

A Lifestyle that Leads to God's Favor

# The Gospel Rich Lifestyle



**BECOME THE LOVE OF CHRIST**

**Love Is ... *in me***

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



The Promise Group All Rights Reserved 2025©



# Love Is ... *in me* Explained

## WHAT TO EXPECT

Discover God's promises by renewing your mind with His wisdom, embody the LOVE of Christ, and realize God's favor by living the Gospel Rich Lifestyle as He intends for you.

## BECOME THE LOVE OF CHRIST

This self-assessment, based on 1 Corinthians 13, helps you explore and grow in God's standards for LOVE. As Christians, we seek God's wisdom daily to deepen our faith. This activity guides you to integrate God's word and become the LOVE of Christ in the world.

## IT'S ALL OK

If you haven't fully demonstrated God's standards for LOVE, that's OK. Growth is lifelong. Stay committed, be honest in self-reflection, and use the rating scale to assess how you demonstrate LOVE. Rate yourself weekly or monthly and get excited about your progress in becoming LOVE as God designed us.

## EMBRACE SELF-OBSERVATION

Self-observation is intentionally examining what, when, and why you do things. It uncovers root causes of your actions and reactions. It is key to self-development, growth, and becoming more. Embrace the process, enjoy the journey, and expect to experience the many promises and blessings of God's favor.

# 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, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices in 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**
- **LOVE is not self-seeking**
- **LOVE is not easily angered**
- **LOVE keeps no record of wrongs**
- **LOVE does not delight in evil**
- **LOVE rejoices in truth**
- **LOVE always protects**
- **LOVE always trusts**
- **LOVE always hopes**
- **LOVE endures**
- **LOVE NEVER FAILS**



# How *patient* am I?



GOD'S EXPECTATION:  
**LOVE IS PATIENT**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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 relative to exploring the expectation.

- 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?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often are you patient in daily life with people and situations, without any expectation for thanks or reciprocation?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Embrace the journey and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How *kind* am I?



GOD'S EXPECTATION:  
**LOVE IS KIND**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- “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 relative to exploring the expectation.

- 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?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you show kindness through words, gestures, consideration, or appreciation without any expectation for thanks or reciprocation?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Embrace the journey and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How *envious* am I?



GOD'S EXPECTATION:

**LOVE IS NOT ENVIOUS**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- “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

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- Is envy feeling sad, jealous, or even angry because someone has something or someone you want?
- Do you ever compare your relationships, lifestyle, possessions, time, or peace to others'?
- Do you tend to focus on what you lack instead of focus on what you have?
- Could envy lead to resentment?
- Could resentment harm or even destroy relationships?
- Could seeing blessings foster feelings of gratitude?
- Do you think gratitude eases envy? If yes, or no - why?
- Could seeing what's right in your life give you a fresh perspective that would reduce or even eliminate envy?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you feel resentful, jealous, or irritated because you want something that someone else has or simply because you don't have it yet?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as your grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always



# How *boastful* am I?

GOD'S EXPECTATION:

**LOVE IS NOT BOASTFUL**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- “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 relative to exploring the expectation.

- Do people boast to feel worthy or seek approval?
- Should “I won this award” be replaced with “I thank God for helping me win this award”?
- Should “I am proud of my son” be replaced with “I thank God for having such a wonderful son”?
- Do you agree all good things come from God? If yes, you think He deserves all the credit?
- Do people boast to impress with their notable traits or achievements? If yes, what are better ways to share what's impressive or worthy of praise?
- Does boasting indicate self-reliance and pride?
- Do you think seeking approval and wanting to be appreciated are the same?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you take full credit for your successes, feel compelled to impress others or seek their approval by sharing status and/or achievements?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as your grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always





# How *prideful* am I?

GOD'S EXPECTATION:  
**LOVE IS NOT PRIDEFUL**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- “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 relative to exploring the expectation.

