

How do you relate to God?

Naturalist

Naturalists draw near to God through the outdoors, and see nature as His cathedral of sorts. Being outside helps ease their soul, visualize spiritual truths, see God more clearly, and find rest.

“He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul.” Psalm 23:2-3

Suggested Activities:

1. Nature walk
2. Sit by water
3. Sit by window when inside
4. Hike

Caution: Be careful not to worship the created instead of the Creator.

Scripture to ponder: Psalm 29, Psalm 23, Psalm 84, Isaiah 41:17-19, Mark 6:31-32, John 4:35

Sensate

Sensates draw near to God through their senses - what they see, hear, smell, and taste. They see God in beauty, are creative and artistic, and enjoy God's creation.

“Taste and see that the Lord is good; blessed is the one who takes refuge in Him.” Psalm 34:8

Caution: There is a temptation to get caught up in the sensation of the experience, instead of being in awe of God.

Suggested Activities:

1. Listen to worship-producing music
2. Absorb worship-producing art
3. Sing scripture
4. Create a worship space for yourself: light a candle, set out meaningful articles, e.g., a cross.
5. Vary prayer posture: stand, sit, kneel, lie prostrate

Scripture to ponder:

taste: Psalm 34:8, I Peter 2:3

touch: I Samuel 10:26, Matthew 14:36, Luke 5:12-13, Luke 24:39

look: Luke 24:39, John 1:36, John 4:35, John 19:37, Revelation 5:6, I Samuel 16:7

hear: Deuteronomy 30:20, Psalm 96, Psalm 147, Psalm 140, Psalm 150, Isaiah 3:9, John 10:27, James 1:19

smell: Psalm 141:2, 2 Corinthians 2:16, Ephesians 5:2

speak Psalm 34:1, Psalm 119:171, Isaiah 6:15

Traditionalist

Traditionalists draw near to God through ritual and symbol. They are nourished by things like observing the Sabbath as a day of rest, reciting liturgical prayers aloud, using symbols of faith, and formal worship.

“He read it aloud from daybreak till noon as he faced the square before the Water Gate in the presence of the men, women and others who could understand. And all the people listened attentively to the Book of the Law.”
Nehemiah 8:3

Caution: Do not let the form of your worship become an idol. If any other way to worship seems “wrong”, you may want to explore just why this is.

Scripture to Ponder: Genesis 12:7,8, Exodus 25:40, Exodus 40:12-15, Leviticus 10:8-11, Numbers 15:37-40, Numbers 21:4-9, Joshua 1:8, 2 Kings 18:4, Ezra 8:32,35, Nehemiah 8:3, Jeremiah 7:4-7, Amos 5:21-24, Matthew 23:27, Luke 4:16, Acts 3:1; Acts 10; Acts 16:13, Acts 21:26, Romans 3:25, Romans 8:3, Colossians 2, Colossians 16-17, I Timothy 4:1-5

Suggested Activities:

1. Read Scripture aloud
2. Select a Psalm to say every morning and one for each evening; Practice liturgical prayer (see Book of Common Prayer)
3. Set a regular time and place to meet with the Lord each day
4. Follow the Church calendar and celebrate significant days, e.g. Pentecost, Advent
5. Develop meaningful rituals; Make plentiful use of symbols or ritualized gestures

Activist

Activists love God by standing up for righteousness and justice. They yearn to experience the exhilaration of seeing a miraculous God come through in miraculous ways.

“My food,” said Jesus, “is to do the will of him who sent me and to finish his work.” John 4:34

Caution: Be careful not to see the world strictly as black and white, right and wrong. Do not forsake waiting on the Lord to move and seeking His guidance just because you are passionate about a cause.

Scripture to ponder: Psalm 7, Psalm 68, Psalm 10, Proverbs 24:11-12, Ezekiel 33:1-20, John 4:34

Suggested Activities:

1. Invest energy in: producing and transmitting literature; social reform; “marches”; prayer walks; food pantries; crisis pregnancy center. Be creative.
2. Seek a mentor to help hone your skills in persuasiveness, gentleness, and diplomacy.
3. Keep your end goal in mind, continuing to check that your efforts are working together with your desired outcome.

Ascetic

Ascetics experience God away from worldly distractions and have little need for anything other than God and the Spirit. Ascetics gravitate toward solitude, discipline, simplicity, and deep commitment.

“Let me dwell in Your tent forever; Let me take refuge in the shelter of Your wings. Selah.” Psalm 61:4

Caution: An ascetic will need to be intentional in seeking out other Christians with whom to fellowship. We need feedback from our brothers and sisters to be able to see ourselves clearly.

