



Spiritual Assessment Tools

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KAIROS SPIRITUAL FORMATION

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Spiritual Temperature

What is your spiritual temperature?

Wang Ming Tao, a famous Chinese Christian taught us to always check our life with a spiritual thermometer so that we will be spiritually healthy when the Lord comes.

Revelation 3:14–16 (NIV)

¹⁴ “To the angel of the church in Laodicea write:

These are the words of the Amen, the faithful and true witness, the ruler of God’s creation. ¹⁵ I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! ¹⁶ So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.

Our spiritual temperature is a reflection of the state of our spiritual life.

This exercise is to give you a snapshot of your present spiritual state at this moment. Shade a box to reflect your spiritual status in each of the rows. Focus on one row at a time. Pray and spend some time deciding. Take your time. Do not be in a hurry. Be honest and truthful.

Look at the pattern of the status of your spiritual life that is formed by the shaded boxes. Does it curve more towards the healthy or unhealthy spiritual life?

Healthy Spiritual Life						Unhealthy Spiritual Life
Fervent in prayer						Lethargic in prayer
Bible reading tasteful						Bible reading insipid
Fully trusting						Anxious and doubting
Loving God more than everything						Loving worldly things more than God
Resisting and hating sin						Compromising with sin
Giving God the glory in all things						Seeking self glory in everything
Fully at peace						Much worrying
Giving thanks in all						Much murmuring
Always happy and singing						Always sad and sighing
Peaceful and patient in trouble						Easily provoked to anger
Much consideration of others						Much consideration of self
Seeking God's in all things						Seeking men's pleasure in all things
Yearning for spiritual things in the heart						Coveting earthly things in the heart
Speaking words that edify others						Speaking words that criticise others
Happy to witness for Christ						No power to witness
Cheerful to give to God's work						Stingy and unwilling to give
Rejoicing in other's good success						Jealous of others' good success
A helping hand to those in trouble						Nonchalant at other's misfortune
Willing to forgive others						Not willing to forgive others
Character first						Clothing first
Happy to keep close to devout Christians						Happy in the company of worldly friends
Happy to hear faithful admonitions						Happy to hear words of flattery
Eagerly hoping for the Lord's return						No thought of things touching on the Lord's return

Pray about the table in the previous page. As you examine the table, what are some of the areas that you feel are important in your spiritual life? This will be areas that the Holy Spirit is impressing upon you.

What are some of the obstacles that you are facing that affects the state of your spiritual life? Name them below and pray about it. Use the table above as guide [example worry, envy etc]. What can you do about them?

1.

2.

3.

4.

Spiritual Pathways

What are spiritual pathways?

God loves us and desires a relationship with us. This relationship is intimate and personal. As each of us has a different and unique personality, it follows that our relationship with God will be unique. We are to relate to God in the natural outflow of our personality.

All too often, we are told that if we desire to grow in Christ, we are to follow a *generic all inclusive method* which is often a variation of a quiet time and to come to church on Sunday. Some Christians thrive on the quiet time (intellectuals, ascetics, contemplatives) while others just struggle (sensitive, activist, caregiver).

There are many ways we can relate to God. These ways are called spiritual pathways that lead to a closer relationship with God. Broadly, they can be categorized into nine types.

The nine spiritual pathways¹ are:

- (1) Intellectuals: Loving God with the Mind.**
- (2) Naturalist: Loving God Out of Doors.**
- (3) Sensates: Loving God with the Senses.**
- (4) Traditionalists: Loving God through Ritual and Symbols.**
- (5) Ascetics: Loving God in Solitude and Simplicity.**
- (6) Activists: Loving God through Action.**
- (7) Caregivers: Loving God by Loving Others.**
- (8) Enthusiasts: Loving God with Mystery and Celebration**
- (9) Contemplatives: Loving God through Adoration.**

Choosing a Dominant Spiritual Pathway.

¹ I am indebted to Gary Thomas for these sacred pathways as outlined in his books. Thomas, G. 1994. *Seeking the Face of God: The Path to a More Intimate Relationship*. Eugene, OR, Harvest House Publishers and 1996. *Sacred Pathways*. Grand Rapids, MI, Zondervan Publishing House.

This exercise will help you to identify your dominant pathway. Read through each statement carefully and give it a score between 1-5. The minimum is 1 and the maximum is 5. (5 is given when you wholeheartedly felt the statement describes you exactly). The maximum for each category is 30.

