

My Spiritual Style Survey

Rate each statement on a scale of 1 to 5, 1 being the least true about you and 5 being the most true about you.

1. ___ I feel closest to God when I'm in touch with the mountains, the forests, the sky and the sea.
2. ___ I enjoy a holy place filled with ethereal music, religious images and figures, and candles.
3. ___ The words tradition, holy books, history and spiritual ritual appeal to me.
4. ___ I would enjoy an overnight retreat at a monastery alone in deep contemplation.
5. ___ I would like to awaken the church to address social problems, whether on the left or right.
6. ___ I feel closest to God when I care for the poor, the sick or the imprisoned.
7. ___ God's Spirit is exciting, and worshiping God excites me.
8. ___ Intimacy with the personal God, known only between us, touches my soul.
9. ___ I feel close to God when I read God's Word or good books on spiritual topics.
10. ___ I lose touch with God when I spend too much time indoors.
11. ___ I love well-crafted sanctuaries where the light and colors display God's glory and majesty.
12. ___ I sense God's presence through daily rituals, such as reading, kneeling in prayer, walking a labyrinth or chanting.
13. ___ A vow of silence or fasting for a short period would help me discover God's direction for my life.
14. ___ I feel God when I'm confronting evil or fighting for a just cause.
15. ___ I don't understand how people can sing holy songs while their neighbors lack food.
16. ___ I want to experience more praise, worship, enthusiasm and joy in my church.
17. ___ Through thirty minutes of quiet prayer and looking inward, I am refreshed by the beauty of God.
18. ___ If you look at my room, you'll see that I value books more than music.
19. ___ I would prefer to spend time with God beside a small brook more than in a church service.
20. ___ True spirituality includes sounds, smells, tastes and touch.
21. ___ I would enjoy reciting a set prayer and readings for daily worship.
22. ___ I feel closest to God when I am alone with no distractions.

23. ___ I become frustrated with members who don't care and are not active.
24. ___ The words service and compassion appeal to me.
25. ___ I like listening to worship music at home or in my car—it draws me in and strengthens me.
26. ___ God reveals Himself to me as my Father, my Mother, my friend and my deepest love.
27. ___ I connect with God best when I discover something new about Him through my studies.
28. ___ I connect with God in gardens and parks, under the moonlight and in the changing of the seasons.
29. ___ I often feel like dancing when I hear a song that inspires me.
30. ___ We really should treasure holy days, holy grounds, offering tables and UC traditions.
31. ___ I admire people such as St. Francis, St. Theresa, the hermits, pilgrims and holy people of all faiths.
32. ___ I feel called to stand up for justice, to speak out when I see others wronged.
33. ___ I feel God in me and working through me when I counsel a person who has lost a job or is confronting illness.
34. ___ I wish my community felt the freedom to lift our hands, clap and give True Parents praise.
35. ___ I would rather be alone with God, contemplating who He is, than participate in a formal service.
36. ___ Father's teachings are more important to me than spiritual experiences.
37. ___ Taking a trip to places of natural grandeur is something worth saving up money for.
38. ___ In the ideal world, everything will be a work of art reflecting God's emotions.
39. ___ Church traditions are important because God works through them to shape and instruct people for good.
40. ___ The words silence and solitude appeal to me.
41. ___ My favorite movies are where evil is confronted and defeated against all odds.
42. ___ I experience God when nursing people back to health.
43. ___ I love it when group songs suddenly bring everyone to a very high spirit.
44. ___ The most difficult times in my faith are when I can't feel God's presence within me.
45. ___ The words logic and truth appeal to me.

Survey Tally Chart

Fill in the numbers you answered next to the corresponding question number. Then add the numbers from each column together and write the total score next to the letter directly below the same 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.
↓	↓	↓	↓	TOTALS	↓	↓	↓	↓
A	B	C	D	E	F	G	H	I

MY SPIRITUAL STYLES

My three highest scores:

These are my strengths. They come naturally to me. I can go deep with God through these God languages. They are what I can share with others.

My three lowest scores:

These are my weaknesses. I feel awkward and I am a little tone deaf in these areas where God speaks. Here is where I can learn from others.

Question for Reflection

How can I contribute to our church community based on what I've learned about my Spiritual Styles?

