

About Spiritual Pathways

God doesn't create people in cookie-cutter fashion. Each of us is unique. As a result, different kinds of experiences make us feel closer to God. Spiritual pathways help us identify the ways we most naturally connect with God. There are a total of seven pathways. Most people gravitate toward one or two of them.

Spiritual Pathways Assessment

This video-based Spiritual Pathways Assessment is designed to help you identify the pathways toward which you gravitate. Here's how it works:

1. In the video, you'll see a series of 35 statements on the screen, one at a time.
2. On a scale of 1 to 5, determine how accurately each statement describes you. A "5" means the statement is very true of you.
3. Write your number in one of the seven columns below (the video will tell you where to write your number).
4. Once you've seen all of the statements, add up the totals in the space below each column.

1	2	3	4	5	6	7

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Spiritual Pathways Assessment Results: Completed After Video

Write your numbers in the corresponding blanks below.

Spiritual Pathways Definitions

Here are some of the spiritual pathways, with brief descriptions of how a person using these pathways feels connected to God.

1. _____ **Activism:** taking action to right a wrong or initiate a change
2. _____ **Contemplation:** enjoying solitude, prayer, and meditation
3. _____ **Nature:** enjoying the natural world
4. _____ **Intellect:** pursuing knowledge
5. _____ **Relationships:** connecting with others
6. _____ **Service:** completing meaningful tasks on behalf of others
7. _____ **Worship:** participating in musical or artistic expression

	Activism	Contemplation	Nature	Intellect
A notable example:	Martin Luther King, Jr.	St. Augustine	St. Francis of Assisi	C.S. Lewis
Things you might enjoy:	Promoting important causes, fighting for others' rights	Meditation, prayer, secret acts of devotion	Watching sunsets, taking walks	Apologetics, systematic theology

	Relationships	Service	Worship
A notable example:	Joseph (OT)	Mother Teresa	King David
Things you might enjoy:	Small groups, classes, talking with others about your faith	Serving the less fortunate, mentoring a child	Music, art, writing

Discussion

1. Before this assessment, how aware were you of spiritual pathways?
2. Which of the pathways help you feel most connected to God?
3. How accurate do you think your assessment results were? Explain.
4. To what extent are you currently connecting with God through your spiritual pathways?
5. What activity do you need more of to ensure you are meaningfully connecting with God?