



Spiritual Experiences Questionnaire

The following assessment is a tool to help you become more aware of possible areas of vulnerability to some form of spiritual bondage. This is by no means an exhaustive list but only represents what is generally more common.

However, just because you may answer yes to one or more of the questions below doesn't 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.

(Please check all that apply)

#	DESCRIPTION	(X)	FREQUENCY/OTHER INFORMATION?
1.	Have you ever consulted a psychic, medium, spiritist or channeler?		
2.	Do you or have your ever had an imaginary friend or spirit guide offering you guidance or companionship?		
3.	Have you experienced or been involved with any contact, seen or heard the spirit or representation of someone who has died?		
4.	Have you ever been hypnotized, attended a New Age or parapsychology seminar?		
5.	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?		
6.	Have you ever (willingly or unwillingly) participated in occult practices—seances, black or white magick, casting spells, invoking curses, or rituals of any kind?		

7.	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?		
8.	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?		
9.	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)?		
10.	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?		
11.	Have you ever seen or experienced an apparition, “a ghost” or what appeared to be the “spirit” of either a deceased or another human being who is still alive.		
12.	Have you attempted or experienced some form of “astral projection” or had an “out-of-body” experience?		
13.	Seen a vision, appearance, glimpse, aura, sense, or sound of what seems to be a nonhuman or “spirit-being?”		
14.	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?		
15.	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?		
16.	Have you received or 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 particular purpose or benefit assigned to it?		

17.	Have you relied on a substance (drug, alcohol, etc), or an activity (sex, exercise, music, gaming, etc.) to satisfy a need, comfort yourself, medicate internal or physical pain, or help you deal with or avoid some kind of problem? Or have an eating disorder?		
18.	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.?		
19.	Have you been physically, sexually, or emotionally abused or violated in some way by someone or something?		
20.	Have you ever felt physically, sexually, or mentally violated or attacked while asleep?		
21.	While asleep, were you ever awakened feeling something heavy was sitting on your chest and/or were unable to speak?		
22.	Do you have periods of depression or a history of having suicidal thoughts or thoughts of harming yourself?		
23.	Have you ever cut yourself purposely to try and relieve emotional pain or anger?		
24.	Do you have repeated patterns or a history of negative thoughts, unmanageable emotions, or unwanted behaviors?		
25.	Do you have a history of one or more sexual unions prior to or outside the biblical covenant of marriage?		
26.	Do you have knowledge of family sins or hereditary influences, illnesses, behaviors, etc. continuing through one or more generations?		
27.	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 here on the back side of this document.		
28.	Have you ever experienced or participated personally or with others in any of the following:		
	A “seance”, table lifting, levitation, etc.		
	Ouija Board		
	Used a Magic Eight Ball		

	Play or have played fantasy games e.g., Dungeons and Dragons, etc.		
	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 communicating with a "spirit guide" or attempting to make contact with a deceased person		
	Fortune-telling, Tarot cards, Palm reading, Divining		
	Astrology		
	Hypnosis or Self-hypnosis		
	Mental suggestion, telepathy		
	Astral projection or "out-of-body" experiences		
	Yoga Exercises and/or Meditation practices		
	Attempted to swap minds		
	Black and/or white magic		
	Practiced or received New Age Medicine such as Reiki, "energy healings" and some forms of chiropractic treatment.		
	Participated in a New-Age healing seminar or were treated by a person using unconventional forms of treatment.		
	Made a blood pact or oath		
	Purposely cut, burned, or repeatedly inflicted a wound on your body? (Including any tattoos)		

	Engaged in fetishism (objects of obsession, worship, or for sexual pleasure)		
	Encountered or had contact with Incubi and/or Succubae (male/female sexual spirits) - where you felt you've been raped or had sexual experiences apart from human contact		
	Serious thoughts and/or plans to harm or kill yourself?		
29.	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		
	Mormonism		
	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 practices, attendance, participation - including Wicca, white or black magic		

30.	Experienced or participated in any kind of non-biblical ceremony, ritual, or connections with a Shaman, Mason, or other kind?		
	Other Religions such as: Zen Buddhism, Hare Krishna, Bahaism, 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.		
	Religious, cultural, and ritual practices of others in your family, relatives, or others you know who are involved or have participated in, including acts done on your behalf— prayers, rituals, ceremonies, etc. or in those that involved you?		
	Other:		

Spiritual Experiences in Christ

1.	Have you verbally and publicly confessed Jesus Christ as your only Savior and Lord? 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 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). Have you or did you have any difficulty in trying to audibly confess Jesus as Lord?		
2.	Have you ever or do you have difficulty participating in taking communion (Holy Communion, The Lord's Supper)?		
3.	Do you have difficulty reading the Bible or praying aloud in a meaningful way? Ever to the point you've felt you're unable to use your own will to do so?		
	Have you been baptized in water according to the teaching of the Lord Jesus Christ and the Holy Bible?		

	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 (John 14:15-17)?		
	Have you experienced being overwhelmed with, renewed, filled, or “baptized” with the Holy Spirit on one or more occasions?		
	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 5:19)?		
	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.?		
	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?		
4.	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.		
	B.) A Community of 3 (e.g. Peter, James, and John were the 3 that Jesus were the 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 intentionally share life with in Christ? Others who mutually encourage, correct, and are accountable to one another? (see sample accountability questions)		
	C.) A Community of 12 (e.g., Jesus 12 disciples were His small group where discipleship, teaching, ministry, worship, and equipping to carry out a common mission took place) Are you currently and actively involved in a small group of this kind?		

	<p>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 whether 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. Are you actively engaged with a local church fellowship or gathering of believers?</p>		
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For more information, training courses and practical resources on how to pursue freedom or help others experience freedom in Christ please go to our website at kingdom-ministries.org

