

# The *Christian Spiritual Participation Profile*\*

A Measure of Participation in 10 Spiritual Disciplines

by Jane Thayer

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Detailed information about the development of the *Christian Spiritual Participation Profile*, its reliability, and its validity can be found in the following article:

Thayer, O. Jane. (2004). Constructing a spirituality measure based on learning theory: The Christian Spiritual Participation Profile. *Journal of Psychology and Christianity* 23 (3): 195-207.

The *Christian Spiritual Participation Profile* survey sheets are available in scannable form. Scanning, analysis services, and printed profiles of those filling out the survey are available. For information about these services or any other questions about the *CSPP*, please contact Jane Thayer at [thayerja@andrews.edu](mailto:thayerja@andrews.edu).

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# Christian Spiritual Participation Profile

N = Never  
 VR = Very Rarely  
 R = Rarely  
 O = Occasionally  
 F = Frequently  
 VF = Very Frequently

## Gender

Female  
 Male

## Age

-16  
 17-24  
 25-39  
 40-55  
 66+

## Denominational Code

N VR R O F VF

N VR R O F VF

1. When I pray, I am confident that God will answer my prayer.
2. When I pray, I sense that God is infinite and holy.
3. In my prayers, I reveal to God my innermost needs and thoughts.
4. In my prayers I actively seek to discover the will of God.
5. In my prayers, I thank God for the salvation he has provided for me in Jesus Christ.
6. When experiences in my life lead me to despair or depression, I turn to God in prayer for deliverance.
7. Repentance is a part of my private prayers to God.
8. When I confess and repent of my sins, I experience the assurance of being forgiven by God.
9. I experience genuine sorrow for my sins.
10. When I confess a sin, I express a desire to be delivered from its power.
11. My worship of God is a response to what God has done for me.
12. My worship is focused on the Trinity: the Father, the Son, and the Holy Spirit.
13. My participation in the Lord's Supper (Communion, Eucharist) draws me into a closer relationship with Jesus Christ.
14. I attend a church worship service:
 

|                        |                       |
|------------------------|-----------------------|
| Never                  | About 2 times a month |
| Less than once a month | About 3 times a month |
| About once a month     | Every week            |
15. I reflect thoughtfully on passages I read in the Bible.
16. I listen to music that praises God.
17. I record in a journal my thoughts on my spiritual journey
18. I freely forgive those who sin against me even when the damage or hurt they have caused is very great.
19. When I examine my life, I recognize my great need for God's redemptive work for me.
20. I evaluate my culture by principles found in the Bible.
21. When I read or hear reports of terrible crimes that have been committed against people, I grieve over the evil in the world.
22. When I hear about famines, floods, earthquakes and other disasters, I want to help the victims in some way.
23. When I see or learn about the immoral ways so many people live, I long for God's will to be done.
24. Even though evil seems to be so powerful and so pervasive, I feel confident that God will ultimately provide justice.
25. Even when a situation seems unbearably difficult or painful, I have confidence that through his providence, God can bring something good out of it.
26. I use biblically based principles to govern ethical decisions.
27. I read or study the Bible to learn the will of God.

28. When I read or study the Bible, I attempt to learn the enduring principles being taught by the specific passage I am considering.
29. I study the Bible to understand the doctrines of my church.
30. As part of my study of the Bible, I consider how the church has dealt with issues throughout its history.
31. When I read or study the Bible, I change my beliefs and/or behavior to accommodate new information or understanding.
32. I read devotional articles and/or books.
33. I read or study the Bible:
 

