

What is my Spiritual Temperament?

Spiritual Temperament Assessment

Respond to each statement on the Spiritual Temperament Assessment according to the following scale:

3= Consistently, definitely true

2= Most of the time, usually true

1=Some of the time, once in while

0=Not at all, never

- ___1. I flourish and grow through regular and significant relational experiences.
- ___2. I experience the most spiritual development when my mind is fully engaged.
- ___3. I feel closest to God when I left my voice up to Him
- ___4. I feel closest to God when I have used my full emotional, physical, and spiritual potential for a worthy cause.
- ___5. I feel most replenished when I get uninterrupted time alone with God.
- ___6. I feel energized when I am accomplishing specific tasks for the good of others.
- ___7. I come alive when I am in the natural splendor of God's creation.
- ___8. I find prayer easier when praying with a circle of other Christians.
- ___9. I enjoy reading the Bible and studying theology.
- ___10. The primary reason that I go to Church is to praise God.
- ___11. I prefer a challenge intensive ministry where I am totally dependent on God.
- ___12. I enjoy listening for the whispers of God and reflecting on his goodness.
- ___13. I feel God's delight most intensely when I am doing His work.
- ___14. Being outdoors replenishes me, moves me, and strengthens my faith.
- ___15. My enthusiasm for the Bible increases in group study situations.
- ___16. Once I am convinced intellectually, I have very strong convictions.
- ___17. I feel the presence of God most intensely when I worship.

- ___18. I prefer doing ministry at a face pace.
- ___19. Quiet, stillness and listening are the keys to my soul.
- ___20. I feel most connected to God when I am helping others in practical ways.
- ___21. God's presence is very real to me when I am in nature.
- ___22. I hear God best through the voice of others.
- ___23. The more I learn and understand about God, the closer I draw to Him.
- ___24. Many of my important life decisions have been facilitated through worship.
- ___25. I feel God's presence when I mobilize Groups to do great things for Him.
- ___26. I find reflection and solitude come naturally to me.
- ___27. If I'm not careful, I can focus more on tasks than people.
- ___28. Beauty speaks to me about the goodness of God.
- ___29. Being in community with others is a critical element in my spiritual growth.
- ___30. I hear God best through reasoning and studying.
- ___31. I experience God when Christians come together and praise God.
- ___32. I like to move in the church with speed, urgency and passion.
- ___33. I hear God best in silence.
- ___34. I need to have a meaningful place of service to offer up to God.
- ___35. I am able to connect the activity in nature to the attributes of God.

Spiritual Temperament Scoring

Transfer the numbers from the previous page on to this grid and total for 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.
Total	Total	Total	Total	Total	Total	Total
A	B	C	D	E	F	G

Questions to reflect on:

- 1) Do the descriptions of my top two scores describe how I relate best to God?
- 2) If so, how in the past have these preferences particularly shown up in my life?
- 3) How can I currently make regular time to relate to God in these specific ways?

A. Relational – I connect best to God when I am with others

- Experience spiritual growth primarily in relationship with others
- Easy to self-disclose
- Energized by people
- Hears God through the voice of others

Biblical Example: Peter, Barnabas

I can build on my strengths by:

- Praying in community
- Using my gifts in community
- Having rich, deep friendships with frequent interactions

My strength can find balance by:

- Spending time in solitude
- Studying on my own
- Silence

B. Intellectual – I connect best to God when I am learning

- Connects with God through learning and study
- Seeks clarity about who God is and what He wants
- Road to heart goes through head
- Thinker, problem-solver
- Books, classes and new learning are life-giving

Biblical Example: Paul

I can build my strengths by:

- Reading to be stretched and challenged
- Studying
- Taking classes

My strength can find balance by:

- Being aware and changing the fact that I may lean toward being all head and no heart
- Engaging in corporate worship

C. Worship – I connect best to God when I worship

- Deep love of corporate praise
- Renewed by corporate and private worship
- Experience God when celebrating in community who God is

Biblical Example: Ana (Luke 2)

I can build on my strengths by:

- Using creative expression
- Engaging in corporate worship
- Learning other worship traditions

My strength can find balance by:

- Not becoming dependent on emotional experiences
- Engaging in rigorous study
- Being rooted in one community

D. Activist – I connect best to God when doing great things

- Single-minded zeal to accomplish God's cause with passion
- Energized by challenge and risk
- Highly motivated by accomplishing God's vision; driven
- Identified by passion, fast pace and love complexity

Bible example: Nehemiah, Paul

I can build on my strengths by:

- Accepting challenges
- Stretching myself in service
- Pursue God-given dreams passionately

My strengths can find balance by:

- Avoiding judging self or others by performance
- Cultivating patience
- Practicing slowing and stillness

E. Contemplative- I connect best to God in silence

- Hears God in silence
- Replenished by uninterrupted time alone
- Large capacity for prayer
- Drained by too much action, relationship or noise

Biblical Example: Apostle John

I can build on my strengths by:

- Guarding time alone
- Immersing myself in prayer
- Following guidance

My strengths can find balance by:

- Worshipping and learning in community
- Active service

F. Service – I connect best to God while completing Kingdom tasks

- Experience God's presence when performing concrete tasks for God and others
- Has spiritual gift of helps
- Uncomfortable when not performing specific role or task

Biblical Example: Dorcas (Acts 9)

I can build on my strength by:

- Following my servant's heart
- Honing my gifts and expertise
- Exalting in the joy of serving

My strength can find balance by:

- Allowing others to serve me
- Guard against resentment of others who do not appear to serve as much
- Remembering God's love doesn't hinge on service
- Practicing stillness

G. Nature – I connect best to God in nature

- Connects with God through their senses
- Experiences different facets of God's character in His creation
- Soul is replenished by being in nature

Biblical Example:

I can build on my strengths by:

- Scheduling time outside
- Appreciating beauty

My strengths can find balance by:

- Not using nature as an escape
- Disciplined study
- Embracing community