

The Daily Spiritual Experience Questions

The list that follows includes items you may or may not experience.¹ Please consider how often you directly have this experience, and try to disregard whether you feel you should or should not have these experiences. A number of items use the word *God*. If this word is not a comfortable one for you, please substitute another word that calls to mind the divine or holy for you.

Response categories for all questions except number 4:

Never (1), Once in a while (2), Some days (3),
Most days (4), Every day (5), Many times a day (6)

- 1. I am spiritually touched by the beauty of creation.
- 2. I feel God's presence. (I feel the presence of the divine or holy.)
- 3. I experience a connection to all of life.
- 4. How close do you feel to God? (How close do you feel to the divine or holy?)
Not close (1), somewhat close (3), very close (5), as close as possible (6)
- 5. I desire to be closer to God or in union with the divine.
- 6. I feel God's love for me directly. (I feel divine love for me directly.)

- 7. I feel God's love for me through others. (I feel divine love for me through others.)
- 8. I feel a selfless caring for others.
- 9. I accept others even when they do things I think are wrong.
- 10. I find strength in my religion or spirituality.
- 11. I find comfort in my religion or spirituality.
- 12. I feel guided by God in the midst of daily activities. (I feel divine guidance in the midst of daily activities.)
- 13. I ask for God's help in the midst of daily activities. (I ask for help from a higher power as I go through the day.)
- 14. During worship, or at other times when connecting with God, I feel joy that lifts me out of my daily concerns. (I feel joy that lifts me out of my daily concerns when I experience connection with the divine or holy.)
- 15. I feel thankful for my blessings.
- 16. I feel deep inner peace or harmony.

___ Total score

___ Total average (divide by 16)