



KINGDOM IDENTITY SERIES · FEARFULLY AND WONDERFULLY WIRED

THE KINGDOM CODE ASSESSMENT

A fuller look at the unique way God set your sliders

To be used alongside the ***Fearfully and Wonderfully Wired*** Teaching Guide

Psalm 139:13-14 NKJV *For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.*

Why a Fuller Version

The quick Kingdom Code uses three statements per slider. It is a fun place to start, but if traits show up strongly in your life, it is easy to score the maximum on several sliders and not see which ones are strongest.

This fuller version uses seven statements per slider and a five-point scale, so your results show real differences between your sliders. It also adds something new: a **weight** score for each slider. Strength tells you how strongly a trait shows up in you. Weight tells you how much it costs you day to day. The two are not the same. A strong trait is part of your design. A heavy one is a place where you may need rest, support or understanding.

Before You Begin

- Set aside 10 to 15 minutes somewhere quiet. Have a pen ready.
- Answer for how you usually are, across most of your life, not just this week.
- Go with your first instinct. There are no right or wrong answers, and nobody needs to see this but you.
- For each statement, circle the number under the word that fits you best: Never, Rarely, Sometimes, Often or Always. The last row of each slider asks how much that slider weighs on you.
- Simply circle the number in the column you choose. Some rows have their numbers running the other way on purpose, and the scoring takes care of itself.

This is a reflective tool, not a diagnosis. It cannot tell you whether you are autistic, have ADHD or any other condition. If you have questions about yourself or a family member, please speak to a doctor or registered psychologist.

Slider 1: The Sensory Sommelier *Your senses have strong opinions.*

Statement	Never	Rarely	Some-times	Often	Always
1. I notice sounds, smells or lights that other people do not seem to notice.	0	1	2	3	4
2. Certain fabrics, seams or labels bother me enough to change what I wear.	0	1	2	3	4
3. I have strong preferences about food textures, or foods touching on the plate.	0	1	2	3	4
4. I have a “right” cup, spoon or pen, and the wrong one feels wrong.	0	1	2	3	4
5. Strong perfume, cleaning products or cooking smells affect how I feel.	0	1	2	3	4
6. I need to step away from loud or bright places to recover.	0	1	2	3	4
7. Busy, noisy places do not really bother me.	4	3	2	1	0
Strength total: add up your circled numbers (out of 28)					
How much does this weigh on you? (0 = not at all, 4 = a great deal) <i>My sensory reactions affect my energy, comfort or plans.</i>	0	1	2	3	4

Slider 2: The Deep Diver *When it is interesting, the world disappears.*

Statement	Never	Rarely	Some-times	Often	Always
1. I can lose hours down a research rabbit hole without noticing.	0	1	2	3	4
2. I know far more than most people about one or two very specific topics.	0	1	2	3	4
3. When I am absorbed, I forget to eat, drink or check the time.	0	1	2	3	4
4. I find it hard to stop an interesting task, even when I need to.	0	1	2	3	4
5. I would rather learn everything about a subject than just the basics.	0	1	2	3	4
6. I could talk about my favourite topics for a long time if someone let me.	0	1	2	3	4
7. I usually lose interest in a new topic quite quickly.	4	3	2	1	0
Strength total: add up your circled numbers (out of 28)					
How much does this weigh on you? (0 = not at all, 4 = a great deal) <i>Getting absorbed makes me miss things that matter, like meals, sleep or commitments.</i>	0	1	2	3	4

Slider 3: The Ritual Keeper *Same order. Same seat. Same mug.*

Statement	Never	Rarely	Some-times	Often	Always
1. My morning or evening routine happens in the same order every day.	0	1	2	3	4
2. A sudden change of plan can unsettle my whole day.	0	1	2	3	4
3. I order the same meal, sit in the same seat or take the same route.	0	1	2	3	4
4. I like to know exactly what will happen, and when, before an event.	0	1	2	3	4
5. I feel uneasy when things at home are moved from where they belong.	0	1	2	3	4
6. I prefer familiar places and people to new ones.	0	1	2	3	4
7. I enjoy spontaneous, last-minute plans.	4	3	2	1	0
Strength total: add up your circled numbers (out of 28)					
How much does this weigh on you? (0 = not at all, 4 = a great deal) <i>Changes to my routine leave me anxious or drained.</i>	0	1	2	3	4

Slider 4: The Pinball *Lots of tabs open. Some of them are playing music.*

Statement	Never	Rarely	Some-times	Often	Always
1. I have lots of tabs open, on my screen and in my head.	0	1	2	3	4
2. I start new tasks before I have finished the old ones.	0	1	2	3	4
3. Time slips away from me, and I am often running a little late.	0	1	2	3	4
4. I find it hard to sit still for long, in body or in mind.	0	1	2	3	4
5. I misplace things like my keys, phone or glasses.	0	1	2	3	4
6. I find it hard to start boring tasks, even important ones.	0	1	2	3	4
7. I find it easy to finish one task before starting another.	4	3	2	1	0
Strength total: add up your circled numbers (out of 28)					
How much does this weigh on you? (0 = not at all, 4 = a great deal) <i>Losing track of time, tasks or things causes problems for me or for others.</i>	0	1	2	3	4

Slider 5: The Social Battery

People are lovely. And then I need a lie down.

