

How Big is Your LOVE Level?

HOW DO YOU MEASURE UP TO GOD'S EXPECTATION FOR LOVE?

Love Is . . . *self-assessment*

BASES ON GOD'S STANDARDS FOR LOVE AS WRITTEN IN 1 CORINTHIANS 13



The Self-Assessment Explained & What You Can Expect

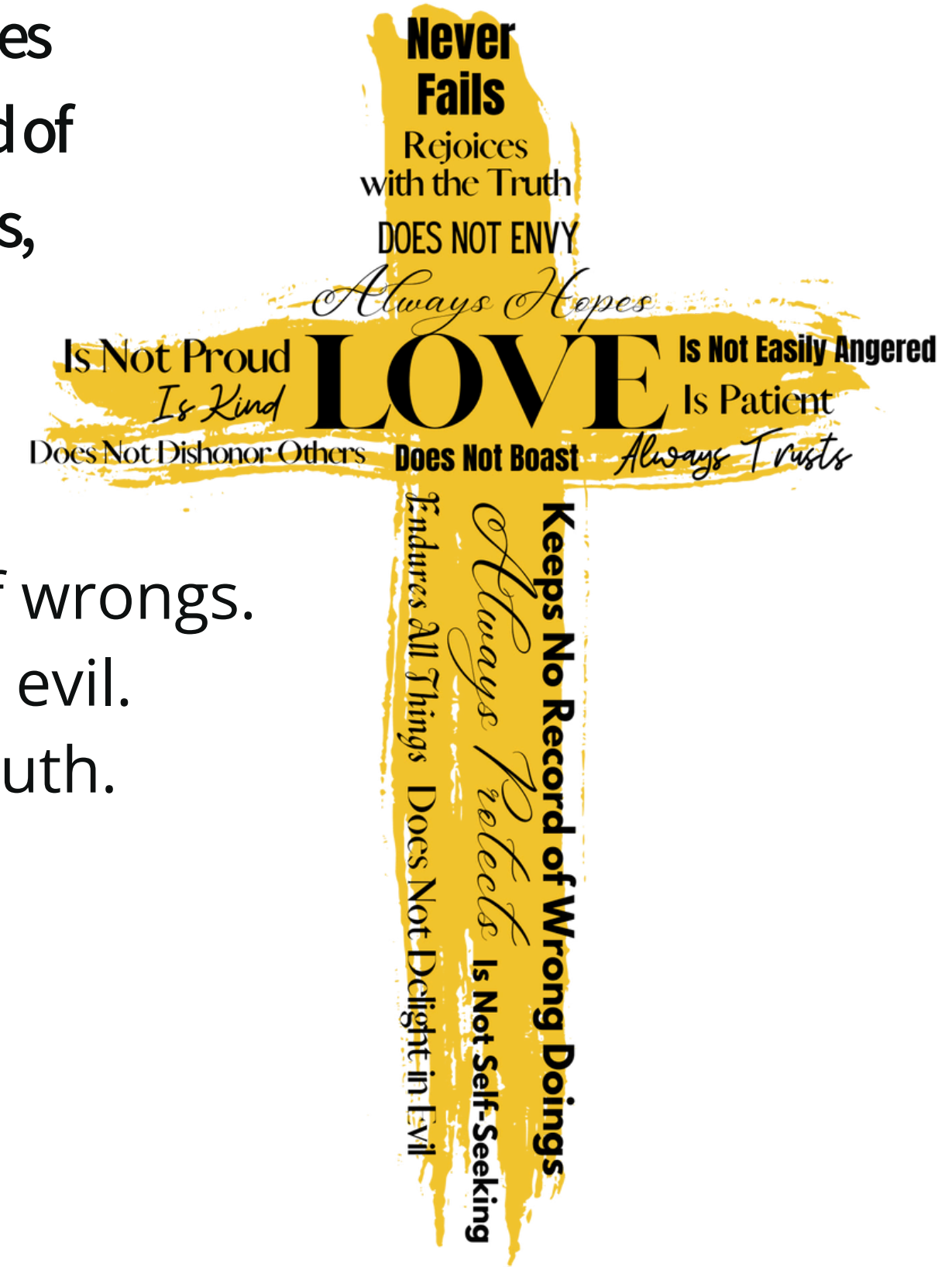
- **Expect to discover and experience the promises of God's word** as you renew your mind in His wisdom, become LOVE in the world just like Jesus, and begin understanding and living the lifestyle you were created to live, the Gospel Rich Lifestyle.
- This self-assessment is designed to help you explore, discover, and develop yourself based on God's standards for LOVE as written in 1 Corinthians 13. As Christians, we are on a daily journey to seek God's wisdom and grow in our faith. **This activity can help guide your way to becoming more integrated in God's word and specifically becoming LOVE personified in the world.**
- As you get started, if you realize you have not demonstrated all of God's standards for LOVE in the fullest it's OK. Never worry about this - just know growth is ongoing and lifelong. Stay committed to the process and you will get there. Always be honest in your self-reflection and when using the rating scale. The rating scale is a measure of how you currently demonstrate each LOVE indicator. **Get excited about experiencing personal growth as you become more integrated in LOVE.**
- **It is recommended that you do this activity periodically to reassess your growth.** You can do the self-assessment as often as you like - once a week, once a month, once a season, or once a year. This activity is great to do independently, as a family, or in a group. This tool is a printable PDF.

