

How to Determine the Quality of My Love

1 Corinthians 13: 4-8

Think through the following statements with a particular person in mind. Rate each statement on the basis of 1-10, with 10 being the highest quality of love. The key word in each statement or question is *always* or *never*.

Score

- _____ 1. I am always patient with this person.
- _____ 2. I am always kind to this person and find myself searching for opportunities to do good for this person.
- _____ 3. I am never envious or jealous of this person.
- _____ 4. I am never boastful or arrogant around this person. I am more concerned about his or her thoughts, interests, and accomplishments than my own.
- _____ 5. I am never rude or unmannerly around this person.
- _____ 6. I am never selfish around this person by insisting on my way, demanding my rights, or pressing for my selfish aims.
- _____ 7. I am never irritable or touchy, quick to take offense, or slow to forgive and forget when this person commits an offense against me.
- _____ 8. I never rejoice, take pleasure, or gloat over the wrong this person does.
- _____ 9. I always rejoice when I see truth and justice demonstrated in this person's life.
- _____ 10. I always find it easy to overlook this person's faults, and I am unwilling to expose his or her faults to others.
- _____ 11. I always find myself eager to believe the best about this person.
- _____ 12. I always find myself hoping for the very best for this person regardless of the circumstances.
- _____ 13. I have been consistent in demonstrating my love for this person.
- _____ 14. My love for this person is growing stronger.

_____ (Total score) ÷ 1.40 = _____ %

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