Statement	Never	Rarely	Sometimes	Often	Always
1. After socialising, I need time on my own to recharge.	0	1	2	3	4
2. I rehearse conversations or phone calls in my head beforehand.	0	1	2	3	4
3. I would rather send a message than make a phone call.	0	1	2	3	4
4. Small talk tires me more than a deep conversation does.	0	1	2	3	4
5. After a busy day with people, I need a quiet evening or a quiet day.	0	1	2	3	4
6. I sometimes copy how others act so that I fit in.	0	1	2	3	4
7. A whole day around people leaves me full of energy.	4	3	2	1	0
Strength total: add up your circled numbers (out of 28)					
How much does this weigh on you? (0 = not at all, 4 = a great deal) <i>Social situations leave me exhausted or anxious.</i>	0	1	2	3	4

Slider 6: The Processor

Give me a moment, and give it to me in writing.

Statement	Never	Rarely	Sometimes	Often	Always
1. I understand instructions best when they are written down.	0	1	2	3	4
2. I need a moment to think before I can answer a question.	0	1	2	3	4
3. I sometimes miss hints, or take words too literally.	0	1	2	3	4
4. I can freeze when asked to speak or pray on the spot.	0	1	2	3	4
5. I replay conversations afterwards to work out what was meant.	0	1	2	3	4
6. I prefer people to say exactly what they mean.	0	1	2	3	4
7. I can follow long spoken instructions easily.	4	3	2	1	0
Strength total: add up your circled numbers (out of 28)					
How much does this weigh on you? (0 = not at all, 4 = a great deal) <i>Misunderstandings or needing extra time to process cause me stress.</i>	0	1	2	3	4

Scoring Your Results

Step 1. For each slider, add up the seven numbers you circled. Write this strength total (out of 28) in the table below.

Step 2. Turn each total into a level from 0 to 10 using this lookup. Find your total in the top row; your level is underneath.

0 to 1	2 to 4	5 to 6	7 to 9	10 to 12	13 to 15	16 to 18	19 to 20	21 to 23	24 to 26	27 to 28
0	1	2	3	4	5	6	7	8	9	10

Step 3. Copy across your weight score (0 to 4) for each slider. Tick the last column if the weight is 3 or 4.

Slider	Strength total (out of 28)	Level (0 to 10)	Weight (0 to 4)	Support area? (3 or 4)
1. Sensory Sommelier				
2. Deep Diver				
3. Ritual Keeper				
4. Pinball				
5. Social Battery				
6. Processor				

Your Refined Kingdom Code

Write your six levels in order. Because each level runs from 0 to 10, a code might look like 9-10-3-8-9-6. Your highest numbers are your strongest sliders.

1. Sensory	2. Deep Dive	3. Ritual	4. Pinball	5. Social	6. Processor

Your Mixing Desk

Shade each column from the bottom up to your level for that slider. Then step back and look at the shape. This is how God set your sliders.

10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
Level	Sensory	Deep Dive	Ritual	Pinball	Social	Processor

Reading Your Results

Strength levels

0 to 3: Quiet	This trait shows up only a little in you. It may be an area where you can easily support others who are strong in it.
4 to 6: Moderate	This trait is part of you some of the time, depending on the setting or the season.
7 to 8: Strong	This trait is clearly part of your design and shapes how you experience the world.
9 to 10: Very strong	This is one of your signature sliders. Read its page carefully: it carries a real gift.

Weight scores

0 to 1: Light	This slider is not costing you much right now.
2: Moderate	Some days are harder than others. Small adjustments may help.
3 to 4: Heavy	A support area. This is where rest, practical help and understanding from others will make the biggest difference.

Strong but light means a trait that is a natural, settled part of who you are.

Strong and heavy means a trait that is part of your design but is costing you a lot at the moment. That is not a failure. It is a signal to steward that area with extra care.

A gentle word: if three or more of your sliders are heavy, and this has been true for a long time, it may help to talk with a doctor or registered psychologist. Many adults find an assessment clarifying and freeing. Many others find that understanding their design is enough. Either way, God set every one of those sliders on purpose.

Your Top Sliders

My three strongest sliders are...

My support areas (weight 3 or 4) are...

What surprised me about my results...

The Sensory Sommelier

Your senses have strong opinions.

In Scripture: Isaac

Isaac asked for savoury food “such as I love” (Genesis 27:4), and when Jacob came close, it was the smell of his clothes Isaac noticed first. His senses held strong opinions and deep memory. God made the senses, and He invites us to use them in worship: “Oh, taste and see that the LORD is good” (Psalm 34:8).

