

Spiritual Pathways Assessment

(taken from *An Ordinary Day with Jesus* curriculum).

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

Put the numbers you gave for each assessment statement to the grid on page 13.

Total each column.

**The highest number identifies your preferred spiritual pathway;
the next highest number, your secondary pathway.**

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 get, 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 haven't been attended to.
7. A beautiful sunset can 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.

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 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 a church service.
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 in nature so powerfully 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 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 about themselves.
30. Sometimes I 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 tremendous satisfaction from seeing people working together to achieve a goal.
33. When I face a difficulty, being alone feels 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 at church.
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.

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
<u>TOTAL</u> -	<u>TOTAL</u>	<u>TOTAL</u>	<u>TOTAL</u>	<u>TOTAL</u>	<u>TOTAL</u>	<u>TOTAL</u> - -
A Relational	B Intellectual	C Worship	D Activist	E Contemplative	F Serving	G Creation

SPIRITUAL PATHWAY ASSESSMENT SCORING

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

Intellectual—I connect best to God when I learn. B

Worship—I connect best to God when I worship. C

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

Contemplative—I connect best to God in silence. E

Serving—I connect best to God while completing Kingdom tasks. F

Creation—I connect best to God in nature. G

Seven Spiritual Pathways

Each of us is unique. We connect to God in different ways. We are going to look at seven pathways or seven categories of how people connect with God. People tend to favor one or two pathways while at least one pathway in very unnatural.

1. Intellectual (Apostle Paul)

You draw close to God as you learn more about Him. The study of Scripture and theology comes naturally. You are a thinker. When you face problems or spiritual challenges, you go into problem-solving mode. You have little patience for emotional approaches to faith.

In order to grow in your relationship with God, you need to study. If you stop learning, you stagnate. Read books that challenge you, look into some seminary classes or message tapes that feed your mind. Find others to study with.

Guard against being all head and no heart. Make sure that your study leads to having more love and a change of heart.

2. Relational (Peter)

Spiritual growth happens through significant relationships. God will often speak to you through people. Small groups are key. Being alone can drive you crazy.

In order to connect with God, you need a relationally-rich life. Use your spiritual gift to serve others. Pray with others. Learn in a class with other people or in a small group. Use your network of contacts to further God's Kingdom.

Guard against becoming dependent on others. Learn to speak and listen to God when you are alone. Study scripture so you are grounded in the Bible rather than in what other's think. Invite close friends to speak truthfully and deeply with you to guard against superficiality.

3. Serving (Dorcas in the book of Acts)

God's presence seems most tangible when you're helping others. You're uncomfortable in a setting where you don't have a role. When you have a role as simple as setting up chairs or serving coffee, then you sense God's presence and delight. You constantly look for acts of service you can engage in and don't need to be asked.

Grow in your relationship with God by serving. If you are not in a church where you can serve, your connection with God will become distant. Look for what God is doing as you serve.

Guard against becoming resentful of others who don't serve as much as you do. Remember that God loves you not because you are so faithful in serving Him, but because you are His child. Learn to receive love when you aren't serving. Balance your service with small group and community life. Finally, practice expressing love through words as well as actions.

4. Worship (King David)

You have a deep love of corporate praise and a natural inclination toward celebration. In difficult periods of life, worship helps you heal. In worship, your heart just opens up and you become alive.

When you worship at church, you hope it will go on for hours.

To grow in your relationship with God, worship on a regular basis. Use worship tapes or CDs during the week for private worship. Learn about other worship traditions and incorporate what you learn into your personal worship time.

Be careful not to judge those who aren't as expressive in worship. And guard against an experience-based spirituality that always has you looking for the next worship 'high'. Stretch yourself through the discipline of study and serving God in concrete ways. Even when worship isn't what you would like it to be, stay committed to your church.

5. Activist (Nehemiah)

You have a single-minded zeal and a very strong sense of vision. You have a passion to build the church and work for justice. Challenges energize you. You love to prove people wrong when they say that something can't be done. You do everything you can to bring out the potential God has placed in other people. You love a high-paced, problem-filled, complex, strenuous way of life.

To grow closer to God, create a sense of challenge in your life by immersing yourself in activities that demand your best. Find a team of people you can invest in and work with to accomplish big goals.

Guard against becoming so focused on your goal that you run over people or use them. Make sure that you reflect on what you are doing so that you are aware of your motives, spiritual condition, and emotional state. Stretch yourself through solitude and journaling. Develop close friends that will challenge you to talk about you and what God is doing in you.

6. Contemplative (Mary, the sister of Martha)

You love uninterrupted time alone. Reflection comes naturally. You have a large capacity for prayer. If you get busy or spend a lot of time with people, you feel drained and yearn for times of solitude. You feel God's presence the most when all distractions are removed.

To connect with God, you need regular, protected, intense time of solitude and stillness. Faithfully follow the intuitions and leadings that come in your times alone with God. Act on what you hear from God.

Guard against avoiding the demands of the real world because it doesn't meet your ideals. Be careful not to retreat to your inner world when friends, family or society disappoint you. Stay connected even when the relationship becomes challenging. Resist the temptation to consider your times of private prayer and solitude as less important than the more public acts of ministry performed by others, but make sure you do serve.

7. Creation (Jesus)

You respond deeply to God through your experience of nature. Being outdoors replenishes you. Creation moves your heart, opens your soul, and strengthens your faith.

To connect with God, spend more times outdoors. Find a location for getaways. During quiet times, surround yourself with beauty through art, flowers or candles. Meditate on scripture in creation.

Guard against using nature and beauty as a way to escape disappointment. You may think that you

can worship God by yourself on your own in nature, but stay plugged into a community. People are a part of God's creation, too.

worshipping