

Fruit Assessment

Mind

1. Following is a list of things the average woman thinks about in a given day. In the blank beside the item, please estimate the % of an average day that you might spend thinking about this item. Some of them you will leave blank. This isn't an exact science and this is for your purposes only.

things that need to get accomplished, my to do list - _____

meals/eating - _____

children (activities, well-being, character issues, etc.) - _____

housework (inside and out, cleaning, organizing, etc.) - _____

finances (budget, bills, making money, etc.) - _____

husband (good or bad thoughts, lol) - _____

parents - _____

friends - _____

health (aches and pains, sickness, how to get more healthy, etc.) - _____

Things that have happened in my past - _____

Things that people have done to offend me - _____

How blessed I am - _____

my schedule - _____

what someone thinks of me - _____

how to reach a particular goal I have set for myself) - _____

God and His Word (music, Bible, Bible studies, etc.) - _____

what I could do more for God - _____

how can I love God more - _____

someone else's problems - _____

job/projects - _____

things you need to get done but don't seem to be able to - _____

siblings - _____

church and church activities - _____

personal ministry - _____

personal appearance - _____

sex - _____

entertainment - _____

my personal problems - _____

what someone said or did to me or someone else - _____

school - _____

boyfriend - _____

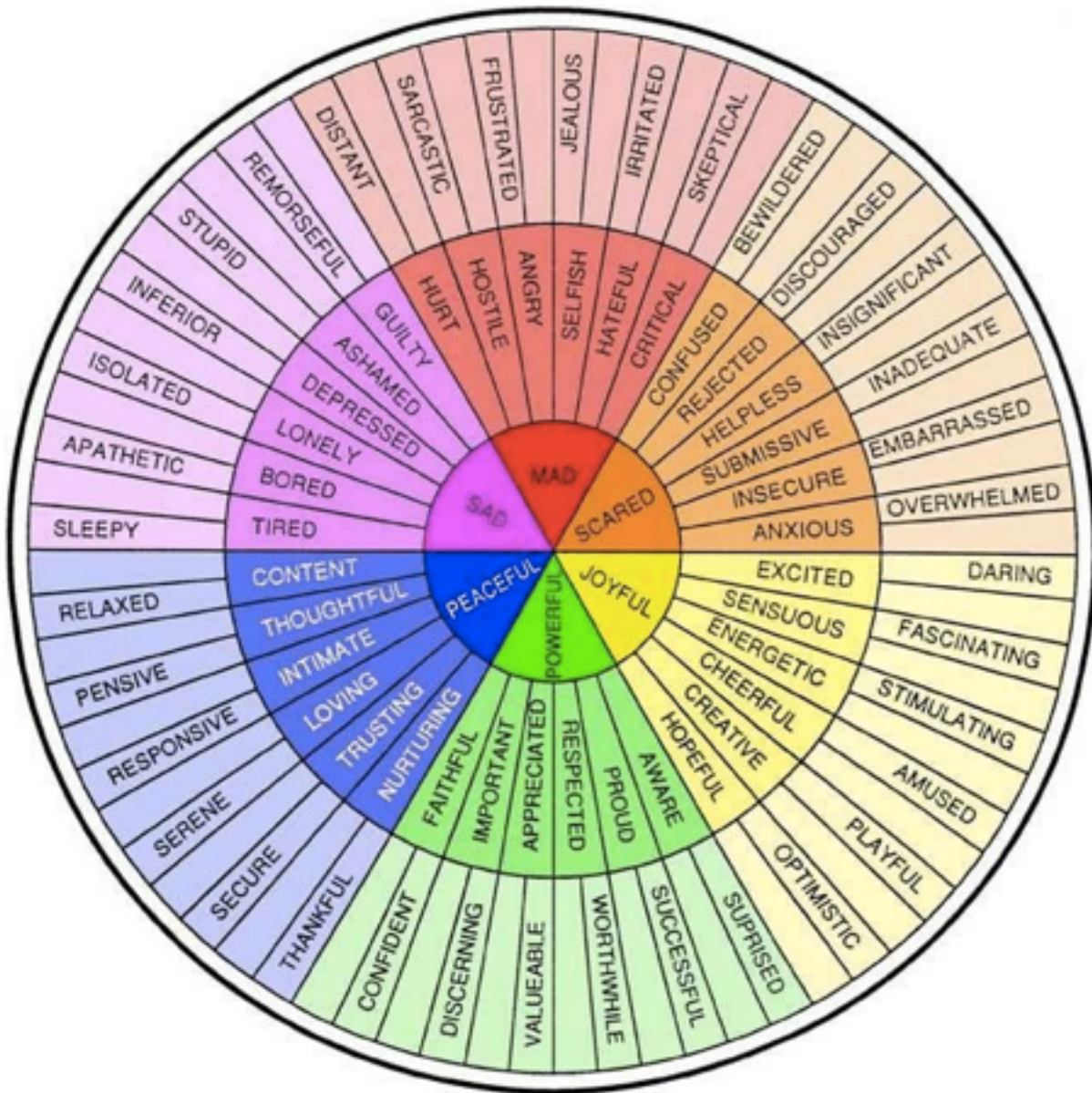
self (how I feel, what I like or don't like, what I want) - _____

