

# Class 101

# A Heart for God

What is my Spiritual Style?

Facilitator Script  
Heather Thalheimer

HSA-UWC  
January 16, 2011

## Spiritual Styles Survey

Rate each statement on a scale of 1 to 5, 1 being the least true about you and 5 being the most true about you.

1. \_\_\_ I feel closest to God when I'm surrounded by the mountains, the forests, or the sea.
2. \_\_\_ I enjoy a highly decorated church and a service with incense, beautiful art, and candles.
3. \_\_\_ The words tradition and history appeal to me.
4. \_\_\_ I would enjoy an overnight retreat at a monastery praying and studying alone.
5. \_\_\_ I would like to awaken the church from its lack of interest for social issues.
6. \_\_\_ I feel closest to God when I see him in the needy, the sick, or the imprisoned.
7. \_\_\_ God is exciting, and worshiping him excites me.
8. \_\_\_ Intimacy with God appeals to me.
9. \_\_\_ I feel close to God when I read God's Word or good books on spiritual topics.
10. \_\_\_ I start to feel disconnected from God when I spend too much time indoors listening to speakers or singing.
11. \_\_\_ A church building should be filled with a sense of awe and majesty.

12. \_\_\_ I sense God's presence through rituals like daily scripture readings.
13. \_\_\_ Taking a short vow of silence would be beneficial for my life.
14. \_\_\_ I connect with God best when I'm standing up for justice and confronting evil.
15. \_\_\_ I grow weary of people who spend their time singing songs while a sick neighbor goes without a hot meal.
16. \_\_\_ The words celebration and joy appeal to me.
17. \_\_\_ I would benefit from thirty minutes of quiet daily prayer to enjoy His presence.
18. \_\_\_ I spend more money on books than music.
19. \_\_\_ I would prefer to worship God beside a small brook than by participating in a group service.
20. \_\_\_ The words colorful and aromatic appeal to me.
21. \_\_\_ I would enjoy reciting a set prayer for daily worship.
22. \_\_\_ I feel closest to God when I am alone with no distractions.
23. \_\_\_ I become frustrated with members who don't care and are not active.
24. \_\_\_ The words service and compassion appeal to me.
25. \_\_\_ I would enjoy learning to worship through dance or contemporary music.
26. \_\_\_ More than anything else, God is a God of love and friendship.
27. \_\_\_ I connect with God best when I discover something new about Him through my studies.
28. \_\_\_ If I could take a trip by myself to the mountains, I would be hap
29. \_\_\_ I would enjoy listening to music, drawing, or exercising to improve my prayer life.
30. \_\_\_ I feel closest to God when participating in a familiar form of worship from my childhood.
31. \_\_\_ I would describe my faith as more "internal" than "external."
32. \_\_\_ The words courageous and confrontation appeal to me.
33. \_\_\_ I sense God's power when counseling a friend who has lost a job.
34. \_\_\_ I spend more money on music than books.
35. \_\_\_ I would rather be alone with God, contemplating who He is, than participate in a formal service.
36. \_\_\_ Proper doctrine is more important than spiritual experience.
37. \_\_\_ Discovering God's beauty in nature is more moving to me than participating in social causes.
38. \_\_\_ I would rather spend time in an art museum than volunteering.
39. \_\_\_ Individualism within the church is a real danger.
40. \_\_\_ The words silence and solitude appeal to me.
41. \_\_\_ Activities like challenging the new curriculum at a local school board meeting are important to me.
42. \_\_\_ I would rather nurse someone to health or help someone repair their house than go on a prayer retreat.
43. \_\_\_ Celebrating God and his love is my favorite form of worship.
44. \_\_\_ The most difficult times in my faith are when I can't feel God's presence within me.
45. \_\_\_ The words concepts and truth appeal to me.

# Survey Tally Chart

1.	2.	3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.	25.	26.	27.
28.	29.	30.	31.	32.	33.	34.	35.	36.
37.	38.	39.	40.	41.	42.	43.	44.	45.
<div><div>↓</div><div>↓</div><div>↓</div><div>↓</div><div>TOTALS</div><div>↓</div><div>↓</div><div>↓</div><div>↓</div></div>								
A	B	C	D	E	F	G	H	I