

How do you relate to God?

Take this spiritual temperament quiz to learn how you naturally connect with God.

Score the following statements on a scale of 1 to 5, with **1 = Not True At All** and **5 = Very True**.

Record your results in the space next to each section title.

Are you a N_____?

Total _____

- ___ 1. I feel closest to God when I'm surrounded by what He has made - the mountains, the forests or the oceans.
- ___ 2. I feel disconnected when I spend too much time indoors.
- ___ 3. I would rather worship God by spending an hour beside a small brook, than by participating in an indoor group worship service or social cause.
- ___ 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. Seeing God's beauty in nature is moving to me.

Are you a S_____?

Total _____

- ___ 1. Aromas, sounds, images, and even food and drink enlighten my senses to think about God's majesty.
- ___ 2. Because of the choir, spoken word, and taking of the wine and bread, I enjoy attending 'high church' service with a formal communion.
- ___ 3. I'd have a difficult time worshipping in a church building that is plain and has music and artwork that lack a sense of beauty and awe.
- ___ 4. I'm naturally drawn to museums and concerts more than taking a walk in the woods, working in a soup kitchen or reading a book by myself.
- ___ 5. I would really enjoy drawing exercises or instrumental/classical music playing in the background to improve my prayer life.

Are you a T_____?

Total _____

- ___ 1. I feel closest to God when I'm participating in a familiar form of worship that has memories dating back to my childhood.
- ___ 2. I begin to feel close to God when I give something up or lay something down on the altar for Him.
- ___ 3. Rituals and traditions move me more than anything else.
- ___ 4. Participating in a liturgy or "prayer book" service, putting Christian symbols as reminders in my car, home or office, and developing a Christian calendar for our family to follow, are activities I would enjoy.
- ___ 5. I would really enjoy developing a personal rule (or ritual) of prayer.

Are you an Ac_____?

Total _____

- ___ 1. I feel closest to God when I am standing up for His justice..
- ___ 2. I get very frustrated if I see apathetic Christians who don't become active.
- ___ 3. The terms courageous confrontation and social activism are very appealing to me.
- ___ 4. 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.
- ___ 5. 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.

Are you an As _____?

Total _____

- ____ 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 where I could spend large amounts of time alone, praying, studying God's Word, and fasting for one or more days are all activities I would enjoy.
- ____ 5. I would really enjoy spending time on a night watch, taking a short vow of silence, or simplifying my life.

Are you a C _____?

Total _____

- ____ 1. I feel closest to God when I see Him in the needy, the poor, the sick and the imprisoned.
- ____ 2. 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.
- ____ 3. I sense God's presence and power when I am counseling a friend, sitting by the bed of someone lonely or ill, preparing a meal for someone, fixing the car of a family in need.
- ____ 4. You can count on me to offer a ride or to volunteer for helping activities.
- ____ 5. I would rather nurse someone to health or help someone repair someone's house than teach an adult Sunday school class, go on a prayer/fasting retreat, or take a walk in the woods.

Are you an E _____?

Total _____

- ____ 1. I feel closest to God when my heart is sent soaring and I feel like I want to burst, worshiping God and shouting out His name.
- ____ 2. I would enjoy the book *The Mystery and Excitement of Walking With God*.
- ____ 3. 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.
- ____ 4. I would enjoy learning to worship God more fully, through dance or movement with joyful, contemporary music.
- ____ 5. I spend more money on music and worship downloads than on books.

Are you a C _____?

Total _____

- ____ 1. 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 a true friend.
- ____ 2. The most difficult times in my faith are when I can't feel God's presence within me.
- ____ 3. I would rather be alone with God contemplating His love than participating in a formal liturgy or being distracted by a walk outside.
- ____ 4. I really enjoy having 30 minutes of uninterrupted time each day to sit in quiet prayer and "hold hands" with God, writing letters of love and thankfulness to Him and enjoying His presence.
- ____ 5. When I think of God, I think of love, friendship and adoration more than anything.

Are you an I _____?

Total _____

- ____ 1. I feel closer 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. Of far more importance is the need to understand the Christian faith and to have proper doctrine.
- ____ 3. It's very important to me that I know exactly what I believe.
- ____ 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. I spend more money on books than music.

The highest number of points possible in each section is 25. The higher your score, the stronger the dominance of this spiritual temperament is in your life. But remember, most of us have more than one way we connect with God. Any score of 12 or higher indicates a tendency toward this temperament.

(Adapted from *Sacred Pathways* by Gary Thomas)