



Sensing Spirituality

Seeks a connection that:

- Is practical
- Incarnates the transcendent
- Is earthed in tangible reality
- Engages the senses
- Deals with what actually is in the present
- Might seem very prosaic to Intuitives

Modes of expression:

- Experiencing the natural world with all the senses:
- Sensory aids to worship may enrich spiritual experience
- Creating a spiritual sanctuary at home with chosen objects.
- Actions may speak louder than words e.g. posture, dance, yoga, inner stillness
- Connection with others is hands-on, perhaps in practical acts of service
- Language is specific, detailed; prayer/liturgy addresses real situations
- Si: Structured review of the day; re-living of sensory impressions in solitude
- Se Celebrating the moment, enjoying wide-ranging stimuli and interaction.
- Mindfulness, Ignatian or Fransiscan spirituality.
- Importance of story and straightforward worship (for Se, spontaneous, for Si, structured)

Spiritual Gift: Simplicity
Spiritual Path: Service



Intuitive Spirituality

Seeks a connection that

- Is prophetic
- Transcends the incarnate
- Free-floats round mystery and meaning
- Engages the imagination
- Goes beyond and below what is towards what might be
- Might seem very “precious” to Sensors

Modes of expression:

- Exploring the universe with mind open to the unconscious and unknown
- Symbolic aids to worship may inspire sacred connections
- Making spiritual space for meditation, contemplative prayer, dreaming.
- Silence may speak louder than words
- Connection with others is meaningful, integrative, sharing vision or stillness
- Language is figurative, engaging with mystery rather than resolving it.
- Ne scanning the world for meaning, interacting to explore or pray
- Ni creative writing, journaling, poetry, praying in the ‘fullness of empty.’
- Prayer links distractions into connections.(for Ne, shared opportunities for creativity to enhance future: For Ni, individual musing within time set apart)
- Importance of renewal, inspiration and seeing beauty in creative connections.

Spiritual Gift: Wisdom
Spiritual Path: Awareness



Feeling Spirituality

- *Seeks a connection that*
- Is guided by personal values
- God is Love
- Involves the heart
- Offers compassion
- Is appreciative
- Is warmed by passion

Modes of expression

- Affirming the worth and belovedness of others and self to God
- Fe Outward expressions of loving service and practical care to community.
- Fi Personal, heart-felt and relational prayer for others
- Community spiritual activity as a way of relating to others.
- Seeking the spiritual gifts of love, joy, peace and thankfulness.
- Looking for personal meaning in their spiritual reading
- Cherishing stories of faith and/or testimonies of the faithful that reflect personal values or engage emotions
- Celebrates common values with others, rejoicing in goodness and beauty,
- Listening with gentle empathy, to connect with love to God, others and self.
- A sense of Presence as companion on the spiritual journey in joy and sorrow.

Spiritual Gift: Joy and Love
Spiritual Path: Devotion



Thinking Spirituality

Seeks a connection that

- Is guided by universal principles
- God is Truth
- Engages the head
- Is analytical
- Has the courage to confront
- Is energised by intellectual conviction

Modes of expression

- Study, questioning, and debating in search of the Truth behind the mystery.
- Wrestling with God in rigorous examination of conscience or ethics (Ti)
- Outworking of truth expressed through righteous action for social justice (Te)
- Intellectually challenging spiritual activity as a route to deeper knowledge.
- Seeking the spiritual gifts of understanding, discipline, holiness, honesty.
- Pursuing wisdom and truth in their spiritual reading.
- Valuing logically-argued theology that demands full intellectual engagement.
- Works through the offensive, difficult, disturbing or inconsistent to find truth
- Engaging in logical discourse to connect with integrity to God, others and self.
- An awareness of opening the mind to the mind of the infinite, following thoughts to the very edge.

Spiritual Gift: Justice
Spiritual Path: Knowledge