|                            |                              |
|----------------------------|------------------------------|
| Never                      | About 1 hour a week          |
| Ten hours or less a year   | About 15 to 30 minutes a day |
| About 1 to 2 hours a month | More than 30 minutes a day   |
34. I work with other Christian believers for the purpose of introducing unchurched people to Jesus Christ.
35. Based on my abilities and spiritual gifts, I assist in some way in the teaching ministry of my church.
36. I invite unchurched people to attend church or small-group meetings with me.
37. I pray for people and/or organizations that are working for the salvation of the unsaved.
38. When someone in my church is sick or experiencing some other problem and needs me, I help them.
39. I meet with a small group of Christian friends for prayer, Bible study, or ministry.
40. I serve as a peacemaker among my friends and/or among members in my church.
41. Within my local church, I associate personally even with those with whom I have no common social or intellectual interests.
42. I see evidence that my participation in my church helps to encourage or build up the whole congregation.
43. I serve in a church ministry or community agency to help people in need.
44. When a friend, believer, or neighbor suffers pain, hardship, or loss, I join them with my presence and suffer with them.
45. I depend on God to help me accomplish the work he calls me to do.
46. I use my home (apartment, dorm room) to provide hospitality to strangers or to those in need.
47. My actions in nature are guided by what is best for the environment.
48. I give financially to support the work of the church.
49. I do without things that I want in order to give sacrificially to the work of God.
50. I choose what to eat and drink and how to live my life based on the concept that caring for my health is being a good steward of God's blessing of life.

## Interpreting the *Christian Spiritual Participation Profile*

The *Christian Spiritual Participation Profile (CSPP)* reports on the frequency and depth of your participation in ten basic Christian practices: Worship, prayer, repentance, meditation, prophetic critiquing, Bible study/reading, fellowship, service, evangelism, and stewardship. Christians engage in these practices, sometimes referred to as spiritual disciplines, for the purpose of worshiping God, learning of his will, and placing themselves where he can transform them. Your personal profile has two sections: (1) your participation in the individual disciplines and (2) your use of the four basic learning modes for spiritual growth.

### The Ten Disciplines

The line graph at the bottom of the Profile shows the relative frequency of your participation in the ten disciplines. For example, you can see how much you participate in prayer as compared with service--or any other discipline. What you cannot do is compare your scores with someone else's scores because people understand the terms "very frequently," "frequently," etc. (used on the answer sheet) in different ways.

I believe that most of the disciplines are familiar to most Christians; however, you may want to know how the test designer defines a few of them. "Meditation" is pondering God's word and applying it to your own life. "Prophetic critiquing" is observing your culture (and your own life) and evaluating it by principles in the Bible--both naming problems and providing hope. "Service" refers to help that you give to people in need. "Stewardship" includes responsible use of the gifts God has given you, including health, talents, and financial resources.

