

A Spiritual Disciplines Preference Test

Prepared by Mark Adams

Each of us has our own ways of feeling closest to God. What moves one person deeply may bore another. This is a test to help you evaluate the ways that feel most natural to you in connecting to God. It may also help you discover some areas that you might want to target for personal growth.

For each statement, write a number from 1 to 5 beside it to indicate how you feel about the statement. There are no right or wrong answers, and everyone will be different. Remember: Don't answer what you feel you SHOULD think; answer what you DO think.

1 - *Strongly Disagree*

2 - *Disagree*

3 - *Neutral*

4 - *Agree*

5 - *Strongly Agree*

- _____ 1. When I've spent time reading the Bible, I feel spiritually energized.
- _____ 2. When I feel uncertain, praying is the first thing I like to do.
- _____ 3. Though I can be around other Christians, I connect to God best when I'm by myself.
- _____ 4. I won't get much out of a worship experience unless I am allowed some time to think deeply about what I've learned.
- _____ 5. When I see that God has blessed my life, it makes me want to sing for joy.
- _____ 6. There is nothing I love more than being with my Christian family.
- _____ 7. If I feel a need to get closer to God, it helps me to take a break from a regular part of my life to make space for Him.
- _____ 8. It is only when I can talk about what's on my conscience to a trusted Christian friend that I can feel better.
- _____ 9. I know God is especially near when I am making a visit to a shut-in.
- _____ 10. My favorite day of Creation was day 7, when God rested. I need to do the same.
- _____ 11. If I don't know what to do, I get out a concordance and look for Bible verses that speak to my situation.
- _____ 12. When I feel down, it cheers me up to be around Christian friends.
- _____ 13. If I don't have enough time to pray, my day just doesn't feel complete.

A Spiritual Disciplines Preference Test

- _____ 14. I have found that fasting helps me to de-clutter my thoughts and my life so that God can be nearer.
- _____ 15. If I'm going to connect to God, I need my personal space away from everything else.
- _____ 16. When I talk to people about my shortcomings, it makes me feel empowered to face them, so I try to do this regularly.
- _____ 17. I like to hear a deep spiritual insight, then give it lots of thought so it can be imprinted on my heart.
- _____ 18. Jesus washed the apostles' feet as an example to us, and I feel most like him when I am serving others.
- _____ 19. My favorite part of being at church is worshiping God.
- _____ 20. I need to have regular breaks in my week's schedule in order to be aware of God's presence.
- _____ 21. For me, being at a fellowship dinner with my Christian friends feels about as meaningful as the worship itself.
- _____ 22. If I want to say "yes" to God, it helps me to say "no" to myself.
- _____ 23. God feels close when I share with a friend what is burdening my heart.
- _____ 24. I think the best way for our church to be stronger Christians is for us to work harder at being good servants.
- _____ 25. For me to feel close to God, I need to rest in Him, taking a break from what creates stress in my life.
- _____ 26. The best way to improve our church is for us to give a more prominent role to us hearing and digesting the Word of God.
- _____ 27. I try to make regular time to talk to God about anything and everything. It makes me feel great when I do.
- _____ 28. Being around other Christians is important, but I function best when it is just my God and I.
- _____ 29. The best way for me to be a more Godly person is to spend more time contemplating my life and how God should be involved in it.
- _____ 30. Heaven on earth for me is being able to express to God my love for Him.

A Spiritual Disciplines Preference Test

Types of Spiritual Practices

Write your choice from the corresponding question number into the blanks to total up your scores in each of the types of spiritual practices. The highest you could score on any would be 15, and the lowest would be 3.

BIBLE STUDY $\frac{\quad}{1} + \frac{\quad}{11} + \frac{\quad}{26} = \underline{\hspace{2cm}}$ ➡ Total

PRAYER $\frac{\quad}{2} + \frac{\quad}{13} + \frac{\quad}{27} = \underline{\hspace{2cm}}$ ➡ Total

SOLITUDE $\frac{\quad}{3} + \frac{\quad}{15} + \frac{\quad}{28} = \underline{\hspace{2cm}}$ ➡ Total

CONTEMPLATION $\frac{\quad}{4} + \frac{\quad}{17} + \frac{\quad}{29} = \underline{\hspace{2cm}}$ ➡ Total

WORSHIP $\frac{\quad}{5} + \frac{\quad}{19} + \frac{\quad}{30} = \underline{\hspace{2cm}}$ ➡ Total

FELLOWSHIP $\frac{\quad}{6} + \frac{\quad}{12} + \frac{\quad}{21} = \underline{\hspace{2cm}}$ ➡ Total

FASTING $\frac{\quad}{7} + \frac{\quad}{14} + \frac{\quad}{22} = \underline{\hspace{2cm}}$ ➡ Total

CONFESSION $\frac{\quad}{8} + \frac{\quad}{16} + \frac{\quad}{23} = \underline{\hspace{2cm}}$ ➡ Total

SERVICE $\frac{\quad}{9} + \frac{\quad}{18} + \frac{\quad}{24} = \underline{\hspace{2cm}}$ ➡ Total

SABBATH $\frac{\quad}{10} + \frac{\quad}{20} + \frac{\quad}{25} = \underline{\hspace{2cm}}$ ➡ Total

Which areas did you rank the highest?

(These come most natural to you)

Which areas did you rank the lowest?

(These are less comfortable for you, but may therefore be areas you should be careful not to neglect)

A Spiritual Disciplines Preference Test

Do you think the results accurately summarize what helps you feel close to God? Why or why not?

In developing a strategy, it may be helpful to think of which things you find most helpful and natural, and also which things sound least like yourself. You'll want to give the biggest part of your energy to those things which are most life-giving, but you should also be systematic about stretching yourself in other ways. All of these categories are ways in which people have grown spiritually over many centuries, and you might be surprised by how something which feels unusual to you might be beneficial in expanding on your perspectives and helping you grow.

A question to consider:

"What do I need to do in order to become the person I want to be?"

To move towards implementation, you might want to write down:

Yearly Goals

Quarterly Goals

Monthly Goals

Weekly or Daily Goals

Try to start following your own schedule and action plan for how you will try to grow spiritually. Don't be too hard on yourself. Allow times to reflect upon and modify your strategy. The main thing is to move towards action. Any deliberate actions you take that you wouldn't have otherwise you should consider victories.