

A TOOL FOR SPIRITUAL GROWTH



# Love Is . . . Self-Reflection



For HIM February 2020

THIS IS A PERSONAL SELF-REFLECTION  
TOOL DESIGNED TO HELP YOU UNDERSTAND  
GOD'S STANDARD FOR LOVE BASED ON  
1 CORINTHIANS 13.

AS CHRISTIANS, WE ARE ON A JOURNEY TO  
GROW IN OUR FAITH. THIS SELF  
REFLECTION CAN HELP GUIDE YOUR  
UNDERSTANDING AND DEVELOPMENT.

THE PROMPTS HELP TO SELF-REFLECT.  
THE RATING SCALE IS TO MEASURE YOUR  
CURRENT EXPERIENCE.

AS YOU STUDY, PRACTICE, AND SELF-  
OBSERVE - USE THE RATING SCALE AS  
FREQUENTLY AS YOU LIKE TO GAUGE YOUR  
GROWTH.

EXPERIENCE THE PROMISES OF HIS WISDOM  
AS YOU USE GOD'S WORD TO FOCUS AND  
THE MINDSET OF JESUS TO PRACTICE  
LOVING HIS WAY.





# Patience



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### **PATIENCE**

"With all humility and gentleness,  
with patience, bearing with one  
another in love."

~ Ephesians 4:2

- How often are you patient?
- Is your nature to be patient?
- With whom are most patient?
- With whom are least patient?

**1 2 3 4 5 6 7 8 9 10**



# Kindness



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### **KINDNESS**

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

~ Galatians 5:22-23

- How often are you kind?
- Do you view yourself as kind?
- How do you show kindness the most?
- To whom are you the most kind? Why?

**1 2 3 4 5 6 7 8 9 10**



# Not Envious



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### NOT ENVIOUS

"A heart at peace gives life to the body, but envy rots the bones . . .  
~ Proverbs 14:30

- Do you envy anyone, material things, professional or social status?
- What is it that you envy most? Why?
- Does your envy create resentment?
- If yes, are you resentful towards someone you love?
- Can you create what you envy for yourself? If yes, why don't you?

**1 2 3 4 5 6 7 8 9 10**



# Not Boastful



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### **NOT BOASTFUL**

"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

- Do you boast about things you've done or things you have?
- If yes - what do you boast about?
- Why do people boast about things?
- Do the things we boast about define us?
- What are you defined by?
- What do you want others to know about you?

**1 2 3 4 5 6 7 8 9 10**



# Not Prideful



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### **NOT PRIDEFUL**

"But He gives more grace.  
Therefore it says, "God opposes  
the proud, but gives grace to the  
humble.

~ James 4:6

- Do you see pride as positive or negative?
- Do you see humility as weak or strong?
- Do you forgive easily?
- What does grace look like to you?
- Do you struggle to forgive yourself?
- Is pride something that feels unhealthy to you?

**1 2 3 4 5 6 7 8 9 10**



# Not Dishonoring



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### NOT DISHONORING

"If you love me, you will [not dishonor] my commandments.

~ John 14:15

- What does honor mean to you?
- Do you like to do things for others that make them happy? Are you a pleaser?
- What is the difference between honoring and pleasing someone?
- Does doing something for someone because it brings them joy also bring you joy?

1 2 3 4 5 6 7 8 9 10





# Not Self-Seeking



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### NOT SELF-SEEKING

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,  
~ Philippians 2:3

- In what situations are you most tempted to consider yourself first.
- In what way(s) do you consider yourself the most selfless? With whom?
- Does recognition mean a lot to you?
- Do you naturally appreciate others?
- Are you ambitious or driven by achievement?
- Do your good deeds serve God's order and why do you do good deeds?

**1 2 3 4 5 6 7 8 9 10**



# Not Easily Angered



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### **NOT EASILY ANGERED**

"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

- Do you anger easily?
- What situations or people provoke you to anger?
- Does fear provoke anger in you?
- Does anxiety provide anger in you?
- Does fatigue provoke anger in you?
- Are you angry at work but not at home?
- Where do you spend time when you are not angry? Why is that?

