

CIRCLE A NUMBER TO RECORD HOW YOU ARE EXPERIENCING OR EXPRESSING EACH PARTICULAR FRUIT.

1 = I am not seeing much of that fruit displayed in my life right now.

5 = I am experiencing much of this fruit in my life right now.

Love

Love is a choice to meet the needs of others with no expectation of return.

Are you choosing to show love because you are being led by God's Spirit?

1 2 3 4 5

Joy

Joy comes from the Lord in good times and bad. Do you have a deep sense of well-being that is not determined by your circumstances? Are you choosing joy with God's help?

1 2 3 4 5

Peace

Peace is found as we rest and rely on God. We can have peace in times of trouble. Are you choosing to be aware in every circumstance that God is sufficient and also striving for peace in your relationships?

1 2 3 4 5

Patience

Patience with others can grow as we are reminded that God is patient with us. Patience is the ability to wait on God and knowing that we can trust that He is working for our best in His timing. Are you showing patience in your daily life?

1 2 3 4 5

Kindness

Kindness is expressing to others the same mercy and grace that God has given to us in Christ Jesus. Are your words and actions kind? Are you showing kindness regardless of how you are treated?

1 2 3 4 5

Goodness

God is good, and His integrity and moral perfection are flawless. God's goodness is on display through grace and love. We can participate in that goodness when we distribute grace and love through the empowerment of God. Are you showing a goodness that shows God's love?

1 2 3 4 5

Faithfulness

God is faithful, and we can always count on Him. A faithful person is one who does what they say. It is a pure dynamic of reliability and loyalty. Are you reliable, loyal and a person of your word?

1 2 3 4 5

Gentleness

Gentleness is power under control. It is humility and restraint that derives from a position of true strength in Christ. With God's help do you show gentleness and restraint?

1 2 3 4 5

Self-control

God's Spirit helps us have the ability to display self-control. Self-control is displayed when we show discipline in our emotions, words and actions. Are you showing self-control in your life?

1 2 3 4 5

Based on your self-assessment, which two or three would you like to put intentional effort into over these next 120 days? Remember these are not developed by you trying harder, but by cooperating with God's Spirit in your life. Spend some time seeking God and asking Him for help in these areas.

1. _____

2. _____

3. _____

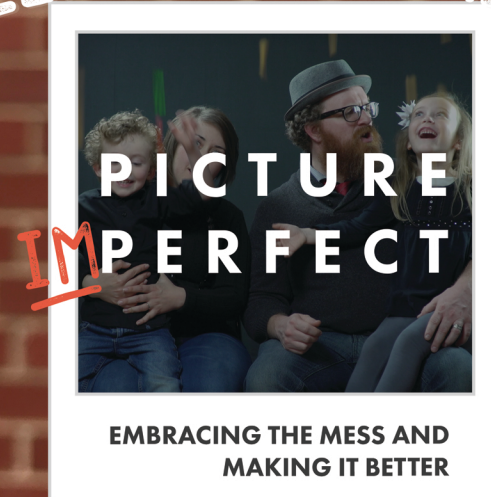
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SELF-ASSESSMENT



The Apostle Paul writes to the church

in the book of Galatians that the Spirit of God inside the life of a believer desires to produce fruit. These fruit serve as evidence of God's transformative work inside an individual. God does not produce this fruit on His own and we do not manufacture fruit apart from the work of the Spirit.

Thankfully, as we cooperate with God's Spirit, fruit is produced and displayed in our lives.

**BUT THE FRUIT OF THE SPIRIT IS
LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS,
FAITHFULNESS, GENTLENESS, SELF-CONTROL; AGAINST
SUCH THINGS
THERE IS NO LAW.**

GALATIANS 5:22-23

This assessment is designed to help you determine some potential growth areas. The goal is for you to discover two or three areas in which you could seek God's help for further fruit-bearing in your life.

Take some time to go through the self-assessment as individuals. Consider sharing your results with your spouse/family and begin praying for one another in each of those areas. Take time to notice and celebrate when you see more fruit-bearing in your home in the days to come.