

Journey Markers: Core Virtues

Read the following statements that reflect core virtues in the life of a Christ-follower. Under each statement you'll find five corresponding sentences describing different phases we all go through. Mark the corresponding sentence that best reflects where you are on the journey.

With regard to my integrity...

- I am working daily on being authentic in all of my relationships, both when others are watching and when they are not.
- I am one person when others can see me and someone different when I'm by myself.
- I am consistently able to be the same authentic, honest, and consistent person whether I am alone or with other people.
- I wish that I could be more consistent. Though sometimes I make a good choice, I will often take shortcuts, stretch the truth, or do something wrong if I know no one else is watching.
- I used to have more integrity than I have recently.

With regard to my gentleness and kindness...

- I sometimes say insensitive things to people but always regret it later.
- I am consistently thoughtful, considerate, and calm in dealing with others.
- I feel as if I used to be kinder and gentler than I am right now.
- I run over people who get in my way. I will do what it takes to have my way.
- I often notice when people need an encouraging word and I extend one to them.

With regard to my faithfulness...

- Many of my friends know I am a follower of Christ and they see that I am fairly authentic in the way I live.
- I have many up and down days as I follow Christ – consistency is tough for me to develop.
- There are times that I will speak up on God's behalf when I am with others. I live out my faith more days than not.
- I feel as if I used to be more faithful to God, both in private and in public, than I am right now.
- My life is a consistent example to others of how to walk with God.

With regard to my hope...

- I used to have greater hope than I do right now.
- I do not feel at all optimistic about life in this world.
- I have an abiding sense of positive thought that ultimately all will be well because God is in control, even if it doesn't happen during this lifetime.

- I can cope with the hardships of life and with death because of the hope I have in Jesus Christ that another reality exists beyond what we can see with our eyes.
- More and more, when I hear of the troubles of our world, I remember that God's purposes will be done no matter what.

With regard to my joy...

- I am sensing that I am more inclined to see the good in life and in other people even when I can't experience the immediate emotion of happiness.
- Slowly but surely I find myself becoming more filled with happiness day by day.
- I have inner contentment and a sense of purpose regardless of my circumstances.
- I used to have a deeper sense of joy than I do right now.
- I wish I could shake off my tendency to be depressed and angry much of the time.

With regard to my love...

- I am doing better at putting the needs of my family members ahead of my own needs.
- I have a mental list of people I like and people I don't. I avoid the ones I don't like.
- I used to show love to people more than I do right now.
- I sacrificially and unconditionally love and forgive others.
- I work at wishing everyone the best in life and I try to extend them my best regardless of how I feel about them personally.

With regard to my peace...

- I feel calmer than I have in the past. I especially notice it when I can face down circumstances that used to cause me a lot of anxiety.
- I used to have a deeper sense of peace, but recently I find myself experiencing more anxiety and less peace.
- I am learning to trust God so that I don't have to worry about things as much. I know that He is in control and that makes me feel better.
- I am free from anxiety because things are right between God, me, and others.
- I am not certain that my relationship with God is good and solid. I worry too much and think I need to control my world.

With regard to my self-control...

- I have had some recent success in laying aside some of my hurtful bad habits.
- I can never predict how I will react in stressful situations – it just depends.
- I have the power, through Christ, to control myself.
- I really want to let God control my actions and reactions and I'm letting Him work on that.
- I used to practice self-control but I've recently experienced some setbacks in this area.

With regard to my humility...

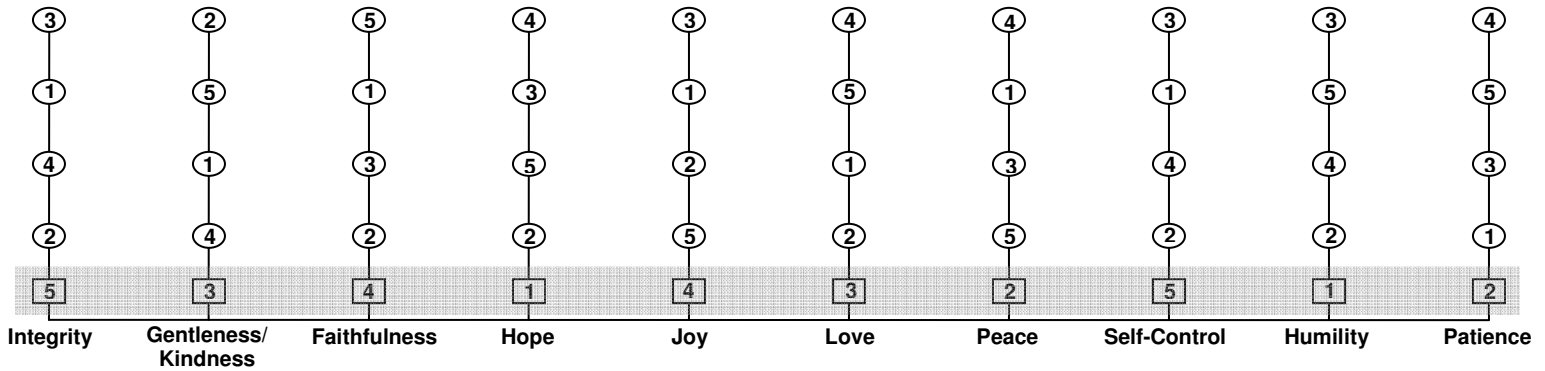
- I used to think of others above myself but that has been more difficult recently.
- I look to my own needs and happiness before I consider anyone else.
- I choose to esteem others above myself.
- I am not nearly as selfish and self-centered as I once was.
- I am beginning to surprise myself by taking a greater interest in other people's lives.

