

Score the following statements on a scale of 1-5, with 1 being not true at all and 5 being very true

HEART

Are you an Ascetic? TOTAL SCORE _____

- _____ I feel closest to God when I am alone and there are no distractions
- _____ I would describe my faith as more 'internal' than 'external'
- _____ The words silence, solitude, and discipline are very appealing to me
- _____ I'd love to take a spiritual retreat to spend quiet time in prayer and Bible study
- _____ I'd be interested in de-cluttering my life

Are you a Contemplative? TOTAL SCORE _____

- _____ I feel closest to God when my emotions are awakened by a sensation of His love
- _____ The most difficult times in my faith are when I can't feel God's presence
- _____ The words lover, intimacy, and heart are very appealing to me
- _____ I enjoy having my devotional time each day and feel close to God at that time
- _____ When I think of God, I think primarily of love, friendship, and adoration

Are you an Intellectual? TOTAL SCORE _____

- _____ I feel closest to God when I learn something new about Him
- _____ I get frustrated when the church focuses too much on feelings
- _____ The words truth, knowledge, and doctrine are very appealing to me
- _____ I feel close to God when I have a lengthy amount of time to study Scripture
- _____ I spend more money on books than I do on music

_____ **TOTAL SCORE for HEART Section**

Score the following statements on a scale of 1-5, with 1 being not true at all and 5 being very true

SOUL

Are you a Naturalist? TOTAL SCORE _____

- _____ I feel closest to God when I am surrounded by the beauty of nature
- _____ I start to feel disconnected from God when I spend too much time indoors
- _____ I would rather worship God next to an ocean/river than a typical worship service
- _____ I really enjoy taking walks/hikes and working outside
- _____ I like to make connections between spiritual truths and what I see in nature

Are you a Sensate? TOTAL SCORE _____

- _____ I love church services that utilize multiple senses (sight, smell, hearing, taste, touch)
- _____ I think church building interiors are way too boring. They should be beautiful!
- _____ Excellent art and music should be part of the worship experience
- _____ I enjoy Christian plays, art-shows, and concerts. They help me connect to God
- _____ Sometimes when I pray, it helps if I imagine a particular image or play music

Are you an Enthusiast? TOTAL SCORE _____

- _____ I love celebratory worship songs that focus on Christ's victory in an upbeat way
- _____ God is exciting and we should be excited to worship! How could we not be?
- _____ The words celebration and joy are among my favorite words
- _____ I like to raise my hands in worship. I express myself because God deserves it.
- _____ I feel like Christians should be smiling most of the time

_____ **TOTAL SCORE for SOUL Section**

Score the following statements on a scale of 1-5, with 1 being not true at all and 5 being very true

STRENGTH

Are you a Traditionalist? TOTAL SCORE _____

- _____ I feel closest to God when I am involved in familiar forms of worship
- _____ The words tradition and history are very appealing to me
- _____ I would enjoy creating a list of daily spiritual disciplines and practicing them
- _____ I prefer structure over spontaneity. Without structure, I don't grow.
- _____ I consider myself very religious. I don't know why some don't like that word

Are you a Caregiver? TOTAL SCORE _____

- _____ I feel closest to God when I am helping those going through difficult situations
- _____ I get tired of going through the motions when there are hurting people out there
- _____ The words service and compassion are very appealing to me
- _____ I feel God's power at work when I am able to help a friend through a crisis
- _____ I would rather help someone with my hands than lead a Bible study

Are you an Activist? TOTAL SCORE _____

- _____ I feel closest to God when I am standing up for justice
- _____ I get very frustrated by seemingly apathetic/inactive Christians
- _____ The words courageous, confrontation, and social activism appeal to me
- _____ I could see myself getting involved in politics, a local school board, etc.
- _____ I'd rather stand in the rain to confront evil than sit in a room to pray or read

_____ **TOTAL SCORE for STRENGTH Section**

RESULTS

Total Score for HEART _____

Total Score for SOUL _____

Total Score for STRENGTH _____

My 9 Sacred Pathways Ranked (from highest to lowest)