### The Four-sided Figure

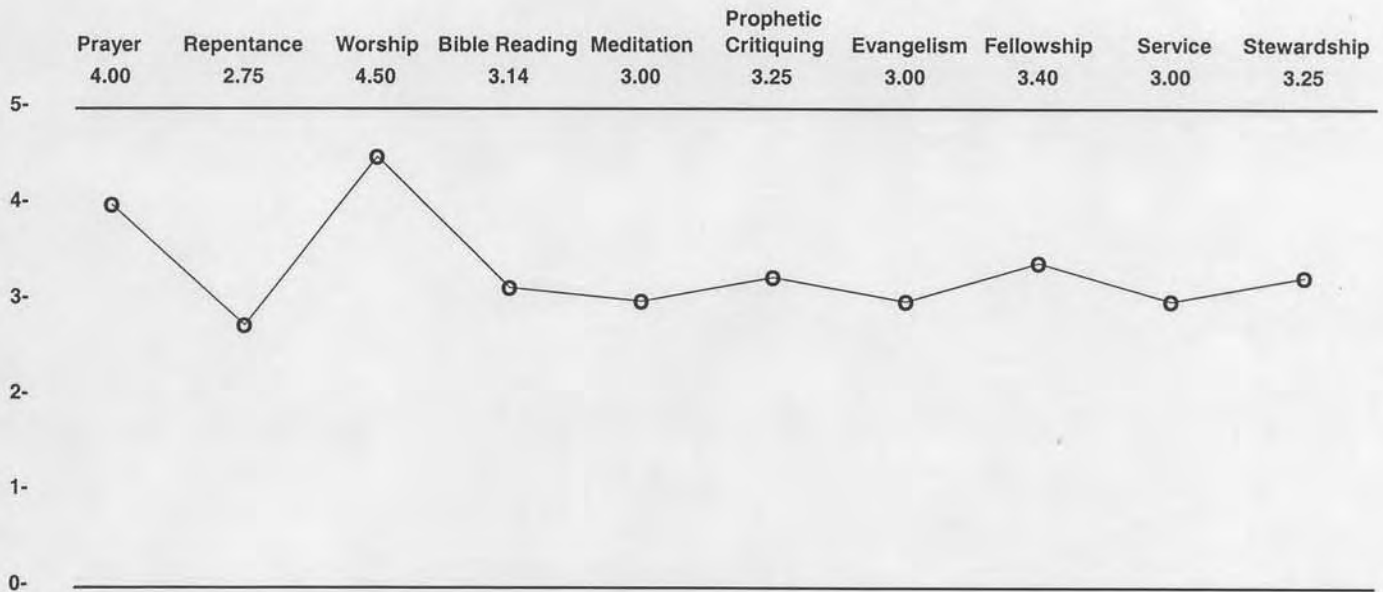
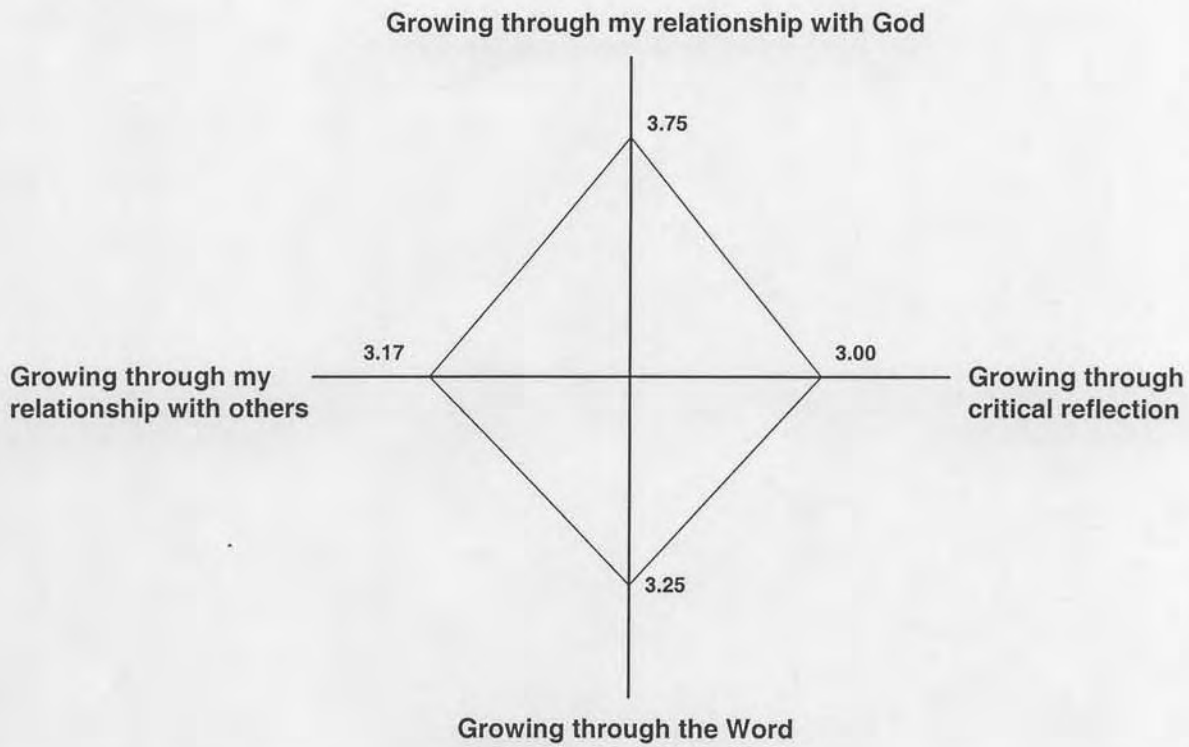
The four-sided figure at the top of the Profile indicates how well you are using four ways or modes of learning that are involved in spiritual growth. According to experiential learning theory (Kolb 1984), people learn in four different ways: Concrete experience (your own personal experience); abstract conceptualization (reading or listening to others' experience); reflective observation (critically thinking about your experience); and active experimentation (doing something). The spiritual disciplines have been classified according to the primary mode of learning that they use. The scale for Growing Through My Relationship with God measures the concrete experience mode. Disciplines associated primarily with this learning mode are worship, prayer, and repentance. The scale for Growing Through the Word measures the abstract conceptualization mode. Disciplines associated primarily with this learning mode are Bible reading/study and meditation. The scale for Growing Through My Relationship with Others measures the active experimentation mode. Disciplines associated primarily with this learning mode are evangelism, fellowship, service, and stewardship. The scale for Growing Through Critical Reflection measures the reflective observation mode. The discipline associated primarily with this learning mode is prophetic critiquing. A small number of items from the disciplines statistically factor into learning modes that they are secondarily associated with. For example, the item, "I depend on God to help me accomplish the work he calls me to do," has been classified in the discipline of service. Service is primarily associated with the Growing Through My Relationship with Others mode. However, because factor analysis associates the item with the Growing Through My Relationship with God mode, it has been placed in that scale.

