

Spiritual Pathways Assessment

1. **Respond** to each of the following statements below according to this scale:

3 = Consistently/definitely true of me.

2 = Often/usually true of me.

1 = Once in a while/sometimes true of me.

0 = Not at all/never true of me.

2. **Transfer** the number you gave for each assessment statement to the grid on page 3.

3. **Total** each column. The highest two or three numbers identify your preferred spiritual pathways.

- ___ 1. When I have a problem, I'd rather pray with people than pray alone.
- ___ 2. In a church service, I most look forward to the teaching.
- ___ 3. People who know me would describe me as enthusiastic during worship times.
- ___ 4. No matter how tired I am I usually come alive when a challenge is placed before me.
- ___ 5. Spiritual reality sometimes feels more real to me than the physical world.
- ___ 6. I get distracted in meetings or services if I notice details in the surroundings that have not been attended to.
- ___ 7. Beautiful sunsets give me a spiritual high that temporarily blocks out everything bothering me.
- ___ 8. It makes me feel better about myself to hang out with people I know and like.
- ___ 9. I've never understood why people don't love to study the Bible in depth.
- ___ 10. God touches me every time I gather with other believers for praise and worship.
- ___ 11. People around me know how passionate I feel about the causes I'm involved in.
- ___ 12. I experience a deep inner joy when I am in a quiet place, free from distractions.
- ___ 13. Helping others is easy for me, even when I have my own problems.
- ___ 14. When faced with a difficult decision, I am drawn to walk in the woods, on the beach, or in some other outdoor setting.
- ___ 15. When I am alone too much, I tend to lose energy or get a little depressed.
- ___ 16. People seek me out when they need answers to Biblical questions.
- ___ 17. Even when I'm tired, I look forward to going to church services.
- ___ 18. I sense the presence of God most when I'm doing his work.
- ___ 19. I don't understand how Christians can be so busy and still think they're hearing from God.
- ___ 20. I love being able to serve behind the scenes, out of the spotlight.

- ___ 21. I experience God so powerfully in nature I'm sometimes tempted not to bother with church.
- ___ 22. I experience God most tangibly in fellowship with a few others.
- ___ 23. When I need to be refreshed, a stimulating book is just the thing.
- ___ 24. I am happy when I praise God together with others.
- ___ 25. "When the going gets tough, the tough get going"—that's true about me!
- ___ 26. My family and friends sometimes tease me about being such a hermit.
- ___ 27. People around me sometimes tell me they admire my compassion.
- ___ 28. Things in nature often teach me valuable lessons about God.
- ___ 29. I don't understand people who have a hard time revealing personal things about themselves.
- ___ 30. Sometimes I spend too much time learning about an issue rather than dealing with it.
- ___ 31. I don't think there is any good excuse for missing a worship time.
- ___ 32. I get tremendous satisfaction from seeing people working together to achieve a goal.
- ___ 33. When I face a difficulty, being alone seems most helpful.
- ___ 34. Even when I'm tired, I find I have the energy and desire to care for people's problems.
- ___ 35. God is so real when I'm in a beautiful, natural setting.
- ___ 36. When I'm tired, there's nothing better than going out with friends to refresh me.
- ___ 37. I worship best in response to theological truth clearly explained.
- ___ 38. I like how all the world's problems—including mine—seem unimportant when I'm praising God.
- ___ 39. I get frustrated with people's apathy in the face of injustice.
- ___ 40. If the truth were told, I sometimes feel guilty for enjoying silence and solitude so much.
- ___ 41. I am happiest when I find someone who really needs help and I step in and offer it.
- ___ 42. Others know that if I'm not around, I'm most likely outside in a beautiful place.
- ___ 43. People around me describe me as a people person.
- ___ 44. I often read lots of books or articles to help me work through a problem.
- ___ 45. When I get overwhelmed, there's nothing like a good worship service to get me back on track.
- ___ 46. I should probably take more time to slow down, but I really love what I do, especially ministry.
- ___ 47. Sometimes I spend too much time mulling over negative things people say about me.
- ___ 48. I experience God's presence as I counsel someone who is struggling or in trouble.
- ___ 49. When I see natural beauty, something wonderful stirs in me that is difficult to describe.

Spiritual Pathways Scoring

Transfer the numbers from your assessment to this grid, and total each column.

1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.	31.	32.	33.	34.	35.
36.	37.	38.	39.	40.	41.	42.
43.	44.	45.	46.	47.	48.	49.
Total ____	Total ____	Total ____	Total ____	Total ____	Total ____	Total ____
Relational	Intellectual	Worship	Activist	Contemplative	Serving	Creation

My Spiritual Pathways

Relational—I connect best to God when I am with others.

Intellectual—I connect best to God when I learn.

Worship—I connect best to God when I worship.

Activist—I connect best to God when doing great things.

Contemplative—I connect best to God in silence.

Serving—I connect best to God while completing kingdom tasks.

Creation—I connect best to God in nature.

This assessment comes from *An Ordinary Day with Jesus* by John Ortberg and Ruth Haley Barton.