

Taking a Spiritual Analysis

Foundations

Galatians 5:22-23

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.

#1: It is God Who Examines Our Lives

#2: He Gives Us the Responsibility to Do So.

Spiritual Assessment

Love:

Do I love others unconditionally?
Do I withhold my love or forgiveness?

Joy:

Am I able to rejoice in every circumstance?
Can I give God thanks in all things?

Peace:

Can I make it through a difficult circumstance without worry or depression?

Patience/longsuffering:

How often do I react impulsively instead of responding thoughtfully?

Kindness:

Are my thoughts and words toward others graced with compassion?

Goodness:

Am I willing to share what I have with others in need?
Am I generous?

Faithfulness:

Do I keep my word even when it is costly?
Am I loyal to God and Others?

Gentleness:

Am I ever harsh, unyielding, or insistent on my interests instead of others?

Self-Control:

Am I able to live out my priorities or am I subject to the desires of my flesh?

Galatians 2:20

²⁰ I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.