

## **MBTI & SPIRITUALITY WORKSHOP**

We use a mixture of presentations, hand-outs, group discussion and exercises in our workshop;

### **09.30: Part 1 - Introduction - MBTI & Discipleship** (15 Mins.)

- We reassure ourselves that we've come to a workshop to develop our Christian discipleship, not to be psychoanalysed!
- We introduce ourselves to the Myers Briggs Type Indicator (MBTI); a way of describing and sorting human personalities according to people's innate preferences in key areas of life that are common throughout humankind.
- We learn that MBTI recognises that we're all different and is not about 'putting people in boxes!'
- We consider Christian discipleship as a means developing the skills needed for a healthy balance in life, and we touch on the mix of MBTI types in society and the church.
- We introduce the 3 key areas we're going to cover; MBTI & creative relationships, MBTI & responses to the Bible and MBTI and styles of worship.

### **09.45: Part 2 - Shadows:** (15 Mins.)

- We try to come to terms with the idea that 'righteousness' is also about being whole & healthy by recognising and integrating our 'shadow' - the very opposite of our MBTI preferences!
- We briefly look at some images and stories from popular mythology and culture and consider the nature of personal and collective evil.

### **10.00: Part 3 - MBTI Preference Feed Back** (45 Mins.)

- We go through the process of discovering our MBTI Type, and some possible spiritual expressions of it.

### **10.45: Break.** (15 Mins.)

### **11.00: Part 4 - Type Dynamics - Loving Ourselves:** (35 Mins.)

- We learn some more about how our MBTI preferences interact in our own personalities.
- We look at how the healthy human psyche is a natural expression of God's powers of healing and renewal.
- We consider whether we need to love ourselves a bit more by developing aspects of our awareness and discipleship!

### **11.35: Part 5 - Creative Use of Differences - Loving Others** (1 hr.)

- We identify situations when we've misunderstood other people because we've used the criteria of **our** MBTI preferences, instead of considering what **their** preferences might be.
- We look at how we might get the most creative solution by benefiting from the MBTI preference of other people.

### **12.25: Part 6 - Preference, Belief & the Bible** (40 Mins.)

- We may spend some time looking at how MBTI Type may influence personal responses to the Bible, theology and what we believe.

### **13.05: Part 7 - Preference & Worship** (25 Mins.)

- We may spend some time looking at how MBTI Type may influence the way in which we like to pray and how we like our church services.

### **13.30: Workshop Close**