

# Fruit of the Spirit Personal Assessment



How accurately does each statement apply to you? Circle your answers.

	Does not apply at all	1	2	3	4	5
1. I have contentment even when things go wrong.	0	1	2	3	4	5
2. I have peace about life and my future.	0	1	2	3	4	5
3. I take unpopular stands when my beliefs dictate.	0	1	2	3	4	5
4. I do not have addictions or bad habits, whether related to food, alcohol, drugs, pornography, gambling, etc.	0	1	2	3	4	5
5. I consider myself a child of God, as good as everyone and better than no one.	0	1	2	3	4	5
6. I serve, encourage, and forgive people with ease.	0	1	2	3	4	5
7. I don't get angry with God when life is hard.	0	1	2	3	4	5
8. I take responsibility for my actions.	0	1	2	3	4	5
9. I make an effort not to hurt people, and I quickly seek forgiveness if I do.	0	1	2	3	4	5
10. I use persuasion rather than manipulation or force.	0	1	2	3	4	5
11. Circumstances do not dictate my mood.	0	1	2	3	4	5

Does not apply at all    Applies somewhat    Applies completely

	0	1	2	3	4	5
12. I am not angry with God, myself, or others.	0	1	2	3	4	5
13. I discipline my thoughts based on my faith in God.	0	1	2	3	4	5
14. I don't have a bad temper.	0	1	2	3	4	5
15. I am not known as a person who brags.	0	1	2	3	4	5
16. I relate to others with grace, gratitude, and generosity.	0	1	2	3	4	5
17. I don't take costly shortcuts in life, and I am able to delay gratification.	0	1	2	3	4	5
18. I don't have anything to hide.	0	1	2	3	4	5
19. I give to others, expecting nothing in return.	0	1	2	3	4	5
20. I am known as a person who is sensitive to the needs and feelings of others.	0	1	2	3	4	5
21. I enjoy life.	0	1	2	3	4	5
22. I don't hold grudges.	0	1	2	3	4	5
23. I live by what the Bible teaches.	0	1	2	3	4	5
24. I live a disciplined life.	0	1	2	3	4	5
25. No task is too menial for me if I am asked to do it.	0	1	2	3	4	5
26. I tangibly demonstrate compassion to those who are hurting or in need.	0	1	2	3	4	5
27. When I am under pressure, I rest in the knowledge that the matter is in God's hands.	0	1	2	3	4	5

# Score Sheet

Does not apply at all    Applies somewhat    Applies completely

28. I rather suffer personal loss than cheat or be dishonest.	0	1	2	3	4	5
29. I help those who cannot help themselves.	0	1	2	3	4	5
30. I am not known for raising my voice.	0	1	2	3	4	5
31. I am content with what I have and what I hope for.	0	1	2	3	4	5
32. When it comes to relationships, I seek to build bridges rather than burn them.	0	1	2	3	4	5
33. I keep the commitments I make.	0	1	2	3	4	5
34. I do not have sexual relationships that are contrary to what God designed and what the Bible teaches.	0	1	2	3	4	5
35. I don't get upset when my achievements are not recognized.	0	1	2	3	4	5
36. I am happy to give up what I want for the sake of others.	0	1	2	3	4	5
37. I keep my composure even when people or circumstances irritate me.	0	1	2	3	4	5
38. I never would keep money that does not belong to me.	0	1	2	3	4	5
39. I am known as a person who shows kindness to those who need encouragement.	0	1	2	3	4	5
40. I allow people to make mistakes.	0	1	2	3	4	5

1. Write your score on the line next to the corresponding number from the assessment. For example, if you circled "3" on #1, write "3" on the line next to #1 below.
2. Add the four numbers across in each row, and write the sum on the line at the far right, next to the attribute.
3. Add your totals for all rows, and write the sum next to "Assessment Total." A high score of 200 is possible.

1 _____	11 _____	21 _____	31 _____	= _____	Joy
2 _____	12 _____	22 _____	32 _____	= _____	Peace
3 _____	13 _____	23 _____	33 _____	= _____	Faithfulness
4 _____	14 _____	24 _____	34 _____	= _____	Self-control
5 _____	15 _____	25 _____	35 _____	= _____	Humility
6 _____	16 _____	26 _____	36 _____	= _____	Love
7 _____	17 _____	27 _____	37 _____	= _____	Patience
8 _____	18 _____	28 _____	38 _____	= _____	Integrity
9 _____	19 _____	29 _____	39 _____	= _____	Kindness
10 _____	20 _____	30 _____	40 _____	= _____	Gentleness

Assessment Total \_\_\_\_\_

*What happens when we live God's way? He brings gifts into our lives, the same way that fruit appears in an orchard — gifts like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely. Galatians 5:22-23*