

Faith Identity Test

Please take time to thoughtfully consider and respond to the following items on a scale from 1 – 7 as outlined in the table below. Select the number that honestly describes your faith journey for each item.

Strongly Disagree	Moderately Disagree	Disagree	Neutral	Agree	Moderately Agree	Strongly Agree
1	2	3	4	5	6	7

- ___ 1. I have surrendered my life to God.
- ___ 2. I have had a time when life's struggles caused me to question my faith.
- ___ 3. I obey God even when it's not popular.
- ___ 4. I have experienced a crisis of faith.
- ___ 5. Based on my behaviors, my peers would identify me as a committed believer.
- ___ 6. I have had doubts about my views about God.
- ___ 7. There has been a time when my doubts caused me to wonder if God is real.
- ___ 8. The trials in my life have given me more confidence in my faith.
- ___ 9. At some point in life, I have questioned my beliefs about God.
- ___ 10. I regularly demonstrate my faith by my actions.

Scoring Instructions

The **Faith Identity Test** measures faith on two constructs: *Exploration* and *Commitment*.¹ The *Exploration* construct measures the extent to which an individual has experienced faith transforming events, whether one or more than one obvious transformative event(s) or multiple faith informing moments that have led to an exploration of beliefs. The *Commitment* construct measures the extent of the individual's current level of commitment to faith.

Scoring Instructions

Commitment: Add the scores from the following items.

Score Item #
____ 1

____ 3 If **Total** is between 5 and 20,
then **Commitment** is **LOW**.

____ 5

____ 8 If **Total** is between 21 and 35,
then **Commitment** is **HIGH**.

____ 10

Total: _____ **LOW** **HIGH**

Exploration: Add the scores from the following items.

Score Item #
____ 2

____ 4 If **Total** is between 5 and 20,
then **Exploration** is **LOW**.

____ 6

____ 7 If **Total** is between 21 and 35,
then **Exploration** is **HIGH**.

____ 9

Total: _____ **LOW** **HIGH**

The overall score is a composite of **Commitment** and **Exploration** as follows:

Apathetic Faith indicates minimal exploration of faith beliefs and minimal commitment to a particular set of beliefs. Matters of faith may not be viewed as worthy of deeper consideration.

Assumed Faith indicates a deeper level of commitment to unexplored faith. For this individual, faith may largely be untested and thus commitment is without deep foundation.

Arrested Faith indicates current exploration without commitment. This individual is likely seeking what they believe. While they have stepped away from the beliefs they held during their upbringing, they may return to them in the future.

Adopted Faith indicates a deeper commitment to faith as a result of having gone through a time of questioning. Thus, this is a level of commitment informed by experience.

Faith Identity State		Exploration	
		HIGH	LOW
Commitment	HIGH	Adopted Faith	Assumed Faith
	LOW	Arrested Faith	Apathetic Faith

¹ Notions of identity connected to exploration and commitment levels are rooted in the theories of Erik Erikson and further explored by James Marcia. For more information, see Erikson, E. (1950) *Childhood and Society*: 2d ed. New York: Norton. and Marcia, J. E. (1966). Development and validation of ego-identity status. *Journal of Personality and Social Psychology*, 3(5), 551-558. doi:10.1037/h0023281