The Profile can help to foster Christian spiritual formation by pointing out the learning modes that you may be underutilizing. If, for example, you are low on the Growing Through My Relationship with God Scale, you are probably not devoting much time to your personal relationship with God. If you are low on the Growing Through the Word Scale, you are spending little time reading and studying the Word of God. If you are low on the Growing Through My Relationship with Others Scale, you probably are not interacting much with other people or putting into practice some of the biblical principles that you probably believe in. Or, if you are low on the Growing Through Critical Reflection Scale, you probably are not often using the Word of God to point out problems in society or to find hope in difficult situations.

The more nearly square the four-sided figure is, the more balanced is your use of the four learning modes. The bigger the figure, the more depth you have in your use of the four learning modes. The theory on which the *CSPP* is based states that spiritual growth can be enhanced by a balanced, in-depth use of all the modes because these learning modes provide different "learning opportunities" that God uses to transform us. A balanced approach would correct the excesses of both the pietist and the social activist.--Jane Thayer, 1999

# Christian Spiritual Participation Profile

ID: 3419

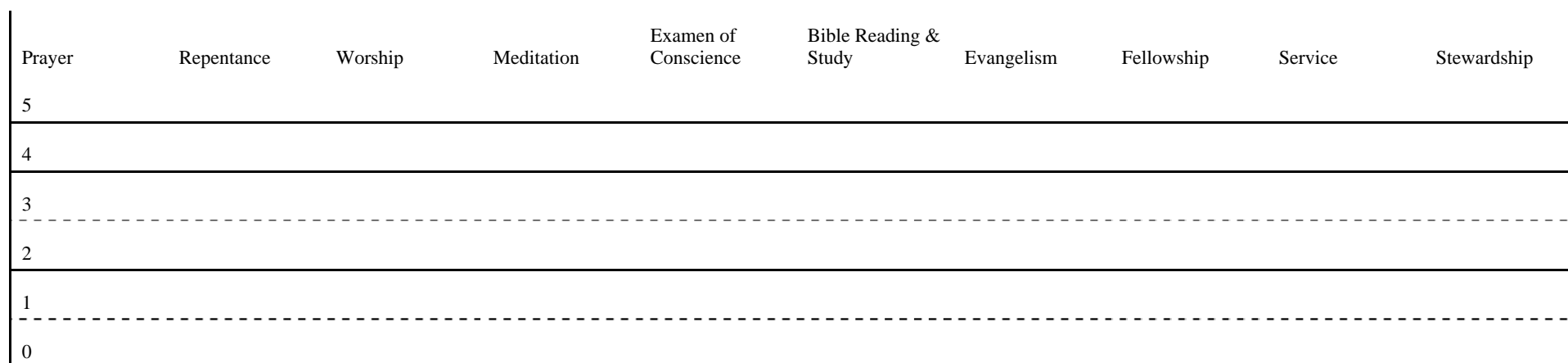


## Scoring Sheet for the Christian Spiritual Participation Profile

Directions: Transfer the numbers you circled on the Christian Spiritual Participation Profile questionnaire to this grid. Add each column and divide by the number of items in the column to find the mean. Then plot the mean on the graph at the bottom of the page.

| Prayer        | Repentance    | Worship       | Meditation    | Examen of Conscience | Bible Reading & Study | Evangelism    | Fellowship    | Service       | Stewardship   |
|---------------|---------------|---------------|---------------|----------------------|-----------------------|---------------|---------------|---------------|---------------|
| 1.            | 7.            | 11.           | 15.           | 19.                  | 27.                   | 34.           | 38.           | 43.           | 47.           |
| 2.            | 8.            | 12.           | 16.           | 20.                  | 28.                   | 35.           | 39.           | 44.           | 48.           |
| 3.            | 9.            | 13.           | 17.           | 21.                  | 29.                   | 36.           | 40.           | 45.           | 49.           |
| 4.            | 10.           | 14.           | 18.           | 22.                  | 30.                   | 37.           | 41.           | 46.           | 50.           |
| 5.            |               |               |               | 23.                  | 31.                   |               | 42.           |               |               |
| 6.            |               |               |               | 24.                  | 32.                   |               |               |               |               |
|               |               |               |               | 25.                  | 33.                   |               |               |               |               |
|               |               |               |               | 26.                  |                       |               |               |               |               |
| T =           | T =           | T =           | T =           | T =                  | T =                   | T =           | T =           | T =           | T =           |
| (Divide by 6) | (Divide by 4) | (Divide by 4) | (Divide by 4) | (Divide by 8)        | (Divide by 7)         | (Divide by 4) | (Divide by 5) | (Divide by 4) | (Divide by 4) |
| M =           | M =           | M =           | M =           | M =                  | M =                   | M =           | M =           | M =           | M =           |

T = Total. Add the total of the numbers in the column. M = Mean or average. Divide the total by the number of items.



Plot the mean of each discipline by placing a dot under each discipline at the point that represents the number of your mean. Then connect the dots. This will indicate the strength of your participation in each discipline as it relates to the others. It can indicate where you might want to focus your attention for spiritual growth.

## Christian Spiritual Participation Profile

Chart showing participation in the spiritual development modes

| Spiritual Development Mode                   | Strong *                  |         | Weak**                    |         |
|--|---------------------------|---------|---------------------------|---------|
|  | Intentional Participation |         | Intentional Participation |         |
|  | Number                    | Percent | Number                    | Percent |
| Growing through a relationship with God      |                           |         |                           |         |
| Growing through a relationship with others   |                           |         |                           |         |
| Growing through a relationship with the Word |                           |         |                           |         |
| Growing through critical reflection          |                           |         |                           |         |

\*Strong Intentional Participation is set at 4.0 and higher.

\*\*Weak Intentional Participation is set at 3.99 and lower.

This report form was designed for reporting on the scores of a group of people. For each scale, record the number of people who score 4.0 and higher in the Strong column. State the percent of total number of people. For each scale, record the number of people who score 3.99 and lower in the Weak column. Then state the percent of total number of people in each category.