



# Fruit of the Spirit



## Fruit of the Spirit Assessment Test

The Fruit of the Spirit is one of the clearest indicators of our walk with Jesus. It reflects the transformation happening within us as we grow in faith. That’s why it’s essential on a periodic basis to pause and honestly evaluate how these spiritual qualities are showing up in our daily lives. This assessment test is designed to help you reflect, recalibrate, and continue growing in Christlike character.

**Instructions:** Rate how true each statement is for you on a scale of 1 to 5 as reflected in the descriptions below:

1 – Rarely true | 2 – Occasionally true | 3 – Sometimes true | 4 – Often true | 5 – Consistently true

#	Question	Assessment (Circle one)	Score (1, 2, 3, 4, or 5)
1	I genuinely care about others’ well-being, even when I receive nothing in return.	1 2 3 4 5	
2	I experience a sense of deep gladness regardless of my circumstances.	1 2 3 4 5	
3	I feel an inner calm even when facing stressful or uncertain situations.	1 2 3 4 5	
4	I actively show love to people who are difficult to be around.	1 2 3 4 5	
5	I am quick to express gratitude and celebrate the good around me.	1 2 3 4 5	
6	I avoid unnecessary conflict and strive to bring peace in my relationships.	1 2 3 4 5	
7	I put others’ needs ahead of my own when necessary.	1 2 3 4 5	
8	I maintain a joyful attitude even when life doesn’t go as planned.	1 2 3 4 5	
9	I trust God with the things I cannot control.	1 2 3 4 5	
10	I respond with grace when others are slow, irritating, or make mistakes.	1 2 3 4 5	
11	I look for small ways to be thoughtful and generous toward others.	1 2 3 4 5	
12	I strive to do what is morally right, even when no one is watching.	1 2 3 4 5	
13	I am willing to wait without becoming frustrated or anxious.	1 2 3 4 5	
14	I treat people with respect and warmth, even when I’m tired or stressed.	1 2 3 4 5	
15	I take responsibility when I’ve done wrong and try to make it right.	1 2 3 4 5	
16	I give people time and space to grow instead of demanding quick change.	1 2 3 4 5	
17	I regularly go out of my way to encourage or support someone else.	1 2 3 4 5	
18	I try to influence others for good through my example and choices.	1 2 3 4 5	
19	I keep my promises and follow through on commitments.	1 2 3 4 5	
20	I speak truth with compassion, not harshness or judgment.	1 2 3 4 5	
21	I am able to resist temptations that conflict with my values and Biblical truth.	1 2 3 4 5	
22	I stay loyal to people and responsibilities, even when it’s inconvenient.	1 2 3 4 5	
23	I respond to conflict with a calm and tender spirit.	1 2 3 4 5	
24	I stay calm, composed, and exhibit restraint, rather than reacting impulsively.	1 2 3 4 5	
25	I consistently practice my faith, even during seasons of doubt or struggle.	1 2 3 4 5	
26	I show tenderness to those who are hurting, weak, or vulnerable.	1 2 3 4 5	
27	I regularly make choices that align with long-term goals rather than short-term desires.	1 2 3 4 5	



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## Fruit of the Spirit Assessment Test (Scoring Sheet)

**Scoring Key:** For each section provided below, add up your total score (maximum of 15 points per element).

- 13–15: Strong expression of this element of the fruit.
- 9–12: Demonstrating growth in this area.
- 8 or below: Opportunity for spiritual growth and maturity.

Use this assessment as a starting point for reflection, prayer, and personal development in your walk with Christ.

Add up your scores for the following questions.								
Q1	Q2	Q3	Q10	Q11	Q12	Q19	Q20	Q21
Q4	Q5	Q6	Q13	Q14	Q15	Q22	Q23	Q24
Q7	Q8	Q9	Q16	Q17	Q18	Q25	Q26	Q27

Create a bar chart by shading in your scores for each column								
15	15	15	15	15	15	15	15	15
14	14	14	14	14	14	14	14	14
13	13	13	13	13	13	13	13	13
12	12	12	12	12	12	12	12	12
11	11	11	11	11	11	11	11	11
10	10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1
<b>Love</b>	<b>Joy</b>	<b>Peace</b>	<b>Patience</b>	<b>Kindness</b>	<b>Goodness</b>	<b>Faithfulness</b>	<b>Gentleness</b>	<b>Self-control</b>

Provided below is an example with a completed score:

Create a bar chart by shading in your scores for each column								
15	15	15	15	15	15	15	15	15
14	14	14	14	14	14	14	14	14
13	13	13	13	13	13	13	13	13
12	12	12	12	12	12	12	12	12
11	11	11	11	11	11	11	11	11
10	10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1
<b>Love</b>	<b>Joy</b>	<b>Peace</b>	<b>Patience</b>	<b>Kindness</b>	<b>Goodness</b>	<b>Faithfulness</b>	<b>Gentleness</b>	<b>Self-control</b>