

Fruit of the Spirit Self-Assessment Test

Revised 10.19.16

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against such things. – Paul, in Galatians 5:22, 23.

The wonderful truth about the Christian life is we are all on a progressive journey. Each of us demonstrates the fruit of the Spirit differently and will grow at different rates. – Following Jesus, Leader's Guide, p.77.

This self-assessment is meant to help you learn more about yourself, and have a little fun.

Please circle the answer that is most nearly true of you.

#1 – Love

My heart is tender towards God and towards other people.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I maintain an unselfish, caring heart towards people that is free from a critical, judgmental spirit.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#2 – Joy

In times of difficulty and stress I draw on an inner joy and can speak cheerful words of praise to God and others instead of getting angry and depressed.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I am more inclined to speak words of gratitude than complaint in daily living and when the going gets rough.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#3 – Peace

My family and friends describe me as a contented person. I know I am contented, too. I am not easily agitated.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I have peace because I know I am forgiven and accepted by God. Jesus is in control of my life, no matter how turbulent my external situation might be.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#4 – Patience

When people or things are not moving as quickly as I would like, I am able to wait gracefully and absorb my frustration.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

When someone does me wrong, it hurts but I can exercise restraint in my words and actions, and refuse to retaliate. I don't have to get even.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#5 – Kindness

I consistently make a point of encouraging people and lending a helping hand even when it is not convenient.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I treat others with openness, sensitivity and mercy, giving them the benefit of the doubt and wanting the best for them.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#6 – Goodness

I enjoy doing good things for people. I can also help keep people accountable in a kind way.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

Being honest and upright in my dealings with God and people is very important to me. I have a strong discernment between right and wrong, and I am quick to acknowledge my wrongs and repent.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#7 – Faithfulness

I am dependable and follow through on the things that are expected of me.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I am a good team player. One way I demonstrate loyalty is I can submit my personal opinion to the good of the group if I believe there is alignment with the Lord's will and the will of my-coworkers.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#8 – Gentleness (Meekness)

I am able to bear the slights of others and refrain from reaction while maintaining a tranquil, humble spirit.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I am considerate and thoughtful of the beliefs and feelings of others when I disagree with them.

I don't have to win every argument or have my way all the time.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#9 – Self-Control

I am able with the Holy Spirit's help to resist sinful temptations, addictive impulses and conquer bad habits in my life.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

I really like living a disciplined life. I take responsibility for myself spiritually, medically, financially, and emotionally. I don't mind the structure because I have given God control over my life.

Regularly (2 pts.)

Sometimes (1 pt.)

Seldom/Never (0 pts.)

#10 - How did you do in the Fruit of the Spirit test?

0-6 pts.

7-12 pts.

13-18 pts.

19-24 pts.

25-30 pts.

31-36 pts.

#11 - Pick your top 3 strengths. Select 3.

| | | |
|-------|----------|--------------|
| Love | Patience | Faithfulness |
| Joy | Kindness | Gentleness |
| Peace | Goodness | Self-Control |

#12 – Pick your 3 biggest growth areas. Select 3.

| | | |
|-------|----------|--------------|
| Love | Patience | Faithfulness |
| Joy | Kindness | Gentleness |
| Peace | Goodness | Self-Control |