

Fruitfulness Check-Up

(Based on Galatians 5, 1 Corinthians 13, Romans 12)

STEP 1: After reflecting with your accountability partner or small group on these fruits and sins (in no particular order in the right and left columns), select **one or more** areas of your life and list a fruitful discipline that you currently practice in that area of your life. Disciplines might include monthly “dates” with your wife, family game night, 30 minutes of exercise per day, norms of collaboration, monthly family service project, etc. The discipline should be written in the “Now” section of column #1. STEP 2: Do the same considering sinful patterns in column #2, indicating current challenges and future goals that you may have. It may be helpful to focus on only **one or two** challenges that you feel are important to address. STEP 3: Confer with your accountability partner or small group to clarify the challenge, fine-tune the goals and disciplines, and monitor your progress.

SINS	(#2) Sinful patterns	Area of your life	(#1) Fruitful disciplines	FRUIT
Pride	Challenge:	Marriage (if not married, most significant relationship)	Now:	Self-sacrifice
Idol worship	Goal:		Future:	Joy
Enmity	Challenge:	Fatherhood (if not a father, next most significant relationship)	Now:	Peace
Irritable	Goal:		Future:	Mind transformed by God
Selfish	Challenge:	Health spiritual identity, health purity and integrity emotional health physical health	Now:	Patience
Record of wrongs	Goal:		Future:	Faith
Loving Evil				LOVE
Ambition	Challenge:	Work relationships reputation quality	Now:	Hope
Separate into parties and groups	Goal:		Future:	Kindness
Envy	Challenge:	Ministry / Care for Others	Now:	Goodness
Drunkenness	Goal:		Future:	Eager to show respect
Jealousy	Challenge:	Stewardship financial / material time, energy gifts, abilities	Now:	Humility
Anger	Goal:		Future:	Using our gifts
Personal revenge	Challenge:	Friendships accountability small group mentorship	Now:	
	Goal:		Future:	Self-control