



OUR LADY of MOUNT CARMEL  
CATHOLIC CHURCH AND SCHOOL

*Grateful no matter what*

*Discover Your*  
**Spiritual Gifts**

Stewardship is the grateful response of a Christian disciple who recognizes and receives God's gifts and shares these gifts in love of God and neighbor.

***Begin in Prayer:***

*Lord, I stand in awe of the many gifts you have given me. I want to use them to serve you. Please guide and direct me in the discovery of my gifts. Help me find a place of joyful service that brings honor and glory to You.*

*God our Father, in Baptism You called me by name, as I begin this journey to discern your will for my life, help me to respond to these questions on the Spiritual Gifts Inventory.*

*Lord, as I prepare for this Spiritual Gifts Inventory, let your strength and your wisdom be my guide. May you, the author and creator of all things, enlighten me and open my mind and heart.*

*“There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone. To each individual the manifestation of the Spirit is given for some benefit.” - 1 Corinthians 12:4-11*

## About the Assessment

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Charisms, or spiritual gifts, are special abilities given to all Christians by the Holy Spirit through baptism. These gifts give us power both to represent Christ and to be a channel of God’s goodness for people. Whether extraordinary or ordinary, all charisms ought to be exercised in the service of God (Catechism of the Catholic Church, 2003).

Sadly, many of us are not aware of our gifts or abilities. These gifts are then not utilized for the Service of God, and others suffer because of it. We at Our Lady of Mount Carmel desire our parishioners to become the best disciples of Christ that they can be. Therefore, we are highly encouraging our parishioners to take our Spiritual Gifts Inventory and consider joining a ministry based on their spiritual gifts!

This inventory will give you an introductory evaluation of your gifts and possible ministry categories for you to share your gifts in love of God and neighbor. It can help you pinpoint the best places to begin, but discerning our charisms is a process. If after taking this inventory you would like to further discern your charisms and gifts, consider contacting our Stewardship Director to learn more about where you might be called.

## Instructions

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It will take approximately 15 - 20 minutes to take the inventory. There are 126 questions that assess your gifts in 18 different areas. Once you have totaled your scores for each of the gifts using the self-scoring sheet, send your Answer Key to [KochD@olmcl.org](mailto:KochD@olmcl.org) or mail them to/drop them off at the Parish Office: 14598 Oak Ridge Road, Carmel, IN 46032. Please provide your name and contact information so we can send you your top charisms and ministries.

Read each statement then rate it in terms of how true this is for you, not how you think you should behave or feel. Be as honest as possible. In most cases, your first thought on what the answer should be will be the most accurate.

# Answer Key

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Name \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Indicate how well each statement applies to you in the box noting the question number, from 0 to 3, where **0 = Rarely** • **1 = Occasionally** • **2 = Often** • **3 = Consistently**

When you have finished, total each column.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108
109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126
TOTAL																	
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>

1. I enjoy organizing activities and events.
2. I enjoy working with my hands.
3. I enjoy using my artistic skills.
4. People say that I am insightful.
5. I enjoy being with those who are discouraged to strengthen and reassure them.
6. I can communicate the Gospel with clarity and conviction in a positive, non threatening way.
7. I manage my finances and limit my lifestyle in order to give as much of my resources as possible to those in need.
8. I have faith in the power of God to heal others' brokenness through me.
9. I am good at providing an atmosphere in which people feel valued and cared for.
10. I feel compelled to earnestly pray on behalf of someone or some cause for extended periods of time.
11. I have knowledge that enables me to better serve the Body of Christ.
12. I am skilled at providing direction for God's people or ministry.
13. I have a strong devotion to Mary.
14. I don't hesitate to speak out in defense of my faith.
15. I prefer to work behind the scenes to support the gifts and ministries of others.
16. I can communicate biblical truth in a straightforward way that others easily understand.
17. I have a special ability to sense God's purpose in life situations and to share those insights in a simple, understandable way.
18. I live my Christian values regardless of whether anyone is watching or not.
19. I can manage people and groups effectively.
20. I have the ability to design and build things.
21. I am effective at communicating ideas to other people in innovative ways.
22. People tell me that I am a good listener.
23. I am comfortable challenging and encouraging others to trust and hope in the promises of God.
24. I seek out opportunities to talk with others about spiritual matters.
25. I regularly support the work of the Church with sacrificial gifts of my resources.
26. I am a channel of God's love to those who are physically or emotionally sick.
27. When I meet new people, I am good at making them feel welcomed.
28. I am aware of the needs of others and support them daily through prayer.
29. I enjoy spending time reading Scripture or Church documents for insight, understanding, and truth.
30. I have the ability to motivate others to reach their potential.
31. I set aside time each day to talk with God about what is on my mind and in my heart.
32. I communicate God's word in an inspired way that leads others to renewal or to return to the faith.
33. I am most comfortable performing routine or practical tasks.
34. When I talk about the teachings of the Church, I can effectively relate them to my audience.
35. I understand what is necessary to meet the needs of the Body of Christ.
36. I enjoy sharing my Christian beliefs with others.
37. I confidently make difficult decisions that affect other people.
38. I enjoy creating tangible objects for use in the church.
39. I channel my creative energies into music or art.
40. I am skilled at helping people recognize their gifts or strengths.
41. I support people who are trying to live their faith.
42. I challenge others to learn more about their faith as a way to deepen their relationship with the Lord.
43. I believe that just as God has been generous to me, so I must be generous to others.

