



FRUIT INVENTORY

Southwest Texas Conference
Of the United Methodist Church
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NAME

CHURCH

Fruit of the Spirit Inventory

Taking the Inventory

In a moment, you will get an opportunity to take an inventory in which you determine the fruit strongest in your lives, and those which still need work. This isn't a test, you can not fail! it is meant to help you grow the fruit in your life and relationship with God.

Review: Fruit of the Spirit

1. **Love:** the ability to unconditionally accept others; to give ourselves in service to others without expecting anything in return. (verses: Luke 6.35, John 3.16, 13.34-35, 1 Cor. 13.4-7)
2. **Joy:** a deep, inner gladness that comes from your relationship with Jesus Christ. (verses: John 15.10-11, 17.13, Acts 13.52, Rom 14.17-18, 15.13)
3. **Peace:** an inner harmony and sense of well being, based on our faith that God is in control no matter what happens. (verses: Isaiah 32.17, Jn 16.33, Phil 4.4-7, Ro 5.1)
4. **Patience:** ability to show restraint and calm in waiting on God, despite circumstances that may cause us to get angry. (verses: Colossians 3.12-13, Eph 4.2, 2 Tim

4.2, 1 Thessalonians 5.14)

5. **Kindness:** ability to treat others with openness, sensitivity, and love, and to share the kindness that comes from God. (Romans 2.4, 11.22, Eph 2.6-7, 2 Pe 1.5-8)

6. **Goodness:** having the nature of God, able to tell right from wrong, doing good to others & avoid evil. (verses: Matt 19.17, Mark 10.18, Romans 15.14, Ephesians 5.8-11)

7. **Faithfulness:** unshakable loyalty, shows in being trustworthy, reliable, responsible and carrying out our commitments to God and others. (verses: Matthew 23.23-24, 3; 25.21; John 3, 1 Cor. 4.1-2, 17; Hebrews 10.23)

8. **Gentleness:** showing consideration and thoughtfulness, putting my rights and strength under God's control in order to seek peace. It requires openness, humility, a teachable spirit. (verses: Matt 11.29, Eph 4.2-3, Titus 3.1-2, 1 Cor 4.21, 1 Timothy 6.1)

9. **Self-control:** to take authority over oneself and exercise discipline in order to avoid sin and live a life that pleases God. (verses: 1 Cor. 6.12, 2 Peter 1.5-6,

Evaluating Your Fruit

Based on your personal experience, respond to the following statements: Use the number system to rank each:

0— Never true for me 2—True most of the time
1—True every once in a while 3—Definitely true for me

- ___ 1. I am grateful that God loved the world (and me!) & that He gave his Son.
- ___ 2. God's presence makes me glad.
- ___ 3. I rest in the fact that God is in control of all things: past, present, future.
- ___ 4. Even though I don't always understand, I'm willing to wait on God to act.
- ___ 5. I am amazed by God's care for me shown by sending Jesus to die for me.
- ___ 6. I know that there are times God is justified or deserves to be angry.
- ___ 7. I love the fact that Jesus set aside His power to reach out to the hurting.
- ___ 8. I know that God will do exactly what He says He will do.
- ___ 9. My lifestyle reflects that I obey God.
- ___ 10. I feel sure of God's love for me, even when I act unloving to others.
- ___ 11. I have an inner assurance of my relationship with Jesus.
- ___ 12. Because I have Jesus, I am calmer, even when problems come along.
- ___ 13. I accept others right where they are.
- ___ 14. I choose to forgive others because Jesus chose to forgive me.
- ___ 15. I am immediately sensitive to the conviction of God's Spirit when I sin.
- ___ 16. When someone approaches me angry, I don't react in anger.
- ___ 17. People who know me well would say I have a consistent walk with God.
- ___ 18. I say 'no' to things that will hurt my relationship with God.
- ___ 19. I am committed to serving others, even if I don't feel like it.
- ___ 20. Even when things go wrong, I have a deep assurance of God's presence.
- ___ 21. I am confident that my sins are forgiven.
- ___ 22. I don't complain about my problems; instead I trust God.
- ___ 23. I comfort, encourage, and affirm others.
- ___ 24. I live a lifestyle that pleases God.
- ___ 25. Even when I feel attacked, I obey God's Word and submit to the Spirit.
- ___ 26. I follow through with what I say I will do.
- ___ 27. I am committed to a consistent time alone with God in prayer & study.
- ___ 28. I am positive and affirm good qualities in others, even when they get on my nerves.
- ___ 29. I have consistent satisfaction from doing what God wants me to do.
- ___ 30. I am confident God accepts me because of my relationship with Jesus.
- ___ 31. I believe that God is developing me into the person he wants me to be.
- ___ 32. I speak positively to others to build them up.
- ___ 33. I am truthful, honest, and keep the promises I have made.