(1) **Intellectuals:** *Loving God with the Mind.*

		Score 1-5
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 to 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 have proper doctrine.	
3.	The word <i>concepts</i> and <i>truth</i> are very important to me.	
4.	I feel close to God when I participate in several hours of uninterrupted study time- reading God's Word or good Christian books and then perhaps having an opportunity to teach or participate in a small group.	
5.	A book on <i>A Theology of Word and Spirit</i> would be appealing to me.	
6.	I spend more money on books than on music CDs/mp3.	
	Total	

Please register this score at the end of this section.

(2) **Naturalists:** *Loving God Out of Doors.*

		Score 1-5
1.	I feel closest to God when I'm surrounded by what He has made – the mountains, the forests and the sea.	
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 outdoors.	
3.	I would prefer to worship God by spending an hour beside a small stream than by participating in a worship service.	
4.	If I could escape to the garden to pray even when it is raining, or walk through the rainforest track or climb a mountain, I would be very happy.	
5.	A book with pictures of <i>The Lakes and Rivers of Sarawak</i> is very appealing to me.	
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 community service.	
	Total	

Please register the score at the end of this section.

(3) **Sensates: Loving God with the Senses.**

		Score 1-5
1.	I feel closest to God when I'm in a church which 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 Holy Communion.	
3.	I'd have a difficult time worshipping in a church building that is plain and lacks a sense of awe and majesty. Beauty is very important to me, and I have a difficult time worshipping through second rate Christian worship or art.	
4.	The words sensuous, colorful, and aromatic are very appealing to me.	
5.	A book called <i>The Beauty of Worship</i> with colourful prints of artwork is very appealing to me.	
6.	I would really enjoy using drawing exercises, handicraft or art to improve my prayer life.	
	Total	

Please register the score at the end of this section.

(4) **Traditionalists: Loving God through Ritual and Symbols.**

		Score 1-5
1.	I feel closest to God when I'm participating in a familiar form of worship that has a lot of rituals and dated with traditions. Rituals and traditions move me more than anything else.	
2.	Individualism within the church is a real danger. Christianity is a corporate religion, and most of our worship must have a corporate expression.	
3.	The words <i>tradition</i> and <i>history</i> are very appealing to me.	
4.	Participating in a formal liturgy or prayer-book service (with responsive readings), and having many symbols like the cross or Bible verses that I can place in my car, home and office are activities I would enjoy.	
5.	A book <i>Symbolism and Liturgy</i> with photos of cathedrals would be appealing to me.	
6.	I would enjoy developing a personal rule of conduct (life) for my prayer and daily living.	
	Total	

Please register the score at the end of this section.

(5) **Ascetics: Loving God in Solitude and Simplicity.**

		Score 1-5
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 <i>silence, solitude, and discipline</i> are very appealing to me	
4.	Taking an overnight retreat by myself at a retreat center where I could spend time alone in a small room, praying to God and studying His Word, and fasting for one or more days are all activities I would enjoy.	
5.	I would enjoy reading the book <i>A Place Apart: Monastic Prayer and Practice for Everyone</i> .	
6.	I would really enjoy spending time on a night watch, taking a vow of silence, simplifying my life.	
	Total	

Please register this score at the end of this section.

(6) **Activists: Loving God through Action.**

		Score 1-5
1.	I feel closest to God when I'm cooperating with Him to stand up for His justice, writing letters to newspapers, joining a peace march, urging people to vote or become familiar with current issues.	
2.	I get very frustrated if I see apathetic Christians who don't become active. I want to drop everything I am doing to help the church overcome its apathy.	
3.	The word <i>courageous confrontation</i> and <i>social activism</i> are very appealing to me.	
4.	Activities like confronting a social evil, joining an NGO and being active in a political organisation are important to me.	
5.	The book written by Frank Schaeffer, <i>A Time for Anger</i> , would be an important book for me to read.	
6.	I would like to awaken the church from its apathy.	
	Total	

Please register this score at the end of this section.

