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## SACRED PATHWAYS SELF-ASSESSMENT INSTRUCTIONS

Instructions for taking Sacred Pathways Self-Assessment

- Complete sacred pathways assessment and print so we can discuss next week. It will take about 15-20 minutes.
- Sacred Pathways Assessment steps:
  - Take the assessment when you are in a healthy mental state and can answer honestly and openly about yourself. If you are anxious, upset, distracted, or tired, this is not the time to take the assessment. Click on the web link below. It will take you to a webpage.
  - Answer the questions online. These are questions about how you feel. Use your best guess rating them on a scale of 1-5. See scale on website.
  - DO NOT PRINT **BEFORE** answering questions.
  - Click on "calculate results" at the bottom. It will enter scores for you.
  - Once results show, Hit "Ctrl" and "P" button at same time on your keyboard. Your computer should prompt you to print the results (2 pages). (You may know other ways to print.)
  - Bring those results with you to class next week.
- Assessment: <https://northpoint.org/spiritual-pathways-assessment>

### Small Group Questions

It's a wonderful exercise to take the Sacred Pathways Survey with your small group or a soul friend and then to share your results. These questions will help:

1. What is one of your favorite sacred pathways? Tell a story about using this approach to connect with God and why it was important for you?
2. What is a sacred pathway that you're not naturally good at but you've used it and found it meaningful? Share an example or story of doing this and why it's been helpful.
3. When you feel distant from God which sacred path are you most likely to use? Is it helpful to you or is there a more helpful approach for you at that time?

### Works Cited

Sacred Pathways by Gary Thomas