



## **Thinking Outside the Box (While Loving the Box)** **October 17, 2022**

In the Holy Conversations, we discussed the four different ways people experience God, with the caveat that most of us live primarily in two of the four quadrants. (You will find a graph of the four quadrants on the second page of this article. Also, you will find a link in this email to the document we gave out at Holy Conversations.)

Head—an intellectual, thinking spirituality.

Heart—a spirituality that experiences Jesus as companion and has an emotional component.

Kingdom—experiences God primarily in advocating for justice and in direct engagement in human need.

Mystic—experiences God in silence and contemplation. Oneness with the divine is central.

We have different services in our liturgy that appeal to these different spiritualities. The Rite 1 service without music offers more silence and stillness. Someone who experiences God primarily in those ways, mystic spirituality, might find that service more meaningful.

The traditional Rite 2 service includes music, along with readings and homily. The Head spirituality might find that service a bit more appealing—plenty of space for the thinker to find God's presence.

The folk mass at noon offers a more relaxed atmosphere with guitar and music with more modern tune patterns and expressive praise tunes. The person with a heart spirituality might find that service more suited to their ways of experiencing God.

I would encourage you to consider attending a service other than your usual one. You might find that worship more congruent with your ways of experiencing God. All four of the spiritualities make for a more whole faith community. I find myself these days primarily in the head and mystic quadrants. And, I find it challenging and enjoyable to stretch toward the other two quadrants.

If you'd enjoy a seminar or discussion group around this, do let me know.

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Interim Rector

Urban T. Holmes, *A History of Christian Spirituality*, p. 19.  
A Phenomenology of Prayer

