



# YOUR WAY OF SEEING

*Do not conform yourselves to this age  
but be transformed by the  
renewal of your mind  
Romans 12:2a*



Forget-Me-Not

WEEK EIGHT  
YOUR WAY OF SEEING

*Opening Prayer*

Lord Jesus Christ,

You gave me my personality as a gift.

Help me to see myself through Your eyes.

Teach me to bring Your love to others in the ways You  
created me to think and act.

Amen.

*Do not conform yourselves to this age but  
be transformed by the  
renewal of your mind  
Romans 12:2a*



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*Song for Reflection:*  
*Arabesque No. 1 - Debussy*



## OUR GUIDE

*St. Ignatius of Loyola*

The Pilgrim



*"He who goes about to reform the world  
must begin with himself, or he loses his  
labor."*

## THEIR STORY

- ✦ **Born for More:** Born Iñigo de Loyola in 1491 in Spain, the youngest of 13 children. He later adopted the Latinized "Ignatius" to honor St. Ignatius of Antioch. At 17, he joined the military and devoted himself to worldly glory — cultural pursuits, women, fame, and conquest.
- ✦ **The Cannonball:** At 30, a cannonball shattered his right leg in battle. He was taken to his father's castle for surgery — the wound left him with a permanent limp and ended his military career. During his long recovery, with nothing left to do, he read the Gospels and lives of the Saints, including *De Vita Christi* by Ludolph of Saxony, which would shape his Spiritual Exercises.
- ✦ **Conversion & Pilgrimage:** Once healed, he made a pilgrimage to the Holy Land. At a Benedictine monastery, he gave a General Confession, traded his fine clothes for sackcloth, and retreated to a nearby cave — practicing deep asceticism and developing his Spiritual Exercises.
- ✦ **The Jesuits:** He returned to Europe to study theology and Latin, then earned a master's degree in Paris. In 1534, he and six companions vowed their lives to missionary work and teaching — founding the Society of Jesus, spending the rest of their lives preaching and opening schools across Europe.
- ✦ **His Legacy:** St. Ignatius developed a way of prayer rooted in self-knowledge. His Spiritual Exercises teach us to attend to our interior movements — noticing what draws us closer to God and what pulls us away. He understood that God speaks to each soul differently, and that knowing how we think, feel, and respond is essential to hearing Him clearly.

## THE MELODY OF YOUR SONG

- ✦ Last week, we explored your temperament — the tempo of your soul. The pace at which you move through the world. The rhythm of how you respond, rest, and recharge.
- ✦ This week, we go one layer deeper — to the melody. In music, the melody is the main theme. It is the part that stays with you. The part you hum on the way home. The part that makes a piece instantly recognizable, instantly itself. Your personality type is the melody God wrote in you.
- ✦ It is the most recognizable expression of how your mind moves through the world — how you take in information, how you make decisions, how your inner world works. It is the theme that runs through your relationships, your prayer, your work, your way of being present to others.
- ✦ Like every melody, it is not random. It was written with intention.
- ✦ The 16-type system gives us a starting place — four questions that help us name patterns we have always lived but perhaps never fully understood.
- ✦ And then beneath the four letters, there is something more specific still: the eight cognitive functions — the actual mental processes at work in you. That is where we will go today.

# AN OVERVIEW

## *The Four Questions*

The 16 types are built on four questions. Your answers — and the combination of all four — give you your type.

### **Where do you get your energy?**

- E — Extraversion: energized by people and connection · processes out loud · thinks by talking
- I — Introversion: energized by solitude · processes internally · thinks before speaking
- *God made Martha and Mary*

### **How do you take in information?**

- S — Sensing: grounded in facts, details, and what is real and present
- N — Intuition: drawn to patterns, meanings, and possibilities beneath the surface
- *God made David and Solomon*

### **How do you make decisions?**

- T — Thinking: anchors in logic and principle · reaches first for what is objectively true
- F — Feeling: anchors in values and relationships · reaches first for what is good and kind
- *God made Peter and John*

### **How do you approach the outer world? Judging · Perceiving**

- J — Judging: prefers structure, plans, and closure · decides and moves forward
- P — Perceiving: prefers openness and flexibility · stays responsive to what unfolds
- *The planner and the wanderer both belong in His Kingdom*

# THE 16 TYPES

## *The Visionaries · NT*

*Driven by the desire to understand — systems, structures, and the deep logic of how things work.*

### **INTJ — The Strategic Visionary**

- Sees patterns and long-term consequences others miss · builds patiently toward a vision held with quiet conviction
- Needs deep solitude to think · private, precise, and extraordinarily self-directed
- *Greatest gift: seeing what could be and building the path to get there*

### **INTP — The Precise Wonderer**

- Cannot rest until they understand something completely — from the inside out
- Loves ideas for their own sake · more at home in concepts than in practical action
- *Greatest gift: finding the question no one thought to ask*