My shortcomings/failures - _____

Other, explain: _____ - _____

So, I have to insert here that I polled several of my friends in order to compile this list and with very few exceptions almost every last one of them listed what to cook for dinner as something they think about every day. lol!!!!!!

- Following is an emotion wheel copied from <http://healingschemas.tumblr.com>. Please allocate a % to the amount of time, in a typical day, you spend experiencing each relevant emotion, some may be left blank. Then add up the percentages for each section of the pie chart and record it on the outside of the section. When you are finished you should have 6 totals. Remember, there is no right or wrong answer. This is for you to gain insight into your fruit.



3. Here are a few scriptures to please read and consider.

Galatians 5:22-23, “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

Philippians 4:4-8, “Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

Matthew 6:25-34, “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you. ³⁴ Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

Luke 12:32, “Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.”

4. Now compare the percentage of your thoughts and emotions that are in accordance with these few verses. Then answer the following questions.

A. Are the majority of my thoughts in agreement with God and His Word? _____

B. Do my emotions indicate that I am walking in the Spirit? _____

C. Is the fruit of my mind indicating that I love God with all my heart, soul, and might? _____

D. If not, what are some things I can do to change this? _____

E. Pray and ask God to circumcise your heart and renew and transform your mind.

Motion

How am I spending my time? Over the next week, please fill out the following schedule. List in a few short words what you did with your time.

Weekly Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00-6.00							
6.00-7.00							
7.00-8.00							
8.00-9.00							
9.00-10.00							
10.00-11.00							
11.00-12.00							
12.00-1.00							
1.00-2.00							
2.00-3.00							
3.00-4.00							
4.00-5.00							
5.00-6.00							
6.00-7.00							
7.00-8.00							
8.00-9.00							
9.00-10.00							

Please review your schedule and answer the following questions?

1. Am I seeking God and His kingdom first, or am I just fitting Him in where I can? _____

2. Does the amount of time I spent in pursuit of God and His kingdom reflect a condition of loving the Lord with all your heart, soul, and might? _____

3. As indicated by how I spent my time, am I content with the level of devotion to God I am currently exhibiting? _____

Note: I propose that we must take into account what we did with our thoughts as well. When weighing our time, we have to consider our thoughts and our actions. I may spend an hour doing laundry, but if I'm praying and praising while doing so, it would be as unto the Lord.

Means

Please list things you would consider to be your resources.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Below is a list of resources I have compiled. Please place a check mark in the column that most closely reflects the truth of your spending patterns.

