



WHAT'S
YOUR
GOD
LANGUAGE?

*Connecting with God through
Your Unique Spiritual Temperament*

DR. MYRA PERRINE

Spiritual Temperaments Quiz

Remember, the word *inventory* means “to take stock,” so as you answer the questions, allow them to help you take stock of your spiritual life and see where you may want to go from here. After you read the descriptions of the nine spiritual temperaments in chapter 3, you may want to retake the inventory using a pencil or a different color pen to update your answers.

The Spiritual Temperament Inventory*

As you read the following statements, please circle the number that *most closely* reflects how you feel and think. There are no right or wrong answers, so please be as honest as possible. Usually the first answer that comes to mind is the most accurate response. If one part of a question is strongly true for you but another part is not, mark one of the answers in the middle.

- 4 = *Very true*
- 3 = *Often true*
- 2 = *Sometimes true*
- 1 = *Rarely true*
- 0 = *Never true*

1. Taking a stand for what is right in this world and opposing what is wrong causes me to draw closer to God; therefore, I think it's important to stay current on issues and urge others to do so also.	4 3 2 1 0
2. I would enjoy having several hours to spend alone in silent prayer.	4 3 2 1 0
3. I sense God's pleasure when I am caring for others, e.g., helping a friend who's in need, giving a ride to someone without a car, or working in the soup kitchen in my community of faith.	4 3 2 1 0
4. I would enjoy reading about or talking with someone who knows God deeply so that I could learn how to have a more intimate friendship with Jesus.	4 3 2 1 0

*Gary Thomas's book *Sacred Pathways* and Fraser Venter's insights into activism inspired some of these questions.

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5. I would like to go to a workshop that teaches how to worship God through dance or how to praise Him at home through music.	4 3 2 1 0
6. I think it is imperative for Christians to study the essential doctrines of the faith, while letting their feelings and experiences with God be a peripheral matter.	4 3 2 1 0
7. I usually feel closer to God when I am out in nature than when I spend time indoors in church.	4 3 2 1 0
8. I find pleasure in worshipping God as I gaze at a beautifully translucent stained-glass window in a church where some aspect of my Lord is depicted.	4 3 2 1 0
9. I would enjoy following a Christian calendar with my family during our prayer times, or even using the <i>Book of Common Prayer</i> .	4 3 2 1 0
10. The suffering and evil in this world really bother me, and I feel strongly that the apathy of the masses must be challenged.	4 3 2 1 0
11. Praying alone or worshipping God in silence is usually more meaningful to me than seeking Him in a group setting.	4 3 2 1 0
12. Being a caring servant of God who puts faith into action is very important to me.	4 3 2 1 0
13. I feel close to God when He speaks words of love to me as if He were my dearest friend.	4 3 2 1 0
14. God is an awesome God, and during worship at church, we need to express our enthusiasm in song, as opposed to sitting uninvolved as if we were bored, reading the church bulletin, or just passively watching others as they sing.	4 3 2 1 0

15. I buy a lot of Christian books because I appreciate thought-provoking reading that challenges me to think more deeply and broadly about aspects of my faith.	4 3 2 1 0
16. I derive great joy from praying or communing with God as I sit beside a brook, walk outdoors, or see His handiwork in nature.	4 3 2 1 0
17. When I enter a stunningly beautiful church, just the loveliness around me lifts my heart to God, increasing my passion for Him.	4 3 2 1 0
18. The Christian faith—rooted in centuries of godly tradition—must continually find its expression in the corporate life, which always takes precedence over individualized worship.	4 3 2 1 0
19. When I see or read about someone who is confronting evil or taking positive action to change the unjust conditions in the world, my love for God is stirred.	4 3 2 1 0
20. When I am alone with God, I feel closer to Him, since I can most readily focus on His presence in quiet settings.	4 3 2 1 0
21. I am not pleased when I see Christians who love God yet walk right past a sick neighbor or a family in need without helping them.	4 3 2 1 0
22. I would enjoy having uninterrupted time each day to sit alone with Jesus, gazing into His face, listening to His voice, or simply basking in the warmth of His love.	4 3 2 1 0
23. I would like to learn more about how God uses dreams to lead His people.	4 3 2 1 0
24. Knowing the truth and having a mind ordered by "right thinking" is very important to me.	4 3 2 1 0

