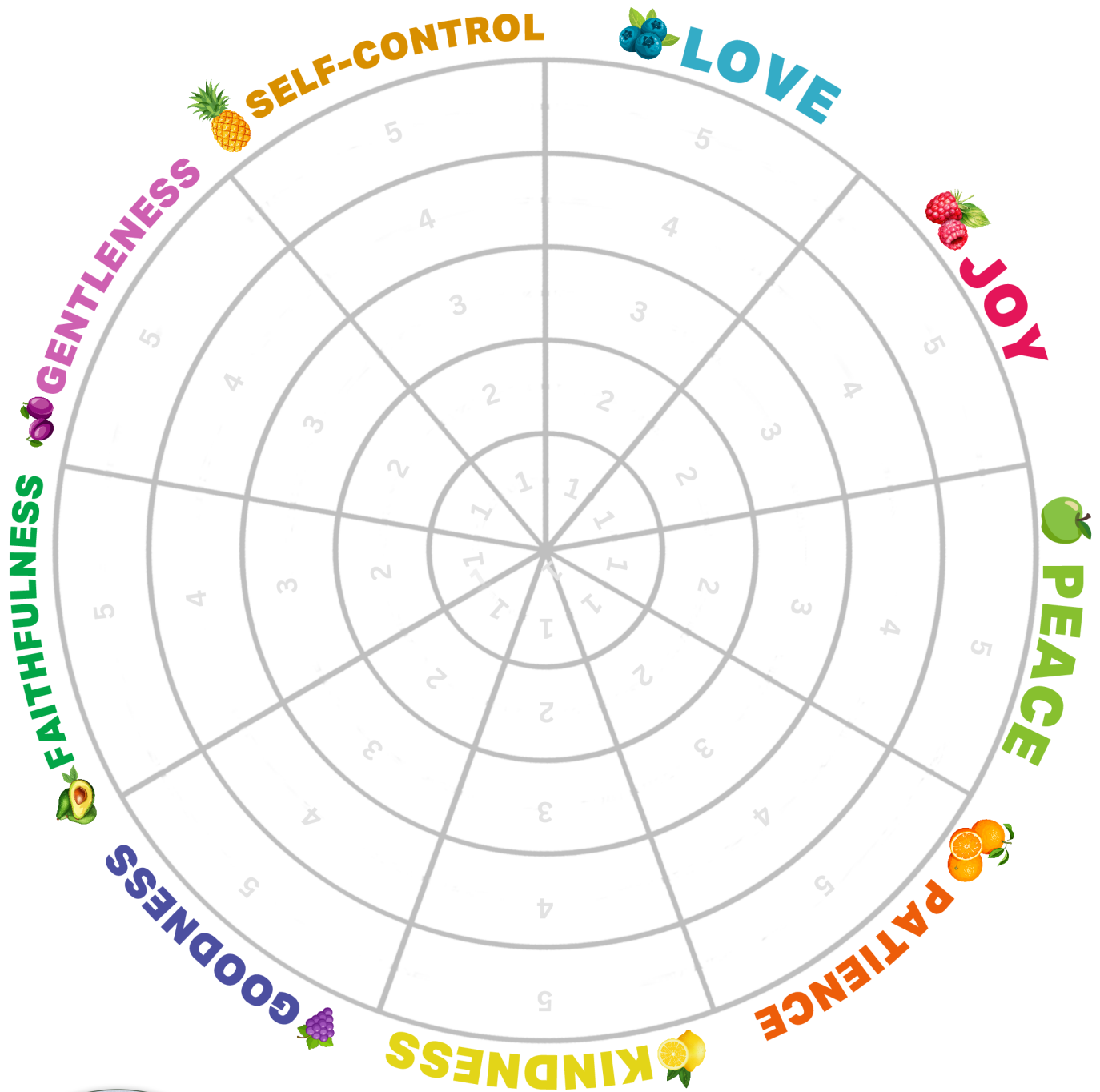


THE FRUIT OF THE SPIRIT ASSESSMENT WHEEL

A Spiritual Growth Resource to Help You Cultivate
the Fruit of the Spirit in Your Life



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Instructions

The Fruit of the Spirit Assessment Wheel is a simple and powerful way for you to consider the development of each of the Fruit of the Spirit in your life.

Each week on Sundays and in our Growth Groups we will be discussing one of the nine Fruit of the Spirit:

🍎 Love	🍌 Patience	🍌 Faithfulness
🍌 Joy	🍌 Kindness	🍌 Gentleness
🍌 Peace	🍌 Goodness	🍌 Self-Control

One important key to working with the Holy Spirit to develop each Fruit (i.e. Godly character trait) in your life is to understand where you are, and what steps you can take to grow.

So, as you listen to the "Character Counts" messages each Sunday, read your Growth Group study book, and discuss each fruit in your group, ask yourself this question:

How well developed is this specific Fruit of the Spirit in my life right now?

On a scale of 1-5 (with 1 being not present at all, and 5 being always present), honestly assess how well you are exhibiting that fruit.

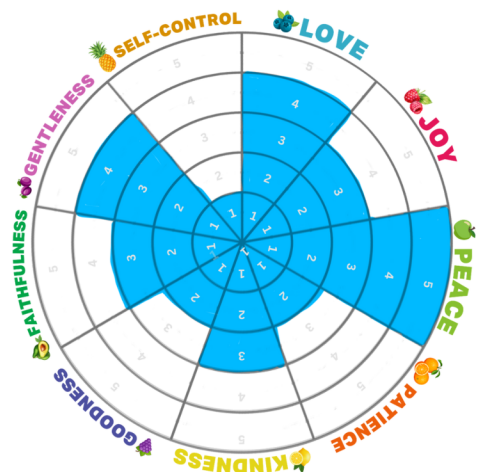
Then, on the Assessment Wheel on the front, color in the shaded area up to that level.

For example, after the message, group discussion and reading, you may honestly assess that the Fruit of Love is at a Level 3 in your life, present but with room for growth. You would then shade in the "Love" area on the assessment up to the 3.

The following week, you may assess that the Fruit of Joy is at a Level 2, and shade in the Joy area to the 2, and so on.

An example for what a completed assessment may look like the diagram to the right.

There are no right or wrong answers. Everyone's assessment will be different. You will not have to share your assessment. This is a personal tool to help you understand where you are so you can prayerfully ask the Holy Spirit to further cultivate these character traits in your life.



If you have questions, email Pastor Kerrick at kt1@journeynyc.com, or call/text 212.730.8300.