Evaluating Your Fruit: continued

- ___ 34. I seek to be humble, get along with others, and teachable all the time.
- ___ 35. I am responsible.
- ___ 36. I have asked my friends to help me in areas in which I struggle.
- ___ 37. I serve others with no expectation of being served in return.
- ___ 38. I have a deep pleasure because I sense God's presence as I serve.
- ___ 39. I am not easily stressed out because I know God is in control.
- ___ 40. I am willing to wait for things that will benefit me physically, spiritually, or materially.
- ___ 41. I listen and try to understand others.
- ___ 42. I have talked to other Christians in love when they make wrong choices in the way they live.
- ___ 43. I am open and receive feedback in areas in which I need improvement.
- ___ 44. I use the abilities God has given me for His glory.
- ___ 45. When I recognize a bad behavior in my life, I immediately change it.
- ___ 46. When I have been hurt, I am willing to forgive the person who hurt me.
- ___ 47. I delight in what God is doing in the lives of others.
- ___ 48. I have a calm assurance even in difficult situations.
- ___ 49. When I am hurting, I place my hope in God.
- ___ 50. I am compassionate, caring, and respond to the needs of others.
- ___ 51. I am involved in serving others in order to influence others for Jesus.
- ___ 52. Regardless of my feelings, I focus on doing what is right.
- ___ 53. I feel that my time, money, and energy are God's to use as He wishes.
- ___ 54. Distractions do not keep me from my goals.
- ___ 55. I pray for my enemies and those who are hard to love.
- ___ 56. No matter what I am doing, I know God is with me and using me to serve others.
- ___ 57. I experience the Holy Spirit's comfort in the midst of the world's chaos.
- ___ 58. I accept others who are different from me.
- ___ 59. I treat others with kindness and gentleness, even if they are different than me or rejected by others.
- ___ 60. I take a stand for truth and against injustice.
- ___ 61. I don't seek revenge when others hurt me.
- ___ 62. My friends know they can count on me.
- ___ 63. I stay away from things in which I am easily tempted.



Fruit of the Spirit: Responses

Self-Scoring

Now that you have completed the inventory, transfer the answers to the corresponding numbers on this response sheet. Be sure to follow the numbers correctly, noting that they go in columns vertically. For example, for line A (Love), you will add up the responses to the statements 1, 10, 19, 28, 37, 46, and 55. Place your totals in the column marked 'Total.'

There is a possible score of 21 for each aspect of the fruit of the Spirit. The higher you score for each quality, the more likely you are to be showing that quality in your life. Circle the top two fruits you scored highest on. Underline your lowest.

							<i>Total</i>	Fruit
A:1	10	19	28	37	46	55	A	Love
B:2	11	20	29	38	47	56	B	Joy
C:3	12	21	30	39	48	57	C	Peace
D:4	13	22	31	40	49	58	D	Patience
E:5	14	23	32	41	50	59	E	Kindness
F:6	15	24	33	42	51	60	F	Goodness
G:7	16	25	34	43	52	61	G	Gentleness
H:8	17	26	35	44	53	62	H	Faithfulness
I:9	18	27	36	45	54	63	I	Self-control

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