**1 2 3 4 5 6 7 8 9 10**



# Keeps No Record of Wrongs

## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### KEEPS NO RECORD OF WRONGS

"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.  
~ Collosians 3:13-14

- Do you see yourself as a grudge holder?
- Can you only forgive certain things and not other things? If so, why?
- Are there things you can't forgive yourself for? If so, why not?
- Do you think all sins are equally offensive to God? Why or why not?
- What good do you think comes from forgiveness? Who does it benefit?

**1 2 3 4 5 6 7 8 9 10**



# Does Not Delight in Evil



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### DOES NOT DELIGHT IN EVIL

"For God will bring every deed into judgment, with every secret thing, whether good or evil.

~ Ecclesiastes 12:14

- Do you ever take pleasure in or wish for someone else's bad fortune - even something minor? If yes, why?
- Do you see yourself as spiteful?
- Are you provoked to think or act by spite, fear, frustration, anger, revenge?
- Can you love your enemies or pray for them?
- Do acts of the flesh compel you most?

**1 2 3 4 5 6 7 8 9 10**



# Rejoices with Truth



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### REJOICES WITH TRUTH

"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 you, with your whole heart, accept God's word as the only truth?
- In what way(s) do you rejoice in that truth?
- Does God's truth fill you with confidence, peace, joy, or rest?
- Does learning new truth in God's word challenge you - conflict you?
- Do you believe that the pursuit of God's truth will bring you hope and peace? Why?

1 2 3 4 5 6 7 8 9 10



# Protects



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### PROTECTS

"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation." ~ Psalm 31:15-17 ~

- Does love provoke in you, a desire to protect and rescue?
- When you protect what guides your decision making - what is your model?
- Does your style of protection cause consequences that are less than positive?
- Do you feel protected? How and why?
- In what ways do you feel protected by your faith - by God?

**1 2 3 4 5 6 7 8 9 10**



# Trusts



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### TRUSTS

"Trust in God at all times, pour out your heart to Him, for He is our refuge and strength."

~ Psalm 62:8

- Do you trust God 's Word?
- Do you trust God with your fears?
- Do you trust God with your desires?
- Do you trust that God's plan is greater and more perfect than your plans?
- Do you trust God with your children?
- Do you trust God with your marriage?
- Do you trust God's timing?
- Do you trust God no matter what?

**1 2 3 4 5 6 7 8 9 10**



# Hopes



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### HOPES

"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

- Is God the source of your hope?
- What is the evidence of joy, peace, and hope in your current situation?
- What, if anything, reminds you to be hopeful in your day? How does it remind you to be hopeful?
- Does hope sustain you? Why and how?
- How do you communicate hope to others - your children, your friends?

**1 2 3 4 5 6 7 8 9 10**





# Perserves



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

1 - None of the Time  
10 - All of the Time

### PRESERVES

"Even to your old age and gray hairs, I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.  
~ Isaiah 64:4

- Do you feel uplifted by your faith - by God? What other things uplift you?
- Do you use God's example to uplift others? If not, what do you use?
- Do you naturally uplift others?
- If not, how does love compel you?
- What situations have you experienced when you solely relied on God's strength?
- In those situations, were you sustained?

1 2 3 4 5 6 7 8 9 10



# Never Fails



## INDICATOR OF LOVE

## REFLECTION PROMPTS

## RATING

**1 - None of the Time**  
**10 - All of the Time**

### NEVER FAILS

"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

- Do you believe and feel, no matter your past, current, or future worldly situation, that you are loved by your Father in Heaven?
- Do you believe that a life lived, as Jesus modeled on Earth, is the way to pursue loving others?
- Do you believe if you develop a mindset like Jesus you can inspire love in the world?
- Do you believe you are completed by God?

**1 2 3 4 5 6 7 8 9 10**