

YOUR PATHWAY ASSESSMENT

- Score these statements on a scale, one to five, with five being very true and one being not true at all. Record your answer in the box provided.

• *Hint: try to avoid scoring a statement with a 3 – push yourself to either a 4 or a 2 instead.*

1	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 beside the bed of someone who is lonely or ill or taking a meal to someone in need. You can count on me to offer a ride or volunteer for helping activities.
2	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.
3	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 have proper doctrine.
4	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.
5	I feel closest to God when I am alone and there is nothing to distract me from focusing on his presence.
6	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.
7	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.
8	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.
9	I enjoy attending a "high church" service with incense and formal Communion or Eucharist.
10	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.
11	The most difficult times in my faith are when I can't feel God's presence within me.
12	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.
13	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.
14	I feel closest to God when I'm cooperating with him in standing up for his justice: writing letters to government officials and newspaper editors, picketing at an abortion clinic, urging people to vote, or becoming familiar with current issues.
15	I would describe my faith as more "internal" than "external."

16	Individualism within the church is a real danger. Christianity is a corporate faith, and most of our worship should have a corporate expression.
17	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.
18	I feel closest to God when I'm surrounded by what he has made – the mountains, the forests, or the sea.
19	The words <i>tradition</i> and <i>history</i> are very appealing to me.
20	The words <i>courageous confrontation</i> and <i>social activism</i> are very appealing to me.
21	The words <i>concepts</i> and <i>truth</i> are very appealing to me.
22	The words <i>sensuous</i> , <i>colorful</i> , and <i>aromatic</i> are very appealing to me.
23	The words <i>silence</i> , <i>solitude</i> , and <i>discipline</i> are very appealing to me.
24	The words <i>service</i> and <i>compassion</i> are very appealing to me.
25	The words <i>celebration</i> and <i>joy</i> are very appealing to me.
26	The words <i>love</i> , <i>intimacy</i> , and <i>heart</i> are very appealing to me.
27	Taking an overnight retreat by myself at a monastery where I could spend large amounts 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.
28	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.
29	I would enjoy attending a workshop on learning to worship through dance or attending several worship sessions with contemporary music. I expect that God is going to move in some unexpected ways.
30	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.
31	I would prefer to worship God by spending an hour beside a small brook than by participating in a group service.
32	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.
33	Activities like confronting a social evil, attending a meeting to challenge the new curriculum before the local school board, and volunteering on a political campaign are important to me.
34	I really enjoy having thirty minutes of uninterrupted time a day to sit in quiet prayer and "hold hands" with God, writing love letters to him and enjoying his presence.
35	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.

36	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.
37	I would enjoy reading the book <i>A Place Apart: Monastic Prayer and Practice for Everyone</i> .
38	A book entitled <i>99 Ways to Help Your Neighbor</i> would be very appealing to me.
39	A book called <i>The Beauty of Worship</i> would be appealing to me.
40	A book on church dogmatics and doctrines would be appealing to me.
41	I would enjoy reading the book <i>The Mystery and Excitement of Walking with God</i> .
42	A book called <i>Nature's Sanctuaries: A Picturebook</i> would be appealing to me.
43	A book titled <i>Symbolism and Liturgy in Personal Worship</i> would be appealing to me.
44	The book written by Frank Schaeffer, <i>A Time for Anger</i> , would be an important book for me to read.
45	I would enjoy reading <i>The Transforming Friendship</i> .
46	I spend more money on books than music tapes.
47	I would really enjoy spending time on a night watch, taking a short vow of silence, simplifying my life.
48	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.
49	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.
50	I spend more money on music and worship tapes than on Christian books.
51	When I think of God, I think of love, friendship, and adoration more than anything else.
52	I would really enjoy using drawing exercises or art to improve my prayer life.
53	I would like to awaken the church from its apathy.
54	I would really enjoy developing a personal rule [or ritual] of prayer.

YOUR PATHWAY ASSESSMENT RESPONSE SHEET

Record your responses in the boxes and total each column. Then list your pathways from the highest score to the least score.

4	9	2	5	6	1	7	8	3
18	17	16	15	14	13	12	11	10
31	22	19	23	20	24	25	26	21
36	32	35	27	33	28	29	34	30
42	39	43	37	44	38	41	45	40
49	52	54	47	53	48	50	51	46
Naturalist	Sensate	Traditionalist	Ascetic	Activist	Caregiver	Enthusiast	Contemplative	Intellectual

Rank	Score	Pathway
1		
2		
3		
4		
5		
6		
7		
8		
9		

Any score of fifteen or higher indicates a preference or tendency for that pathway.

Reflect on the cluster of pathways that you prefer. What do they say about you? Can you begin to write a "spiritual prescription" based on some of the "Suggestions" in the descriptions section?

For example you might write, "At least once a week, I'll spend some time going on a prayer-walk through the woods." Or, "On a regular basis, I'll need to make sure I'm continuing to study. Perhaps I'll need to invest in some systematic theology books or podcasts from reliable Christian thinkers."