1 Corinthians 13:4-8 Deconstructed

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always endures. Love never fails.

1 Corinthians 13:4-8

- LOVE is patient.
- LOVE is kind.
- LOVE does not envy.
- LOVE does not boast.
- LOVE is not proud.
- LOVE does not dishonor others.
- LOVE is not self-seeking.
- LOVE is not easily angered.
- LOVE keeps no record of wrongs.
- LOVE does not delight in evil.
- LOVE rejoices with the truth.
- LOVE always protects.
- LOVE always trusts.
- LOVE always hopes.
- LOVE endures.
- LOVE NEVER FAILS.



How *patient* am I?

Date: _____

INDICATOR: LOVE IS PATIENT

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- "With all humility and gentleness, ***with patience***, bearing with one another in love."
~ Ephesians 4:2
"Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!" ~ Psalm 37:7

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Are you patient in some ways but not in all ways? Are you more patient in certain situations or with certain people - if yes, why is that so? Are you less patient with someone who forces their differing opinion or philosophy on you? If someone is not patient with you does that cause you to be less patient with them - if yes, why? Do you trust God and can you patiently wait on things to unfold in life according to His plan and timing? Do you think having patience is an act of love? Why?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice that you show patience in your day-to-day life regarding all people and things?

How *kind* am I?

Date: _____

INDICATOR: LOVE IS KIND

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- "***Be kind to one another***, tenderhearted, forgiving one another, as God in Christ forgave you."
- ~ Ephesians 4:32
"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, ***kindness***, humility, meekness, and patience," _____
- ~ Colossians 3:12

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Being nice is learned behavior but being kind is a characteristic of who you are - do you agree with this?
- Who has been the most kind to you in your life and what has been the impact of their kindnesses towards you?
- Do you see showing kindness as an expression of love?
- How do you show and communicate kindness?
- Are you more kind to those who are kind to you first?
- Do you find it difficult to be kind to certain people or about certain situations, and if so, why?
- Do you believe everyone deserves your kindness?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice that you to show kindness to all people and in all aspects of your life?

How *envious* am I?

Date: _____

INDICATOR: LOVE DOES NOT ENVY

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- “A heart at peace gives life to the body, ***but envy rots the bones*** . . . ~ Proverbs 14:30
- ***“Let not your heart envy sinners,*** but continue in the fear of the Lord all the day.” ~ Proverbs 23:17
- “Let us not become conceited, provoking one another, ***envying one another.***” ~ Galatians 5:26
- ***“Be not envious of evil men,*** nor desire to be with them,” ~ Proverbs 24:1

- Do you agree that being envious is being bothered or angered that someone has something you want? Do you
- tend to focus on what others have, or are you more focused on what you want to achieve for yourself? Could
- you be resentful of someone because you envy them, and could envious feeling harm a relationship? Can you
- see the blessings in your life? What are some? Do you
- think seeing the blessings in your life can inspire gratitude in your heart, and help you overcome envy? Do
- you think feeling gratitude can alleviate envy?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice that you feel envious and resentful regarding anything or anyone?

How *boastful* am I?

