

FRUIT OF THE SPIRIT Questionnaire

Score each question from 1 to 5

Always true = 5, Often true = 4, Sometimes true = 3, Rarely true = 2, Never true = 1

1 Prayers of thanks come naturally to me.	
2 I keep going even when things aren't going well.	
3 I am known to be honest and open.	
4 I am content to be part of the team rather than its leader.	
5 I do not keep a record of wrongs.	
6 I find it easy to switch off and relax.	
7 I am an encouraging person.	
8 I am confident in God's purpose working out in my life.	
9 I stick to my limits when eating or drinking.	
10 I try to see the best in people rather than looking for the worst.	
11 I am not easily distracted when I'm settling to pray.	
12 I enjoy sharing food and my home with others.	
13 Interceding for others is a privilege that excites me.	
14 I am punctual and meet deadlines.	
15 I often share what God has done recently with those around me.	
16 I am not knocked off stride by opposition or attack.	
17 People who know me well know where I stand on issues.	
18 I anticipate well the likely reactions of people I know.	
19 I realise when others are struggling, without needing to be told.	
20 When things are difficult, I am not prone to moan and complain.	
21 When praying I often have an assurance that God has heard me.	
22 I am excited to come to church to join in worship with God's people.	
23 I am happy to do what's needed even if it's unseen work in the background.	
24 I remember key events and concerns in the lives of those around me.	
25 I do not often find myself needing a change of scenery or wanting something new.	
26 I can understand and articulate the views of someone arguing with me.	
27 I react calmly and reflectively to criticism before responding.	
28 I find myself humming or whistling through the day.	
29 I like giving to those in need.	
30 I am not first out of the lift or onto the train.	
31 My key relationships show evidence of ease and contentment.	
32 I do not make unkind comments or jokes about others.	
33 I do not shout at other drivers or cyclists on the road, whatever the provocation.	
34 I am motivated by a sense of being loved by God.	
35 I am known for my perseverance.	
36 I follow through on what I've promised to others.	
37 I take delight in the gifts and growth of others.	
38 Even when up against a deadline, I do not angry when something goes wrong.	
39 I listen to worship music when I'm driving or doing the chores.	
40 When driving, I let other drivers out of side roads.	

41 I am conscious of God's presence with me.	
42 I am able to discern what God is doing around me.	
43 Suffering and troubles do not make me lose hope.	
44 I am not opinionated and dogmatic.	
45 I anticipate what others need.	
46 Regardless of how competitive a game may have been, I am not a bad loser.	
47 Others say that I listen to them well.	
48 I drop everything to help when someone is in need.	
49 I do not get pulled along by others into doing something I don't want to do.	
50 I make room for others in my conversations and friendships.	
51 Even when someone has let me down, I get the job done.	
52 I do not go sharply up or down in mood.	
53 I enter readily into sung worship in church as soon as it begins.	
54 I find it easy to listen to someone telling me how they're feeling.	

ASPECT TOTAL

Fruit	Question						Total
Love	5	10	19	34	37	54	
Joy	1	15	22	28	39	53	
Peace	6	11	25	31	41	52	
Patience	2	16	20	35	43	51	
Kindness	7	12	23	29	45	50	
Goodness	3	17	26	32	44	49	
Faithfulness	8	13	21	36	42	48	
Gentleness	4	18	24	30	40	47	
Self-control	9	14	27	33	38	46	

Notes

- Once you've completed the questionnaire, transfer the answers into the table above. The answers to the first nine questions go in the first column, answers to next nine questions go in the second column etc.
- The answer to question 5 goes in the first box numbered 5, answer to question 1 goes in the box numbered 1 and so on.
- When you've filled in all your answers, add the figures up in each row to get a total out of 30 (for example, in the row labelled 'Love', you will add the answers to questions 5, 10, 19, 34, 37 and 54, getting a total out of 30).
- Write the total for each row in the end column so that you have a figure out of 30 for each of nine aspects of the fruit of the Spirit.
- If unable to answer a question for any reason (eg you don't drive), add up the scores you do have and divide by five. Then multiply the result by six and record that as your score for that aspect of the fruit of the Spirit.

NB: This is an inevitably subjective exercise as we will not be evaluating ourselves against any objective, measurable benchmarks. Some people will mark themselves more harshly or more positively than others. That means the actual marks are less important than the patterns which are revealed (whether someone marks themselves harshly or positively, if they're consistent it will still show them where their challenges are in terms of the fruit of the Spirit). So don't worry that someone has 'scored' more highly than you - just look for the patterns and see where you're thriving and where you're struggling.

Value of the Observation Assessments

This is essentially an exercise in reflective practice. Observation Assessments, completed by people who know us really well, can have a really helpful role in either confirming our own judgements or making us think again about our own reflective assessment of ourselves. They'll be answering some of the same questions as we've answered ourselves (essentially ones that are easier to answer from observation). The two Observation Assessments together will form half of our overall scores. Such an exercise in 'triangulating' our results with the assessments of those we trust can really help us to learn and grow. Once you've received your two Observation Assessments back, add those results to the table below:

Aspect	Self-assessment	Observer 1 assessment	Observer 2 assessment	Overall total
Love				
Joy				
Peace				
Patience				
Kindness				
Goodness				
Faithfulness				
Gentleness				
Self-control				