Scripture to ponder:

Numbers 6, Isaiah 64:6, Daniel 9:3, Joel 1:13-14, Joel 2:12, Zechariah 7:1-10, Matthew 4:1, Matthew 6:5-6,6-

17, Matthew 14:13,22-23, Matthew 26:36-39, Mark 1:35, Mark 6:30-32, Mark 14:32-36, Luke 22:39-46, John 17

Suggested Activities:

1. Worship in the quiet of the night; Rise in the early morning for prayer and worship
2. Fast; do physical labor as an act of worship
3. Practice obedience – ask God to reveal any rebellious attitudes
4. Simplify your life – clean a closet, have a yard sale, cull your books and papers
5. Look for ways and places to include others in your life.
6. Make it a point to worship regularly in a fellowship of believers.

Caregiver

Caregivers feel close to God when they love and care for others. Their acts of mercy are a practical way to show their love for God and also grow in it. Giving isn't a chore, but a form of worship.

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Matthew 25:40

Caution: Be careful not to serve or care for others in order to receive something for yourself in return.

Scripture to ponder: Esther 2:11, Esther 4:1, Esther 4:13-14, Esther 8:7-8, Ezekiel 16:49, Story of the Good Samaritan, I John 3:14,17, Philippians 2:4, Hebrews 6:10, James 1:27, I Peter 4:9-10, Matthew 25:35-36, James 1:27

Suggested Activities:

1. "Adopt" someone – a prisoner, neighborhood child or elderly person; Open your home to students, neighborhood kids
2. Help a friend through a crisis
3. Take meal to a friend or provide childcare for a friend that needs break
4. Volunteer somewhere that you are meeting physical needs (soup kitchen, food pantry, etc)

Enthusiast

Enthusiasts enjoy a celebratory form of worship by letting go and experiencing God with excitement and awe. They love the mystery of faith, and know God is powerful and will do wonderful things.

"I will praise you with the harp for your faithfulness, my God; I will sing praise to you with the lyre, Holy One of Israel." Psalm 71:22

Caution: Be careful not to base the truth of a relationship with God on feelings. An absence of excitement does not equal an absence of the Lord's presence.

Scripture to ponder: I Chronicles 13:8, 1 Chronicles 15:16, 1 Chronicles 16, 2 Chronicles 29:26, Luke 19:37-40, Acts 16:25; Eph. 5:18- 19; Acts 3:7; I Cor. 14:40; Acts 8:9-24;

Suggested Activities:

1. Spend time just listening to God. Write down what you hear Him saying.
2. Cultivate the mystery of expectancy: ask God to bring someone in your path to whom you can minister; Start a conversation with a someone new.
3. Spend time with children: teach them songs and stories about God
4. Use your imagination to put yourself into the scene when you are reading Bible passages. Try to understand how the participants were feeling, thinking, acting.
5. Use your imagination to consider how you might act on the teaching of the Scriptures, e.g., the Beatitudes; teachings about forgiveness; tithing.
6. Take a course; learn an evangelistic method to give you a witness structure.

Contemplative

Contemplatives love God through adoration. They live for His love, and seek to gaze into His face and give themselves fully to Him.

“My heart says of you, “Seek his face!” Your face, LORD, I will seek.” Psalm 27:8

Caution: Do not neglect the other ways God reveals Himself and shows His love towards you.

Scripture to ponder: Psalm 63, Psalm 116, Psalm 73, Song of Songs, Isaiah 41, Isaiah 49, Isaiah 59, Isaiah 61, Jeremiah 2:2, Matthew 26:6-13, Luke 10:38-42, John 14-17

Suggested Activities:

1. Practice secret acts of devotion – something you do for someone else without letting anyone else know about it.
2. Carry a pocket piece – something tactile to remind you Who you serve, e.g. a small cross.
3. Meditative Prayer – this is prayerful reflection of a biblical text or theme, use of something you can see, taste, touch, hear or smell.

Intellectual

Intellectuals love God with their mind. They need to have their mind stimulated with Scripture and other reading materials that help them learn new things about God and deepen their faith and understanding of Him.

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.”
2 Timothy 3:16

Caution: Remember that it isn't enough to know what is right and to be right in interpretation of Scripture, real life change comes from applying it and living it out.

Scripture to ponder: Deuteronomy 33:10, I Kings 4:29-34, Psalm 49, Proverbs 1:5-7, Proverbs 2:3-4, Proverbs 4:7, Matthew 22:37, I Corinthians 13:2-3, I Timothy 1:3-7, 1 Timothy 6:4,5, 2 Timothy 2:23-25, Titus 3:9-11, Luke 2:46-47,52, James 3:1

Suggested Activities:

1. Study the basic disciplines of theological training
2. Read books that help understand what Scripture says - books on theology; books on church history.
3. Listen to theology podcasts
4. Study the seven basic topics in systematic theology: God, humankind, Jesus, the Holy Spirit, the Church, eschatology, and revelation.