### **ENTJ — Decisive and clarifying**

- Moves people and resources toward a goal with confidence · impatient with inefficiency
- Driven and energized by challenge · thinks naturally in systems and structures
- *Greatest gift: organizing complexity into something that actually works*

### **ENTP — Quick-minded and generative**

- Loves turning ideas on their heads · thrives on debate and gets bored when things feel settled
- Sees connections between things no one else linked · natural innovator
- *Greatest gift: challenging assumptions and opening new possibilities*

# THE 16 TYPES

## *The Seekers · NF*

*Driven by meaning, depth, and the longing to know and be fully known*

### **INFJ — Quietly perceptive**

- Sees beneath the surface of people and situations · holds a strong inner vision and moves toward it with sustained purpose
- Absorbs others' emotions easily · needs solitude to restore
- *Greatest gift: seeing what others cannot see and saying it at exactly the right moment*

### **INFP — Fiercely values-driven**

- Their inner moral compass is their most defining feature · deeply loyal and loving
- Carries a rich inner world that few people are ever fully invited into
- *Greatest gift: loving with a depth and loyalty that feels rare and completely genuine*

### **ENFJ — Warmly inspiring**

- Sees who you could be and calls it out · leads with both heart and vision
- Energized by connection · can over-give and lose themselves in others' needs
- *Greatest gift: drawing people toward their best selves with warmth and conviction*

### **ENFP — Spirited and open**

- Endlessly curious about people and ideas · moves through the world with open hands
- Makes people feel genuinely seen and celebrated · can struggle with follow-through
- *Greatest gift: making people feel alive and delighted to be exactly who they are*

# THE 16 TYPES

## *The Faithful · SJ*

*Driven by duty, tradition, and the gift of reliable, faithful presence*

### **ISTJ — Quietly dependable**

- Does what is right, thoroughly, consistently, without fanfare · trusts what has been proven
- Shows love through action far more than words · private and reserved
- *Greatest gift: being the person everyone can count on, in every season*

### **ISFJ — Warmly devoted**

- Notices what others miss · meets needs before they're spoken
- Deeply loyal and patient · gives far more than they ask for
- *Greatest gift: making people feel genuinely cared for in specific, personal ways*

### **ESTJ — Clear and steady**

- Brings structure to what is scattered · holds high standards for themselves and others
- Direct and confident · takes responsibility seriously
- *Greatest gift: creating the order and clarity that allows everyone around them to flourish*

### **ESFJ — Genuinely warm**

- Creates community wherever they go · makes everyone feel welcomed and known
- Deeply sensitive to conflict · harmony matters to them profoundly
- *Greatest gift: building the warmth and belonging people are starving for*

# THE 16 TYPES

## *The Present Ones · SP*

*Driven by experience, beauty, and fully alive engagement with the here and now*

### **ISTP — Calm and quietly skilled**

- Understands how things work by engaging directly · resourceful and clear under pressure
- Private and independent · deeply present when it matters
- *Greatest gift: the calm, capable steadiness that anchors everyone around them*

### **ISFP — Gentle and attuned**

- Deeply sensitive to beauty · lives close to the surface of the present moment
- Quietly values-driven · won't compromise their core but won't argue about it either
- *Greatest gift: creating beauty and presence that draws others into the sacred*

### **ESTP — Bold and perceptive**

- Reads exactly what a moment requires and responds with confidence
- Fully alive in the present · energized by challenge and fast-moving situations
- *Greatest gift: the decisive presence that moves things forward when others hesitate*

### **ESFP — Joyful and present**

- Brings warmth, energy, and life into whatever room they enter
- Deeply generous with time, attention, and affection
- *Greatest gift: making people feel celebrated and fully alive in the moment*

# THE 8 COGNITIVE FUNCTIONS

## *The Architecture of Your Melody*

- Your four letters are the starting place — beneath them is the deeper structure
- Every person has the same eight mental processes — but arranged in a unique order
- Think of it as eight instruments in your inner orchestra
- Which leads, which supports, which only surfaces under pressure — that arrangement is yours alone



## **The Perceiving Functions** — *how you take in information*

- **Se** · Extraverted Sensing — Present · immediate · embodied · fully alive to right now — beauty, texture, the energy of a room
- **Si** · Introverted Sensing — Memory · continuity · fidelity · grounds the present in the past · honors what has been proven faithful
- **Ne** · Extraverted Intuition — Possibility · connection · exploration · sees what could be · generates ideas freely in all directions
- **Ni** · Introverted Intuition — Depth · vision · convergence · sees beneath the surface toward what will be · arrives at insight quietly

# THE 8 COGNITIVE FUNCTIONS – CONT

## **The Judging Functions** — *how you make decisions*

- **Te** · Extraverted Thinking — Order · efficiency · results · asks what works? · builds systems that serve a mission
- **Ti** · Introverted Thinking — Logic · precision · accuracy · asks what is actually true? · needs to understand completely before moving forward
- **Fe** · Extraverted Feeling — Harmony · care · attunement · reads the room · moves instinctively to meet the needs of others
- **Fi** · Introverted Feeling — Values · authenticity · inner compass · asks what is right for me, in my core? · holds convictions quietly and deeply



