

Spiritual Experiences Questionnaire¹

The following assessment is a tool to help you or someone you are ministering to become more aware of possible areas of vulnerability to some form of spiritual bondage. However, just because you may answer yes to one or more of the questions below does not necessarily indicate that you are in some form of spiritual bondage. Nevertheless, it is worth testing to determine if there is something that needs to be resolved. The final section includes a series of questions about some of your experiences as a Christian.

1. Have you had or are you currently experiencing disturbing dreams; or had consistent night terrors, repetitive or seemingly significant dreams and/or other experiences that disrupt normal patterns of sleep?
2. Have you, upon awakening from sleep or as the result of a bad dream or night terror, felt like something happened to your body - either a painful or pleasurable experience or noticed any kind of observable symptoms, marks, cuts, etc?
3. Have you ever felt as though an unseen presence was affecting you in some way—holding you down, feeling a weight upon your chest or other part of your body, choking, unable to speak, move, or made you feel as if you were sexually stimulated or violated in some way?
4. Have you ever consulted a psychic, medium, spiritist or channeler?
5. Do you or have you ever had an imaginary friend or spirit guide offering you guidance or companionship?
6. Have you experienced or been involved with any contact, seen or heard the spirit or representation of someone who has died?
7. Have you ever been hypnotized, attended a New Age or parapsychology seminar?
8. Have you ever been “prayed” for by someone who does not follow Jesus Christ as the one and only God, using a different name, power, or non-Christian practice? For example, false or cultural religion—shaman, witch doctor, spiritist, etc; by someone claiming to have healing powers or energy— Reiki, “white magic” or uses some kind of “ritual” or object claiming to provide healing power?
9. Have you ever (willingly or unwillingly) experienced or participated in occult practices or rituals of any kind or believe you were part of a satanic ritual of some kind?
10. Have you ever heard voices in your mind or had repeating and nagging thoughts condemning you, speaking to you, or informing you of something that seemed foreign or contrary to what you believe or feel—like there was a dialog going on in your head?
11. Have you heard voices in your mind that either sounded like a young child, a teenager, or as if another person or persons were speaking to you; or more than one person speaking at a time?
12. Have you been exposed to, participated in or were subjected to religious practices such as rituals, offerings, sacrifices, incantations, chanting (e.g., family or cultural religious practices, superstitions, or customs)?
13. Have you practiced, experimented with, associated with, or had someone administer some form of “white magic”, Wiccan, Reiki, or other “spiritual” forms of meditation, healing, etc. on you?
14. Have you ever seen or experienced an apparition, a ghost, what appeared to be the spirit of either a deceased or another human being who is still alive.
15. Have you attempted or experienced some form of “astral projection”?
16. Seen a vision, appearance, glimpse, aura, sense, or sound of what seems to be a non-human or spirit-being?
17. Have you or your children ever reported seeing something or feeling like something or someone was in their room, hiding in their closet, at the window, or under the bed when there was no physical or observable evidence to confirm the presence of what was reported?
18. Have you or someone in your household reported an experience of something strange happening in your home—objects moving, seeing something that doesn’t appear to be there upon further investigation, or what some might refer to as a “poltergeist” experience?

¹ Portions of this questionnaire are taken and adapted from the “Steps To Freedom In Christ (Leader’s Guide)” written by Dr. Neil T. Anderson, p. 3 Spiritual Experiences Inventory

19. Do you have in your possession or in your household any items you suspect may have a spiritual attachment to it—an object or item from a foreign country, a missionary trip, or related to a particular cultural group that may have a religious association, was used at one time in a religious ceremony, or is known to have a particular purpose or benefit assigned to it?
20. Have you relied on a substance (drug, alcohol, etc), or an activity (sex, exercise, etc.) to satisfy a need or help you deal with some kind of pain or problem?
21. Have you spent a sustained period of time in an emotionally toxic or abusive environment or relationship—alcoholic or chemically dependent parent(s) or partner, where violent words or actions were common, where non-Christian religious activity was practiced, etc.?
22. Have you been physically, sexually, or emotionally abused or violated in some way?
23. Do you have repeated patterns or a history of negative thoughts, unmanageable emotions, or unwanted behaviors?
24. Do you have a history of one or more sexual unions prior to or outside the biblical covenant of marriage?
25. What other experiences have you had or participated in that would be considered out of the ordinary or where the outcome resulted in something you considered out of the ordinary? Please explain.
26. Have you ever experienced or participated personally or with others in any of the following:
 - A séance
 - Table lifting, levitation, etc.
 - Ouija Board
 - Used a Magic Eight Ball
 - Played Dungeons and Dragons or other fantasy games similar in nature
 - Spoken in a trance
 - Automatic writing, drawing, or painting
 - Telepathy or have attempted to read someone's mind
 - Allowed someone to read your mind or hypnotize you?
 - Seen or pursued contact with ghosts or the dead
 - Materialization
 - Clairvoyance
 - Receiving, consulting, or communication with a *spirit guide*
 - Fortune-telling, Tarot cards, Palm Reading
 - Astrology
 - Hypnosis or Self-hypnosis
 - Mental suggestion
 - Attempted to swap minds
 - Black/White Magic
 - Practiced or received New Age Medicine
 - Participated in a New-Age healing seminar or treatments
 - Made a blood pact or oath
 - Purposely cut, burned, or repeatedly inflicted a wound on your body
 - Engaged in fetishism (objects of obsession, worship, or for sexual pleasure)
 - Encountered or had contact with Incubi/Succubae (male/female sexual spirits)

