

Multiple Intelligences and Prayer

<p>Verbal-Linguistic Intelligence -- well-developed verbal skills and sensitivity to the sounds, meanings and rhythms of words</p>	<p>Lectio Divina praying with the Scriptures journaling spiritual reading poetry</p>
<p>Mathematical-Logical Intelligence -- ability to think conceptually and abstractly, and capacity to discern logical or numerical patterns</p>	<p>Bible study mandalas labyrinth walking</p>
<p>Musical Intelligence -- ability to produce and appreciate rhythm, pitch and timber</p>	<p>Chant (Gregorian, Taize) singing hymns playing an instrument listening to music</p>
<p>Visual-Spatial Intelligence -- capacity to think in images and pictures, to visualize accurately and abstractly</p>	<p>meditating on icons drawing or painting; handcrafts praying with pictures or photographs mandalas photography</p>
<p>Bodily-Kinesthetic Intelligence -- ability to control one's body movements and to handle objects skillfully</p>	<p>body prayer; liturgical movement labyrinth; walking prayer handcrafts prayer beads</p>
<p>Interpersonal Intelligence -- capacity to detect and respond appropriately to the moods, motivations and desires of others.</p>	<p>group prayer corporate worship spiritual direction intercessory prayer Daily Prayer (“Daily Office” – morning and evening prayer) <i>Examen</i> prayer (Review of the Day)</p>
<p>Intrapersonal Intelligence -- capacity to be self-aware and in tune with inner feelings, values, beliefs and thinking processes</p>	<p>contemplation journaling <i>Examen</i> prayer (Review of the Day)</p>
<p>Naturalist Intelligence -- ability to recognize and categorize plants, animals and other objects in nature</p>	<p>hiking being in nature gardening</p>

“Multiple Intelligences” are based upon the educational theories of Howard Gardner. See Gardner, Howard. *Intelligence Reframed: Multiple Intelligences for the 21st Century*. New York, NY: Basic Books, 1999.

For more information on varieties of prayer practices see *Lord, Teach Us to Pray*, by the Office of Spiritual Formation, available through Presbyterian Distribution Service, item #70440-04-001. See also Marjorie Thompson, *Soul Feast: An Invitation to the Christian Spiritual Life*, Louisville KY: Westminster John Knox Press, 1995.