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25. I would be thrilled if our church held a service on the beach or in a wooded glen—somewhere outside in God's creation.	4 3 2 1 0
26. A High Church service with formal Communion or the Eucharist is something I would enjoy.	4 3 2 1 0
27. I value greatly the idea of having a prayer ritual (or rule), especially as it connects me with other believers who are observing the same practice.	4 3 2 1 0
28. It is essential that injustice and the status quo be confronted, and it's the Lord who compels me to take action when it comes to poverty, prostitution, slavery, the conditions in our local schools, or the neglect/oppression of the aged.	4 3 2 1 0
29. I would enjoy reading about the monastic life and learning how God calls some of His people to live a very simple life for His glory.	4 3 2 1 0
30. When I am helping those in need, I experience God's love, whether they are weak, poor, sick, or imprisoned.	4 3 2 1 0
31. In my heart, I desire for God to be my closest friend and most intimate companion.	4 3 2 1 0
32. I like listening to worship music at home or in my car, because almost nothing brings life to me like praising God.	4 3 2 1 0
33. My love for God grows when I take an extended period of time to study His Word using rich sourcebooks, such as well-documented commentaries.	4 3 2 1 0
34. If I could go to a garden or a lake to be with God, I would be very happy.	4 3 2 1 0

35. How I wish I could have experienced the wonderfully sensuous Old Testament style of worship, with its poignant smells and colorful regalia.	4 3 2 1 0
36. A seminar describing the meaning of symbols and liturgy in the church is something I would enjoy attending.	4 3 2 1 0
37. I can't identify with Christians who lack compassion or fail to take action when they see wrong occurring in their immediate contexts.	4 3 2 1 0
38. The thought of spending a few days at a monastery to pray and meditate upon the Lord in solitude sounds delightful.	4 3 2 1 0
39. I feel like I am showing my love for God when I am helping "the least of these" by meeting practical needs, e.g., fixing a meal or helping with a household repair.	4 3 2 1 0
40. When I am with God, I tend to picture Him as my Shepherd, Abba, or Friend.	4 3 2 1 0
41. When I worship God in the congregation, my heart is so filled to overflowing with love for Him that I just want to stand up, clap, or raise my hands.	4 3 2 1 0
42. Hearing a renowned speaker present solid research about historical, biblical truth would really interest me, and it would be delightful to discuss this content with a group of informed thinkers.	4 3 2 1 0
43. When I am in the beauty of God's creation, I find myself spiritually refreshed because being with the Lord in the outdoors is so inspiring.	4 3 2 1 0
44. I love being in a church where all my senses come alive so that I can almost see, smell, hear, taste, and touch the majesty of God.	4 3 2 1 0

45. One of the best parts of my relationship with the Lord is worshipping Him in familiar ways, using the meaningful traditions I remember from childhood.	4 3 2 1 0
46. A presentation by Gary Haugen on "God's Heart of Justice: Why Do Bad Things Happen and Good People Just Watch?" is something I would like to attend.	4 3 2 1 0
47. Living an ordered life that utilizes the spiritual disciplines is very important to me.	4 3 2 1 0
48. I would like to improve my skills in lay counseling to be better equipped to help those in need.	4 3 2 1 0
49. When spending time with God, I enjoy contemplating His love and affection.	4 3 2 1 0
50. Praising God is meant to be a joyous and jubilant experience!	4 3 2 1 0
51. Many of my closest moments with God are when I'm learning something new or my mind is stimulated about some important aspect of His Kingdom.	4 3 2 1 0
52. I would be delighted to see a picturesque movie in church entitled <i>Worshipping God through Creation</i> .	4 3 2 1 0
53. I like the thought of using art or drawing in my worship of God or when I journal or pray.	4 3 2 1 0
54. The history of the faith and its age-old rituals move me greatly.	4 3 2 1 0

Your Spiritual Temperament Scores

Now that you've taken the Spiritual Temperament Inventory, tally the numbers you recorded for each of the following answers to find your *spiritual temperament*:

							Total	H M L
Activist	1	10	19	28	37	46	_____	_____
Ascetic	2	11	20	29	38	47	_____	_____
Caregiver	3	12	21	30	39	48	_____	_____
Contemplative	4	13	22	31	40	49	_____	_____
Enthusiast	5	14	23	32	41	50	_____	_____
Intellectual	6	15	24	33	42	51	_____	_____
Naturalist	7	16	25	34	43	52	_____	_____
Sensate	8	17	26	35	44	53	_____	_____
Traditionalist	9	18	27	36	45	54	_____	_____

