

# Fruit Inspection: Spiritual Growth Self-Assessment

## Examining the Fruit of Ongoing Transformation

### Why This Matters

Transformation is not only about breakthrough moments — it is also about ongoing growth, consistency, and remaining connected to God over time.

Healthy fruit inspection helps you:

- recognize growth,
- identify areas needing attention,
- notice spiritual drift early,
- celebrate transformation,
- and continue walking intentionally with the Holy Spirit.

This worksheet is not about perfection or condemnation.

It is simply an opportunity to pause and honestly ask:

“What kind of fruit is growing in my life right now?”

Growth often happens slowly.  
Even small healthy changes matter.

## Scripture Focus

### Galatians 5:22–23

“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...”

### 2 Corinthians 13:5

“Examine yourselves as to whether you are in the faith...”

### Matthew 7:17

“Every good tree bears good fruit...”

## How to Complete This Assessment

Rate each area from 1–5:

- 1 - Struggling constantly
- 2 - Often weak or inconsistent
- 3 - Growing but moderate
- 4 - Healthy and strengthening
- 5 - Consistently evident and fruitful

# Fruit Inspection Self-Assessment

- 1 - Struggling constantly
- 2 - Often weak or inconsistent
- 3 - Growing but moderate
- 4 - Healthy and strengthening
- 5 - Consistently evident and fruitful

## Spiritual Health

Area	1	2	3	4	5
Consistency in prayer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hunger for God's Word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worship & gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sensitivity to conviction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dependence on the Holy Spirit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consistency in church/community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Emotional Health

Area	1	2	3	4	5
Emotional awareness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-control in reactions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handling stress in healthy ways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to pause before reacting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy emotional boundaries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 1 - Struggling constantly
- 2 - Often weak or inconsistent
- 3 - Growing but moderate
- 4 - Healthy and strengthening
- 5 - Consistently evident and fruitful

## Relational Health

Area	1	2	3	4	5
Forgiveness toward others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honesty & vulnerability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to receive correction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accountability with trusted people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Serving & encouraging others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Thought Life & Identity

Area	1	2	3	4	5
Rejecting false beliefs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confidence in identity in Christ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Renewing thoughts with truth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Responding with truth over impulse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognizing spiritual drift early	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking in Spirit-led thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Reflection Questions

Which area feels strongest right now?

---

---

Which area needs the most growth or healing?

---

---

What positive growth have you noticed in yourself recently?

---

---

What unhealthy pattern or warning sign do you need to pay attention to?

---

---

---

## Growth Reflection

### Fruit grows gradually.

Healthy growth is usually:

- consistent,
- intentional,
- surrendered,
- and cultivated over time.

Even small progress matters.

What is one area where you believe God has been transforming you?

---

---

---

# Practical Growth Plan

Choose 2 areas you want to intentionally strengthen this season:

1. \_\_\_\_\_
2. \_\_\_\_\_

What practical step can you take this week?

---

---

---

## Encouragement

Transformation is not about becoming perfect overnight.  
It is about continually surrendering your heart, mind, thoughts, emotions, and decisions to God.

Do not become discouraged by areas still needing growth.  
Fruit develops over time as you remain connected to the Holy Spirit.

Every step toward truth, healing, obedience, and renewal matters.

---

## Closing Prayer

“Father, thank You for the work You are doing in my life. Help me remain honest, humble, and aware of both healthy fruit and areas needing growth. Continue renewing my mind, healing my heart, and strengthening me through Your Holy Spirit. Teach me to remain connected to You so that my life produces lasting fruit that honors You and blesses others. In Jesus’ name, Amen.”

## Summary Theme

Healthy fruit grows through ongoing surrender, honest self-examination, daily renewal, and continued dependence on the Holy Spirit.