

# Sacred Pathways Self Report

Read each of the following descriptors. Score the statements on a scale of five to one, with five being very true and one being not true at all. Record your answer in the space provided.

Any total score of fifteen or higher indicates a preference for this spiritual pathway.

## Are you a Naturalist?

- \_\_\_\_\_ 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.
- \_\_\_\_\_ Total

## Are you a Sensate?

- \_\_\_\_\_ 1. I feel closest to God when I'm in a church that allows my senses to come alive - when I 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 worshipping 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 worshipping through second-rate Christian art or music.
- \_\_\_\_\_ 4. The words sensuous, 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.
- \_\_\_\_\_ Total

## Are you a Traditionalist?

- \_\_\_\_\_ 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. 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.
- \_\_\_\_\_ Total

## Are you an Ascetic?

- \_\_\_\_\_ 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 amount 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.
- \_\_\_\_\_ Total

## Are you an Activist?

- \_\_\_\_\_ 1. I feel closest to God when I'm cooperating with him in standing up for justice: providing micro-loans to rural farmers in third world countries, urging people to vote or becoming familiar with current issues, OR helping to dig wells to provide clean drinking water in African villages.
- \_\_\_\_\_ 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, social activism are very appealing to me.
- \_\_\_\_\_ 4. Activities like confronting social evil, engaging others to fight poverty, disease and oppression 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.
- \_\_\_\_\_ Total

## Are you a Caregiver?

- \_\_\_\_\_ 1. I feel God's presence most strongly when I am sitting quietly beside someone who is lonely or ill. You can count on me to help.
- \_\_\_\_\_ 2. I grow weary of Christians who spend their time singing songs while a sick neighbor goes without a hot meal.
- \_\_\_\_\_ 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 lost a job, preparing meals for a family in need or spending my vacation time at an orphanage in a third world country.
- \_\_\_\_\_ 5. A book entitled *99 Ways to Help your Neighbor* would be very appealing to me.
- \_\_\_\_\_ 6. I would rather care for someone who is ill or in need than teach a Sunday School class or go on a retreat.
- \_\_\_\_\_ Total

## Are you an Enthusiast?

- \_\_\_\_\_ 1. I feel closest to God when my heart is sent soaring and I feel like I want to worship God all day long.
- \_\_\_\_\_ 2. God is an exciting God and I don't understand how some Christians act like they're going to a funeral whenever they are in a worship service.
- \_\_\_\_\_ 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 various forms of music.
- \_\_\_\_\_ 5. I would enjoy reading a book *The Mystery and Excitement of Walking with God*.
- \_\_\_\_\_ 6. I spend more money on music and worship tapes than on books.
- \_\_\_\_\_ Total

## Are you a Contemplative?

- \_\_\_\_\_ 1. I feel closest to God when my emotions are awakened, when God quietly touches my heart and tells me that he loves me. I would rather be alone with God than participating in formal liturgy or walking alone 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 all very appealing to me.
- \_\_\_\_\_ 4. I really enjoy having thirty minutes of uninterrupted time a day to sit in quiet prayer and enjoy God's presence.
- \_\_\_\_\_ 5. I would enjoy reading *The Transforming Friendship: A Soul's Journey with God*.
- \_\_\_\_\_ 6. When I think of God, I think of love, friendship and adoration more than anything else.
- \_\_\_\_\_ Total

## Are you an Intellectual?

- \_\_\_\_\_ 1. I feel closest to God when I learn something new about him that I didn't understand before.
- \_\_\_\_\_ 2. I get frustrated when the church focuses too much on feelings and spiritual experience.
- \_\_\_\_\_ 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/theology would be appealing to me.
- \_\_\_\_\_ 6. I spend more money on books than on music.
- \_\_\_\_\_ Total

**Which were your top 4 pathways?** \_\_\_\_\_