Write today's date here to remind you of when you first took the Spiritual Temperament Inventory: _____

Now look at your scores. Write an **H** (for **high**) by those scores that fall between 18 and 24. These are your strongest or most **passionate** spiritual temperaments. How many **passionate** spiritual temperaments do you have? _____

Write an **M** (for **moderate**) by those scores that fall between 12 and 17. These are your moderate or **pleasurable** spiritual temperaments. How many **pleasurable** spiritual temperaments do you have? _____

Write an **L** (for **low**) by those scores that fall between 0 and 11. These are your least developed or **potential** spiritual temperaments. How many **potential** spiritual temperaments do you have? _____

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DISCOVERING MORE

Once you've taken the Spiritual Temperament Inventory, you'll need to take the Spiritual Practices Inventory, which will help you determine your current spiritual habits or usual spiritual practices.

The Spiritual Practices Inventory

After totaling your spiritual temperament scores, identify your current spiritual practices to see how they match your spiritual preferences. As you read the following statements, please circle the number that most closely describes your *current practice*. There are no right or wrong answers, so be as honest as possible. Usually, the first answer you give is the most accurate response. If one part of the question is strongly true for you and another part is not, mark one of the answers in the middle.

- 4 = I do this **two or more times a week**.
3 = I do this **one or more times a month**.
2 = I do this **several times a year**.
1 = I do this **once or twice a year**.
0 = I **never** do this.

1. I have a regular pattern or ritual of prayer.	4 3 2 1 0
2. When I pray, I focus my heart by lighting a candle, holding a cross, looking at a picture of Jesus, or in some way utilizing my senses in worship.	4 3 2 1 0
3. I walk or sit outside when I pray, appreciating the presence of God in the beauty of His creation.	4 3 2 1 0
4. I study the Bible with tools: a concordance, a Bible dictionary, a commentary, etc.	4 3 2 1 0
5. I listen to music that emphasizes praising and worshipping God while I am at home or driving in my car.	4 3 2 1 0

6. When I read my Bible, I dialogue with Jesus or think deeply about what He is saying to me through the passage for at least ten to fifteen minutes at a time.	4 3 2 1 0
7. I help people in need in practical ways: by visiting shut-ins, assisting those in crisis, or lending a hand to someone who needs help.	4 3 2 1 0
8. I spend time alone with God in solitude for a day or more at a time.	4 3 2 1 0
9. I get out and talk to people, carry signs, write articles or letters, or do whatever is necessary to help others engage with the culture and right the wrongs in the world.	4 3 2 1 0
10. I worship within the community of faith, knowing that—throughout history—the Lord has been most accurately represented there.	4 3 2 1 0
11. I attend a church service where incense and beautiful icons are a part of worship.	4 3 2 1 0
12. I spend time with God in His creation (for example, by watching birds or other animals, listening to the sound of the wind or rain, or sitting outside or beside a stream in the mountains).	4 3 2 1 0
13. I read theology books and other works that challenge my spiritual thinking and provide stimulating mental and spiritual food for thought.	4 3 2 1 0
14. I dance before the Lord, sensing His pleasure as I enter into worship—body, soul, and spirit.	4 3 2 1 0
15. I sense God telling me He loves me and conveying His affection in little ways.	4 3 2 1 0

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16. I make time to help those in my community, church, or family who need an extra pair of hands or a listening ear.	4 3 2 1 0
17. I spend an hour or more at a time in prayer, partly sitting in silence with the Lord.	4 3 2 1 0
18. Because it's important for me to see individual lives and/or society change, I sign or circulate petitions, attend meetings, or get involved on the Internet regarding issues about which I feel strongly.	4 3 2 1 0
19. I participate in the liturgy and take the sacraments at church because the familiar traditions of the faith are an important part of my life with God.	4 3 2 1 0
20. I look at beautiful architecture, stained-glass windows, lovely paintings, or marble statues in a church because I sense God's majesty there.	4 3 2 1 0
21. I get out into nature by going to the ocean or mountains, sitting in the sun, or taking a walk to meet with God.	4 3 2 1 0
22. I get involved in intellectual discussions on biblical topics that are relevant and interesting to me.	4 3 2 1 0
23. I experience such enjoyment when I worship the Lord that I sometimes stand, laugh, or cry in response to God's Spirit.	4 3 2 1 0
24. I sense God's presence and compassionate love when we talk together.	4 3 2 1 0
25. I am involved with the poor or those less fortunate than I.	4 3 2 1 0
26. I practice the spiritual disciplines in my life (e.g., fasting, silence, solitude, and simplicity).	4 3 2 1 0

