

# Spiritual Pathways Work Book



Based on Sacred Pathways  
by Gary Thomas

# ABOUT



Next few pages contain the quizzes to help find your spiritual temperament, your ways of connecting with God – but do not answer the questions yet!

Please use this notebook to write down reflections and ideas as well as plans.

*Connect*



**The highest number of possible points is 30, but few, if any, will score that high, since none of us relate to God in one exclusive way.**

**Any score of 15 or higher indicates a tendency toward this spiritual temperament.**

# PSALM 23

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

## Are You a Naturalist?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

1. I feel closest to God when I'm surrounded by what he has made - the mountains, the forests, or the ocean.
2. 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.
3. I would rather worship God by spending an hour beside a small brook than by participating in a group service.
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. A book called Nature's Sanctuaries: A Picture Book would be appealing to me.
6. 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 activities.

**Total**

My notes:







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## PSALM 100

Make a joyful noise to the Lord, all the earth. Worship the Lord with gladness; come into his presence with singing. Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name. For the Lord is good; his steadfast love endures for ever, and his faithfulness to all generations.

### Are You a Sensate?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

1. 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.

2. I enjoy attending a "high church" service with incense and formal Communion or Eucharist.

3. 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.

4. The words sensuous, colourful, and aromatic are very appealing to me.

5. I'm naturally drawn to museums and concerts more than I'm inclined to take a walk in the woods, work in a soup kitchen, or read a book by myself.

6. I would really enjoy using drawing exercises, icons, or classical music playing in the background to improve my prayer life.

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# HEBREWS 12:28-29

Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

## Are You a Traditionalist?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

1. 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.
2. I begin to feel closest to God when I lay something on the altar, sacrificing it for him.
3. The words tradition and history are very appealing to me.
4. Participating in a formal liturgy or "prayer book" service, developing symbols that I can place in my car, home, or office, and developing a Christian calendar for our family to follow are activities I would enjoy.
5. A book titled Symbolism and Liturgy in Personal Worship would be appealing to me.
6. I would really enjoy developing a personal rule (or ritual) of prayer.
- Total

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# MARK 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

## Are You an Ascetic?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

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 at a monastery where I could spend large amounts of time alone in a small room, praying, studying God’s Word, and fasting for one or more days are all activities I would enjoy.

5. I would enjoy reading the book A Place Apart: Monastic Prayer and Practice for Everyone.

6. I would really enjoy spending time on a night watch, taking a short vow of silence, simplifying my life.

**Total**



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## ROMANS 12:9

Love must be sincere. Hate what is evil; cling to what is good.

### Are You an Activist?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

1. I feel closest to God when I am cooperating with him in standing up for his justice: writing letters to government officials and newspaper editors, picketing at a place of injustice, urging people to vote, or becoming informed about current issues.

2. 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.

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. The book written by Franky Schaeffer, A Time for Anger (or one like it), would be an important book for me to read.

6. 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.

Total

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## 1 JOHN 3:14

We know that we have passed from death to life, because we love each other. Anyone who does not love remains in death.

### Are You a Caregiver?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

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 by the bed of someone who is lonely or ill or when I am taking a meal to someone in need. You can count on me to offer a ride or to volunteer for helping activities.

2. I grow weary of Christians who spend their time singing songs while a sick neighbour goes without a hot meal or a family in need doesn't get help fixing their car.

3. The words service and compassion are very appealing to me.

4. I sense God's power when I am counselling 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.

5. A book titled 99 Ways to Help Your Neighbour would be very appealing to me.

6. 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.

**Total**

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# NEHEMIAH 8:10

Nehemiah said, ‘Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.’

## Are You an Enthusiast?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

1. 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 favourite form of worship.

2. God is an exciting God, and we should be excited about worshipping 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.

3. The words celebration and joy are very appealing to me.

4. I would enjoy attending a workshop on learning to worship through dance or a worship session with contemporary music. I expect that God is going to move in some unexpected ways.

5. I would enjoy reading the book The Mystery and Excitement of Walking with God.

6. I spend more money on music and worship downloads than on books.

**Total**

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## JAMES HOUSTON

“As two lovers do nothing but gaze into each other’s eyes, so we gaze lovingly at our heavenly Father and have our heart’s delight satisfied.”

### Are You a Contemplative?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

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 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.

2. The most difficult times in my faith are when I can’t feel God’s presence within me.

3. The words lover, intimacy, and heart are very appealing to me.

4. I really enjoy having thirty minutes of uninterrupted time each day to sit in quiet prayer and “hold hands” with God, writing love letters to him and enjoying his presence.

5. I would enjoy reading *The Transforming Friendship*.

6. When I think of God, I think of love, friendship, and adoration more than anything else.

**Total**

My notes:





# PSALM 49: 1-4

Hear this, all you peoples; listen, all who live in this world, both low and high, rich and poor alike:  
My mouth will speak words of wisdom; the meditation of my heart will give you understanding. I will turn my ear to a proverb; with the harp I will expound my riddle:

## Are You an Intellectual?

Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided.

1. 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.

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. The words concepts and truth are very appealing to me. '

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. A book on church dogma-tics would be appealing to me.

6. I spend more money on books than music.

Total

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My notes:





Record your scores from each quiz on the space below so you will have a composite picture of your soul's path to God.

List in order of scoring:

Naturalist	<div><div></div></div>	<div><div></div></div>
Sensate	<div><div></div></div>	<div><div></div></div>
Traditionalist	<div><div></div></div>	<div><div></div></div>
Ascetic	<div><div></div></div>	<div><div></div></div>
Activist	<div><div></div></div>	<div><div></div></div>
Caregiver	<div><div></div></div>	<div><div></div></div>
Enthusiast	<div><div></div></div>	<div><div></div></div>
Contemplative	<div><div></div></div>	<div><div></div></div>
Intellectual	<div><div></div></div>	<div><div></div></div>



Do you feel that matches the order of their importance in your life? How much of what you do helps you to connect with God in the ways that really affect you?



My notes:





My notes:

