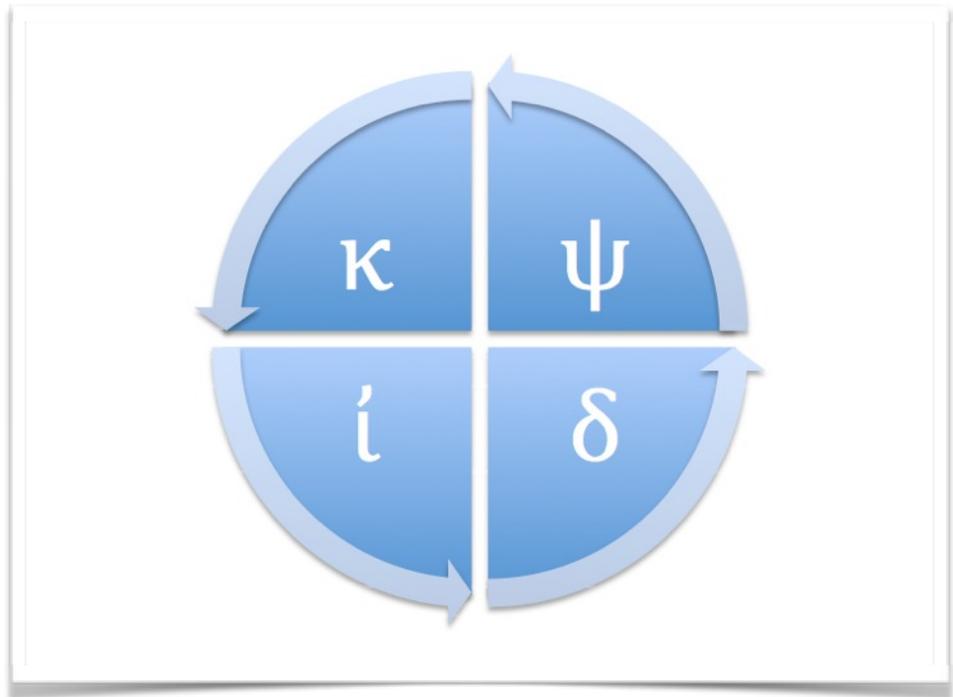


# FOLLOWING THE WAY

## Finding Your Spiritual Type

### About this exercise

Just as no two snowflakes are alike, no two people are alike either. Maybe that's why we sometimes chafe against being "typed." But other times it can be a very helpful revelation to find out that we aren't alone in our way of being. Finding your type can be the key to unlocking the door to more of who you are. That's what this exercise is all about.



### Heart, Soul, Mind, Strength: the four spiritual types

*28 One of the scribes came near and heard them disputing with one another, and seeing that Jesus answered them well, he asked him, "Which commandment is the first of all?" 29 Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; 30 you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.'"*

Mark 12:28-30

#### **Which way do I most easily love God?**

The following questions will help you identify your *primary* spiritual type. (There are *secondary* types too.) Of course, we are all a mixed bag and some of these questions may provoke more than one response. Don't overthink your answers. There are no right or wrong answers or types. Go with your gut response. It may be helpful to think of how you responded in early adulthood to get insight into your primary type.

## Spiritual Types Questionnaire

Circle one response for each question. If you find it impossible to choose between two responses, circle them both.

### Worldview Questions:

1. When I think about the situation of the world, I become most hopeful about:
  - A. Examples of justice being carried out.
  - B. Examples of people reconciling their broken relationships.
  - C. Examples of people furthering their education.
  - D. Examples of people improving their health and living conditions.
  
2. When I think about the situation of the world, I become most concerned about:
  - A. People who don't take care of their physical wellbeing.
  - B. People who don't seem to take initiative to further themselves.
  - C. People who can only see one side of the story.
  - D. People who are mistreated or trapped in poverty.
  
3. If I had to pick only one, the thing I think would make the biggest impact for future generations would be:
  - A. Reforming the justice system to make it fairer for all people.
  - B. Reforming the congressional system to decrease the amount of fighting.
  - C. Reforming the education system to provide a better foundation for learning.
  - D. Reforming the healthcare system to ensure better prevention and treatment of disease.

