

# Spirituality of the Lay Reader

## Acts 2: 42-47

<sup>42</sup>They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

<sup>43</sup> Awe came upon everyone, because many wonders and signs were being done by the apostles. <sup>44</sup>All who believed were together and had all things in common; <sup>45</sup>they would sell their possessions and goods and distribute the proceeds to all, as any had need. <sup>46</sup>Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, <sup>47</sup>praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

TEACHING

FELLOWSHIP

BREAKING OF THE BREAD

PRAYERS

# Four Types of Spirituality

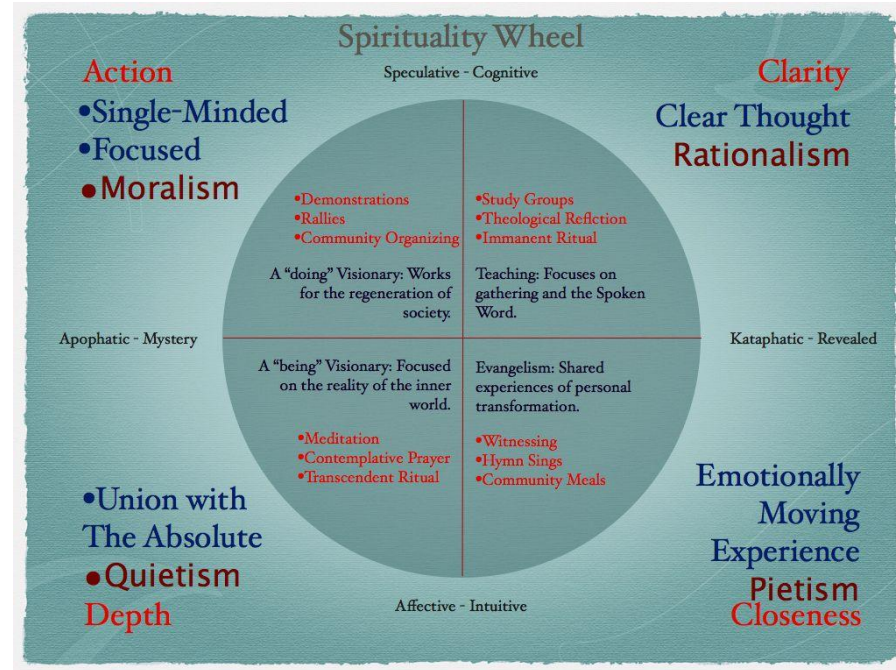
THOMISTIC      PATH OF INTELLECT      -THE WORD- (APOSTLES'  
TEACHING)

FRANCISCAN      PATH OF SERVICE - COMMUNITY (FELLOWSHIP)

AUGUSTINIAN      PATH OF DEVOTION - COMMUNION (BREAKING OF BREAD)

IGNATIAN      PATH OF ASCETICISM - THE CROSS (PRAYER)

# Spirituality Wheel



# Myers Briggs Personality Chart

Natural Source of Mental Energy

Extraverted or Introverted = E / I

Perceiving or Understanding

Sensing or Intuitive = S / N

Making Choices and Judgements

Thinking or Feeling = T / F

Action Orientation

Judging or Perceiving = J / P

16 different personality types

MYERS BRIGGS QUIZ

# Find Your Spiritual Path

THOMISTIC      PATH OF INTELLECT

FRANCISCAN    PATH OF SERVICE

AUGUSTINIAN    PATH OF DEVOTION

IGNATIAN        PATH OF ASCETICISM

HANDOUT

# Thomastic Spirituality

## St. Thomas Aquinas and Scholastic prayer

- orderly progression of thought from cause to effect
- earnest pursuit of all transcendental values - truth, goodness, love, faith, spirit etc.
- seek truth and authenticity in life
- the path of intellect
- Myers Briggs = NT Intuitive/Thinking
- Meditation - What is faith? (Discussion at your table - 15 minutes)
- Feedback



# Ignatian Spirituality

## St Ignatius of Loyola

- this spirituality uses prayer with scripture as a foundation
- people use Lectio Divina to draw conclusions from scripture
- read, pray, contemplate, reflect.
- you are “projected” into the Biblical scene as a character
- the path of asceticism - the Cross
- Myers Briggs = SJ Sensing/Judging
- meditation - (individual - here or in church)
- GRACE: Realize more deeply God’s mercy for me.(20 minutes)
- Feedback

# Augustinian Spirituality

## St. Augustine of Hippo

- this spirituality uses creative imagination to transpose the world of scripture to our situation today
- Romans 13:13-14
- <sup>13</sup>let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. <sup>14</sup>Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.
- the path of devotion
- Myers Briggs = NF Intuitive/Feeling

# Franciscan Spirituality

## St. Francis of Assisi

- this spirituality leads to loving service
- people are moved by the Holy Spirit
- the incarnation and life events of Jesus are central
- people have a strong attachment to God's creation
- the path of service
- Myers Briggs = SP Sensing/Perceiving
- meditation (in church) with Prayer of St. Francis (20 minutes)
- "What will I do?" (in myself, my community, the world)
- Feedback

# Closing

do Evaluation

Closing Prayer