Genesis 27:27 NKJV *And he came near and kissed him; and he smelled the smell of his clothing, and blessed him and said: “Surely, the smell of my son is like the smell of a field which the LORD has blessed.”*

When this slider is strong: the gift in it

Senses “exercised to discern” (Hebrews 5:14). Often the first to sense that something is off, in a room, in a child, or in the spirit.

When this slider is heavy: ways to steward it

- Choose your seat where you can
- Earplugs in loud worship are allowed
- A soft layer under the scratchy outfit
- Step outside for two quiet minutes

The Deep Diver

When it is interesting, the world disappears.

In Scripture: Mary of Bethany

Mary sat at Jesus’ feet and the rest of the world disappeared, including the dinner. Martha noticed. Jesus defended Mary’s depth and called it the good part.

Luke 10:39, 42 NKJV *And she had a sister called Mary, who also sat at Jesus’ feet and heard His word... But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.*

When this slider is strong: the gift in it

Depth. This is the go-to person for “Where is that verse?” and the one who brings back treasure from the deep places.

When this slider is heavy: ways to steward it

- Set alarms for meals and bedtime
- Park new rabbit holes on a list
- Decide what “good enough” looks like first
- Protect your quiet time

The Ritual Keeper

Same order. Same seat. Same mug.

In Scripture: Daniel

Daniel's rhythm was so steady that his enemies could plan around it, and still he did not change it. God honoured that faithfulness in the lions' den. God Himself keeps a morning rhythm: His mercies "are new every morning" (Lamentations 3:22-23).

Daniel 6:10 NKJV *He knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.*

When this slider is strong: the gift in it

Faithfulness. This is the one who keeps the lamp burning continually (Exodus 27:20) and keeps the systems working.

When this slider is heavy: ways to steward it

- Ask for notice of changes
- Build a small routine around the new thing
- Say: "I need a minute to adjust"
- Keep one anchor habit, like morning devotion

The Pinball

Lots of tabs open. Some of them are playing music.

In Scripture: Peter

Peter stepped out of the boat, cut off a servant's ear, and offered to build three tabernacles while heaven was still speaking on the mountain. Jesus never discarded him. He named him the Rock and gave him the first sermon at Pentecost.

Matthew 14:28-29 NKJV *And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus.*

When this slider is strong: the gift in it

First out of the boat. Courage, energy and fresh ideas, and calm when everything else is on fire.

When this slider is heavy: ways to steward it

- One master list, not ten sticky notes
- Break big tasks into the very first step

- Do boring tasks alongside a friend
- Clocks and reminders where you can see them

The Social Battery

People are lovely. And then I need a lie down.

In Scripture: Jesus Himself

The crowds were so great that Jesus and His disciples did not even have time to eat. So He drew them away to rest. Luke tells us He often withdrew to pray (Luke 5:16). Stepping away to recharge is not weakness. The Son of God modelled it.

Mark 6:31 NKJV *And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat.*

When this slider is strong: the gift in it

Deep listening, faithful intercession and loyal friendship. This is the person who hears what is really being said.

When this slider is heavy: ways to steward it

- Guilt-free gaps between commitments
- It is fine to leave fellowship early
- Plan a quiet day after a conference
- Protect your secret place with God

The Processor

Give me a moment, and give it to me in writing.

In Scripture: Moses, Mary and Nicodemus

Moses told God he was "slow of speech," and God did not shame him; He sent Aaron alongside him. Mary "kept all these things and pondered them in her heart" (Luke 2:19). Nicodemus heard "born again" and asked how a grown man could enter his mother's womb (John 3:4). Jesus did not mock him. He explained patiently.

Exodus 4:10 NKJV *Then Moses said to the LORD, "O my Lord, I am not eloquent, neither before nor since You have spoken to Your servant; but I am slow of speech and slow of tongue."*

When this slider is strong: the gift in it

A pondering heart. Careful, accurate and honest. Says what they mean, and means what they say.

When this slider is heavy: ways to steward it

- Ask for important things in writing
- Say: "Let me come back to you on that"
- Ask: "What exactly do you need?"
- Journal what God is saying to you

Reflect and Respond

1. Which slider describes you most, and where have you seen its gift at work in your life?

2. Which slider has been heaviest for you, and what is one small change that would lighten it?

3. Is there a part of how you are made that you have quietly wished God had done differently?

4. Who in your life is set very differently to you, and how could you receive them more fully?

A Declaration Over the Way God Made Me

I am fearfully and wonderfully made. You formed my inward parts and skillfully wove me together in secret, thread by thread and colour by colour. Every slider in me was set by Your hand, the strong ones and the quiet ones. I am not faulty, and I am not a mistake. I am Your workmanship, created in Christ Jesus for good works You prepared beforehand. I will steward the way You made me with wisdom, rest and joy, and I will receive others as You have received me. Marvelous are Your works, and my soul knows it very well. In Jesus' name, Amen.

You were not mass-produced. You were skilfully woven.

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