Date: _____

INDICATOR: LOVE DOES NOT BOAST

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- ***“Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches.”*** ~ Jeremiah 9:23
- ***“As it is, you boast in your arrogance. All such boasting is evil.”*** ~ James 4:16
- ***“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”*** ~ Ephesians 2:8-9

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Do people boast to feel more worthy or seek approval?
- Would it be better to replace the words, “I won this award”, with, “I thank God for helping me win this award” ?
- Do you agree that all good things in life result from God and that He deserves all the credit?
- Do people boast so others will know something about them they think will be impressive to others? If yes, is there another way to let people know what is impressive?
- Is boasting an indicator of self-reliance and pridefulness?
- If God deserves all the credit, why do some people boast?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice that you find yourself boasting about yourself or trying to impress others?

How *prideful* am I?

Date: _____

INDICATOR: LOVE IS NOT PROUD

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- “But He gives more grace. Therefore it says, **“God opposes the proud**, but gives grace to the humble. ~ James 4:6
- **“When pride comes, then comes disgrace**, but with the humble is wisdom.” ~ Proverbs 11:2
- “The fear of the Lord is hatred of evil. **Pride and arrogance and the way of evil and perverted speech I hate.**” ~ Proverbs 8:13

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Do you see pride as positive or negative?
- Has “pride” replaced “integrity” in our everyday speech?
- Do you hold grudges or do you forgive more?
- Is grace needed for forgive others - do you have grace?
- Pride and grace cannot exist together - do you agree?
- Is pride like stubbornness, but in a negative way?
- Would you consider pride a negative strong-hold?
- Do you think being prideful can interfere with improving relationships, personal growth, and/or trust in God?
- Do you think prideful people tend to be more self-reliant?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice that you feel prideful, are being negatively stubborn, or unforgiving?

How *honoring* am I?

Date: _____

INDICATOR: LOVE DOES NOT DISHONOR OTHERS

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- ***"Honor your father and your mother***, that your days may be long in the land that the Lord your God is giving you."
~ Exodus 20:12
- "Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. ***Outdo one another in showing honor***. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality.
~ Romans 12:9-13

- Is God pleased when you honor Him?
- How do you honor God? How do you honor people?
- Is doing for others and praising others ways to honor?
- Does your motivation when trying to honor matter? Why?
- Are you motivated to do for others or praise others so they will not complain or so they will approve of you?
- Are you motivated to do for others or praise others because what you do or say brings them peace and joy?
- Do you see the difference between the motivation examples above? If yes, how are they different?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice your motivation to do for others & praise them is to impart peace and joy?

How *self-seeking* am I?

Date: _____

INDICATOR: LOVE IS NOT SELF-SEEKING

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- **“Do nothing out of selfish ambition** or vain conceit. Rather, in humility value others above yourselves,” ~ Philippians 2:3
- “But for those who are **self-seeking** and do not obey the truth, but obey unrighteousness, there will be wrath and fury.” ~Romans 2:8
- **“For people will be lovers of self,** lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy,” ~2 Timothy 3:2

- Do you see your daily work as service to others or as a way to support your wants and needs, or both?
- Do prestige & money motivate you to work hard daily?
- Do others help you and contribute to your success?
- Do you credit others for their part in your success?
- In your daily life, do you seek praise or seek to praise?
- Does God deserve credit for your success and achievements and if yes, how do you give Him credit?
- Do you believe you can be motivated by personal responsibility to self and family and not be self-seeking?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice you take all of the credit & reap all the rewards for your work & success?

How easily angered am I?

Date: _____

INDICATOR: LOVE DOES NOT EASILY ANGER

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- "Know this, my beloved brothers: let every person be quick to hear, slow to speak, ***slow to anger***; for the anger of man does not produce the righteousness of God. ~ James 1:19-20
- "Be not quick in your spirit to become angry, for ***anger lodges in the heart of fools***. ~ Ecclesiastes 7:9
- "***Refrain from anger***, and forsake wrath! Fret not yourself; it tends only to evil." ~ Psalm 37:8
-

- Do you anger easily or often? If yes, why?
- Do certain things such as fear, anxiety, fatigue, confusion, loss, or disorganization cause you to anger?
- Are you angry at work but not at home or vice versa?
- When you are in a peaceful state and not likely to anger, what are you doing, who are you with, where are you spending time, & what is true about your surroundings?
- Can redirecting with prayer protect against angry reactions?
- What are you doing to minimize & manage your anger?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice that you anger easily and/or act out in anger during any given day?