(7) **Caregivers:** *Loving God by Loving Others.*

		Score 1-5
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 beside the bed of someone who is lonely or ill or taking a meal to someone in need. You can count on me to offer a ride or volunteer for helping activities.	
2.	I grow weary of Christians who spend their time singing songs while a sick neighbor goes without a meal or a family in need doesn't get help in fixing their car or repairing their house.	
3.	The words <i>service</i> and <i>compassion</i> are very appealing to me.	
4.	I sense God's power when I am counseling a friend who has lost a job, helping the elderly in old folks' homes or spending a week in an orphanage in China.	
5.	A book entitled <i>99 Ways to Help Your Neighbor</i> would be very appealing to me.	
6.	I would rather nurse someone to health or help someone repair their house than teach a church class, go on a prayer and fasting retreat, or take a long prayer-walk.	
	Total	

Please register this score at the end of this section.

(8) **Enthusiasts:** *Loving God with Mystery and Celebration*

		Score 1-5
1.	I feel closest to God when my heart is sent soaring and I feel like I want to burst, worship God all day, and shout out His Name. Celebrating God and His love is my favorite form of worship.	
2.	God is an exciting God, and we should be excited about worshipping Him. I don't understand how some Christians can say they love God, and then act like they're going to a funeral whenever they walk into church.	
3.	The words <i>celebration</i> and <i>joy</i> are very appealing to me.	
4.	I would enjoy attending a workshop on learning to worship through dance or attending several worship sessions with contemporary music. I expect God to move in some unexpected ways.	

5.	I would enjoy the book <i>You Can't Walk on Water Unless You Get Out of the Boat</i>	
6.	I spend more money on music and worship CDS/mp3 than on books.	
	Total	

(9) **Contemplatives:** *Loving God through Adoration.*

		Score 1-5
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 is when I can't feel God's Presence within me.	
3.	The words <i>lover, intimacy, and heart</i> are very appealing to me.	
4.	I really enjoy having thirty minutes of uninterrupted time a day to sit in quiet prayer and 'hold; hands' with God, writing love letters to Him and enjoying His Presence.	
5.	I would enjoy reading <i>The Transforming Friendship with God.</i>	
6.	When I think of God, I think of love, friendship, and adoration more than anything else.	
	Total	

The scores for this assessment are:

Spiritual Pathways	Score
Intellectual	
Naturalist	
Sensate	
Traditionalist	
Ascetic	
Activist	
Caregiver	
Enthusiast	
Contemplative	

The higher the score in each category, the more it corresponds to what your spiritual temperaments are.

List each temperament in order of its importance to your life:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Discovering our strong spiritual tendencies and predominant temperament gives us the information we need to know what to emphasize and pray about for our own spiritual formation.

Learning from Alternate Spiritual Pathways.

Knowing our dominant spiritual pathway will make us more comfortable to approach God. There will not longer be the struggle in fitting into a mould of what certain church tradition demand of us, the guilt of not conforming, the envy of others who seem to have no problem in their spiritual walk and the boredom of doing things in ways that are foreign to our personalities. We should concentrate on developing our dominant spiritual pathway. There are also advantages to explore other spiritual pathways. These alternate spiritual pathways will expand our horizon and let us enjoy our spiritual journey even more.

Spiritual Formation Inventory

Spiritual formation inventory is a spiritual assessment tool to obtain a snapshot of our spiritual life at a certain moment in our spiritual journey. This tool will help us to discover what areas in our spiritual practices are strong and what the weaknesses are. For effective spiritual formation or spiritual growth, a balanced spiritual life and practices is essential. Too much emphasis on one aspect of our spiritual practices at the expense of others may lead to an unhealthy spirituality.

The essential elements or components of spiritual formation may be summarized by the acronym SHALOM

Story-telling is the living our lives in communion with God

Hearth is to abide in Christ or growing into Christlikeness

Action is in ministry to others or service

Learning is living in the Word or spiritual learning

Opening to community as in fellowship and community building

Missional is living as witness to the world

Shalom is a Hebrew word often translated as peace. However shalom means more than peace (as absence of strife) as it also denotes *perfection*- as in perfection of God's original creation, Jesus as the perfecter of our faith and himself, and as the perfection of man's reconciliation with God.

Complete the Spiritual Formation Inventory. You may also access the online version on my website. The online is an Excel file which helps in the calculation.<www.kairos2.com/inventory.htm>

Spiritual Formation Inventory

As you complete the spiritual formation inventory, avoid rushing. Set aside some time to do it. Still yourself in the presence of the Lord. Listen for God’s voice and your own responses. Use this as a personal time with Him. Be intentional. Pray for the Holy Spirit to guide you. Use the scale below to respond.

