**Discovering your “Spiritual Temperament” – How you best ‘Connect’ with God**

Adapted from *Sacred Pathways* by Gary Thomas

**On a scale of “1” to “5,” with five being *very true* and one being *not true at all,* record your answer in the space provided.**

**The highest number of points possible is obviously thirty the higher your score, the stronger the dominance of this spiritual temperament in your life.**

**Remember, most of us have more than one spiritual temperament. Any score of fifteen or higher indicates a tendency toward this temperament.**

# Section 1: [Naturalists – *Connect with God through nature*]

\_\_\_\_\_\_ 1. I feel closest to God when I’m surrounded by what he has made – the mountains, the forests, or the sea.

\_\_\_\_\_\_ 2. I feel cut off if I have to spend too much time indoors, just listening to speakers or singing songs. Nothing makes me feel closer to God than being outside.

\_\_\_\_\_\_ 3. I would prefer to worship God by spending an hour beside a small brook than by participating in a group service.

\_\_\_\_\_\_ 4. If I could escape to a garden to pray on a cold day, walk through a meadow on a warm day, and take a trip by myself to the mountains on another day, I would be very happy.

\_\_\_\_\_\_ 5. A book called *Nature’s Sanctuaries: A Picturebook* would be appealing to me.

\_\_\_\_\_\_ 6. Seeing God’s beauty in nature is more moving to me than understanding new concepts, participating in a formal religious service, or participating in social causes.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

**Section 2: [Sensates – *Connect with God through the 5 senses*]**

\_\_\_\_\_\_ 1. I feel closest to God when I’m in a church that allows my senses to come alive – when I can see, smell, hear, and almost taste his majesty.

\_\_\_\_\_\_ 2. I enjoy attending a “high church” service with incense and formal Communion or Eucharist.

\_\_\_\_\_\_ 3. I’d have a difficult time worshiping in a church building that is plain and lacks a sense of awe or majesty. Beauty is very important to me, and I have a difficult time worshiping through second-rate Christian art or music.

\_\_\_\_\_\_ 4. The words *colorful* and *aromatic* are very appealing to me.

\_\_\_\_\_\_ 5. A book called *The Beauty of Worship* would be appealing to me.

\_\_\_\_\_\_ 6. I would really enjoy using drawing exercises or art to improve my prayer life.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

## Section 3: [Traditionalists: *Connect with God through rituals & traditions*]

\_\_\_\_\_\_ 1. I feel closest to God when I’m participating in a familiar form of worship that has memories dating back to my childhood. Rituals and traditions move me more than anything else.

\_\_\_\_\_\_ 2. Individualism within the church is a real danger. Christianity is a corporate faith, and most of our worship should have a corporate expression.

\_\_\_\_\_\_ 3. The words *tradition* and *history* are very appealing to me.

\_\_\_\_\_\_ 4. Participating in a formal liturgy or prayer-book service, developing symbols that I could place in my car, home, or office, and developing a Christian calendar for our family to follow are activities that I would enjoy.

\_\_\_\_\_\_ 5. A book titled *Symbolism and Liturgy in Personal Worship* would be appealing to me.

\_\_\_\_\_\_ 6. I would really enjoy developing a personal rule (or ritual) of prayer.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

## Section 4: [Ascetics: *Connect with God in solitude & simplicity*]

\_\_\_\_\_\_ 1. I feel closest to God when I am alone and there is nothing to distract me from focusing on his presence.

\_\_\_\_\_\_ 2. I would describe my faith as more “internal” than “external.”

\_\_\_\_\_\_ 3. The words *silence, solitude,* and *discipline* are very appealing to me.

\_\_\_\_\_\_ 4. Taking an overnight retreat by myself at a monastery where I could spend large amounts of time alone in a small room, praying to God and studying his Word, and fasting for one or more days are all activities I would enjoy.

\_\_\_\_\_\_ 5. I would enjoy reading the book *A Place Apart: Monastic Prayer and Practice for Everyone.*

\_\_\_\_\_\_ 6. I would really enjoy spending time on a night watch, taking a short vow of silence, simplifying my life.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

## Section 5: [Activists: *Connect with God through social activism*]

\_\_\_\_\_\_ 1. I feel closest to God when I’m cooperating with him in standing up for his justice: writing letters to government officials and newspaper editors, picketing at an abortion clinic, urging people to vote, or becoming familiar with current issues.

\_\_\_\_\_\_ 2. I get very frustrated if I see apathetic Christians who don’t become active. I want to drop everything else I’m doing and help the church overcome its apathy.

