Adult Stages of Faith • Self-Assessment

Read each of the following statements. Rate your response using the following scale:
(1) strongly disagree   (2) disagree   (3) not sure   (4) agree   (5) strongly agree

1.1. It is important to me to "belong" to a church.................................................................

1.2. The church shapes my identity and values.................................................................

1.3. I rely on the church to guide and protect me.............................................................

1.4. I rely on the church to define and explain the truth...................................................

1.5. The church acts in the place of God, rewarding good behavior and punishing bad behavior, and this is reassuring to me.................................................................

Total Section 1 ..............................................................................................................................

2.1. I do not feel welcome or valued by the church or people in the church........................

2.2. I feel stifled or judged in the church............................................................................

2.3. I disagree with some of the things the church says and does......................................

2.4. I want to be my own person, and develop my own understanding of the faith...........

2.5. I believe I can have a personal relationship with God or Jesus without participating in the church...

Total Section 2 ..............................................................................................................................

3.1. I am very aware of the mystery of God's presence in the world and in my life .............

3.2. This awareness produces a sense of wholeness, peace and solidarity with other people ....

3.3. I am very aware of the deep truths or mysteries of my faith which I cannot fully understand or explain.................................................................

3.4. I am at peace with apparent contradictions or paradoxes in myself, other people, and the church...

3.5. I appreciate the church, even when I experience the institution and the community in tension with each other .................................................................

Total Section 3 ..............................................................................................................................

Directions: Add the totals for each section. Note which section has the highest total. If the highest is in Section 1 you are most likely in Conventional Faith. If the highest is in Section 2, you are most likely in Personal Faith. If the highest is in Section 3 you are most likely in Conjunctive or Mystical Faith. Similar totals in two sections may indicate that you are preparing or are in the process of growing from one stage into another. Remember, there is no “right” stage; this inventory merely helps you identify the stage you are in.