

## Welcome and Reminders

Welcome to any visitors and welcome back to the group members. It is important to remember that everything said and done in this group is confidential. The expectation is that there will not be discussion about our conversations to anyone outside of the group that is represented here and now. We understand that sometimes personal insights or information may be shared by someone who feels comfortable doing so in this group and not around others. Let's be respectful of that and carry our commitment to confidentiality as we leave this group. (*Pass out the confidentiality reminder to anyone who has not yet received one*).

## Prayer and Praises

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## Review

In the last CARE Group session we discussed the Spirituality Type Wheel, which was a simple tool to determine what your spirituality type might be. If you were not present for that study you can go to the Valley Ministries intranet page and download last week's study which includes this discovery tool. In summary the spiritual types, first identified by Corinne Ware in her book "Discover Your Spiritual Type," are four identifiable ways that individuals connect with, communicate about, and show worship to God. The specific types are Heart, Mind, Mystery and Imagining.

My hope is that some of you went home with some new understandings both about how you relate to God and how others relate to God in a completely different way.

- *If you have taken some time to consider your spiritual type or the spiritual types mentioned last week, share any revelation or reflection you might have had.*
- *Did contemplating your spiritual type(s) change anything within your daily time with God or in the context of your spiritual journey? If so, how?*

Confession time... the last study is the first study that our CARE group ministry has held that did not contain one single scripture. And I must admit, the "Mind type" in me really struggled with that. Dr. Rev. Jay Johnson reminded me, in a lecture regarding Scripture interpretation, that we are the living word of God. That we interpret, we live out, we make the black letters on the

white pages come alive. So in that, although no specific scripture was read, the word of God was living and active – in our hearts, in our minds, in our mysteries, and in our imaginations.

Today, however, I wanted to bring forth specific examples of Biblical characters who communicate to or about God in a specific spirituality type. Additionally, we will examine a scripture that indicates the significance of that specific type. Please feel free to discuss anything that comes to mind as these types are further discussed.

## Heart

The heart spirituality type is often seen in the charismatic type worshipper. This is a spirituality type that often feels right at home in many of the big modern day denominations who like to praise big and loud.

David, as a shepherd boy and a king, was certainly one who connected with God through the heart type worship. David had a song for every season and moment of his life. He sang when he was sad, he sang when he was in love, he sang when he was repentant, and he was one of the most prolific praise writers in history. He wrote poetry. He played the harp. He danced. In fact, he danced so hard during one worship ‘break out’ session that his ephod (the clothing he wore) fell off and he was completely naked. When Mikal confronted him because some girls saw him he said (and I’m paraphrasing) “Before God, I will become even more undignified than this!” (II Samuel 6).

David wrote, in Psalms 150:

*Hallelujah!  
Praise God in God’s holy house of worship,  
praise God under the open skies;  
Praise God for God’s acts of power,  
praise God for God’s magnificent greatness;  
Praise with a blast on the trumpet,  
praise by strumming soft strings;  
Praise God with castanets and dance,  
praise God with banjo and flute;  
Praise God with cymbals and a big bass drum,  
praise God with fiddles and mandolin.  
Let every living, breathing creature praise God!  
Hallelujah!*

Certainly, communicating with God through the heart is a very Biblical precedent.

## Mind

Churches that appeal to the “mind type” often spend significant time on readings, creeds, theology and interpretation. Knowing what you know and why you know it is very important to the mind type.

Paul was an example of someone who often operated in this spirituality type. He, at times, bragged of his past training and extensive education. His letters were written, in many cases, to

explain doctrine and communicate the theology of the gospel. Both Romans and Galatians, in fact, are great examples of his writings that communicate the theology of the Gospel of grace.

Paul wrote to his young apprentice, Timothy, in II Timothy 2:15:

*Study to show thyself approved unto God, a worker who need not be ashamed, rightly dividing the word of truth.*

Certainly, connecting with God through the mind is a very Biblical principal.

## **Mystery**

A “mystery type” will often connect with God by contemplating the mystery of God. Times of worship will involve meditation or Lectio Divina (a monastic tradition that involves prayerful repetitive reflection of scripture).

It would seem that at least one of Moses’ spiritual types, in connecting with the Divine, was mystery. Some of the most amazing revelations he had from God happened when he retreated from the populous and to the silence. Even the 10 commandments were revealed at such a time. He validated the importance of quite meditative connection with God in I Kings 19:11a-12:

*And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: And after the earthquake a fire; but the LORD was not in the fire: and after the fire a still small voice.*

Certainly, seeking God in the mystery is a Biblically valid path of revelation.

## **Imagining**

Finally, the imagining spiritual type will be involved in a church or movement with strong involvement in justice or outreach. Faith, to them, leads to very public and social action. You will likely not easily find an imagining type of worshipper in a church that has no outreach or public, social or political engagement.

Esther, from circumstances out of her control, found herself in a place where she could have sought personal safety and private worship. Instead, she pulled from the “imagining type” that made her who she was. Understanding that it was for such a time she was created, Esther publically stood up to injustice and fought for the lives of her people, putting her life in jeopardy to do so (Esther 4).

*And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)*

Certainly, it is Biblically valid to live out your faith through action and activism.

## Can't we all just get along

Religion has consistently been the worst offender of the “I’m right and you’re wrong” mentality. Whether it is the order or service, the style of music, or the way we take communion; it is easy to find reasons for division.

Paul implores us, in Ephesians chapter 1, to live a life worthy of the calling we have received. The calling that each of us – each of us with our distinct differences, our unique traits, and our separate spiritual types - is to follow is to live life in unity. God’s will is not that the things that make us unique serve as a dividing wall, but more as a single puzzle piece, that when placed in its proper place alongside the many different pieces, creates a beautiful picture.

With this in mind, step outside of your own experiences and types for a moment and picture what those who do not share your spiritual type may need in worship.

- *How does Valley Ministries meet the needs of*
  - *The Heart Type*
  - *The Mind Type*
  - *The Mystical Type*
  - *The Imagining Type*
- *Now, not to critique or complain, but to open our eyes to even better ways of being truly inclusive as we celebrate the Divine, what else, if anything, can we do to include greater means of connection and worship for*
  - *The Heart Type*
  - *The Mind Type*
  - *The Mystical Type*
  - *The Imagining Type*

As this study concludes, I hope that you go away with greater tools in your arsenal to connect with and communicate about God. I encourage you to seek strength in the ways that are familiar and comfortable – after all, God likely made you to best connect in those ways. But I also encourage you to seek new ways of worship and reflection. You may experience a view of God that you have yet to see in your unique spiritual quest.

- *Please share, if there is time, and further reflections or revelations regarding this study.*