Never – 1 Seldom – 2 Occasionally – 3 Frequent – 4 Always – 5

SPIRITUAL FORMATION ELEMENTS	RESPONSE
STORY TELLING (COMMUNION WITH GOD)	
1. I set aside time to pray everyday	
2. I trust God listens and answers my prayers	
3. My prayers include thanksgiving, confession, praises, and requests	
4. I participate in group prayers (praying with others)	
5. I believe my prayers is making an impact on lives of others and the community	
6. I feel the presence of God everyday	
7. I make a choice to follow God’s guidance rather my desires daily	
8. I share my testimony with others	
9. Every day I believe where I am now is where I am supposed to be	
10. I sense I am fulfilling God’s will in all that I do	
Story Telling (Communion with God) Total	
HEART (ABIDE IN CHRIST/GROWING INTO CHRISTLIKENESS)	
1. I have a regular quiet time	
2. I pray and ask God for guidance before making any decisions	
3. My relationship with God is motivated by duty or love	
4. I adjust my lifestyle according to biblical standards	
5. I am intentional (take actions) to grow spiritually	
6. I forgive others who have hurt me	
7. I do not seek revenge	
8. I tithe regularly either to my church or other organizations	
9. I experience peace and joy more than fear and worry	
10. I control impure thoughts and actions	
Heart (Abide in Christ) Total	

Never – 1 Seldom – 2 Occasionally – 3 Frequent – 4 Always – 5	
ACTION (MINISTER TO OTHERS)	
1. I am using my spiritual gifts to serve others	
2. I go out of my way to help others even if it inconvenience me	
3. I volunteer my time to help in the church	
4. I share my life with Christ with others in my workplace	
5. I am generous with my money to help the needy	
6. I help others find their spiritual gifts and become involved in ministry	
7. I pray for and with others for their needs	
8. I act as if other’s needs are as important as mine	
9. I am helping someone on a regular basis	
10. I expect nothing back when I serve others	
Action (Minister to others) Total	
LEARNING (LIVE IN THE WORD/SPIRITUAL LEARNING)	
1. I read the Bible daily	
2. I share insight from my Bible reading with others	
3. I study the Bible with others in a small group	
4. I memorize Bible verses	
5. I study the Bible for truths to guide my daily living	
6. I read other books that will help me in my spiritual growth	
7. I take notes during sermons and review these notes	
8. I take courses on the Bible/Biblical teaching either online or from seminaries	
9. I listen to sermons or lectures from Youtube/DVD/MP3 (or other sources)	
10. I am honest in my conversations and actions	
Learning (Live in the Word) Total	
OPENING TO COMMUNITY (FELLOWSHIP/COMMUNITY BUILDING)	
1. I attend church events because I enjoy being with other members	
2. I will approach and seek forgiveness from others if I have harmed them	
3. I have one or two Christians to hold me accountable for my actions	
4. When I see something wrong in the church, I will try to do something about it	
5. I pray for other members of my church community	
6. When approached for help, I always help willingly	
7. When I am angry with someone in the church I will seek them out to clarify	
8. I am patient with members of my family	
9. I am patient with members of my church	
10. I help others to grow spiritually	
Opening to community (Fellowship) Total	

Never – 1 Seldom – 2 Occasionally – 3 Frequent – 4 Always – 5	
MISSIONAL (WITNESS TO THE WORLD)	
1. I share my faith with non-believers regularly	
2. I pray regularly for non-believers	
3. I am friends with the people in my neighborhood	
4. I invite my non-believers friends to evangelistic events	
5. I expect God to send me opportunities to witness for him everyday	
6. I support missionaries/mission organizations with my prayers and finances	
7. I spend time with non-believer friends (outside of the workplace/household) regularly	
8. I am prepared to share my personal testimony anytime	
9. I participate in Christian social work helping the poor and disadvantaged	
10. I participate in non-Christian social work helping the poor and disadvantaged	
Missional (Witness to the world) Total	