Your function stack:

- Dominant — how your mind naturally leads
- Auxiliary — supports and balances the dominant
- Tertiary — quieter, less developed
- Inferior — shows up most clearly under stress

*Your dominant function is the primary melody. Learn to recognize it — then offer it to Him.*

# BRING IT TO GOD

## *The Lens He Gave You*

*God did not give you your way of seeing by accident. He speaks every language — because He made every mind.*

### **Se — Present & Embodied**

- Encounters God in the here and now — beauty, texture, the tangible and immediate

*"Touch and see. I am here. This moment is sacred."*

### **Si — Memory & Fidelity**

- Encounters God through what has been faithful before — tradition, familiar prayer, Scripture carried long

*"I have always been faithful. Remember."*

### **Ne — Possibility & Wonder**

- Encounters God in the wide and wondering — new questions, unexpected connections, His fingerprints in unlikely places

*"Look wider. I am in all of this."*

### **Ni — Depth & Silence**

- Encounters God beneath the surface — slow unfolding meaning, quiet knowing, images that hold more than words

*"Go deeper. Wait for Me in the silence."*

## BRING IT TO GOD - CONTINUED

### **Te — Order & Mission**

- Encounters God through purpose and direction — when a plan comes together, when something works, when real progress is visible

*"This is the work. Build what I am building."*

### **Ti — Truth & Understanding**

- Encounters God through the pursuit of what is actually true — wrestling with theology, needing to understand before surrendering

*"The truth will set you free. Keep asking."*

### **Fe — Harmony & Communion**

- Encounters God in the faces of others — worship that moves a room, praying with someone, being truly seen and loved

*"When you love them, you love Me."*

### **Fi — Interior Life & Belovedness**

- Encounters God in the intimate and personal — quiet prayer, stirring of conscience, the sacred that needs no explanation

*"I know your heart. I formed it. Come to Me as you are."*

*St. Ignatius spent his life teaching people to notice how God speaks uniquely to each soul. He didn't write the Spiritual Exercises for one type of person — he wrote them for every mind God ever made.*



## KNOW YOURSELF - CONTINUED

### *Your Way of Seeing · Part Two*

4. Think of a time you felt God's presence most clearly. How did He reach you — through beauty, silence, words, community, understanding, a sense of mission, something deeply personal? Does that match your dominant function?

5. Is there something about the way your mind works that you've sometimes felt ashamed of — too analytical, too emotional, too abstract, too concrete, too much, not enough? What do you believe God says about it?

6. Romans 12:2 calls us to be transformed by the renewal of our minds. What would it mean to offer your specific way of seeing — exactly as it is — to God?

## LIVING IT OUT

**Pause in Prayer:** Bring your type — or your questions about it — into prayer this week. Ask God what He sees when He looks at how He made your mind. Ask Him what He wants to do with it.

*"Lord, show me the beauty of how You made me. Help me to receive my personality type not as a limitation, but as a gift — the particular way You chose for me see the world."*



**Reflect:** When have you felt most yourself in the way you think or see?

When have you felt most at odds with the way your mind works?

What do both of those moments tell you?

## LIVING IT OUT, CONTINUED

**Notice:** Watch for your dominant function this week — in conversation, in prayer, in decision-making. Where does it serve you well?

Where does it need His transformation?

*Hold both with curiosity rather than judgment. Both are invitations.*

**Discern:** Is there a way of seeing or thinking you've been hiding — afraid it was too much, or not enough?

What would it look like to offer that, fully, to God?

## THIS WEEK

*Choose the practice that matches your dominant function and try it once each day this week:*

- *Se: Be fully present in one moment. Notice beauty with each sense — slowly.*
- *Si: Recall one time God was faithful. Let that memory be today's anchor.*
- *Ne: Bring one new question to prayer. Follow the thread wherever it leads.*
- *Ni: Sit with one word or one image in silence. Don't rush it. Let it open.*
- *Te: Offer your work to God before you begin. Let the outcome be His.*
- *Ti: Bring one honest question to prayer. Ask Him to help you understand.*
- *Fe: Love one person intentionally today. Notice God in the exchange.*
- *Fi: Spend five minutes in quiet, personal prayer — just you and God. No agenda.*



### *Closing Prayer*

Lord Jesus Christ,  
Thank you for the gift of my personality.  
You created me to see the world a certain way.  
Help me to use my way of seeing to bring life and  
love to the world.  
Amen.



MY PERSONALITY TYPE PORTRAIT

**My Personality Type:**

In one sentence, this means:

My greatest gifts to those around me:

My invitation to grow:

How I tend to encounter God most naturally:

My dominant function is:

When I pray, God tends to reach me through

