

## Worship Styles

Score the series of statements below on a scale of 0 to 5, with 0 being not true at all and 5 being very true. Record your answer in the space provided. Any score of 15 or higher indicates a preference for that spiritual temperament.

### Are you a naturalist?

- \_\_\_\_\_ 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. On a scale of 0 to 5, how much does the statement describing the heart's cry of the naturalist resonate with you in comparison with the others?
- |                                  |                             |
|----------------------------------|-----------------------------|
| Naturalist: let me be outdoors.  | Sensate: let me experience. |
| Traditionalist: let me remember. | Ascetic: let me be alone.   |
| Activist: let me conquer.        | Caregiver: let me care.     |
| Enthusiast: let me celebrate.    | Contemplative: let me feel. |
| Intellectual: let me think.      |                             |
- \_\_\_\_\_ 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 causes.
- \_\_\_\_\_ **Total of all your answers:**

### Are you a sensate?

- \_\_\_\_\_ 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. Again, on a scale of 0 to 5, how much does the statement describing the heart's cry of the sensate resonate with you in comparison with the others?
- |                                  |                             |
|----------------------------------|-----------------------------|
| Naturalist: let me be outdoors.  | Sensate: let me experience. |
| Traditionalist: let me remember. | Ascetic: let me be alone.   |
| Activist: let me conquer.        | Caregiver: let me care.     |
| Enthusiast: let me celebrate.    | Contemplative: let me feel. |
| Intellectual: let me think.      |                             |
- \_\_\_\_\_ 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.
- \_\_\_\_\_ **Total of all your answers:**

### Are you a traditionalist?

- \_\_\_\_\_ 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. Again, on a scale of 0 to 5, how much does the statement describing the heart’s cry of the traditionalist resonate with you in comparison with the others?  
 Naturalist: let me be outdoors.                      Sensate: let me experience.  
 Traditionalist: let me remember.                      Ascetic: let me be alone.  
 Activist: let me conquer.                              Caregiver: let me care.  
 Enthusiast: let me celebrate.                      Contemplative: let me feel.  
 Intellectual: let me think.
- \_\_\_\_\_ 6. I would really enjoy developing a personal rule (or ritual) of prayer.
- \_\_\_\_\_ **Total of all your answers:**

**Are you an ascetic?**

- \_\_\_\_\_ 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. Again, on a scale of 0 to 5, how much does the statement describing the heart’s cry of the ascetic resonate with you in comparison with the others?  
 Naturalist: let me be outdoors.                      Sensate: let me experience.  
 Traditionalist: let me remember.                      Ascetic: let me be alone.  
 Activist: let me conquer.                              Caregiver: let me care.  
 Enthusiast: let me celebrate.                      Contemplative: let me feel.  
 Intellectual: let me think.
- \_\_\_\_\_ 6. I believe I would particularly benefit from acts such as a night watch, taking a short vow of silence, or simplifying my life.
- \_\_\_\_\_ **Total of all your answers:**

**Are you an activist?**

- \_\_\_\_\_ 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. Again, on a scale of 0 to 5, how much does the statement describing the heart’s cry of the activist resonate with you in comparison with the others?  
 Naturalist: let me be outdoors.                      Sensate: let me experience.  
 Traditionalist: let me remember.                      Ascetic: let me be alone.  
 Activist: let me conquer.                              Caregiver: let me care.  
 Enthusiast: let me celebrate.                      Contemplative: let me feel.  
 Intellectual: let me think.

\_\_\_\_\_ 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 of all your answers:**

### **Are you a caregiver?**

\_\_\_\_\_ 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 neighbor 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 counseling 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. Again, on a scale of 0 to 5, how much does the statement describing the heart's cry of the caregiver resonate with you in comparison with the others?

Naturalist: let me be outdoors.

Sensate: let me experience.

Traditionalist: let me remember.

Ascetic: let me be alone.

Activist: let me conquer.

Caregiver: let me care.

Enthusiast: let me celebrate.

Contemplative: let me feel.

Intellectual: let me think.

\_\_\_\_\_ 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 of all your answers:**

### **Are you an enthusiast?**

\_\_\_\_\_ 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 favorite form of worship.

\_\_\_\_\_ 2. I feel most energized when I take a spiritual risk on behalf of God or see God move in a supernatural way. Tradition and ritual put me to sleep; I serve a supernatural God and am excited to see him move in unexpected ways.

\_\_\_\_\_ 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. Again, on a scale of 0 to 5, how much does the statement describing the heart's cry of the enthusiast resonate with you in comparison with the others?

Naturalist: let me be outdoors.

Sensate: let me experience.

Traditionalist: let me remember.

Ascetic: let me be alone.

Activist: let me conquer.

Caregiver: let me care.

Enthusiast: let me celebrate.

Contemplative: let me feel.

Intellectual: let me think.

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

\_\_\_\_\_ **Total of all your answers:**

### **Are you a contemplative?**

\_\_\_\_\_ 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. Again, on a scale of 0 to 5, how much does the statement describing the heart's cry of the contemplative resonate with you in comparison with the others?
- |                                  |                             |
|----------------------------------|-----------------------------|
| Naturalist: let me be outdoors.  | Sensate: let me experience. |
| Traditionalist: let me remember. | Ascetic: let me be alone.   |
| Activist: let me conquer.        | Caregiver: let me care.     |
| Enthusiast: let me celebrate.    | Contemplative: let me feel. |
| Intellectual: let me think.      |                             |
- \_\_\_\_\_ 6. When I think of God, I think of love, friendship, and adoration more than anything else.

\_\_\_\_\_ **Total of all your answers**

### **Are you an intellectual?**

- \_\_\_\_\_ 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 a time of uninterrupted study—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. Again, on a scale of 0 to 5, how much does the statement describing the heart's cry of the intellectual resonate with you in comparison with the others?
- |                                  |                             |
|----------------------------------|-----------------------------|
| Naturalist: let me be outdoors.  | Sensate: let me experience. |
| Traditionalist: let me remember. | Ascetic: let me be alone.   |
| Activist: let me conquer.        | Caregiver: let me care.     |
| Enthusiast: let me celebrate.    | Contemplative: let me feel. |
| Intellectual: let me think.      |                             |
- \_\_\_\_\_ 6. I spend more money on books than music.

\_\_\_\_\_ **Total of all your answers**

Thomas, Gary. Sacred Pathways: Nine Ways to Connect with God (pp. 33-34, 51-52, 70-71, 99-100, 120-121, 140-141, 160-161, 185-186, 206-207). Zondervan. Kindle Edition.