

# 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.*

Intellectual	Relational	Serving	Worship	Activist	Contemplative	Creation
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

*Adapted from An Ordinary Day with Jesus Participant’s Guide (Willow Creek Community Church, 2001) For a complete discussion of these and other spiritual pathways, see Gary Thomas, Sacred Pathways, (Grand Rapids, Zondervan, 2000) This material is protected by US Copyright Law and is for your own personal use. Any further use will require permission of the copyright holder. Please contact [classes@willowcreek.org](mailto:classes@willowcreek.org) with your request.*