A is the Naturalist. Naturalists experience God through nature, the outdoors in the natural world of the sky, mountains and valleys, rivers and oceans, flowers and trees, insects and animals. They would rather take a walk in the park than be at a basketball game or in a coffee shop. If you are a naturalist, your spirituality allows you to feel God through the beauty and order of the things He created. You find peace and comfort in God's creation. It's the place where your heart opens up to God and you find yourself communicating with God through nature.

B is the Sensor, the person who feels God in the beauty she or he feels around them. The Sensor experiences their Heavenly Parent through the senses.

If you are a Sensor, you may feel God deeply in the incense and candles of an ornate cathedral or quiet grotto, or in a masterpiece painting depicting a scene from the Bible. Sometimes music will touch you to the core of your soul and confront you with the blinding truth that "there is a God." You relish the beautiful works of art, of architecture, of design that were created by God's creative sons and daughters.

C is the Traditionalist, who experiences God in tradition. The Traditionalist finds God in the venerable, generations-old core of beliefs, rituals and symbols. You are attracted to the sacred and the experience of the holy found in ritual. You feel joy and exaltation through connecting your life of faith to the ancient way. You take comfort in rituals and in the age-old patterns of birth, life, death and new life that reside within God's eternity.

D is the Ascetic, who experiences God in solitude, self-denial and simplicity. He or she longs to deepen their relationship with God one-on-one, alone in their Heavenly Parent's presence, which they access by spiritual disciplines, especially of self-renunciation. If you enjoy and need solitude to connect to God, and tend to appreciate self-discipline, spiritual practices, self-sacrifice and endurance, this could be you. You seek the inner life through meditation, fasting, aloneness, and quiet time. You consider many material things and excesses to be distractions from the highest quest, which is to know God. You also are deeply committed to discovering your own true identity, your original "I." Monks, hermits and yogis have a natural inclination toward this style.

E is the Activist. The conscience is where the Activist first feels the tug of God. She or he feels close to their Heavenly Parent when they are confronting evil and injustice. They are moved by a sense of God's aching heart over the suffering of the people of this world, the abuse of power and oppression of the poor. If you are an Activist, you feel God when your conscience is burning and calling you to a struggle for a cause. You may be shy, but God compels you to express your passionate beliefs about how to rectify wrongs.

F is the Caregiver, who experiences God when helping those in need. It is in the act of caring that you experience God's heart the most and come to know God's compassionate, healing presence. If you are a Caregiver, your compassionate heart bursts with concern and energy to heal, uplift and encourage in those in need, representing God's parental love. When you are not with them, you will be praying for their healing and thinking about what you can do for them. Teachers, doctors, nurses, counselors, and all parents fit into this style as they care for students, the infirm and those in need of guidance and nurture. Those with the Compassionate Heart style are good listeners, with sensitivity to others' needs before their own.

G is the Enthusiast, who experiences God in expressive and active devotion. If you are an Enthusiast, you like to worship God with bodily expression in freedom and surrender. When worship music touches your soul, you naturally and unselfconsciously express it physically and tears well up in your eyes. You probably love to hang out with others who find their Heavenly Parent in gatherings of celebration, song, preaching and sharing. You like to sing out to God and the larger the crowd, the more you feel God's presence and power.

H is the Contemplative. You experience God with spiritual antennae that discern the beauty of God. You are a person of reflection and deep adoration in your love of our Heavenly Parent. As you adore the glory of the Creator, you will sometimes write moving poetry, passionate literature, or heartfelt songs or produce works of art. If you are a Contemplative, you thrive in the mystical relationship with God and express your communion with the Creator by fashioning your thoughts into form, as objects of truth revealing God. It could be art or music. Contemplatives often become writers of scripture or spiritual literature. This is different from an ascetic, who needs solitude and who is more focused on practicing the spiritual disciplines of their faith. The Contemplative forms new expressions of faith through processing their insights and using their creativity to express them.

I is the Intellectual, who experiences God when he or she gains knowledge and understanding. The Intellectual discovers the spirit of God in theology, science and history. If you are an Intellectual, you tend to be intellectual and value research and analysis in your search for our Heavenly Parent. You appreciate proofs, thoroughness, criticism and clarifications. You probably have some concern about believers having a reasonable and sensible understanding of God's reality. Your spirit thrives on the deep and rich details of what scripture, theology, history and science have to say about God.

****These answers aren't about what you like to do. They are about what you do when you're connected with God. In other words you can get the most out of connecting with God when you do things based on these styles.****