- Do you view pride as positive or negative?
- Are PRIDE and INTEGRITY the same or different?
- Might pride be what causes people to hold grudges?
- Is being prideful like being stubborn?
- If you're prideful, might you also be unforgiving?
- Can pride be a strength in some ways, or not ever?
- Is pridefulness a stronghold or a passed down trait?
- Should people let go of prideful?
- How do people let go of being prideful?
- Does pridefulness get in the way of good relationships, personal growth, forgiveness, or even, trust in God? Why and how?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you feel a gripping stubbornness toward someone or about something that causes feelings of hurt, confusion, longing, and loss.**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as your grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always



# How *honoring* am I?



GOD'S EXPECTATION:

**LOVE DOES NOT DISHONOR**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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."  
~ Romans 12:9-10

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- What is an example of a dishonoring act or behavior?
- What is an example of an honoring act or behavior?
- Is honoring the same as pleasing, or different?
- Do you do a good thing to avoid criticism or trouble from someone?
- Do you do a good thing because you know someone likes or needs it done?
- Is dishonoring or honoring to praise someone to gain their appreciation, favor, or approval?
- Does your motivation for helping determine if you are honoring or pleasing?
- Who are examples of honoring and dishonoring people from your life, history, or fiction?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often are you motivated to do things because you specifically know it will bring someone a feeling of appreciation, peace, comfort, love, rest, or joy?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How *self-seeking* am I?



GOD'S EXPECTATION:  
**LOVE IS NOT SELF-SEEKING**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- “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

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- In your daily life, do you seek praise or seek to praise?
- Do you see your daily work as service to others or as a way to achieve your wants and needs, or both?
- Do you seek money, success, or status daily?
- Do others help you and contribute to your success?
- Do you credit others for their part in your success, if yes, how do you credit them?
- Does God deserve credit for your success, if yes, how do you give Him credit?
- How do you think God feels about self-seeking ways?
- What do you think God wants you to seek?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you give credit and thanks to God and to those who help you successfully navigate your daily work and achieve your goals?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How *easily angered* am I?



GOD'S EXPECTATION:  
**LOVE IS NOT EASILY ANGERED**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- 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?
- Is reading scripture a strategy that can alleviate anger?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you anger easily and/or act out in anger on any given day?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How well do I *keep no record of wrongs*?



GOD'S EXPECTATION:  
**LOVE KEEPS NO RECORD OF WRONGS**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- Do you think holding grudges equates to keeping a record of wrongs? Do you hold grudges?
- Do you tend to notice more of what is right or what is wrong about people and situations?
- Do you forgive easily? Are some people or situations easier for you to forgive than others, and why?
- Does keeping a record of wrong mean you are judging?
- Do you want your wrongs judged and held against you, or do you seek grace and forgiveness for your wrongs?
- Do you think everyone should forgive? Why?
- Is forgiveness an act of love? Who benefits?
- Is keeping a record of someone's wrong an act of love? Who benefits?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you judge, or hold grudges against, or find it difficult to forgive people for their wrong doings?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How well do I *not delight in evil?*



GOD'S EXPECTATION:  
**LOVE DOES NOT DELIGHT IN EVIL**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- “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 relative to exploring the expectation.

- 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 act out of spite, revenge, or hate?
- Why would someone toy with another's emotions?
- Do you love your enemies and pray for them? Why?
- Do you think gossiping, lying, or manipulation is ok in certain situations? Why or why not?
- Do you tend to judge others - including your family?
- Do you believe all will be judged by God in His time?
- Do you believe God intends for you to judge or hate?
- Do you want to be judged, hated, rejected, canceled, manipulated, lied to, slandered, or ruined on purpose?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do feel satisfied or glad when a misfortune, loss, or offense happens to someone you don't like?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as your grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How good do I *rejoice in truth?*



GOD'S EXPECTATION:  
***LOVE REJOICES IN TRUTH***

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- We all express ourselves differently, in what ways do you rejoice or show great joy over something?
- Do you fully accept God's word as the ultimate truth, and if so, how do you show joy in this belief?
- Does God's word/truth bring you freedom, hope, confidence, and peace, and do you rejoice in this?
- Does God's word/truth sometimes challenge or conflict with you, and is that a reason to rejoice? Why?
- Can you find reasons to rejoice even in difficult situations as long as they connect to God's truth?
- Do you believe God's word is the ultimate truth against which everything else can and should be measured? Do you think that is worth rejoicing?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you rejoice in God's truth, regardless of how easy or difficult it is to obey it in your daily life?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always



# How *protective* am I?



GOD'S EXPECTATION:  
**LOVE ALWAYS PROTECTS**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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

## REFLECTION PROMPTS

Prompts may or may not apply to your particular situation but are relative to exploring the expectation.

