St. Francis introduced this type of spirituality in the 13th century. It is characterized by an attitude of openness and willingness to go where the Spirit calls. (38% of population). SP's are impulsive free spirits, often witty and charming. They love action and work best in a crisis. They are good at unsnarling messes, making them good negotiators and diplomats. They tend to be flexible and open-minded, living in the present. They are best at short-range projects, because they need to see results. Although very sacrificial, SP's don't respond well to the symbolic. They usually dislike formal prayer, preferring spirit-filled, impulsive prayer or seeing work, celebration, or enjoying nature, etc. as prayer.

**Franciscan Prayer**

Franciscan Prayer is characterized by its application. It is very popular among ordinary people, those men and women of action who want and need to do things for others. Acts of loving service can be a most effective form of prayer. Franciscan Prayer is very optimistic and sees the beauty, goodness, and love of God everywhere. When you consider that a Sensing-Perceiving (SP) person like Francis of Assisi makes contact with God primarily through their sense impressions... what we see, smell, touch, hear and taste... it would follow that since the Incarnation is the visible, audible, tangible presence of God upon earth, the SP personality could relate quite well to Jesus' life and teachings through the parables.

The SP personality type does not respond well to the symbolic but is primarily interested in the real and literal. Franciscan Prayer makes full use of the five senses and will be flexible and free-flowing. It is what is sometimes referred to as “spirit-filled prayer”, totally open to the presence and voice of the Holy Spirit present in each one of us. Since SP persons can see God in the whole of creation, they are able to make a fruitful meditation on the beauty of a flower, a meadow, a lake, a waterfall, a mountain, the ocean, or any event in nature such as sunrises or sunsets, the changes of the seasons, Spring, Fall, a fresh snow in Winter.

Much of their prayer is called virtual prayer, or the prayer of good works. A prayerful SP person will find the thought of God predominates every waking moment. The famous Jesus Prayer and other such prayers are readily used by SP persons and enable them to live constantly in the presence of God and see His hand in everything.

The SP person dislikes formal prayer and prefers a free flowing informal communion with God. The SP person may or may not find it useful to follow the steps of Lectio Divina. However, when other temperaments use this prayer style, it is recommended that the steps of Lectio Divina be used.¹
**Franciscan Homework:**

**Website Option:** www.pray-as-you-go.org (this is an auditory experience – see what you think).

**Practice at home:**

1. **Silence:** (prayer) Lord, prepare my heart in silence to be spiritually receptive to Your Word. While resting in You, let me open my heart to You and consciously surrender control to You and dedicate myself and this prayer to You alone. [1 min.]

2. **Reading:** (prayer) Lord, help me receive Your Word and understand how to enact it in Your praise and for Your glory: [choose one of the texts below for your reading and meditation:]

3. **Meditation:** Consider how you might enact, and therefore enter and experience the reality of these biblical truths?
   - Read Psalm 1:3. “a tree planted beside streams of water.” Any object in nature can represent our place or posture before God and our dependence on God in some way. Take a walk in the woods; choose a tree, a leaf, a flower that somehow symbolizes or represents your spiritual condition.
   - Psalm 19:1. “the heavens declare the glory of God.” Go out and look at the skies, a sunrise, the moon, the stars, the clouds, etc. How does the creation praise its Creator? How might you join in with the praise, as the crown of creation?
   - Read John 13:12-17, 34-35. “Jesus now showed them (enacted) the full extent of His love (and told them: “so also you should love one another”). What is the equivalent of footwashing that you could do for someone else, that would require you to humble yourself in order to demonstrate the extent of your love?
   - Read Colossians 3:15-17. “teach and admonish one another, as you sing hymns and spiritual songs.” Whom you might encourage by sharing a song with them (whether you play it yourself or a CD)?

4. **Incarnating a “prayer in action”**: The Incarnation step is moved up to here, so that prayer of Response can be in response to your prayerful action. Having decided what you will do, now “just do it.” Be sure that you are truly enacting the passage in prayerful manner, doing what you do in the praise of God and for his glory.

5. **Response:** (prayer) Lord, thank You for leading my thoughts in this meditation on Your Word, and guiding my actions in the incarnation of Your word to me in it. Now help me open my heart to complete this «prayer in action» by expressing to You my soul’s response in words, praising Your qualities, admitting how I fail to live this «prayer in action,» thanking You for giving me this prayer, and admitting my need of Your help to live out this scriptural «prayer in action»

6. **Contemplation:** - (After the following prayer pause for at least 5 min. of silence.) Lord, I want to «be still and know that You are God.» Help me to concentrate on You, and be more open to Your activity in the depths of my soul.

**Closing Blessing:** The Grace of our Lord Jesus Christ, and the love of God the Father, and the fellowship of the Holy Spirit be with us all. Amen.