

Fruit of the Spirit Inventory

As you look at the list of the Fruit of the Spirit, indicate by a number 1-5 how you feel you are experiencing each particular fruit in your life right now.

(1 = not experiencing this fruit of the Spirit in my life right now)

(5 = I am really experiencing this particular fruit in my life right now)

Also write down any heart response to the questions that accompany each fruit that is listed.

LOVE

1 2 3 4 5

Are you being led by the Spirit in reaching out to others in a loving manner? How do you treat your family and those around you? Are you self sacrificing, preferring others over yourself?

JOY

1 2 3 4 5

Is the Holy Spirit producing real joy in your heart that spills into the life you live? Do you choose joy over worry? Do you rejoice in God's presence in your life?

PEACE

1 2 3 4 5

Is your life full of peace in spite of your circumstances? Are you trusting God and not fearful about your circumstances? Do you experience the peace of God that passes all understanding?

PATIENCE

1 2 3 4 5

Do you accept interruptions and delays with grace and peace? Do you see God's larger plan at work in your circumstances? Do you surrender to God when things don't go your way?

KINDNESS

1 2 3 4 5

Is your first inclination to be kind to others? Do you seem to go out of your way to others first or to put others down? Are you sensitive to the needs of others?

GOODNESS

1 2 3 4 5

Is your behavior of a high moral standard? Are you living a pure life that is honoring to God?

FAITHFULNESS

1 2 3 4 5

Are you a person of your word? Do you follow through on what you start? Can others count on you? Do you give your commitments 100%?

GENTLENESS

1 2 3 4 5

Are you quick to listen and slow to act and speak? Do you have control of your anger? Are you healthily assertive yet non-aggressive in your relationships? Are you meek in your approach to others?

SELF-CONTROL

1 2 3 4 5

Do you have mastery over your behavior? Do you exercise discipline in your life? Are you free from addictions and uncontrollable behavior?

As you reflect on this inventory, remember that the Fruit of the Spirit is all inclusive. The Holy Spirit wants us to live in His power showing who He is in our lives by the fruit that we reveal.

As you identify areas of your life that you want to see made fresh and renewed in the work of the Spirit, pray and ask God to do the work in you to make that happen.