

Fruit of the Spirit Measure (FSM)

Instructions:

These statements describe Christian thoughts, feelings, and behaviors that come from the Holy Spirit within and are experienced within the self, with others (e.g., friends, family, neighbors, acquaintances, strangers), and/or with God. Please indicate how often you have experienced them in the last week.

1	2	3	4	5
<i>never</i>	<i>rarely</i>	<i>sometimes</i>	<i>often</i>	<i>always</i>

Items	Ratings				
Interpersonal Self-Regulation	1	2	3	4	5
I controlled my emotions when interacting with others.	1	2	3	4	5
I acted calm toward others.	1	2	3	4	5
I acted considerately toward other people.	1	2	3	4	5
I acted gently toward others.	1	2	3	4	5
Joyful Affect	1	2	3	4	5
I felt delight.	1	2	3	4	5
I had thoughts of delight.	1	2	3	4	5
I felt joy.	1	2	3	4	5
God-Oriented Well-Being	1	2	3	4	5
I felt God's peace.	1	2	3	4	5
I felt content in God.	1	2	3	4	5
I thought about how I could faithfully obey God's commands.	1	2	3	4	5
Benevolent Love	1	2	3	4	5
I felt giving toward other people.	1	2	3	4	5
I felt generous toward other people.	1	2	3	4	5
I showed love toward others.	1	2	3	4	5

Citation:

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Contact:

Joshua J. Knabb | jknabb@calbaptist.edu

College of Behavioral and Social Sciences, California Baptist University