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**PRESENTATION TITLE:**

Growing Closer: Exploring Marriage and Prayer through Personality Dynamics

**LENGTH:**

60 min. or half/full day retreat

**OBJECTIVE:**

To help couples better understand how personality dynamics affect their relationships and prayer life.

**BIG IDEA:**

This enlightening presentation delves into the fascinating intersection of marriage, personality, and spirituality using the Myers-Briggs Type Indicator (MBTI). Drawing on the rich tradition of Catholic teachings, this presentation aims to guide couples towards a deeper understanding of themselves, each other, and their prayer life. Couples will gain valuable insights into their personalities, learn to appreciate the differences within their marriage, and discover how their unique prayer styles can lead them closer to God. By embracing these concepts, couples can build a stronger, more spiritually connected relationship that aligns with their shared life of faith.

**MAJOR POINTS COVERED:**

1. Discuss how awareness of personality traits can lead to better communication and empathy.
2. Practical tips and insights on navigating potential challenges based on personality preferences.
3. Introduce idea that each personality type may have unique pathways to connect with God.
4. Link specific MBTI personality types to various prayer styles and preferences.
5. How understanding prayer preferences can deepen spiritual connection within marriage.
6. Highlight the transformative power of shared prayer experiences.
7. Emphasize a Catholic perspective on marriage as a vocation and a path towards holiness.
8. Address common challenges couples may face due to personality types.
9. Offer strategies for overcoming obstacles and fostering mutual spiritual growth.

**REFERENCES OTHER THAN SCRIPTURE and CATECHISM:**

*Familiaris Consortio* (The Fellowship of the Family), Theology of the Body, Myers-Briggs, Prepare and Enrich marriage materials.