

SPIRITUAL GIFTS INVENTORY

Discovery and Affirmation of Your Spiritual Gifts

The founders of WITHIN MINISTRIES use the theology expressed in the document *Called & Gifted for the Third Millennium* as the spiritual foundation of *Grace Within*. The theology and spirituality of this post-Vatican II document emphasizes how all baptized Christians are “called and gifted” to take an active and responsible part in the mission of the Church. During each *Grace Within* session, you are invited to read and reflect on your personal call to holiness, community, ministry, and Christian maturity. Using the *Spiritual Gifts Inventory*, you will see how *Called & Gifted* applies to your present daily life.

Discovering and affirming God-given spiritual gifts is a process. The following five-step approach is helpful as you reflect on the gifts of the Holy Spirit and discern which are truly yours.

1. **Explore the possibilities:** Pray and reflect on each area of ministry you have to offer and how your gifts are important to your family life and the life of your community and Church.
2. **Experiment with your God-given gifts:** The *Spiritual Gifts Inventory* you are about to complete will help you reflect on different gifts. Your feelings, reactions, and general outlook on them will be clarified as you move through the inventory. Experiment with developing your spiritual gifts and get involved or continue to be involved in using them.
3. **Reflect on your experiences:** Since God calls all of us to serve our “brothers and sisters in Christ,” you will feel God’s grace in your life.
4. **Evaluate your effectiveness:** Since spiritual gifts are given to benefit you and your family, expect to see positive results as you use yours. As you grow, pray for the courage to be honest with yourself and with God.
5. **Receive affirmation from the Christian community:** You cannot develop and affirm your gifts completely on your own. Gifts are given to build up other members of the Body of Christ in your family and home. If you have a gift, other Christians will recognize and confirm it. If you feel you have a particular gift but others don’t see it, pray about how you are using that gift.

Remember, in each of these five steps, the key is prayer. God will lead you to discover and affirm the gifts that have been given to you at baptism and all the other sacraments. Sometimes seeking guidance from a professional trained in spiritual direction helps you to know what gifts you are called to focus on at that time.

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“Unwrap Your Spiritual Gifts”

Directions: Pray to the Holy Spirit for guidance as you respond to the statements. Record your responses to statements 1-96 on the **Answer Sheet** (page 7), using the key to indicate your level of agreement with the statement.

1. I enjoy working behind the scenes, taking care of little details.
2. I usually step forward and assume leadership in a group where none exists.
3. When in a group, I tend to recognize and approach those who are sitting or standing alone.
4. I have the ability to recognize a need and to get the job done, no matter how trivial the task.
5. I have the ability to organize ideas, people, and projects to reach a specific goal.
6. I make solid decisions based on my morals and Christian beliefs.
7. I am very confident in helping others.
8. I enjoy singing or playing a musical instrument.
9. The Eucharist is very important to me.
10. I enjoy reading, especially about others.
11. I have an ability to use my hands in a creative way to design and create a beautiful home.
12. I have seen our family prayers answered.
13. I enjoy giving money to those in serious financial need.
14. I enjoy ministering to people in hospitals, prisons, the home bound, or rest homes to comfort them.
15. I often have insights that offer practical solutions to difficult problems.
16. I have understood issues or problems in the church and seen answers when others didn't.
17. I enjoy encouraging and giving advice to those who are discouraged.
18. I have an ability to thoroughly study our faith, and then share it with others.
19. I enjoy working with teens and young adults.
20. Other people respect me as an authority in spiritual matter.
21. I manage financial situations well.

22. I enjoy talking with people.
23. I enjoy spending time with non-Christians, especially with hopes of telling them about my faith in God.
24. Whenever I hear a conversation about people in difficult situations, I feel it's important that our family pray for them.
25. I would like to assist leadership so they will have more time to accomplish their essential and priority ministries.
26. I don't mind asking others to help with an important ministry for the church.
27. I enjoy entertaining guests and making them feel welcomed when they visit our home.
28. I enjoy serving my family and others, no matter how simple the task.
29. I am a very organized person who sets goals and makes plans to reach them.
30. I have good ideas and want to share them.
31. I often step out and start projects that other people won't attempt, and the projects are usually successful.
32. I believe I could sing well in the choir.
33. I believe that people can see that I am a good person and a practicing Christian.
34. I have a good speaking voice.
35. I enjoy working with children on their homework, art projects, and special community/school events.
36. We enjoy family and community prayer activities and rituals.
37. I joyfully give money to the church well above most.
38. I feel compassion for people who are hurting and lonely, and I like to spend considerable time with them to cheer them up.
39. God has enabled me to choose correctly between several complex options in an important decision, when no one else knew what to do.
40. I enjoy studying difficult questions about our faith, and I am able to find answers more easily and more quickly than others.
41. People often tell me their problems, and I encourage them.
42. When a question arises about our faith, I am motivated to find the answer.