Do I *keep no record of wrongs*?

Date: _____

INDICATOR: LOVE KEEPS NO RECORD OF WRONGS

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- "Bearing with one another and, if one has a [record of wrong] against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. ~ Colossians 3:13-14
- "And whenever you stand praying, forgive, if you have any [record of wrong] against anyone, so that your Father also who is in heaven may forgive you your trespasses." ~ Mark 11:25

- Do you think holding grudges is the same as keeping a record of wrongs? Do you hold grudges against others?
- Do you agree that being offended or victimized is a choice?
- Do you tend to see what is right about someone and/or a situation or is your tendency to focus on the negative?
- Do you forgive easily? Do you find you can forgive certain people and/or situations more easily than others? Why?
- Is anyone free of making mistakes or doing wrong?
- Do you want your wrongs recorded or forgiven?
- How do you deal with offenses and wrongs against you?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice your tendency is to hold grudges for offenses & wrongs against you?

Do I *delight in evil*?

Date: _____

INDICATOR: LOVE DOES NOT DELIGHT IN EVIL

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- **"You shall not take vengeance or bear a grudge against the sons of your own people, but you shall love your neighbor as yourself: I am the Lord."** ~ Leviticus 19:18
- **"Do not rejoice when your enemy falls,** and let not your heart be glad when he stumbles, lest the Lord see it and be displeased, and turn away his anger from him."
~Proverbs 24:17-18
- **"Do not repay evil for evil or reviling for reviling,** but on the contrary, bless, for to this you were called, that you may obtain a blessing." ~ 1 Peter 3:9

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Do you ever take pleasure in or wish for someone else's bad fortune - even something minor? If yes, why?
- Do you use the word hate or feel hateful sometimes?
- Do you ever react out of spite or revenge?
- Do you love your enemies and pray for them?
- Do you think gossiping, lying, and manipulation are ok in certain situations?
- Do you tend to judge others - including your family?
- Do you believe that all will be judged by God in His time?
- Do you believe you are created to judge others?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice you feel glad that a misfortune has happened to someone you don't like?

Do I *rejoice in truth*?

Date: _____

INDICATOR: LOVE REJOICES IN TRUTH

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- "Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. ~ John 14:6
- "Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth." ~ 2 Timothy 2:15
- "And you will know the truth, and the truth will set you free." ~ John 8:32
- "The sum of your word is truth, and every one of your righteous rules endures forever." ~ Psalm 119:160

- Does truth seem hard to find in the world? Why?
- Do you, with your whole heart, accept God's word as The Truth? If yes, in what way(s) do you rejoice in that truth?
- Does God's truth fill you with confidence, peace, and joy?
- Does learning new truth in God's word negatively challenge you, conflict you, and maybe fatigue you?
- Does accepting new truth make you feel hopeful or fearful? Does applying it make you feel calm or stressed?
- Do you believe that the pursuit of God's truth will bring you hope and peace? Why?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often, when God's truth is revealed to you, do you accept it and apply it joyfully in your life?

How *protective* am I?

Date: _____

INDICATOR: LOVE ALWAYS PROTECTS

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

RATING SCALE

Select the rating based on what is true today.

- ***"I will rescue him; I will protect him,*** for he acknowledges my name. ***."*** ~ Psalm 31:15
- "But the Lord is faithful. ***He will establish you and guard you against the evil one.***" ~ 2 Thessalonians 3:3
- ***The prudent sees danger and hides himself,*** but the simple go on and suffer for it. ~ Proverbs 27:12
- "He will cover you with his feathers. He will shelter you with his wings. ***His faithful promises are your armor and protection.***" ~ Psalm 91:4

- What inspires you to be protective?
- Do you believe you are protected? Who protects you?
- Do you believe God protects you? How do you receive God's protection? Can you ask God to protect others?
- What danger, harm, or risks do you protect against?
- Do you model your protective actions after someone who has protected you? Who has protected you and how did they protect you?
- Is sometimes walking away or avoiding a situation the most protective thing you can do? If yes, why?