Have you ever participated in or felt you were influenced by cultic religions or religious practices, initiations, beliefs, rituals associated with:

- Christian Science
- Unity
- Scientology
- Witness Lee
- The Way International Unification Church
- Mormonsism
- Catholic or *Christian* culturally-related non-biblical practices, superstitions
- Church of the Living Word
- Jehovah's Witnesses
- Children of God
- Swedenborgianism
- Hebert W. Armstrong (Worldwide Church of God)
- Unitarianism
- Masons
- New Age

- Other Religions such as: Zen Buddhism, Hare Krishna, Bahaim, Rosicrucianism, Science of the Mind, Science of Creative Intelligence, Hinduism, Islam, Black Muslim, Transcendental Meditation (TM), Yoga, Meditation, Chanting, Eckankar (EST), Roy Masters, Silva Mind Control, Father Divine, Theosophical Society, etc.
- Other _____

Spiritual Experiences in Christ

1. Have you verbally and publicly confessed Jesus Christ as your only Lord and Savior? Do you or have you ever had difficulty in doing so? In case you've never done this or can't recall doing so, will you try it right now? For example (say audibly), "I do believe in my heart that God raised Jesus from the dead, and declare that Jesus Christ is the One and only Lord of all who came in the flesh according to the Scriptures" (Romans 10:9,10).
2. Have you been baptized in water according to the teaching of the Lord Jesus Christ and the Holy Bible?
3. Do you believe Jesus' promise and gift of the living and active Holy Spirit—that the Spirit of God is both in you and with you, according to the Scriptures (Romans 8:9-11)?
4. Have you experienced being overwhelmed with, renewed, filled, or baptized with the Holy Spirit on one or more occasions?
5. Do you see, and do others you know observe that you show some evidence of "the fruit of the Spirit" at work in your life (Galatians 5:22-23)?
6. Are there any particular supernatural manifestations of the Holy Spirit that you've experienced—gifts of prophecy, words of knowledge, discerning of spirits, speaking in tongues, interpreting tongues, healing, etc.?
7. Have you had any other spiritual experiences such as a vision, revelation of some kind, spoke in a foreign language you've never learned, had insight in advance of something that happened (a premonition), felt as if you suddenly knew something personal about someone intuitively, either their condition, a problem they have, or a situation they're in?
8. How actively are you engaged in the following faith communities as part of the Body of Christ through faith in the Lord Jesus Christ?

a) A Community of 1 (e.g., Jesus' relationship with His Father is the single most important relationship He has and was the foundation for everything He said and did). If there's one thing above all else that Jesus came to demonstrate it was how to live in dependence on our Heavenly Father. We get a hint of this priority in His life during His childhood at age 11; in His frequent periods of solace to pray and seek God's counsel; in what He says about only doing and saying the things the Father tells Him to do and say; in His suffering and final moments on the cross. How would you characterize your relationship with the Father through Jesus Christ at this point in your life—priority, time, frequency, consistency, quality?

b) A Community of 3 (e.g., Peter, James, and John were the 3 that Jesus was closest to and went to in His times of difficulty, and took with Him on the Mount of Transfiguration). Are there 3 people who you do life with in Christ, encourage and correct each other, are actively accountable with, etc.?

c) A Community of 12 (e.g., Jesus 12 disciples were His small group where discipleship, teaching, and equipping to carry out a common mission took place) Are you currently and actively involved in a small group of this kind?

d) A Community of 120 - 3000 (e.g., Jesus told His disciples to gather and wait for the promise of the coming of the Holy Spirit at Pentecost. On that day the church began in an upper room of around 120 people and then quickly grew to over 3000). The Book of Acts, specifically chapters 2 & 4 describe what they did when they were together, what it was like, and the things that happened in their homes or in their larger and more public gatherings. I Corinthians 14:26-33 also gives us a picture of what it was like when they met together as believers. Please describe your current relationship and involvement with a larger local church or fellowship of this nature?

For more information and resources on how to pursue freedom or help others experience freedom in Christ please go to our website at www.kingdomministriesintl.org.