43. I like to give of my own free time to help young people.
44. I would be willing and excited to lead a community project.
45. I can see the big picture and can mobilize resources well.
46. I have good typing and computer skills.
47. I find it easy to share my faith with others.
48. I believe prayer is one of the most important things we can teach children and young adults.
49. I enjoy relieving others of routine tasks so others can get special projects done.
50. I can guide and manage a group of people toward achieving a specific goal.
51. I enjoy meeting new people and introducing them to my family.
52. I am very dependable for getting things done on time, and I don't need much praise and thanks.
53. I easily delegate significant responsibilities to other people.
54. People confide in me and share their concerns.
55. I trust in God's faithfulness for a bright future, even when everything looks bad.
56. I enjoy singing, and people say I have a good voice.
57. I enjoy serving others.
58. I am comfortable taking the lead in a group setting.
59. I love creating a safe, happy home where my children love to bring their friends.
60. I believe that it's important to pray in your own way. (Prayers can include private prayer, devotions, novenas, fasting, rosary, mass, etc.)
61. I wouldn't mind giving up some things to help the church and others in need.
62. I want to do whatever I can for the needy people around me, even if I have to give up something (e.g. time, finances, material goods, etc.).
63. People often seek my advice when they don't know what to do.
64. I have an ability to gather information from several sources to discover the answer to a question or learn more about a subject.
65. I feel the need to challenge others to better themselves, especially in their spiritual growth without condemning them.

66. Others listen and enjoy my teaching the faith.
67. I enjoy working with teens and desire to help them be the best people they can be.
68. I enjoy small group discussions.
69. I have a good sense with finances and establishing priorities.
70. I have computer skills, or I am willing to learn.
71. I like to tell others about my faith and invite them to community events (Mass, sacraments, workshops, etc.).
72. Many of my prayers for others have been answered.
73. I enjoy helping others get their work done and don't need a lot of public recognition.
74. People respect my opinion and follow my direction.
75. I enjoy welcoming new people and visitors to our home and our community.
76. I enjoy nurturing my family and feel a sense of satisfaction in meeting that need.
77. I am comfortable making important decisions even under pressure.
78. I enjoy shaping the future of our community and working toward that goal.
79. I enjoy working with people.
80. I believe the Lord could use me in the choir to deliver a message through song.
81. I am comfortable in front of many people.
82. The Scriptures are important to me.
83. People say I am gifted with my hands. Our family enjoys doing many creative things together.
84. People often seek me out to pray for them.
85. When I give money to someone, I don't expect anything in return and often give anonymously.
86. When I hear of people without jobs who can't pay their bills, I do what I can to help them.
87. God enables me to make appropriate decisions based on Christian principles for practical solutions.
88. I understand complex issues and enjoy thinking about them.
89. People will tell me things they won't tell anyone else and say I am easy to talk to.

90. I enjoy helping children express their faith and love for God.
91. I like to help teens who struggle with life and help them find their way back to a growing relationship with God.
92. I would be excited to share my faith with others.
93. I enjoy encouraging others to generously share their gifts.
94. I present myself in a friendly and professional manner.
95. I have a strong desire to help non-Christians find faith in Jesus.
96. We enjoy family prayer rituals and spend time together at prayer.

SPIRITUAL GIFTS INVENTORY ANSWER SHEET

Key:

0 = Not at all
 1 = Little
 2 = Moderately
 3 = Considerable
 4 = Strongly

- Directions:**
- Use this sheet to record your responses to the statements on pages 3-6.
 - Total your scores across and circle the two highest scores.
 - Bring this completed **Answer Sheet** to Session 7.

ANSWERS				TOTAL	ROW	GIFT
1	25	49	73		A	
2	26	50	74		B	
3	27	51	75		C	
4	28	52	76		D	
5	29	53	77		E	
6	30	54	78		F	
7	31	55	79		G	
8	32	56	80		H	
9	33	57	81		I	
10	34	58	82		J	
11	35	59	83		K	
12	36	60	84		L	
13	37	61	85		M	
14	38	62	86		N	
15	39	63	87		O	
16	40	64	88		P	
17	41	65	89		Q	
18	42	66	90		R	
19	43	67	91		S	
20	44	68	92		T	
21	45	69	93		U	
22	46	70	94		V	
23	47	71	95		W	
24	48	72	96		X	

GIFTS KEY

- A. **Helper** – ability to work with and support others in ministry.
- B. **Leadership** – ability to influence others to see the Christian mission or plan.
- C. **Home** – ability to help people feel welcomed at home and in the Christian community.
- D. **Christian Service** – ability to identify and meet the practical needs of others.
- E. **Administration** – ability to coordinate and organize people and projects.
- F. **Council/Committees** – ability to make wise decisions.
- G. **Organizational Skills** – ability to manage tasks well.
- H. **Music/Choir** – ability to contribute to the worship through singing and playing music.
- I. **Eucharistic Minister** – ability to bring the Body of Christ to God’s people.
- J. **Lector** – ability to proclaim the Word of God in an inspirational manner.
- K. **Family Spirituality** – ability to use hands, heart, and mind to create a happy home life.
- L. **Prayer** – ability to seek God’s healing for self and others in need.
- M. **Giving** – ability to cheerfully and generously give personal resources.
- N. **Kindness – Home Visitor** – ability to show compassion for other’s hurts, pain, and suffering.
- O. **Wisdom/Discernment** – ability to make wise Christ-centered decisions.
- P. **Vision** – ability to gather, organize, and clarify facts and God’s call to live.
- Q. **Counseling Skills** – ability to communicate words to encourage and challenge others to grow.
- R. **Teaching/Catechetics** – ability to prepare and clearly communicate truths about Christ.
- S. **Youth Ministry** – ability to help young people articulate their values and spiritual growth.
- T. **Small Group Leader** – ability to facilitate others sharing their faith.
- U. **Stewardship** – ability to help others use gifts, time, and talent to serve Christ.
- V. **Office Skills** – ability to be hospitable and use computer skills to enhance ministry to others.
- W. **Evangelization** – ability to share the good news of Jesus Christ with others.
- X. **Family Prayer** – ability to seek God’s help through family prayer and rituals.