44. I feel compelled to help the spiritually, physically, or emotionally wounded.
45. I am happiest when I am creating a safe and comfortable setting where relationships can develop.
46. I pray for the Holy Spirit to guide others.
47. I have an unusual ability to be insightful in a way that serves the church.
48. I am an “idea” person who can effectively communicate my vision to others.
49. Encountering Jesus Christ in the Eucharist is a profoundly transforming experience for me.
50. I can see truth that others often fail to see and challenge them to respond.
51. I sense God’s purpose and pleasure when I am meeting everyday responsibilities.
52. I enjoy sharing my knowledge with others.
53. I often provide divinely given solutions in the midst of conflict and confusion.
54. I see value in using my life experiences to bring others closer to God.
55. I am skilled at taking an idea from conception to completion.
56. I am skilled in working with different tools and/or using various materials, such as wood, cloth, paint, metal, etc.
57. I am creative and innovative.
58. I am effective at helping people make life choices.
59. I motivate others to grow spiritually and to live a Christian life.
60. I can adapt how I convey the Gospel message to meet an individual’s need or place on his or her faith journey.
61. I provide resources generously and cheerfully, trusting God will take care of my needs.
62. I have a special ability to be God’s means for restoring people to wholeness in mind, body, or spirit.
63. I have a gift for connecting people so that they can build enduring friendships.
64. I spend time in quiet prayer every day.
65. I enjoy organizing information for teaching and practical use.
66. I can direct groups to accomplish things for God.
67. I set aside time each day to talk with God about what is on my mind and in my heart.
68. I am not afraid to urge people to change their behavior if they are living an unchristian lifestyle.
69. I can attach spiritual value to practical service.
70. Extended times of study and reflection are an integral part of my life.
71. In certain situations I clearly hear the Spirit giving me direction.
72. Words are not necessary to convey my faith to others.
73. I deal effectively with difficult people.
74. I am considered “handy” and am able to fix things.
75. I am a talented writer.
76. I enjoy walking with people on their spiritual journey.
77. I enjoy emphasizing God’s promises and confidence in His will.
78. I seek out those who are struggling with their faith so I can expose them to the truth of the Gospel.
79. I am willing to tithe 10% of my income to further the Church’s mission of spreading the Gospel message and caring for the poor.
80. I have the ability to help others find personal balance, harmony and wholeness of body, mind, spirit, and relationship.
81. I set people at ease in unfamiliar surroundings.
82. I am convinced God moves in direct response to prayer.
83. I hunger for greater knowledge about Catholic teachings.
84. I take responsibility and establish goals for groups with which I am involved.
85. I regularly take part in the sacrament of reconciliation as way to deepen my relationship with God.

86. I have the ability to persuasively declare God's truth.
87. In my free time, I enjoy doing simple or routine tasks to help other people.
88. I have an innate ability to clearly explain and apply the Word of God.
89. I can apply spiritual truth in specific and practical ways.
90. I believe in leading by example.
91. I am a creative problem solver.
92. I enjoy fixing things around the house or the parish.
93. I enjoy finding creative new ways to do things.
94. I turn to the Holy Spirit for guidance when making big decisions.
95. I have the special ability to strengthen, comfort and urge to action those who are discouraged or wavering in their faith.
96. I have the special ability to effectively communicate the Gospel to others so that they respond in faith.
97. I cheerfully contribute money and resources to the work of the Lord.
98. Using my own life experiences, I am competent in guiding people through the grieving process.
99. I make those around me feel warmly welcomed, accepted, and comfortable.
100. I spend part of my prayer time focused on others.
101. I have a good understanding of the teachings of the Church.
102. When working in a group, I can create a vision, and then organize and motivate the group to carry it out.
103. I take time to pray before the Blessed Sacrament on a regular basis.
104. I am competent in defending my Catholic faith to others.
105. I enjoy doing the practical and necessary tasks of the parish for little or no recognition.
106. I challenge those around me to want to learn more about their faith.
107. I have the ability to explain what to do and how to do it in a way that is easy to understand.
108. My daily actions demonstrate my Christian beliefs.
109. I can make an idea happen from beginning to end.
110. I can visualize how things fit together.
111. I am energized while in the process of creating something new or different.
112. I feel a sense of peace in my daily life.
113. Whenever the opportunity arises, I strive to encourage or persuade others to live faith-filled lives.
114. I seek opportunities to help people strengthen their faith.
115. I am a good steward of the blessings God has given me.
116. I empathize with people who are suffering and work to alleviate their pain.
117. I easily see similarities between people, and facilitate their feelings of belonging and comfortable in a new group.
118. My personal prayer time includes special time to pray on behalf of others.
119. I seek opportunities to learn more about my faith, especially Scripture and Magisterial teaching.
120. I am happy when I find a way to motivate a group to accomplish a goal I have set.
121. I feel most alive when I fully participate in the liturgy.
122. I seek opportunities to appeal to people to be more attentive to God.
123. I'll do whatever I can, in any capacity, to help someone when needed.
124. People come to me with questions about Scripture or Tradition.
125. I find it easy to apply my faith to daily life.
126. The manner in which I live my life gives testament to the presence of God in my life.