List your element scores from the highest to the lowest

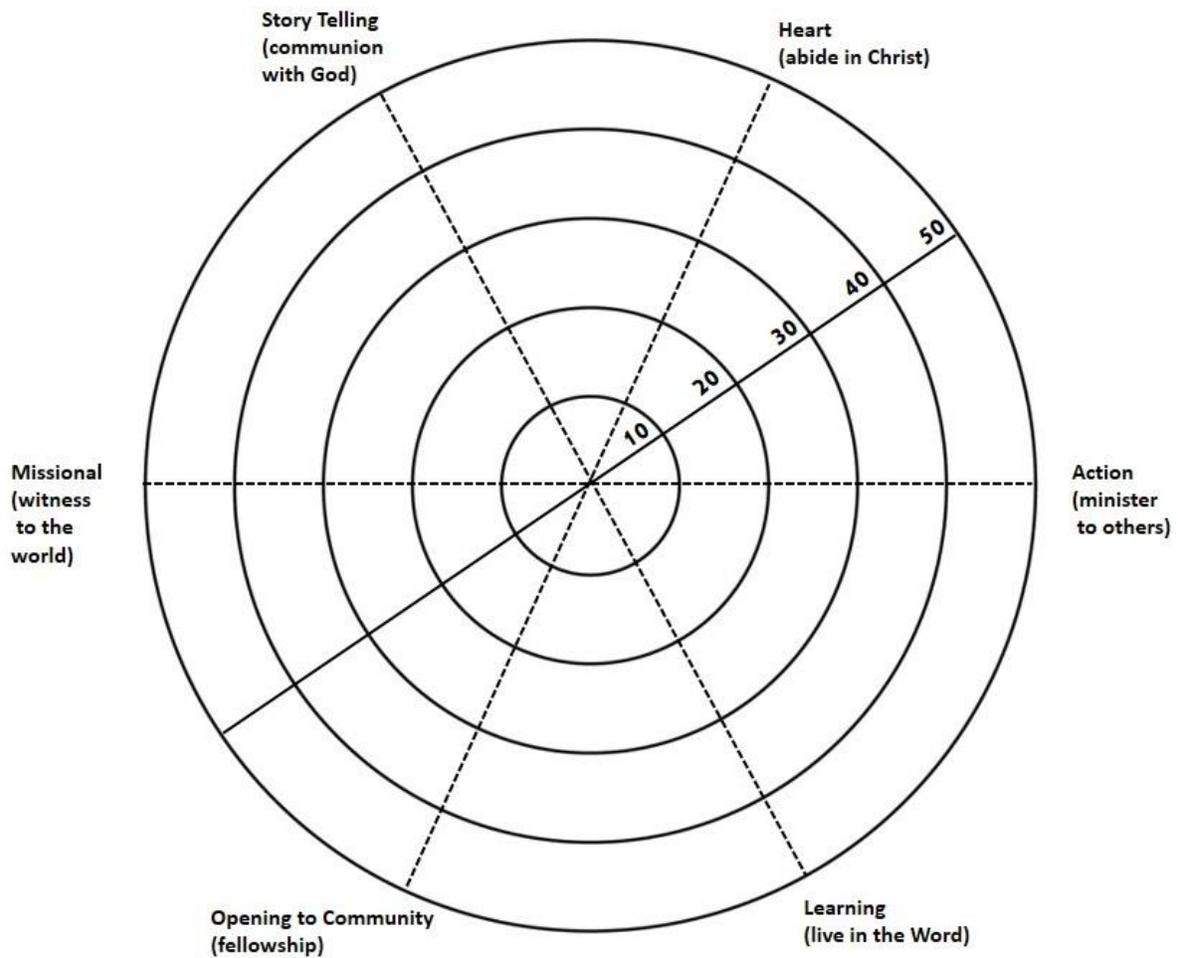
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

The highest score(s) show which spiritual formation element in your life is receiving the most attention. The lowest score show the element which needs more attention.

Your Spiritual Formation Web

For a visual representation of your spiritual formation inventory complete the following:

1. On the dotted line in each spiritual formative activities section, plot a point corresponding to your total score for that section.
2. Connect the plotted points.
3. Shade the areas in each section between the lines you drew and the center of the circle.



This diagram shows the strengths and weaknesses of the elements in your Christian spiritual formation.

What are some of the ways to enhance your strengths in the spiritual formation elements?

What are some of the ways to strengthen your weaknesses in your spiritual formation elements?

A Spiritual Formation Initiative

What is a Spiritual Formation Initiative?

A Spiritual Formation Initiative is a written reflection of one's specific spiritual aims, which one promises to keep, and which are evaluated regularly, both individually and in the presence of a significant other.

- provides a unifying focus for life
- leads one toward spiritual development
- provides a setting of unthreatening accountability
- to take charge of our time

Here are a few sample areas to consider:

General Statements of Intention – (desire to love with sincerity, or to seek God . . .)

