

DR. ALVIN'S PUBLICATIONS

# WHICH FRUITS OF THE SPIRIT DO I HAVE?

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A QUESTIONNAIRE



## EXPERIENCING THE FRUIT OF THE SPIRIT

Respond to the Following Statements as They Apply to Your Personal Life:

3-Definitely True for me  
2-Mostly, usually true

1-True, once in a while  
0-Never true

My Experience  
Response

- |   |  |
|---|--|
| <p>1. I am secure in the certainty of God's control of the world's future and outcome.</p> <p>2. I am being aware that Jesus willingly did the will of his Father.</p> <p>3. I am agreeing that my faith has power only if God is trustworthy.</p> <p>4. I am waiting for the promises of God to be fulfilled.</p> <p>5. I have an awareness of God as sometimes angry.</p> <p>6. I know that God's mercy revealed in kindness by sending his Son spared me from deserved punishment.</p> <p>7. I am grateful that God so loved the world (and me) that he gave...His Son.</p> <p>8. I know that God's presence is my "fullness of joy" (Ps. 16).</p> <p>9. I am saying no to what God forbids and yes to His commands.</p> <p>10. I am accepting Jesus' promise of "my peace I give unto you, not as the world gives."</p> <p>11. As Christ, I am willingly yielding to authorities in my life.</p> <p>12. I am trusting in Jesus Christ as the same yesterday, today and forever.</p> <p>13. I accept the imperfections of others, knowing that "God is not through with them yet."</p> <p>14. At times I have been under conviction by a stern but good God.</p> <p>15. I am forgiving others just as Christ forgave me.</p> <p>16. I know that God loves me even when I'm unloving.</p> <p>17. I have an assurance of salvation from receiving Christ as Lord.</p> <p>18. I am learning to say no to lesser things, to experience greater things for God.</p> <p>19. I have an assurance of forgiveness of sins.</p> <p>20. I have a willing submission to God's word and Holy Spirit.</p> <p>21. I am being found reliable in fulfilling promises.</p> <p>22. I have perseverance in the face of frustration, persecution, or stretching demands or pressures.</p> <p>23. I am conducting everyday activities with a biblical lifestyle.</p> <p>24. I am comforting, encouraging or affirming others.</p> <p>25. I am meeting the needs of spouses or friends unconditionally.</p> <p>26. I am growing and maturing as God intends for me.</p> <p>27. I am committed to and having a consistent devotional life.</p> <p>28. I have an inner state of assurance and confidence from being right with God (righteousness).</p> <p>29. I am expressing myself in cooperation, humility, and teachability.</p> <p>30. I am being dependable with an accepted responsibility.</p> | <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> <p>11. _____</p> <p>12. _____</p> <p>13. _____</p> <p>14. _____</p> <p>15. _____</p> <p>16. _____</p> <p>17. _____</p> <p>18. _____</p> <p>19. _____</p> <p>20. _____</p> <p>21. _____</p> <p>22. _____</p> <p>23. _____</p> <p>24. _____</p> <p>25. _____</p> <p>26. _____</p> <p>27. _____</p> <p>28. _____</p> <p>29. _____</p> <p>30. _____</p> |
|---|--|

