

## The Faith Matrix Quiz

The Faith Matrix Inventory is a survey to assist in identifying and thinking about areas of faith where we most and least connect with God.

Mark one box for each question, and add up the numbers next to the boxes to calculate your score in each area. Then write that score in the boxes at the end of the survey.

### Knowledge

1. **Knowing and pursuing the truth is important to my personal spiritual growth.**

1 = Not true    2 = Rarely    3 = Sometimes    4 = Most times    5 = Always

2. **I do not take teachers and preachers at their word, but want evidence to verify belief.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

3. **I enjoy teaching, discussing, debating, and learning with others.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

4. **Reason is important to me in sharing and defending my faith.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

5. **I solve problems through analytical and rational thinking.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

6. **I regularly spend my time reading, learning and studying.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

7. **Critical thinking strengthens my faith.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

8. **It is important to know why something is true, not just that it is true.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**Total score for Knowledge (Add up the scores for 1-8) = \_\_\_\_\_**

### Passion

**9. Feelings are important to my spiritual growth.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**10. I sometimes hear from God directly through the Spirit, not just from the ancient Word.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**11. I feel deeply for others, and often cry or celebrate with them.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**12. I am an emotionally expressive person who has no trouble crying, laughing, or expressing anger in public.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**13. I use my body in prayer through bodily motions and gestures.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**14. I make decisions based on intuition—what I feel in my gut.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**15. Music or art sometimes moves me to tears.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**16. I believe a full, satisfying life with God should include the feelings of joy, happiness, and love.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**Total score for Passion (Add up the scores for 9-16) = \_\_\_\_\_**

## Submission

**17. Following God and obeying without question is an important part of my spiritual growth.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**18. I often hear God speaking to me in a still, small voice inside.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**19. My purpose before God is not just to do God's bidding out of obligation but to be His child.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**20. I usually take my time seeking God's will in an unhurried way before I act.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**21. I have a regular daily time to worship and to be with God.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**22. I regularly practice spiritual disciplines such as worship attendance, giving, Sabbath-keeping, and fasting.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**23. I enjoy being still and quiet before God.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**24. I do not act on my own, but wait for God to show me what to do.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**Total score for Submission (Add up the scores for 17-24) = \_\_\_\_\_**

## Witness

**25. I believe my purpose is to do good works for God's glory.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**26. Most of my prayers to God are petitions of help for others, resources to serve God, or guidance on what to do next.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**27. I stay busy and involved in God's service. I don't like to sit still.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**28. When someone tells me about a problem, I get busy thinking about how to fix it.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**29. I usually act out my witness for God by service and/or speech.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**30. I don't usually ask why—just tell me what to do.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**31. Nothing makes me happier than seeing results and accomplishing things.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**32. My goal is to make the world around me better because I was here.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

Total score for Witness (Add up the scores for 25-32) = \_\_\_\_\_

## Self-Awareness

**33. Understanding who I am before God is an important contribution to my spiritual growth.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**34. The way God sees me is important to how I see the world.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**35. I enjoy sharing details of my personal faith journey with other people. I believe this helps them grow spiritually.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**36. I don't worry about how others see me—only how God sees me.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**37. I take time daily for self-examination and personal spiritual development.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**38. I keep a journal or practice daily confession.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**39. I enjoy being alone, meditating and thinking.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**40. Most of the time, I prefer being alone over being with others.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

Total score for Self-Awareness (Add up the scores for 33-40) = \_\_\_\_\_

## Community

**41. Being with others is very important to my personal spiritual development.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**42. God usually speaks most clearly to me in worship services, group Bible study, or conversing with others.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**43. My greatest witness to God is when I am being myself in the presence of others.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**44. My main goal in life is to serve my family, friends, and others.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**45. I have a group of people I see regularly who support me and with whom I can share anything.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**46. I like to be in the center of social activity.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**47. Before I go places, I usually look for someone who will go with me.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**48. I attend church, support sports teams, and join clubs because I feel happiest when I am with other people.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**Total score for Community (Add up the scores for 41-48) = \_\_\_\_\_**

## Tradition

**49. My past upbringing has made me a more spiritual person.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**50. The traditions from my past keep me grounded today.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**51. I am part of a spiritual tradition and feel a deep responsibility to pass that tradition on to future generations.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**52. I want to tell others stories about where I came from, and what my past means to me.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**53. Old paths and ancient traditions help me cope with the problems of today.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

**54. I have been serving God the same way for years, and I am proud of it.**

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

55. I enjoy studying history, genealogy, and reminiscing about old times.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

56. I get more joy out of thinking about the past than thinking about the future.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

Total score for Tradition (Add up the scores for 49-56) = \_\_\_\_\_

## Future Hope

57. Continual growth into greater faith and new experiences is important to my spiritual life.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

58. I have a clear idea of what kind of person God wants me to be, and I am actively seeking to become that person.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

59. I think it is important to motivate others by encouraging them to grow beyond their limitations and achieve their full potential.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

60. I am an optimist about the future.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

61. I regularly set long and short term goals for life.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

62. I get bored with the same old thing, and usually, am the first to try something new.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

63. I love thinking outside the box and come up with original approaches.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

64. I get excited when I think about what God is doing in me, and in the world.

1=Not true,  2=rarely,  3=Sometimes,  4=Most times,  5=Always

Total score for Hope (Add up the scores for 57-64) = \_\_\_\_\_

Enter your totals below

<p><b>Insert Knowledge score here</b></p>	<p><b>Knowledge</b></p> <p>Knowledge comes from the belief that God’s truth exists outside ourselves. We find the truth by applying reason and critical thinking to what we learn or experience. By study and experimentation, we gain more truth, which we may then communicate to others.</p>	<p><b>Passion</b></p> <p>Passion recognizes that God also speaks to us inner feelings and awareness. Our feelings are usually revealed to us through our emotions and bodily awareness. We communicate God to others by emotional expression as well as objective truth.</p>	<p><b>Insert Passion score here</b></p>
<p><b>Insert Submission score here</b></p>	<p><b>Submission</b></p> <p>Submission is our willingness to surrender to our thoughts, feelings, and actions to God. Submission is being willing to wait instead for God to show what to do. It is being silent and humble and allowing God to show us the way.</p>	<p><b>Witness</b></p> <p>Witness is our willingness to show our faith through action. We want to become involved in sharing God’s love in the world. Witness is what we must do in obedience to God’s call.</p>	<p><b>Insert Witness score here</b></p>
<p><b>Insert self-awareness score here</b></p>	<p><b>Self-awareness</b></p> <p>Self-awareness is formed by how we see ourselves in relationship to God. A self-aware person knows themselves and is comfortable being alone. They have the confidence to withstand disapproval and do not need the constant reassurance of their worth by others.</p>	<p><b>Community</b></p> <p>Community awareness is our self-image is formed and maintained by our identity as part of God’s people. This connection with others gives us a sense of belonging and leads us to become an active witness in the world.</p>	<p><b>Insert community score here</b></p>
<p><b>Insert Tradition score here</b></p>	<p><b>Tradition</b></p> <p>History and tradition may strengthen our faith today. We are part of all that has gone before, and carry the legacy of the past into the future. When we honor the past, the witness of our ancestors continues to strengthen future generations.</p>	<p><b>Future Hope</b></p> <p>Hope refers to how the future impacts our present faith. We are not stuck in the past, but also form our faith around what we expect in the future. We express that hope by making plans and letting go of the past.</p>	<p><b>Insert Hope score here</b></p>

**Go to [Faithmatrix.com](http://Faithmatrix.com) and follow the links to read about the areas with your highest and lowest scores.**