It is only to be understood. (Madame Curie)

Finding Your Path

One Person's Spiritual Journey:

"As a young adult, I fell away from organized religion because I saw so many people filling the services who never actually served God. Their faith wasn't believable.

"God became real for me when I went through a personal crisis and had to admit there was an area of my life over which I had no control - whether I was fertile and could have my own children. This personal turmoil forced me to introspect about what or who should control my life. I finally admitted that I could rely on a power beyond myself. At that time I joined a community of faith where I found solace and could also be part of the solution to the many problems our society faces."

Others Might Help Me On My Journey By:

- Being willing to admit their own doubts and intellectually explore the possible truths of our faith.
- Accepting that a cognitive approach to God is valid.
- Sharing stories of how they found guidance from God.
- Asking about my ideas and dreams for the future, listening, and granting me independence of the thought and approach.

Common Stumbling Blocks:

- Being reluctant to share my innermost self with others.
- Wanting to find answers to everything that interests or concerns me.
- Not feeling as competent as I'd like, perhaps trying to be Spiritual, pray, etc., "perfectly".
- Expecting others to "see" the future and other complex spiritual issues as I do

Spirituality Is:

- Determining a moral base, a belief system of what is right and wrong, then applying it to all aspects of life.
- Being accountable to act for purposes bigger than ourselves.
- A consistent, deliberate, intentional relationship with God.
- Actively dialoguing with God about possibilities for the future ' and how to challenge society to take advantage of them.

Following Your Path

Paths For Renewal That May Feel Natural

- Seeking opportunities for solitude, such as silent retreats, to provide space for introspection, especially in locations that offer natural settings for meditation or walks.
- Getting involved in a project that requires me to learn or research a subject in depth, i.e., teaching or revising worship practices.
- Setting aside time on a regular basis (weekly if not daily) for prayer, study, or journaling; selecting a time and place with little chance for interruption.
- Looking for opportunities for corporate worship that involve purposeful liturgies that are unique and engaging

Paths for Going Deeper

- Joining a team that wants to accomplish something significant, working not only on conceptualizing what might be done but in the hands-on implementation of the ideas.
- Observing in the here and now the little things which escape my attention that could enrich my life.

Trap: Being lost in thought and therefore not mindful of others or the situation.

I devoted myself to study and to explore by wisdom
all that is done under heaven.
(ECCLESIASTES 1:13)

Spirituality



INTP

The first key to wisdom is assiduous and frequent questioning ... for by doubting we come to inquiry, and by inquiry we arrive at truth.
(Peter Abelard)

Finding Your Path

One Person's Spiritual Journey:

"I think I'll be on a quest for spiritual truth my entire life. While I still haven't made a commitment to any one expression of beliefs, I've probably read more and studied more about spiritual matters than a lot of the people who populate churches and synagogues every week! I find it intriguing to examine different religions traditions, looking for similarities and contradictions among them.

"Through all of this study, I came to a good understanding of the principles by which I want to live. However, my need to prove/disprove everything keeps my beliefs quite intellectual. One of the ways I've made my spirituality more personal is that each day I try to think of something good that has happened. This simple act of consciousness has helped me to analyze happenings through my feelings as well as my head. It's as if I give myself permission to feel spiritual."

How Others Might Help Me On My Journey:

- Realizing that my questioning your beliefs means that I'm open to being influenced and that it's not meant to be critical.
- Presenting well-reasoned and objective analyses of their beliefs in a manner that shows they understand my point of view.
- Understanding that I do have feelings and emotional reactions, but that these are deeply guarded and therefore may be startling to others.
- Stating their insights and conclusions clearly and briefly, getting to the essence of the matter.

Common Stumbling Blocks:

- Getting too caught up in skepticism.
- Intellectualizing and being mindful of "the head" while overlooking "the heart".
- Underestimating the personal needs of others, at times overriding their concerns.
- Internalizing my spiritual thinking or journey to such a degree that I find little reason to act directly on it in the real world.

Spirituality Is:

- Doubting the existence of God, then using those doubts to spur spiritual inquiry.
- Setting up logical principles and steps to prove the existence of God.
- Finding and searching for truth and fairness in one's spiritual beliefs and practices.
- Discovering an explanation for those things which do not meet logical criteria.

Following Your Path

Paths For Renewal That May Feel Natural

- Reading, researching, debating, and other intellectual pursuits to analyze belief systems.
- Attending conferences or taking academic course work related to spiritual matters.
- Developing overall models which help conceptualize spiritual life in a rational and ordered way.
- Reading and collecting books on prayer, mysticism, etc., for cognitive understanding rather than 'real' life application.

Paths for Going Deeper

- Participating in spiritual retreats, which focus on self awareness, the interpersonal aspects of faith, or an analysis of key values.
- Finding concrete and specific ways to let others know I care or to let others know about me from an emotional /affective viewpoint.

Trap: Not realizing how my words are coming across, especially when I am in pursuit of truth.

And this is my prayer that your love may abound more
and more in knowledge and depth of insight.
(PHILIPPIANS I:9)