



# SPIRITUAL STYLES

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

- 1. I feel closest to God when I'm in touch with the mountains, the forests, or the sky and the sea.
- 2. I enjoy a holy place filled with ethereal music, religious images and figures, and candles.
- 3. The words tradition, holy books, history and spiritual ritual appeal to me.
- 4. I would enjoy an overnight retreat at a monastery in deep contemplation.
- 5. I would like to awaken the church to address social problems, whether on the left or right.
- 6. I feel closest to God when I care for the poor, the sick, or the imprisoned.
- 7. God's Spirit is exciting, and worshipping God excites me.
- 8. An intimate communication with God known only between us touches my soul.
- 9. I feel close to God when I read God's Word or good books on spiritual topics.
- 10. I lose touch with God when I spend too much time indoors.
- 11. I love well-crafted sanctuaries where the light and colors display God's glory and majesty.
- 12. I sense God's presence through daily rituals such as reading, kneeling in prayer, walking a labyrinth or chanting.
- 13. A vow of silence or fasting for a short period would help me discover God's direction for my life.
- 14. I feel God when I'm confronting evil or fighting for a just cause.
- 15. I don't understand how people can sing holy songs while their neighbors lack food.
- 16. I want to experience more praise, worship, enthusiasm and joy in my church.
- 17. Through thirty minutes of quiet prayer and looking inward, I am refreshed by the beauty of God.
- 18. If you look at my room, you'll see that I value books more than music.
- 19. I would prefer to spend time with God beside a small brook more than in a church service.
- 20. True spirituality includes sounds, smells, tastes and touch.
- 21. I would enjoy reciting a set prayer and readings 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 like listening to worship music at home or in my car—it draws me in and strengthens me.
- 26. God reveals Himself to me as my Father, my Mother, my friend and my deepest love.
- 27. I connect with God best when I discover something new about Him through my studies.
- 28. I connect with God in gardens and parks, under the moonlight and in the changing of the seasons.
- 29. I love dancing right up at the front during Sunday Service
- 30. We really should treasure holy days, holy grounds, offering tables and our faith traditions.
- 31. I admire people such as St. Francis, St. Theresa, the hermits, pilgrims and holy people of all faiths.
- 32. I feel called to stand up for justice, to speak out when I see others wronged.
- 33. I feel God in me and working through me when I counsel a person who has lost a job or is confronting illness.
- 34. I wish my community felt the freedom to lift our hands, clap and give True Parents praise.
- 35. I would rather be alone with God, contemplating who He is, than participate in a formal service
- 36. True Parent's teachings are more important to me than spiritual experiences.
- 37. Taking a trip to places of natural grandeur is something worth saving up money for.
- 38. In the ideal world, everything will be a work of art reflecting God's emotions.
- 39. Church traditions are important because God works through them to shape and instruct people for good.
- 40. The words silence and solitude appeal to me.
- 41. My favorite movies are where evil is confronted and defeated against all odds.
- 42. I experience God when nursing people back to health.
- 43. I love it when group songs suddenly take everyone into a different space.
- 44. The most difficult times in my faith are when I can't feel God's presence within me.
- 45. The words logic 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
A	B	C	D	E	F	G	H	I