



HOW AM I DOING?

(Trending upward or downward?)

LOVE—Am I reaching out and initiating love and loving actions toward others? Am I motivated to do for others as Christ has done for me? Are most of my relationships more superficial or intimate?

JOY—Am I ordinarily content or in turmoil? Laughing or whining more? Am I responding more out of external circumstances or out of Christian character?

PEACE—Are my heart and mind usually at ease? Are my relationships experiencing and promoting peace or dissension? Am I more or less opinionated? Am I experiencing the peace that surpasses all comprehension?

PATIENCE—When I have to wait (e.g., in a line, in traffic, etc.), how do I do? Do I have a short or long “fuse”? When frustrated or misunderstood, how do I usually respond? Do I keep a Christlike perspective when life gets painful or irritating?

KINDNESS—Am I affirming and encouraging even when there is no benefit or return for me? Do I see others and their needs or am I primarily focused on myself and my desires? Do I express hospitality and a listening ear regularly?

GOODNESS—Does my life reflect the goodness and fairness of God? Do I desire God’s good for others? Do I give thoughtfully and spontaneously of my resources (money, time, talents)?

FAITHFULNESS—Is my life characterized by faith in Christ and faithfulness to others? Am I loyal—to family? To my friends? To my church? To the Lord? Do I persevere even when difficulties arrive? Am I dependable?

GENTLENESS—Can I disagree agreeably? Without wounds or pain? Am I approachable? Tender? Do I come across as brash or does God’s grace come through me? Do my words encourage and bless or inflict pain and sadness?

SELF-CONTROL—Do my fleshly and selfish desires control my thoughts and actions? When I set a goal or choose to stop something, do I succeed? How’s my mouth? Do I control my technology or does it control me?