### Relationship Questions:

4. When I think about ways to deepen my relationship with other people, I think about:
  - A. Spending time exercising, playing sports, or building something together
  - B. Spending time discussing common interests
  - C. Spending time talking with each other
  - D. Spending time doing things together
  
5. One of my fondest childhood memories is of:
  - A. A time when I was with a group of people doing something to help others
  - B. A time when I just got to spend time with someone I loved
  - C. A time when I gained new knowledge or insight into the world
  - D. A time when I got to travel somewhere a long ways away

6. A difficult relationship I have involves:
- A. A disagreement about where to go
  - B. A disagreement about what to believe
  - C. A disagreement about how to feel
  - D. A disagreement about which is most important

**Vocational Questions:**

7. When I was a child, I used to dream of being:
- A. a firefighter or a police officer
  - B. a counselor or a pastor
  - C. a teacher or an author
  - D. a doctor/nurse or an athlete

*(If none of the above, choose the area most like what you dreamed of being.)*

8. The thing about work I find most rewarding is:
- A. Moving around and doing something physical
  - B. Solving problems or thinking of new ideas
  - C. Getting to spend time around other people
  - D. Making a difference

9. I wish my work involved:
- A. a more meaningful impact on the lives of others
  - B. more interaction with the outside world
  - C. more opportunities to learn something new
  - D. more chances to make something that's "concrete"

**Self-image Questions:**

10. If I'm honest with myself, the way I judge my self worth revolves around:
- A. my physical appearance/fitness (either like or dislike)
  - B. my intellectual capacity (either like or dislike)
  - C. if I'm well liked by others
  - D. if I feel my life is making a lasting difference

11. One thing I am most proud of about myself is:
- A. I think I've grown up to be a productive member of society
  - B. I think I've grown up to be a kind, compassionate person
  - C. I think I've grown up to be a wise person
  - D. I think I've grown up to be a hard worker
12. If I could change one thing about myself this year, it would be:
- A. That I could lose a few pounds
  - B. That I could find a solution to a problem I face
  - C. That I could have better relationships with my family and friends
  - D. That I could spend more time volunteering at church and in other similar organizations

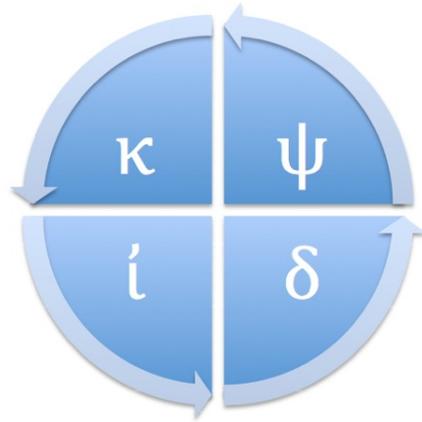
## Finding your type

Look back at your answers and for each question circle the corresponding letter to your answer. The column(s) with the most responses is likely your primary spiritual type.

QUESTIONS	RESPONSES			
Question 1	A	B	C	D
Question 2	D	C	B	A
Question 3	A	B	C	D
Question 4	D	C	B	A
Question 5	A	B	C	D
Question 6	D	C	B	A
Question 7	A	B	C	D
Question 8	D	C	B	A
Question 9	A	B	C	D
Question 10	D	C	B	A
Question 11	A	B	C	D
Question 12	D	C	B	A
Total number of responses for each column				
	HEART	SOUL	MIND	STRENGTH

## The four types

In the Great Commandment (Mark 12:28-30 on the first page), Jesus responds to a question about “what is the most important thing”? He says it is to love God in each of these four ways: heart, soul, mind, and strength. Each of us love God in each of these four ways. Oftentimes, one or two of them come more naturally to us than others.



Below is a brief description of each type and suggestions of prayer practices that might work for you more naturally than others.

### Heart (καρδίας in Greek)

Heart spiritual types are people who are moved by action, doing things, and justice concerns. This type relies upon their passion for their spiritual energy.

*Suggested spiritual practices: going on pilgrimage, Ignatian Examen (Praying Over Daily Life), volunteering, advocacy*

### Soul (ψυχῆς in Greek)

Soul spiritual types are people who value relationship, oneness, and mystical union. This type relies upon felt experience and connection for their spiritual energy.

*Suggested spiritual practices: centering prayer, stations of the cross, walking a labyrinth*

### Mind (διανοίας in Greek)

Mind spiritual types are people who connect using their intellect and the verbal or written word. This type relies upon beautiful language and sound belief for their spiritual energy.

*Suggested spiritual practices: liturgical worship, lectio divina, journaling, Ignatian Contemplation, meditating on hymn lyrics or psalms*

### Strength (λοχύος in Greek)

Strength spiritual types are people who get the most meaning out of doing something with their bodies. This type relies upon activity or bodily movement for their spiritual energy.

*Suggested spiritual practices: yoga, walking a labyrinth, being in nature, using prayer beads*