

Sacred Pathways Assessment

From Gary Thomas' Sacred Pathways:



Are You a Naturalist? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | I feel closest to God when I'm surrounded by what he has made – the mountains, the forests, or the ocean. |
| <input type="text"/> | 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. |
| <input type="text"/> | I would rather worship God by spending an hour beside a small brook than by participating in a group service. |
| <input type="text"/> | 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. |
| <input type="text"/> | A picture book called <i>Nature's Sanctuaries</i> , would be appealing to me. |
| <input type="text"/> | 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. |

Your total score is **out of 30.** The higher your score, the stronger the dominance of this spiritual temperament is in your life.

Are you a Sensate? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | 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. |
| <input type="text"/> | I enjoy attending a "high church" service with incense and formal Communion or Eucharist. |
| <input type="text"/> | 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. |
| <input type="text"/> | The words sensuous, colorful, and aromatic are very appealing to me. |
| <input type="text"/> | I'm naturally drawn to museums and concerts more than I'm inclined to take a walk in the woods, work in a soup kitchen, or read a book by myself. |
| <input type="text"/> | I would really enjoy using drawing exercises, icons, or classical music playing in the background to improve my prayer life. |

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Are you a Traditionalist? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | I feel closest to God when I'm participating in a familiar form of worship that has memories dating back to my childhood. |
| <input type="text"/> | I begin to feel closest to God when I lay something on the altar, sacrificing it for Him. |
| <input type="text"/> | The words tradition and history are very appealing to me. |
| <input type="text"/> | Participating in a formal liturgy or "prayer book" service, developing symbols that I can place in my car, home, or office, and developing a Christian calendar for our family to follow are activities I would enjoy. |
| <input type="text"/> | A book titled <i>Symbolism and Liturgy in Personal Worship</i> would be appealing to me. |
| <input type="text"/> | I would really enjoy developing a personal rule (or ritual) of prayer. |

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Are you an Ascetic? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | I feel closest to God when I am alone and there is nothing to distract me from focusing on his presence. |
| <input type="text"/> | I would describe my faith as more "internal" than "external." |
| <input type="text"/> | The words silence, solitude, and discipline are very appealing to me. |
| <input type="text"/> | Taking an overnight retreat by myself at a monastery where I could spend large amounts of time alone in a small room, praying, studying God's Word, and fasting for one or more days are all activities I would enjoy. |
| <input type="text"/> | I would enjoy reading the book <i>A Place Apart: Monastic Prayer and Practice for Everyone</i> . |
| <input type="text"/> | I would really enjoy spending time on a night watch, taking a short vow of silence, simplifying my life. |

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Are you an Activist? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | I feel closest to God when I am cooperating with Him in standing up for His justice: writing letters to government officials and newspaper editors, picketing at a place of injustice, urging people to vote, or becoming informed about current issues. 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. |
| <input type="text"/> | The terms courageous confrontation and social activism are very appealing to me. |
| <input type="text"/> | Activities such as confronting a social evil, attending a meeting of the local school board to challenge the new curriculum, and volunteering on a political campaign are important to me. |
| <input type="text"/> | The book written by Franky Schaeffer, <i>A Time for Anger</i> (or one like it), would be an important book for me to read. |
| <input type="text"/> | I would rather stand in the rain for an hour to confront an evil than sit in a room by myself for an hour and pray, take a walk through the woods, or spend an hour reading a book. |

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Are you a Caregiver? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | 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 by the bed of someone who is lonely or ill or when I am taking a meal to someone in need. You can count on me to offer a ride or to volunteer for helping activities. |
| <input type="text"/> | 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. |
| <input type="text"/> | The words "service" and "compassion" are very appealing to me. |
| <input type="text"/> | I sense God's power when I am counseling a friend who has lost a job, preparing meals for or fixing the car of a family in need, or spending a week at an orphanage in Mexico. |
| <input type="text"/> | A book titled <i>99 Ways to Help Your Neighbor</i> would be very appealing to me. |
| <input type="text"/> | 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. |

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Are you an Enthusiast? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | 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. |
| <input type="text"/> | 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. |
| <input type="text"/> | The words celebration and joy are very appealing to me. |
| <input type="text"/> | I would enjoy attending a workshop on learning to worship through dance or a worship session with contemporary music. I expect that God is going to move in some unexpected ways. |
| <input type="text"/> | I would enjoy reading the book <i>The Mystery and Excitement of Walking with God</i> . |
| <input type="text"/> | I spend more money on music and worship downloads than on books. |

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Are you a Contemplative? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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|----------------------|---|
| <input type="text"/> | 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. |
| <input type="text"/> | The most difficult times in my faith are when I can't feel God's presence within me. |
| <input type="text"/> | The words lover, intimacy, and heart are very appealing to me. |
| <input type="text"/> | I really enjoy having thirty minutes of uninterrupted time each day to sit in quiet prayer and "hold hands" with God, writing love letters to him and enjoying his presence. |
| <input type="text"/> | I would enjoy reading The Transforming Friendship. |
| <input type="text"/> | When I think of God, I think of love, friendship, and adoration more than anything else. |

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Are you an Intellectual? Score the following statements on a scale from 1 to 5, with 1 being not true at all and 5 being very true.

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| <input type="text"/> | 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. |
| <input type="text"/> | 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 to have proper doctrine. |
| <input type="text"/> | The Words' concepts and truth are very appealing to me. |
| <input type="text"/> | 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. |
| <input type="text"/> | A book on church dogmatics would be appealing to me. |
| <input type="text"/> | I spend more money on books than music. |

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