

PERSONAL FAITH ASSESSMENT

(This resource is a companion of Chapter Nine "Faith Is Steps (And It Takes One Step)" and Chapter Eleven "Everybody's Watching" in the book *Life & Faith: from "This is it?" to "This is it!"*)



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Is your faith in Jesus growing? Are you trusting Jesus more? Do you feel qualified to measure your faith? Can others help you know how you're living out your faith? Can you know the answers to these questions?

Matthew wrote these words of Jesus in Matthew 7:16-20, *"By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them."*

Yes, you can measure your faith in Jesus. You can tell if your faith is growing. You can ask others to measure your faith objectively. What words and actions are you producing? What are the results of your life on the people around you? Jesus called this fruit.

What "fruit" should you be looking for?

Paul wrote in Galatians 5:22-25, *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."*

When you start your faith in Jesus, the Holy Spirit is deposited into you. In 2 Corinthians 1:21-22, Paul wrote, *"Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come."* His presence in you produces these actions (or fruit) in and through you.

- Love
- Joy
- Peace
- Forbearance (Patience)
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

If you grow in your faith in Jesus, these nine things will show up more and more in your words and actions. You should notice this happening through you, and those around you should experience them from you.

PERSONAL ASSESSMENT

Every month, every quarter, or every year, take this assessment.

Have you and a few other people (the more, the better) who know you well rank the following statements. Rank them 1 through 9, with 1 being the most observed fruit in your life and 9 being the least observed fruit.

The most observed fruit are identified to encourage you. Feel good knowing how people see your faith in Jesus through your actions and words.

The least observed fruit will help you know what you can do and say more and less. Don't get discouraged. See it as clarity on what steps you can take to trust Jesus more.

ASSESS YOURSELF

To assess yourself, rank each statement 1 through 9, with 1 being the most observed fruit in your life and 9 being the least observed fruit.

RANK

_____ **Love** - I naturally make others feel loved.

_____ **Joy** - I choose a positive outlook in all circumstances.

_____ **Peace** - I exemplify internal calmness and promote calmness to those around me.

_____ **Patience** - I wait well and put others' schedules ahead of their own.

_____ **Kindness** - I show generosity to those around me.

_____ **Goodness** - I do the right thing for those I come in contact with.

_____ **Faithfulness** - I show an unwavering commitment to the right people and things.

_____ **Gentleness** - I am soft with my words and actions toward others.

_____ **Self-control** - I am not mastered by anyone or anything.

Save your results until you have everyone else's assessment of you.

OTHERS ASSESS YOU

To have others assess you, share (text, email, message, in person, etc.) this with them:

Can you please help me be a better person?

There are nine statements below. Each one should describe me. But, of course, I am not perfect and always have room to improve.

Please rank each statement 1 through 9, with 1 being the most observed in my life and 9 being the least observed in my life. That's it. Thank you!

RANK

_____ **Love** - <Name of the person asking you to assess them> naturally makes others feel loved.

_____ **Joy** - <Name of the person asking you to assess them> chooses a positive outlook in all circumstances.

_____ **Peace** - <Name of the person asking you to assess them> exemplifies an internal calmness and promotes calmness to those around them.

_____ **Patience** - <Name of the person asking you to assess them> waits well and puts others' schedules ahead of their own.

_____ **Kindness** - <Name of the person asking you to assess them> shows generosity to those around them.

_____ **Goodness** - <Name of the person asking you to assess them> does the right thing for those they come in contact with.

_____ **Faithfulness** - <Name of the person asking you to assess them> shows an unwavering commitment to the right people and things.

_____ **Gentleness** - <Name of the person asking you to assess them> is soft with their words and actions towards others.

_____ **Self-control** - <Name of the person asking you to assess them> is not mastered by anyone or anything.

YOUR RESULTS

Once you have your results and the results from those who know you, add up the total rankings for each statement. For example, if you ranked "Love" a 6, and your friends ranked it a 3, 9, 6, 4, and 8, add those numbers together. Write the total 36 on the line next to "Love." Do this for each statement.

TOTALS

- _____ **Love** - I naturally make others feel loved.
- _____ **Joy** - I choose a positive outlook in all circumstances.
- _____ **Peace** - I exemplify internal calmness and promote calmness to those around me.
- _____ **Patience** - I wait well and put others' schedules ahead of their own.
- _____ **Kindness** - I show generosity to those around me.
- _____ **Goodness** - I do the right thing for those I come in contact with.
- _____ **Faithfulness** - I show an unwavering commitment to the right people and things.
- _____ **Gentleness** - I am soft with my words and actions toward others.
- _____ **Self-control** - I am not mastered by anyone or anything.

Your lowest scores are the most observed fruit. Be encouraged. This is how people see your faith in Jesus through your actions and words. Keep it up!

The highest scores are the least observed fruit. Don't be discouraged. Now you know what you can do and say more and less. It is clarity on what steps you can take to trust Jesus more.

BONUS

Have people from different areas (work, family, friends, etc.) of your life help you with this assessment. Pay attention to how these groups of people rank you differently. For example, your family may rank "Kindness" as something they often observe in you. But the people you work with may rank "Kindness" as something they rarely observe in you. Your faith may show up differently depending on who you are around. Consistent faith is the best faith.