Spiritual Temperament Assessment - Your Path to a Strong Relationship With God

We are all uniquely created by God therefore we all interact with God in different ways. We find more joy and peace in our relationship with Him as we begin to understand how He designed us. This Spiritual Temperament Assessment will help you understand how you can best relate to God.

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 a 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 lift 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 fast 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 pleasure 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**

Place the scale number you listed from the assessment for each question below and then total each column at the bottom. Transfer you scores to page 18 for Unit 2.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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. Relational | B. Intellectual | C. Worship | D. Activist | E. Contemplative | F. Service | G. Nature |

WHAT IS MY SPIRITUAL TEMPERAMENT?

Transfer your scores from the assessment

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Relational** | **Intellectual** | **Worship** | **Activist** | **Contemplative** | **Serving** | **Nature** |
|  |  |  |  |  |  |  |

RELATIONAL

Those with a relational temperament feel closest to God when they experience Him through community. They feel energized by group studies and activities.

INTELLECTUAL

Intellectuals enjoy books — even the reference kind — and live in the world of concepts. They want to come out of their devotional time with new understanding. If their mind isn’t engaged, their heart may feel cold.

WORSHIP

Worshippers like the excitement and celebration of group worship. They feed oﬀ the enthusiasm of other believers and typically revel in God’s mystery and supernatural power. Their exuberance tends to lead them to embrace creative forms of worship.

ACTIVIST

Activists meet God in the vortex of confrontation. They want to ﬁght God’s battles. God becomes most real to them when they are standing up for social justice or working on the frontlines to build God’s kingdom.

CONTEMPLATIVE

Contemplatives are marked by an emotional attachment and surrender to God. They are want to spend their time in God’s presence — adoring Him, listening to Him and enjoying Him. They often ﬁnd beneﬁt in journal writing, where they can explore their heart’s devotion.

SERVING

Servers connect with God through helping others. Providing care or meeting needs in Jesus’ name spiritually energizes them and draws them closer to the Lord. They enjoy tangible tasks and activities they feel make an impact.

NATURE

Naturalists hearts open up to God when they get outdoors and in God’s creation. God seems more real to them when hiking under a big expanse of sky or at least sitting under a tree.