

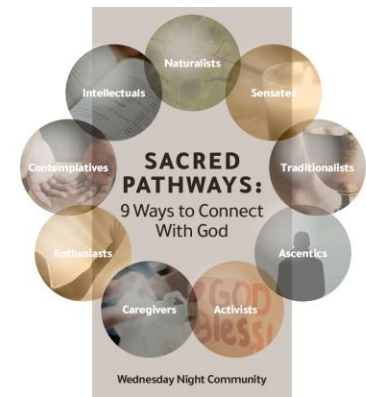
Sacred Pathways: Nine Ways to Connect with God

Week 3: *Contemplatives Loving God through Adoration*

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CONTEMPLATIVES *Loving God through Adoration*

Contemplatives refer to God as their lover, and images of a loving Father and Bridegroom best capture their view of God. Their favorite Bible passages may come from the Song of Songs, as they enter the “divine romance.” The focus is not necessarily on serving God, doing his will, accomplishing great things in his name, or even obeying him. Rather, these Christians seek to love God with the purest, deepest, and brightest love imaginable.

ASSESSMENT INSTRUCTIONS:

Score the following statements on a scale of 0 to 5, with 0 being not true at all and 5 being very true. Record your answer in the space provided.

The highest number of points possible per pathway is 30. The higher your score, the stronger the dominance of this spiritual temperament is in your life. But remember, most of us have more than one spiritual temperament. Any score of 15 or higher indicates a tendency toward this temperament.

___ 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 are when I can’t feel God’s presence within me.

___ 3. The words *lover*, *intimacy*, and *heart* are very appealing to me.

___ 4. I really enjoy having thirty minutes of uninterrupted time each day to sit in quiet prayer and “hold hands” with God, writing love letters to him and enjoying his presence.

___ 5. Again, on a scale of 0 to 5, how much does the statement describing the heart’s cry of the contemplative resonate with you in comparison with the others?

- Naturalist: let me be outdoors.
- Sensate: let me experience.
- Traditionalist: let me remember.

- Ascetic: let me be alone.
- Activist: let me conquer.
- Caregiver: let me care.
- Enthusiast: let me celebrate.
- **Contemplative: let me feel.**
- Intellectual: let me think.

____ 6. When I think of God, I think of love, friendship, and adoration more than anything else.

Total of all your answers: ____