



The Sacred Pathways Survey: What's My Spiritual Type?

This Sacred Pathways Survey looks at how you experience God. Based on our personality and spiritual backgrounds, we all have preferred ways of connecting with God. These questions fall into nine *Sacred Pathways* (based upon the book, Sacred Pathways by Gary Thomas). Use the rating scale below to respond to each question/statement according to how well it describes you (*not what you wish was true or feel like you should say* –

especially in church!) and then enter the numeric value in the blank on a scale of 0 (Not me at all!) to 4 (This is definitely me!).

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### I feel closest to God when...

1. I am in the beauty of nature. \_\_\_\_\_
2. I am singing songs of praise to God. \_\_\_\_\_
3. I learn something new about God or life with God. \_\_\_\_\_
4. I practice spiritual traditions from my family or church. \_\_\_\_\_
5. I deny myself normal pleasures in order to pray. \_\_\_\_\_
6. I can see, hear, or touch God in some way. \_\_\_\_\_
7. I'm caring for someone who is hurting. \_\_\_\_\_
8. I'm joining with others to defend the cause of the poor and needy. \_\_\_\_\_
9. I am quiet and alone, focused only on God's presence. \_\_\_\_\_

### To be spiritually renewed I need to...

10. Spend time outside enjoying God's creation. \_\_\_\_\_
11. Celebrate God and God's love with music and songs of worship. \_\_\_\_\_
12. Read the Bible and think deeply about what God is saying. \_\_\_\_\_
13. Reconnect with the history, liturgy, or symbols of my spiritual tradition. \_\_\_\_\_
14. Fast from food or media or simplify my life in some other way. \_\_\_\_\_
15. Experience God in a tangible way (e.g., receiving communion, kneeling by a cross, lighting a candle, or appreciating spiritual architecture). \_\_\_\_\_
16. Feel God's compassion flow through me to another person (e.g., when listening, encouraging, or praying). \_\_\_\_\_
17. Be part of a cause to promote the care of those who are less fortunate than me. \_\_\_\_\_
18. Silently contemplate God's love. \_\_\_\_\_

### It's especially helpful for me to connect with God through...

19. Appreciating the wonders God has created. \_\_\_\_\_
20. Offering enthusiastic expressions of thanks and praise to God. \_\_\_\_\_
21. Studying the Bible thoughtfully. \_\_\_\_\_
22. Using a Christian calendar or daily Bible readings and prayers provided by my church. \_\_\_\_\_
23. Keeping my life simple and uncluttered. \_\_\_\_\_

24. Imagining myself in a Gospel story, work of religious art, or spiritual movie. \_\_\_\_\_
25. Supporting a friend who is going through a hard time. \_\_\_\_\_
26. Helping a sick neighbor, providing food for the hungry, or ministering to the elderly, abused, or imprisoned. \_\_\_\_\_
27. Meditating on Scripture or a devotional book that draws me into deeper intimacy with God. \_\_\_\_\_

### **I benefit especially from speakers and authors who help me to...**

28. Appreciate God's beauty and the wonders of creation. \_\_\_\_\_
29. Give joyful thanks and praise to God! \_\_\_\_\_
30. Teach me new insights about my life with God. \_\_\_\_\_
31. Remember the stories and practices of spiritual giants and saints from the past. \_\_\_\_\_
32. Be disciplined to make more space in my life and my soul for God. \_\_\_\_\_
33. Experience the "touch" of God's presence on me. \_\_\_\_\_
34. Become more effective in caring for people who are struggling. \_\_\_\_\_
35. Stand up for justice and make an impact for the marginalized. \_\_\_\_\_
36. Love God all the time in the secret place of my heart. \_\_\_\_\_

### **Scoring your Sacred Pathways Survey**

There are four categories of nine statements in this *Sacred Pathways* Survey. Each of the numbered statements corresponds to one of the nine *Sacred Pathways*. Add up the point values for each of the *Sacred Pathways* and enter the sum in the table below (should be 0 to 16). Then rank each *Sacred Pathway* from 1 to 9, with 1 being your most preferred path.

| <b>Sacred Pathway</b> | <b>Description</b>                                               | <b>Questions</b> | <b>Total Points</b> | <b>Rank</b> |
|-----------------------|------------------------------------------------------------------|------------------|---------------------|-------------|
| <b>Naturalist</b>     | Appreciating the beauty of God's creation                        | 1, 10, 19, 28    | _____               | _____       |
| <b>Enthusiast</b>     | <i>Celebrating God's goodness with thanks and praise</i>         | 2, 11, 20, 29    | _____               | _____       |
| <b>Intellectual</b>   | Gaining insights about God and life through reading and study    | 3, 12, 21, 30    | _____               | _____       |
| <b>Traditionalist</b> | <i>Following time-honored religious traditions and practices</i> | 4, 13, 22, 31    | _____               | _____       |
| <b>Ascetic</b>        | Living more simply and sacrificially to make more space for God  | 5, 14, 23, 32    | _____               | _____       |
| <b>Sensate</b>        | <i>Experiencing God with your physical senses or imagination</i> | 6, 15, 24, 33    | _____               | _____       |
| <b>Caregiver</b>      | Offering God's compassion to the hurting or struggling           | 7, 16, 25, 34    | _____               | _____       |
| <b>Activist</b>       | <i>Actively engaging with others to work for social justice</i>  | 8, 17, 26, 35    | _____               | _____       |
| <b>Contemplative</b>  | Being absorbed with God in prayer and solitude                   | 9, 18, 27, 36    | _____               | _____       |