

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

*Galatians 5:22-23*

  
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## SELF-ASSESSMENT

*The 9*

*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 of  
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 and self-control.*  
*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.

*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 this fruit abundantly 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, 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 act with grace and love through the empowerment of God. Are you living out goodness that shows God's love to others?

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 act with 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. \_\_\_\_\_