

# ARE YOU A CAREGIVER?

This is an exercise to help you determine if this temperament is a dominant one for you. Score these statements on a scale of 0 to 5, with 0 being not true at all and 5 being very true. **Record your results in the spaces provided.**

**1**

I feel closest to God when I see him in the needy, the poor, the sick and the imprisoned. I feel God's presence most strongly when I am sitting quietly by the bed of someone who is lonely or ill or when I am taking a meal to someone in need. You can count on me to offer a ride or to volunteer for helping activities.

**2**

I grow weary of Christians who spend their time singing songs while a sick neighbour goes without a hot meal or a family in need doesn't get help fixing the car.

**3**

The words *service* and *compassion* are very appealing to me.

**4**

I sense God's power when I am counseling a friend who has lost a job, preparing meals for or fixing the car of a family in need, or spending a week helping in an orphanage.

**5**

On a scale of 0 to 5, how much does the statement describing the heart's cry of the caregiver resonate with you in comparison with the others?

- Naturalists: let me be outdoors
- Sensates: let me experience
- Traditionalists: let me remember
- Ascetics: let me be alone
- Activist: let me conquer
- **Caregiver: let me care**
- Enthusiast: let me celebrate
- Contemplatives: let me feel
- Intellectual: let me think

**6**

I would rather nurse someone to health or help someone repair their house than teach an adult Sunday school class, go on a prayer and fasting retreat, or take a lonely walk in the woods.

**TOTAL OF ALL YOUR ANSWERS**

The highest number of points possible 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.

Once you have completed all of the spiritual temperaments and noted all your scores, you will have a composite picture of your soul's path to God.

**SACRED PATHWAYS** - Nine ways to connect with God



ALL SAINTS' CHURCH  
BRANKSOME PARK