\_\_\_\_\_\_ 3. The words *courageous confrontation* and *social activism* are very appealing to me.

\_\_\_\_\_\_ 4. Activities like confronting a social evil, attending a meeting to challenge the new curriculum before the local school board, and volunteering on a political campaign are important to me.

\_\_\_\_\_\_ 5. The book written by Frank Schaeffer, *A Time for Anger,* would be an important book for me to read.

\_\_\_\_\_\_ 6. I would like to awaken the church from its apathy.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

**Section 6: [Caregivers: *Connect with God by showing love in practical ways*]**

\_\_\_\_\_\_ 1. I feel closest to God when I see him in the needy, the poor, the sick, and the imprisoned. I feel God’s presence most strongly when I am sitting quietly beside the bed of someone who is lonely or ill or taking a meal to someone in need. You can count on me to offer a ride or volunteer for helping activities.

\_\_\_\_\_\_ 2. I grow weary of Christians who spend their time singing songs while a sick neighbor goes without a hot meal or a family in need doesn’t get help fixing their car.

\_\_\_\_\_\_ 3. The words *service* and *compassion* are very appealing to me.

\_\_\_\_\_\_ 4. I sense God’s power when I am counseling a friend who has losdt a job, preparing meals for or fixing the car of a family in need, or spending a week at an orphanage in Mexico.

\_\_\_\_\_\_ 5. A book entitled *99 Ways to Help Your Neighbor* would be very appealing to me.

\_\_\_\_\_\_ 6. I would rather nurse someone to health or help someone repair their house than teach an adult Sunday school class, go on a prayer and fasting retreat, or take a lonely walk in the woods.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

## Section 7: [Enthusiasts: *Connect with God through celebratory worship*]

\_\_\_\_\_\_ 1. I feel closest to God when my heart is sent soaring and I feel like I want to burst, worship God all day long, and shout out his Name. Celebrating God and his love is my favorite form of worship.

\_\_\_\_\_\_ 2. God is an exciting God, and we should be excited about worshiping him. I don’t understand how some Christians can say they love God, and then act like they’re going to a funeral whenever they walk into church.

\_\_\_\_\_\_ 3. The words *celebration* and *joy* are very appealing to me.

\_\_\_\_\_\_ 4. I would enjoy attending a workshop on learning to worship through dance or attending several worship sessions with contemporary music. I expect that God is going to move in some unexpected ways.

\_\_\_\_\_\_ 5. I would enjoy reading the book *The Mystery and Excitement of Walking with God.*

\_\_\_\_\_\_ 6. I spend more money on music and worship tapes than on books.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

**Section 8 : [Contemplatives: *Connect with God through quiet adoration*]**

\_\_\_\_\_\_ 1. I feel closest to God when my emotions are awakened, when God quietly touches my heart, tells me that he loves me, and makes me feel like I’m his closest friend. I would rather be alone with God, contemplating his love, than participating in a formal liturgy or being distracted by a walk outside.

\_\_\_\_\_\_ 2. The most difficult times in my faith are when I can’t feel God’s presence within me.

\_\_\_\_\_\_ 3. The words *lover, intimacy,* and *heart* are very appealing to me.

\_\_\_\_\_\_ 4. I really enjoy having thirty minutes of uninterrupted time a day to sit in quiet prayer and “hold hands” with God, writing love letters to him and enjoying his presence.

\_\_\_\_\_\_ 5. I would enjoy reading *The Transforming Friendship.*

\_\_\_\_\_\_ 6. When I think of God, I think of love, friendship, and adoration more than anything else.

\_\_\_\_\_\_ ***The total of all your answers for this section.***

**Section 9: [Intellectuals: *Connect with God through intellectual study*]**

\_\_\_\_\_\_ 1. I feel closest to God when I learn something new about him that I didn’t understand before. My mind needs to be stimulated. It’s very important to me that I know exactly what I believe.

\_\_\_\_\_\_ 2. I get frustrated when the church focuses too much on feelings and spiritual experience. Of far more importance is the need to understand the Christian faith and have proper doctrine.

\_\_\_\_\_\_ 3. The words *concepts* and *truth* are very appealing to me.

\_\_\_\_\_\_ 4. I feel close to God when I participate in several hours of uninterrupted study time – reading God’s Word or good Christian books and then perhaps having an opportunity to teach (or participate in a discussion with) a small group.

\_\_\_\_\_\_ 5. A book on church dogmatics would be appealing to me.

\_\_\_\_\_\_ 6. I spend more money on books than music tapes.

\_\_\_\_\_\_ ***The total of all your answers for this section.***