Prayer Life – specific devotional practices (worship, intercession, meditation), times, places [To meditate on one Psalm daily S M T W Th F S]

Study – reading, memorizing, research, listening, attitudes to take (diligence, openness . . .) [personal study aside from assignment]

Family Life – time spent, activities listed . . . [To spend quality time with my spouse 3 times a week (2 hr. block minimum)]

Fellowship or Relationships – key relationships of focus, attitudes or actions to cultivate, meetings or activities in which to participate, letters to write . . . [Did I show Christian love to others this week]

Health – exercise, diet . . .

Financial Life – record of income and expenses, budgets, lifestyle choices, contributions . . .

Community Life – read newspapers, write letters on social issues, volunteer at organizations...

Work Life – time management, balance time and rest, reevaluate priorities

My Spiritual Formation Initiative

General statement of intent (in what areas do you want to grow spiritually?)

How do you want to achieve that?

Prayer life

Study

Family life



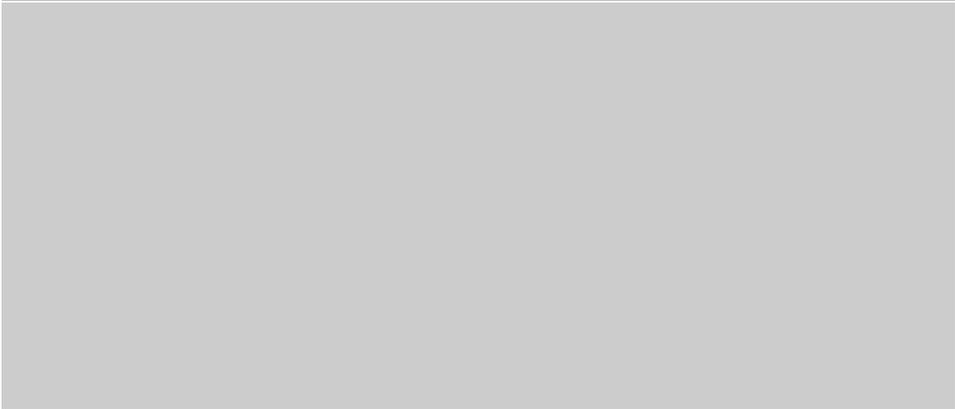
**Fellowship
or
relationships**



Health



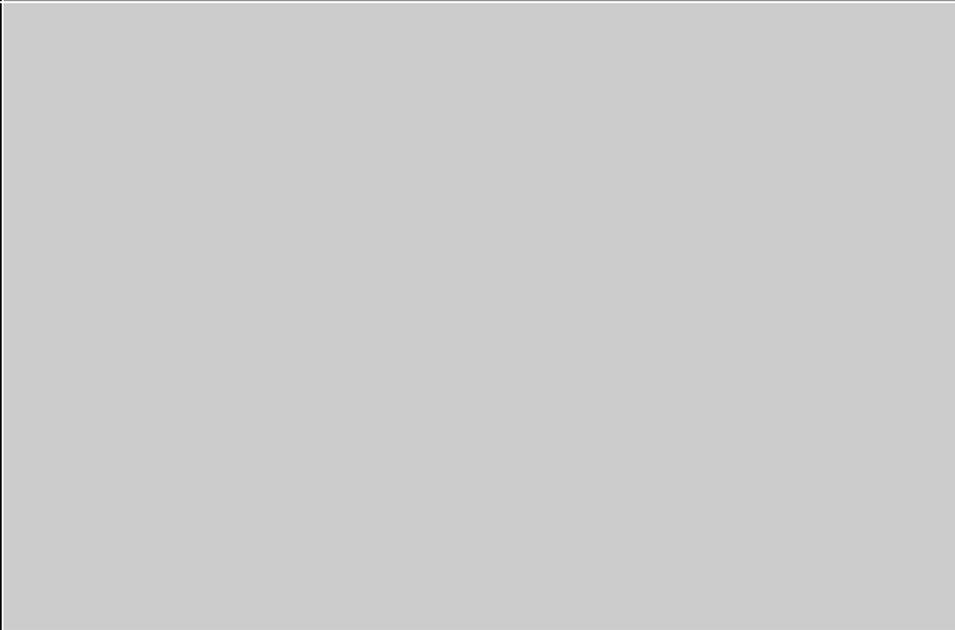
Financial



Community



Work



Others

