

# Spiritual Pathway Assessment

Respond to each statement below according to the following 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

- \_\_\_ 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. Even if I'm tired, 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 services if I notice details that haven't been attended to.
- \_\_\_ 7. A sunset can give me a spiritual high that 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.
- \_\_\_ 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 problems.
- \_\_\_ 14. When faced with a difficult decision, I am drawn to walk in the outdoors.
- \_\_\_ 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 am tired, I look forward to going to a church service.
- \_\_\_ 18. I sense the presence of God most when I am doing his work.
- \_\_\_ 19. I don't understand how Christians can be so busy and still hear from God.
- \_\_\_ 20. I love being able to serve behind the scenes, out of the spotlight.
- \_\_\_ 21. I experience God in nature so powerfully I'm 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 happiest 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.
- \_\_\_ 30. I can spend too much time learning about an issue rather than dealing with it.
- \_\_\_ 31. I don't think there's any good excuse for missing a worship time.
- \_\_\_ 32. I get great satisfaction from seeing people working together to achieve a goal.
- \_\_\_ 33. When I face a difficulty, being alone feels most helpful.
- \_\_\_ 34. Even if I'm tired, I find I have the energy to care for other people's problems.
- \_\_\_ 35. God is so real when I'm in a beautiful, natural setting.
- \_\_\_ 36. When I am 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 problems, including mine, seem unimportant when I am praising God.
- \_\_\_ 39. I get frustrated with people's apathy in the face of injustice.
- \_\_\_ 40. 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 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, a good worship service gets me back on track.

- \_\_\_ 46. I should probably take more time to slow down, but I really love the ministry I do.
- \_\_\_ 47. I can 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.
- \_\_\_ 49. When I see natural beauty, something stirs in me that's difficult to describe.

**Transfer the numbers 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

**Rank the Spiritual Pathways in terms of preference and circle your top two.**

- 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 when completing Kingdom tasks. \_\_\_\_\_
- Creation – I connect best to God in nature. \_\_\_\_\_

From John Ortberg and Ruth Haley Barton, *An Ordinary Day with Jesus: Participant's Guide* (Barrington, IL: Willow Creek Association, 2001).

See also Gary Thomas, *Sacred Pathways*, Zondervan 1996.

See also [www.common.northpoint.org/sacredpathway.html](http://www.common.northpoint.org/sacredpathway.html) for another online assessment tool based on Gary Thomas' work.



# SPIRITUAL PATHWAYS

*Aligning ourselves with God's Spirit can never be done on our own, and never without effort.*

<b>Intellectual</b>	<b>Relational</b>	<b>Serving</b>	<b>Worship</b>	<b>Activist</b>	<b>Contemplative</b>	<b>Creation</b>
I connect best to God when I learn.	I connect best to God when I am with others.	I connect best to God while completing Kingdom tasks.	I connect best to God when I worship.	I connect best to God when doing great things.	I connect best to God in silence.	I connect best to God in nature.
<b>Keywords</b> Study Scripture Theology Thinking	<b>Keywords</b> Relationships Community life Transparency	<b>Keywords</b> Helping Responsibility Designated role	<b>Keywords</b> Corporate praise Celebration Passion Participation	<b>Keywords</b> Strong vision Justice Potential Problem-solving	<b>Keywords</b> Being alone Reflection Prayer	<b>Keywords</b> Creation Outdoor activities Symbolism Creativity
<b>Strengths</b> Read great books Listen to teaching Learn with others	<b>Strengths</b> Rich relationships Serve with others Pray together Learn in groups Kingdom network	<b>Strengths</b> Get plugged in See God in serving Genuinely helpful Pray first	<b>Strengths</b> Engage in worship Listen to music Embrace traditions Personal/corporate	<b>Strengths</b> Face challenges Bring out the best Work in teams	<b>Strengths</b> Regular solitude Follow intuitions Act on leadings	<b>Strengths</b> Spend time outside Get away often Include beauty
<b>Cautions</b> All head, no heart Smart means right	<b>Cautions</b> Superficiality Dependency Insecure faith	<b>Cautions</b> Resenting others Work is worth	<b>Cautions</b> Pride Need next "high"	<b>Cautions</b> Harming others Unbridled pace Soul deterioration	<b>Cautions</b> Hiding Stuffing emotions Devaluing self	<b>Cautions</b> Escaping Discouragement Ignoring church
<b>Ways to Stretch</b> Pray & worship Assess love levels	<b>Ways to Stretch</b> Grow in silence Diligent study Weigh opinions Move past social	<b>Ways to Stretch</b> Be in community Learn to slow Affirm with words	<b>Ways to Stretch</b> Cultivate study Serve practically Commit to church Provide solutions	<b>Ways to Stretch</b> Solitude/silence Journal Deep friendships God's work in you	<b>Ways to Stretch</b> Serve regularly Stay connected Join with activists Pray boldly	<b>Ways to Stretch</b> Stay involved Create beauty Read in nature