31. I am waiting for God to assist me in becoming what I can be as intended by him. 31. \_\_\_\_\_
32. I am living out the virtues of truth-telling, honesty, and promise keeping. 32. \_\_\_\_\_
33. I am speaking in positive tones and words which build other persons. 33. \_\_\_\_\_
34. I am affirming the good qualities of persons "getting on my nerves." 34. \_\_\_\_\_
35. I have consistent satisfaction from doing God's will. 35. \_\_\_\_\_
36. I am relating to a person or group to keep me accountable in control problem areas. 36. \_\_\_\_\_
37. I am at peace within by allowing the Spirit of Christ to abide or dwell and control my inner life. 37. \_\_\_\_\_
38. I am open and receptive to feedback where I need to improve. 38. \_\_\_\_\_
39. I am doing well with God-given abilities I am aware of. 39. \_\_\_\_\_
40. I have postponed activities of immediate self-gratification for later growth satisfaction. 40. \_\_\_\_\_
41. I have confronted other Christians in a caring way, that their conduct is wrong by God's standards. 41. \_\_\_\_\_
42. I am listening to really understand another. 42. \_\_\_\_\_
43. I am serving others who cannot or will not serve me. 43. \_\_\_\_\_
44. I have great delight in a spiritually satisfying achievement. 44. \_\_\_\_\_
45. I am recognizing and acting constructively on my knowledge of a control problem like money, sex, overeating, or gossip. 45. \_\_\_\_\_
46. I have a calmness within from God when experiencing significant conflict of differences with others. 46. \_\_\_\_\_
47. I am meek by harnessing and mellowing my conversation. 47. \_\_\_\_\_
48. I am managing my time, money and self as if owned by God. 48. \_\_\_\_\_
49. I am continuing to hope in God, when at times I am suffering. 49. \_\_\_\_\_
50. I am letting "my light so shine before men that they may see my good works..." 50. \_\_\_\_\_
51. I see a need with compassion and respond to it helpfully. 51. \_\_\_\_\_
52. I have forgiven others who have deeply hurt me, by dropping the charges for a fresh start with them. 52. \_\_\_\_\_
53. I find joy in what God is doing in other lives. 53. \_\_\_\_\_
54. I am setting goals relationally in order to serve others. 54. \_\_\_\_\_
55. I have an untroubled heart comforted by the Holy Spirit in the midst of this world's distress. 55. \_\_\_\_\_
56. I am avoiding "getting even" when others do me wrong. 56. \_\_\_\_\_
57. Friends can count on me in times of distress. 57. \_\_\_\_\_
58. I am recognizing and accepting others who develop at a different pace or in a different direction. 58. \_\_\_\_\_
59. I do sign petitions against an un-Christian or unjust practice. 59. \_\_\_\_\_
60. I am accepting of another person considered by other Christians to be practicing a "serious" sin. 60. \_\_\_\_\_
61. I am praying for my enemies or those who are unlovely. 61. \_\_\_\_\_
62. I am rejoicing in effectiveness from completing commitments of ministry. 62. \_\_\_\_\_
63. I am avoiding situations where easily tempted or addicted. 63. \_\_\_\_\_

## FRUIT OF THE SPIRIT WORKSHEET

To complete the Inventory, transfer your answers to the grid below. Be sure to follow the sequence correctly (from the top down, then on to the next column, etc.) Each number in the grid corresponds to a statement number.

							ROW TOTAL	FRUIT
1	10	19	28	37	46	55	A.	
2	11	20	29	38	47	56	B.	
3	12	21	30	39	48	57	C.	
4	13	22	31	40	49	58	D.	
5	14	23	32	41	50	59	E.	
6	15	24	33	42	51	60	F.	
7	16	25	34	43	52	61	G.	
8	17	26	35	44	53	62	H.	
9	18	27	36	45	54	63	I.	

To compute your scores, add up the seven numbers in each row and place the sum in the "Total" column.

In the "Fruit" column, record the fruit titles listed below (i.e., write "Peace" in row A, etc.).

### KEY

Row A	Peace	Row F	Kindness
Row B	Gentleness	Row G	Love
Row C	Faithfulness	Row H	Joy
Row D	Patience	Row I	Self-Control
Row E	Goodness		

# INVENTORY ANALYSIS AND PERSONAL GROWTH PLAN

1. Draw nine steps (each rising) on a sheet of paper. On the steps, place the names of the fruit experienced in your life, with the three lowest scores on the bottom steps and three highest scores on the top steps.
2. Draw nine steps again. Place the names of the fruit you consider to be the three lowest and three highest in your understanding of them.
3. The self-inventory low scores would suggest that I have most room for growth and maturity with the fruit of \_\_\_\_\_ and \_\_\_\_\_.
4. The barriers and benefits of understanding and experiencing more the fruit of \_\_\_\_\_ (select one from number 3 above) are as follows:

barriers

- a.
- b.
- c.

benefits

- a.
- b.
- c.

In what order would removing or lessening the barriers help me to grow?

In what order would adding or strengthening the benefits help me to grow?

## My Self Contract/Growth Plan

I am choosing this one fruit \_\_\_\_\_ to focus upon for improvement in growth and maturing for the next \_\_\_\_\_ (week, month, or...?).

To accomplish this I will  start something new,  stop something old, or  change something in my life. What will it be? (Be specific and realistic.)

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I am selecting two of the following resources as most likely to help me in this fruit growth and maturing process:

- |  |   |
|--|---|
| <input type="checkbox"/> Pastor            | <input type="checkbox"/> Scripture                |
| <input type="checkbox"/> Spouse            | <input type="checkbox"/> Authoritative literature |
| <input type="checkbox"/> Significant other | <input type="checkbox"/> Media _____              |
| <input type="checkbox"/> Other? _____      | <input type="checkbox"/> Other? _____             |

Relying upon God, the Holy Spirit, I commit myself to fulfil this contract!

\_\_\_\_\_  
Date

\_\_\_\_\_  
My Signature