

# ARE YOU AN ENTHUSIAST?

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 my heart is sent soaring and I feel like I want to burst, worship God all day long, and shout out his name. Celebrating God and his love is my favourite form of worship.

**2**

I feel most energised when I take a spiritual risk on behalf of God or see God move in a supernatural way. Tradition and ritual put me to sleep; I serve a supernatural God and am excited to see him move in unexpected ways.

**3**

The words *celebration* and *joy* are very appealing to me.

**4**

I would enjoy attending a workshop on learning to worship through dance or a worship session with contemporary music. I expect that God is going to move in some unexpected ways.

**5**

On a scale of 0 to 5, how much does the statement describing the heart's cry of the enthusiast 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 spend more money on music and worship downloads than on books.

**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.