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often, when aware of danger, harm, or risk, do you notice you are clear thinking & protective?

How *trusting* am I?

Date: _____

INDICATOR: LOVE ALWAYS TRUSTS

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- ***"Trust in God at all times***, pour out your heart to Him, for He is our refuge and strength." ~ Psalm 62:8
- "Commit your way to the Lord; ***trust in Him***, and He will act." ~ Psalm 37:5
- ***"Trust in the Lord forever***, for the Lord God is an everlasting rock." ~ Isaiah 26:4
- ***"Blessed is the man who makes the Lord his trust***, who does not turn to the proud, to those who go astray after a lie!" ~ Psalm 40:4

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Do you trust God and always take Him at His word?
- Do you trust God with the desires of your heart?
- Do you trust that God's plan cannot be stopped?
- Do you trust God with your children and loved ones?
- Do you trust God with your spouse and your marriage?
- Do you trust God with your life - with everything?
- Do you trust God will create something good out of something bad.
- Do you trust God is always with you & always loves you?
- Is being trusting & trustworthy an act of faith & love?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice you have no problem trusting God & no problem being a trustworthy person?

How *hope-filled* am I?

Date: _____

INDICATOR: LOVE ALWAYS HOPES

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- "May the **God of hope** fill you with all joy and peace in believing, so that by the power of the Holy Spirit **you may abound in hope.**" ~ Romans 15:13
- "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, **to give you a future and a hope.**" ~ Jeremiah 29:11
- But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for **the hope that is in you**; yet do it with gentleness and respect," ~ 1 Peter 3:15

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Is hope a source of joy and peace in your life?
- Does the sun rising, as God created it to do, symbolize hope, reminding you that you have another opportunity to begin new again just as a day begins again each morning?
- Do you believe imparting hope is an act of love?
- How do you impart and communicate hope to others?
- What are some hope-filled words, phrases, songs, poems, quotes, or books you can think of that inspire hope in you?
- Is hope all is needed to believe in a bright future?
- Do you believe that God created you to be hope-filled?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How often do you notice your outlook is hope-filled & that you communicate & impart hope to others?

Do I *endure all things*?

Date: _____

INDICATOR: LOVE ENDURES ALL THINGS

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope," ~ Romans 5:3-4
- **"For you have need of endurance,** so that when you have done the will of God you may receive what is promised." ~ Hebrews 10:36
- "Oh give thanks to the Lord, for He is good; for His steadfast love endures forever!" ~ Psalm 118:1

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Are you strengthened by God when enduring difficulties?
- What types of things uplift you or help you endure?
- When facing and enduring a challenge, do you embrace the required suffering, fight it, or look away and ignore it?
- Is enduring a difficult situation an act of love? Do you believe God endures suffering with you?
- What have you endured as an act of love? What did Jesus endure for each of us as the ultimate act of love?
- How are you sustained for long periods of endurance?
- Does prayer help you endure? If yes, how?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How willing do you know you are to endure suffering as an act of love on behalf of someone else?

Does *my* love never fail?

Date: _____

INDICATOR: LOVE NEVER FAILS

BIBLICAL INDICATOR(S)

Use the provided Bible verse(s) below and, on your own, find additional support verses.

- "No, in all these things we are more than conquerors through him who loved us. *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*" ~ Romans 8:37 - 39
- "So now faith, hope, and love abide, these three; *but the greatest of these is love.*" ~ 1 Corinthians 13:13

REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are related to exploring the indicator.

- Do you believe and feel that no matter your past or current situation, that you are always unconditionally loved by God, your Father in Heaven?
- Do you believe that by imitating Jesus, we can demonstrate the ultimate way to love in this life?
- Do you believe if you develop a heart and mind like Jesus that you can inspire love in the world?
- Do you believe that the profound love of Jesus transcends the world? Do you believe you can be that kind of love?
- Do you believe if there is just love - all things are possible?

RATING SCALE

Select the rating based on what is true today.

- 1 - never**
- 2 - rarely**
- 3 - sometimes**
- 4 - usually**
- 5 - always**

Consider this question when rating yourself.

Q: How willing do you know you are to try to imitate the never-failing, profound love of Jesus each day?