

## **Discovering Your Personality Gifts!** *How your Myers-Briggs® Type affects your prayer and worship style*

Have you ever met someone and everything just clicks?  
Or, have you had the opposite happen? Nothing seems to work out right?  
Do you ever wish you could figure out why people think the way they do?  
Have you ever thought about how your personality affects your prayer and worship?

### **Program Objectives:**

- ◆ *Discover your Myers-Briggs® 4-letter type*
- ◆ *Observe different styles in action and how to communicate with each*
- ◆ *Learn how your MBTI type affects your prayer and worship preferences*

We all have gifts (otherwise called attributes, strengths, abilities, interests or skills) and an innate desire to develop some of them. We can identify our own gifts and learn that others possess some *equal* and opposite gifts to ours.

Understanding these differences helps re-frame our current information and the ideas we hold about one another. At home or at work, these differing preferences are alive and active in our relationships. By nature, we want others to see things the way we do. Participants learn to move from frustration (friction encountered with others) toward appreciating these differences. As individuals and in teams, we learn how to complement one another's strengths and compensate for one another's blind-spots. Teams make better decisions together.

### **Differences in Prayer and Worship**

These differing gifts will also cause us to pray and worship differently. For example an Extrovert will be more comfortable praying (and singing) in large groups and out loud, while an Introvert would prefer a small group or simply to pray alone quietly. An Intuitive tends to focus on the big picture in his/her prayers, while a Sensor may be more detailed. A Feeler might tend to focus on people while a Thinker focuses on the task at hand (the praying). A Judger might be more detailed and planned about his/her prayer times, while a Perceiver might be more spontaneous. Overall, type is as alive and active in our prayer and worship, as it is in our communication. We are who God designed us to be!

This session is a pleasant surprise: interactive and inspiring. Participants have the opportunity to laugh and learn. Great topic for breaking the ice at retreats! Guaranteed to leave your audience chatting about their styles...

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