27. I speak up when with people who don't seem to care or do anything about the moral offenses that are harming the youth of our nation, such as pornography on the Internet.	4 3 2 1 0
28. I participate in the Communion of the saints using the symbolic rituals of the faith.	4 3 2 1 0
29. I experience deep peace in the Lord when I am working with my hands, moving as I pray, or holding a small cross or something tangible while spending time with God.	4 3 2 1 0
30. I see lessons about God and His ways when I am out in creation.	4 3 2 1 0
31. I enter into dialogue with others about tough spiritual questions.	4 3 2 1 0
32. I pay attention to my dreams as the Lord speaks to me in mystery.	4 3 2 1 0
33. I gaze lovingly into the Lord's face and am caught up in Jesus' love for me.	4 3 2 1 0
34. I do whatever it takes—as unto the Lord—to help people feel safe, welcomed, and cared for.	4 3 2 1 0
35. I meet God in my simple environment of stillness, obedience, and prayer.	4 3 2 1 0
36. I am outspoken about sin and ungodly behavior that breaks the heart of God.	4 3 2 1 0
37. I observe the sacred days that help the body of Christ honor the historical influence of the church.	4 3 2 1 0

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38. I go to museums and get pleasure from the great spiritual classics, or attend concerts in my church or community where lovely choral and chamber music are featured.	4 3 2 1 0
39. I am changed when I am in nature: I find great soul rest there as I slow down and get more in sync with God's rhythms.	4 3 2 1 0
40. I read books about somewhat complex subjects such as apologetics, missiology, ethics, or other theological topics.	4 3 2 1 0
41. I experience a "party" in my soul when I worship God in the congregation.	4 3 2 1 0
42. I adore God as I meditate on His tenderness and goodness in my life.	4 3 2 1 0
43. I volunteer my time in a soup kitchen, pregnancy clinic, literacy program, prison ministry, or other places of need.	4 3 2 1 0
44. I discipline my life—even going without food—to awaken my hunger for God.	4 3 2 1 0
45. I pray for God's intervention while watching the news, reading the newspaper, or walking down city streets.	4 3 2 1 0
46. I practice a "rule" or "habit" of prayer, which includes regular Bible reading and a prayer routine.	4 3 2 1 0
47. I meet with God in places where beautiful art, magnificent structures, or grand cathedrals lift my heart and eyes heavenward.	4 3 2 1 0
48. I pray and think more clearly about problems and most of life when I am in the out-of-doors.	4 3 2 1 0

49. I read great authors who cause me to grow spiritually and mentally in my relationship with God.	4	3	2	1	0
50. As needed, I pray for miraculous healing and other supernatural works of God.	4	3	2	1	0
51. I practice contemplative prayer as I sit quietly before God, not reading or speaking, but simply being in God's loving presence.	4	3	2	1	0
52. When I see people who look like they need help, I ask if I can be of assistance to them.	4	3	2	1	0
53. I spend time alone with God and my own thoughts in places of austerity and solitude.	4	3	2	1	0
54. I talk about my faith with those who don't yet know the Lord so that people will come out of darkness and into the light of Christ.	4	3	2	1	0

Your Spiritual Practices Scores

Now that you've taken the Spiritual Practices Inventory, tally the numbers you recorded for each of the following answers to find your spiritual practice scores:

							Total	H M L
Activist	9	18	27	36	45	54	_____	_____
Ascetic	8	17	26	35	44	53	_____	_____
Caregiver	7	16	25	34	43	52	_____	_____
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Sensate	2	11	20	29	38	47	_____	_____
Traditionalist	1	10	19	28	37	46	_____	_____

Write today's date here to remind you of when you first took the Spiritual Practices Inventory: _____

Now look at your scores above. Write an **H** (for **high**) by those scores that fall between 18 and 24. These are your strongest or most well-developed spiritual practices. How many **high** spiritual practices do you have? _____

Write an **M** (for **moderate**) by those scores that fall between 12 and 17. These are your moderately developed spiritual practices. How many **moderate** spiritual practices do you have? _____

Write an **L** (for **low**) by those scores that fall between 0 and 11. These are your lowest or least developed spiritual practices. How many **low** spiritual practices do you have? _____

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