

Love Measurement Inventory

Instructions: Read the “Love is...” phrase. Read the thought that is designed to cast light on the phrase. Think about the time frame of the statement and the people of focus. Respond to the statement honestly.

The first week of a month respond to a. The second week respond to b. Then c. Then d. (Respond to 16, 17 & 18 each week.) After responding over the course of the month add the sum of each a. b. c. & d. Then divide that number by 4 and enter that number on the line. Add up each [sum ÷ 4 = ___] Record number at end.

Redo every other month or every three months. Compare number changes. See note at the end.

(circle one... 1 = absolutely no, 10 = absolutely yes

1. Love is patient (it defers “now” to another) [sum a. b. c. & d ÷ 4 = ___]

a. In the last three days (with my family) I have been patient

1 2 3 4 5 6 7 8 9 10

b. In the last three days (with my associations) I have been patient

1 2 3 4 5 6 7 8 9 10

c. In the last three days (while out-and-about) I have been patient

1 2 3 4 5 6 7 8 9 10

d. Over the last week (people I have connected with)would say I have been patient this week

1 2 3 4 5 6 7 8 9 10

2. Love is kind (warm/gracious) [sum ÷ 4 = _____]

In the last three days (with my family) I have been kind

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have been kind

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have been kind

1 2 3 4 5 6 7 8 9 10 In the last week (people I have connected with)would say I have been kind this week

1 2 3 4 5 6 7 8 9 10

3. Love does not envy... (a feeling of displeasure after hearing about or seeing the advantage or prosperity of others) [sum ÷ 4 = _____]

In the last three days (with my family) I have not been envious

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have not been envious

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have not been envious

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have not acted enviously this week

1 2 3 4 5 6 7 8 9 10

4. Love does not boast... (it does not assign goodness for my own action or self while trying to raise myself up above another) [sum ÷ 4 = _____]

In the last three days (with my family) I have been boastful

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have been boastful

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have been boastful

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have been boastful this week

1 2 3 4 5 6 7 8 9 10

5. Love is not proud... (not willing to be known as who I am) [sum ÷ 4 = _____]

In the last three days (with my family) I have not acted proudly

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have not acted proudly

1 2 3 4 5 6 7 8 9 10

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have not acted proudly

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have been willing to be known as who I really am

1 2 3 4 5 6 7 8 9 10

6. Love is not rude... (discourteous or even harsh) [sum ÷ 4 = _____]

In the last three days (with my family) I have not been rude

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have not been rude

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have not been rude

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have not been rude this week

1 2 3 4 5 6 7 8 9 10

7. Love is not self-seeking... (concerned first about self interest) [sum ÷ 4 = ___]

In the last three days (with my family) I have not been self-seeking

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have not been self-seeking

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have not been self-seeking

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have not been self-seeking this week

1 2 3 4 5 6 7 8 9 10

8. Love keeps no record of wrongs... (holds no grudges) [sum ÷ 4 = _____]

In the last three days (with my family) I have kept no record of wrong

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have kept no record of wrong

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have kept no record of wrong

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have kept no record of wrongs this week

1 2 3 4 5 6 7 8 9 10

9. Love is not easily angered... (emphasis on “easily.” It is not wrong to have moments of anger.) [sum ÷ 4 = _____]

In the last three days (with my family) I have not been easily angered

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have not been easily angered

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have not been easily angered

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have not been easily angered this week

1 2 3 4 5 6 7 8 9 10

10. Love does not delight in what is wrong... (does not rejoice with/ find joy with wrong as defined by God’s word) I John 5:3/II John 1:6 [sum ÷ 4 = _____]

In the last three days (with my family) I have not found joy in what is wrong

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have not found joy in what is wrong

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have not found joy in what is wrong
 1 2 3 4 5 6 7 8 9 10
 In the last week (people I have connected with) would say I have not found joy in
 what is wrong this week
 1 2 3 4 5 6 7 8 9 10

11. Love always rejoices with the truth... (actual reality in line with God's word...
 actual reality in line with facts) [sum ÷ 4 = _____]

In the last three days (with my family) I have been pleased to line up with the
 truth 1 2 3 4 5 6 7 8 9 10
 In the last three days (with my associations) I have been pleased to line up with
 the truth 1 2 3 4 5 6 7 8 9 10
 In the last three days (while out-and-about) I have been pleased to line up with the
 truth 1 2 3 4 5 6 7 8 9 10
 In the last week (people I have connected with) would say I have been pleased to
 line up with the truth this week 1 2 3 4 5 6 7 8 9 10

12. Love always protects... (always desires safety for another, acts appropriately to
 bring safety to another in all situations) [sum ÷ 4 = _____]

In the last three days (with my family) I have protected them
 1 2 3 4 5 6 7 8 9 10
 In the last three days (with my associations) I have protected them
 1 2 3 4 5 6 7 8 9 10
 In the last three days (while out-and-about) I have protected others
 1 2 3 4 5 6 7 8 9 10
 In the last week (people I have connected with) would say I have protected them
 this week
 1 2 3 4 5 6 7 8 9 10

13. Love always trusts... (trusts in God and his word... people have to earn our
 trust) [sum ÷ 4 = _____]

In the last three days (with my family) I have entrusted my family to God
 1 2 3 4 5 6 7 8 9 10
 In the last three days (with my associations) I have entrusted my associations to
 God
 1 2 3 4 5 6 7 8 9 10
 In the last three days (while out-and-about) I have trusted God and his word
 1 2 3 4 5 6 7 8 9 10
 In the last week (people I have connected with) would say I display the
 peacefulness of a person who trusts
 1 2 3 4 5 6 7 8 9 10

14. Love always hopes... (has *well grounded expectations* in the context of God's word) Psalm 119:147 [sum ÷ 4 = _____]

In the last three days (with my family) I have been hopeful

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have been hopeful

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have been hopeful

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have displayed the peace/joy/courage/energy that comes with hopefulness this week

1 2 3 4 5 6 7 8 9 10

15. Love always perseveres... (I do not limit my perspective to a snapshot of the moment but instead look at life as movie frames moving towards a good end) [sum ÷ 4 = _____]

In the last three days (with my family) I have persevered

1 2 3 4 5 6 7 8 9 10

In the last three days (with my associations) I have persevered

1 2 3 4 5 6 7 8 9 10

In the last three days (while out-and-about) I have persevered

1 2 3 4 5 6 7 8 9 10

In the last week (people I have connected with) would say I have seemed persevering this week

1 2 3 4 5 6 7 8 9 10

16. This week I have given thought to how much I have been forgiven. (*"The one who is forgiven much loves much."* Luke 7:47)

1 2 3 4 5 6 7 8 9 10 [sum of four weeks ÷ 4 = _____]

17. This week I have thought about how Christ laid down his life for me. (*"We know love by this that Christ laid down his life for us..."* I John 3:16a)

1 2 3 4 5 6 7 8 9 10 [sum of four weeks ÷ 4 = _____]

18. This week I have laid down my life for others in a tangible way. (*"...we too ought lay down our life for one another."* I John 3:16b)

1 2 3 4 5 6 7 8 9 10 [sum of four weeks ÷ 4 = _____]

Remember: *"This is love. Not that we love God. But God loves us. And sent his son as propitiation for our sin."* I John 4:10

Enter total here = _____

Think about the numbers you see. What do you think Jesus would have you pay closer attention to? Ask Jesus what he would have you do about the numbers you see.

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