- Do you believe you are protected, and who protects you?
- Do you believe God protects you? Why do you believe it?
- In what ways do you receive God's protection?
- Are you a protector? If yes, who do you protect?
- What compels or inspires you to be protective? Why?
- What do you protect against?
- Did someone teach you how to be a protector? Who?
- Do you believe we are created with protective instincts?
- Do you think prayer is a form of protection? Why?
- Do you think obedience is a form of protection? Why?
- Do you think silence and stillness protects? Why?
- Do you think men and women protect differently? How?
- Do you think protection is an act of love? Why?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you pray for God's protection over your family and others, show steadfast obedience to God, and remain steady under spiritual testing?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always



# How *trusting* am I?



GOD'S EXPECTATION:  
**LOVE ALWAYS TRUSTS**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- *"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 relative to exploring the expectation.

- 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 will make a positive out of a negative?
- Do you trust God is always with you & always loves you?
- Do you trust God's promises including eternal life?
- Do you trust God's timing and His plan?
- Do you trust God enough that you will put your whole weight onto Him and be held only by Him?
- Does trusting God make us trustworthy?
- Is trusting yourself and others an act of Love?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you fully trust God with every piece of your heart—enough to put your whole weight onto Him and be held only by Him?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How *hope-filled* am I?



GOD'S EXPECTATION:  
**LOVE ALWAYS HOPES**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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 relative to exploring the expectation.

- Does hope bring you comfort and joy? What other emotions does hope inspire in you?
- Do you think God's sunrise symbolizes hope, reminding that each day we are promised another chance to start new again? If yes, how does this make you feel?
- Do you like to share and express hope with others?
- What hope-filled words, phrases, songs, poems, quotes, or books inspire hope in you?
- Do you believe that hope in God's plan sustains you to walk in faith through unpredictable situations? Why?
- Do you think the hope of eternal life in Heaven is what drives us to our knees in surrender to our Heavenly Father? If yes, how does this make you feel?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often do you seek hope as a sustaining power in your daily life to be a hope-filled light to everyone God places in your path?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as your grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How well *do I* endure?



GOD'S EXPECTATION:

**LOVE ENDURES ALL THINGS**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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 relative to exploring the expectation.

- 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?
- What or who inspires endurance in you?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How often are you willing to endure suffering, as an act of love, on behalf of something or someone?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

# How unfailing *is my love?*



GOD'S EXPECTATION:  
**LOVE NEVER FAILS**

## BIBLICAL CONFIRMATIONS

Use the Bible verse(s) below to confirm the expectation. Find additional verses on your own if needed.

- "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 relative to exploring the expectation.

- Do you believe and feel that God, your Father in Heaven, unconditionally loves you, regardless of your past or current situation?
- Do you believe that imitating Jesus is the ultimate way to show love in this life?
- Do you believe that developing a heart and mind like Jesus can inspire love in the world?
- Do you believe Jesus' profound love transcends the world?
- Do you believe you can imitate that kind of love?
- Do you believe that if love endures and is all that remains, it is enough to be the solution everyone needs?

Consider the question below when rating yourself - your rating should reflect how you see yourself today.

**Q: How willing are you daily to imitate Jesus' unwavering, profound, enduring love, with the hope your example draws others nearer to God?**

Rating yourself 4 times is recommended: once a week or once a month. Write-in the date each time. Check the box of ONE rating each time you do the self-assessment and watch your progress as you grow in LOVE.

## RATING SCALE

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always

Date: \_\_\_\_\_ ☐ never ☐ rarely ☐ sometimes ☐ usually ☐ always



## **Why Not Charleston**

The Promise Group 2025©