

A woman is walking on a city sidewalk during the golden hour of sunset. She is wearing blue denim jeans with the cuffs rolled up and black patent leather loafers. She is carrying a black leather tote bag. The background shows a city street with buildings and cars, all slightly out of focus. The text 'Carry On' is overlaid on the image in a white, cursive font with a yellow drop shadow.

*Carry  
On*



# What's your prayer personality?

- Contemplative
- Creative
- Active





## *Contemplative* |

*You need time and quiet to pray. You love it when God speaks to you through Scripture or reading. Your physical setting can be important and help you connect with God.*



## *Creative*

*You connect with God through music, dance, or art. When you create, you feel closest to God. You may have trouble sitting still, and you may be doodler. You are a visual and hands-on learner.*



## *Active*

*You think best when you are on a walk, or working out, or doing chores. Sitting still is not easy for you. You engage best when your body is moving. You may feel closest to God when you are outside.*



## *Your Clutching Cross*

*No matter what you find to be your "prayer personality," we all need help focusing sometimes, and remembering God's very real presence. This little cross can be a very portable way to move our focus away from the noise and demands of the world, and a solid reminder of God's presence. It can be used with any of the prayer practices.*

*Discussion questions:*



*How have the events of the last year impacted your prayer? Are there changes in the way you pray that you want to continue?*

*Which prayer personality fits you? Is it a combination of more than one?*

*What prayer practice do you think you would like to try?*