

Prayer Assessment Key

(This information is taken from Patricia D. Brown's book, *Paths to Prayer, Finding Your Own Way to the Presence of God.*)

To score your Assessment, add the numbers from each column. Each column corresponds with a different prayer type (and we will practice all of them at least once) From left to right, count the columns as 1, 2, 3, 4. Descriptions follow:

1. Searching Prayer

If you scored high in column one, then you tend to lean upon your knowledge and intellectual skills to help you live a spiritual life. You appreciate clear teachings and wisdom that can be applied to concrete life circumstances. Accountability and fairness are important to you as are structure and order. Forms of prayer include Lord's Prayer, Praying the scriptures (lectio divina), written prayers and journaling.

We will explore this type on March 6, 2022.

2. Experiential Prayer

If you scored high in column 2 you may tend to be more open to different kinds of prayers. Traditional commemorations and significant celebrations are important to you. You respond to the beauty of nature and the gifts of life. When you pray you focus on the here and now, you look for opportunities to make your faith real at work, play, when you eat and sleep. Forms of prayer include fasting, breath prayer, Jesus' prayer, meditation, anointing for healing, centering prayer.

We will explore this type on March 13, 2022.

3. Relational Prayer

If you scored high in column 3 you may lean toward relationship prayer. In this type of prayer, you look for meaning in your spiritual experience of prayer. Close and harmonious relationships are important to you. You strive to live what you say you believe and hope to be authentic in both your inner and outer life. You see prayer as a way to help you mature and grow and change. You like learning new ways to pray. Forms of prayer include Affirmation prayer, prayers of confession, prayer of examen, prayer walks, stations of the cross.

We will explore this type on Sunday March 20.

4. Innovative Prayer

If you scored high in column 4, you gravitate towards innovative prayer. You are a hopeful and optimistic person. You enjoy new insights, creativity, and the imagination. Focusing on the mysteries of faith you go beyond the "nuts and bolts" to see all the possibilities for meaningful growth and change. You see the connections underneath an event or story or practice. Forms of prayer include praying with our bodies (palms up, palms down prayer), labyrinth, prayer beads, prayer dances, home prayer altars.

We will explore this type Sunday March 27 and Sunday April 3, 2022