

## What is Your Spirituality Type?

For each pair of statements in the left and right hand columns, circle the one in each pair that best fits your preferences. Think in terms of what appeals to you most. (If you try to circle both the scoring won't work!!!)

### Part A

Stories, pictures, symbols and metaphors help me understand God.

God is unfathomable and can only be known in silent and inexpressible love.

I prefer to think of God as revealed and knowable

I prefer to think of God as hidden in mystery.

I prefer to focus on God's closeness to us

I prefer to focus on God's holiness (God's radical difference from us)

The gospel requires me to use my intellect in an affirmative way.

The gospel invites me to experience God in a mysterious relationship of love.

Meditation on God's Word leads me to illumination of God's will.

Contemplation of God's being leads me to union with God.

### Part B.

Seeing God in the ordinary

Seeking the extraordinary to experience God

Letting go

Taking charge

Spending time with God

Doing things for God

Floating

Swimming

Detachment from the world

Attachment to God

Seeking the God of comfort

Seeking the comfort of God

### **Part C**

As a whole, the church really needs better sermons and study groups

As a whole, the church really needs more experiential worship and relational groups

I like thinking about God and theology

I enjoy feeling the presence and caring of God

Illumination of mind is central to spirituality

Illumination of heart is central to spirituality

I value truth

I value feelings

God has a good path into my life through my will.

God has a good path into my life through my intuition.

### **Part D**

I experience true transformation when God touches my heart.

I experience true transformation when I understand things in a new way

Devoted

Determined

Touching

Convincing

My heart rules my head

My head rules my heart

Compassion

Foresight

I try to be a person of genuine feeling

I try to be a consistently reasonable person

**Scoring**

Add the number of times you circled items in the left and right hand columns of each section.

Number of phrases circled in **left** column of Section A \_\_\_\_\_

Number of phrases circled in **right** column of Section B \_\_\_\_\_

**First Total** \_\_\_\_\_

Number of phrases circled in **right** column of Section A \_\_\_\_\_

Number of phrases circled in **left** column of Section B \_\_\_\_\_

**Second Total** \_\_\_\_\_

(The sum of your two totals should be 11.) **Choosing the larger of the two totals**, please determine your R/M score as follows:

If your first total is 5 write M1 as your score below

If your first total is 6, write R1 as your score below

If your first total is 7 or 8, write R2 as your score

If your first total is 9 or 10, write R3 as your score

If your second total is 5 or 6, write M1 as your score below

If your second total is 7 or 8, write M2 as your score

If your second total is 9 or 10, write M3 as your score

**R/M Score** \_\_\_\_\_ Please plot your score on the grid provided.  
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Number of phrases circled in **left** column of Section C \_\_\_\_\_

Number of phrases circled in **right** column of Section D \_\_\_\_\_

**Third Total** \_\_\_\_\_

Number of phrases circled in **right** column of Section C \_\_\_\_\_

Number of phrases circled in **left** column of Section D \_\_\_\_\_

**Fourth Total** \_\_\_\_\_

(The sum of your two totals should be 11.) . **Choosing the larger of the two totals**, please determine your R/M score as follows:

If your third total is 5, write A1 as your score

If your first total is 6, write I1 as your score below

If your third total is 7 or 8, write I2 as your score

If your third total is 9 or 10, write I3 as your score

If your fourth total is 5 or 6, write A1 as your score below

If your fourth total is 7 or 8, write A2 as your score

If your fourth total is 9 or 10, write A3 as your score

**I/A Score** \_\_\_\_\_

Please plot your I/A score on the grid, then plot the intersection between your R/M and I/A scores. This will (very scientifically) indicate your spirituality preference quadrant.

Adapted from Allan Sager, Gospel-Centered Spirituality: An Introduction to our Spiritual Journey, Minneapolis: Augsburg Fortress, 1990, Chapter 2.

## Spirituality Preference Quadrants