	100% God	25% God 75% Self	50% God 50% Self	75% God 25% Self	100% Self
Money	_____	_____	_____	_____	_____
Energy	_____	_____	_____	_____	_____
Talents/Gifts	_____	_____	_____	_____	_____
Words	_____	_____	_____	_____	_____
Emotions	_____	_____	_____	_____	_____
Time	_____	_____	_____	_____	_____
Thoughts	_____	_____	_____	_____	_____
Prayers	_____	_____	_____	_____	_____
Others (list)					
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Remember the old adage, "Put your money where your mouth is"; review your answers and ask yourself the following questions?

1. Am I spending my resources in a manner that supports that God is the number one priority in my life? _____

2. Does the way I use my resources indicate that I love the Lord with all my heart, soul, and might? _____

3. As indicated by how I spend my resources, am I content with the level of devotion to God I am currently exhibiting? _____

Actions speak much louder than words, girls. I'm not trying to be mean, but we need to honestly assess the truth of our condition. Our lives will bear the fruit of the truth of who/what we are, not what we say or want, but what we do and are.

Motivation

1. What is driving the choices I make?

Think about the choices you are currently making in your life. Please list the top 10 choices you are making on a consistent basis and then rank from 1 to 7 the following statements in the order of what motivates most of your choices. (1 being the strongest motivation and 7 being the least)

Choice: _____

_____ Pleasing God and fulfilling what He has revealed to me is His will.

_____ Not wanting to disappoint others - people pleasing.

_____ It has to be done and if I don't do it, it won't get done.

_____ I don't really know, it's just what I've always done.

_____ I want it. It's fun. It's what is comfortable for me. Pleasing myself.

_____ This isn't my choice, I am being forced to do this.

_____ Other: _____

Choice: _____

_____ Pleasing God and fulfilling what He has revealed to me is His will.

_____ Not wanting to disappoint others - people pleasing.

_____ It has to be done and if I don't do it, it won't get done.

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_____ This isn't my choice, I am being forced to do this.

_____ Other: _____

2. What am I passionate about?

We all do many things in the day to day activities of our lives. What things truly inspire you? What things cause you to just come alive? What things do you truly love to do? Please list the things in your life that trigger these responses in yourself. Be honest.

_____	_____
_____	_____
_____	_____
_____	_____

Now examine these things and you will find one of two things. Either you will find that you are living for the flesh, or you may discover your calling. If you are mostly inspired by watching television, reading worldly books, playing video games, shopping with your friends, etc.; then you are probably more fleshly motivated. If you find that you come more alive serving, writing, giving, studying, creating, teaching, etc.; then you may have a good indication of the gifts and talents that God has placed in your life. The next question is to ask yourself, "Am I doing these things in the power and leadership of the Holy Spirit, or am I doing them to gain accolades for myself?" The Word exhorts us in 1 Corinthians 10:31, "*So, whether you eat or drink, or whatever you do, do all to the glory of God.*" This is the motivation of every decision of a person who loves the Lord with all their heart, soul, and might. We must properly assess what motivates the decisions we are making.

Girls, we can know and be known by our fruit. This exercise was not meant to either puff us up or tear us down. Its purpose is to aid us in taking an honest look at the fruit in our lives. With the help of the Holy Spirit we need to know the truth. It is easy to deceive ourselves. If I say that I love the Lord with all of my heart, soul, and strength but my thoughts are unhealthy, my emotions are often negative, my actions have no room for God, and my resources are spent on everything but the kingdom; then I am fooling myself. On the flip side, if I feel condemned but I see the fruit of the Spirit operating in my life, I'm giving God my first and my best; then I'm probably being deceived by the enemy to discourage me. We need truth.

Regardless of what this exercise has revealed to each of us, may we take it to God in prayer, asking Him to circumcise our hearts that we might love Him with all of our hearts and souls, that we might truly live free and abundant.

"And the Lord your God will circumcise your heart and the heart of your offspring, so that you will love the Lord your God with all your heart and with all your soul, that you may live."

Deuteronomy 30:6