With regard to my patience...

- I still have a temper that flares too easily.
- I feel as if I have less patience now than I once did.
- I am more self-aware of how I am reacting when things are not going my way.
- I take a long time to overheat and can endure patiently under the unavoidable pressures of life.
- Taking the time to know and understand difficult people has helped me to become more patient with them.

Assessment Results: Core Virtues

Now that you've completed the assessment on your core virtues you may transfer your answers onto the graph below. For example, if you selected the first response under the *Integrity* statement you would find the number 1 on the *Integrity* line and fill in that bubble. Continue with each line below until you've completed the entire section. You may then choose to connect your dots to reveal areas of progress in your journey (reflected by higher dots) and areas in which you may want to seek ways to grow (reflected by lower dots). Boxes in the shaded area designate a marker in which you seem to be stalled (see the next page for more information).



Journey Markers: Core Virtues

Integrity

I live with absolute honesty, consistency and authenticity in all my relationships.

Colossians 3:9-10, "Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator."

Gentleness / Kindness

I am thoughtful, considerate and calm in dealing with others.

Philippians 4:5, "Let your gentleness be evident to all. The Lord is near."

Faithfulness

I have established a good name with God and with others based on my long-term loyalty to those relationships.

Proverbs 3:3-4, "Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man."

Hope

I can cope with the hardships of life and with death because of the hope I have in Jesus Christ.

Hebrews 6:19-20, "We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where Jesus, who went before us, has entered on our behalf."

Joy

I have inner contentment and purpose in spite of my circumstances.

John 15:11, "I have told you this so that my joy may be in you and that your joy may be complete."

Love

I sacrificially and unconditionally love and forgive others.

1 John 4:10-12, "This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and His love is made complete in us."

Peace

I am free from anxiety because things are right between God, myself and others.

Philippians 4:6-7, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Self-Control

I have the power, through Christ, to control myself.

Titus 2:11-13, "For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ"

Humility

I choose to put others above myself.

Philippians 2:3-4, "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others."

Patience

I take a long time to overheat and endure patiently under the unavoidable pressures of life.

Proverbs 14:29, "A patient man has great understanding, but a quick-tempered man displays folly."

More Information about the Journey Assessment...

As you move along on a journey it is helpful to have mile markers that indicate how far you have come and how much farther you have to go. This is true as you make the life journey of following Christ. How do you know if you are making progress or not? Where can you go to find some encouragement along the way?

We call this evaluation tool ***The Journey Assessment***. As you've worked through this you've hopefully been able to see your progress in becoming a Christ-like person. The 30 **markers** are divided into groups of 10. The first ten deal with the truths or **Beliefs** of the Christian faith; the second 10 list Christ-like **Virtues**; and the final 10 are **Practices** or habits that are characteristic of Christ-followers. Each marker is followed by 5 self-evaluation statements. You've sized yourself up and decided which of these 5 progressions best describe where you are in relation to each marker. The 5 progression statements reflect the following mindsets:

- **I am Centered – Jesus has complete influence in this area of my life**
- **I am Close – I'm following Jesus in this area of my life more closely every day**
- **I am Growing – I have taken the plunge and I am moving ahead**
- **I am Exploring – I'm still on the fringe and making up my mind about this one**
- **I am Stalled – I was growing in this area but lately I seem to have run out of gas**

Hopefully you've been totally open with yourself as you've worked through this assessment. Answering with what you think are the right or expected values will not have been helpful to you. Brutal honesty will have produced the most productive assessment of yourself. You may find that you are at different stages of growth in different facets of life. You may be *exploring* in the area of giving, but *close* or *centered* in your willingness to serve. Don't be concerned with back and forth in the number values – that is to be expected.

Now that you have your results make a plan to discuss the outcomes with trusted friends who are serious about growing in a relationship with Christ. Look at your present progress and determine what needs to happen in order to keep moving forward in areas of life. Give your friends the same encouragement they give you as together you plot your course in allowing the reality of Christ to flow through your life.

We **strongly** suggest that you evaluate your assessment with other people. If you are presently in a Lifegroup (and we can help you find one if you are not), leaders will be facilitating discussions related to this ***Journey Assessment***. Even if your group is not participating in ***The Journey*** curriculum you can still ask your leader if your group could take and discuss this assessment.

The Journey Markers have been adapted by Parkside Christian Church from original material from Pantego Bible Church. The recent *Reveal* research completed by the Willow Creek Association has informed our compilation of the 5 progression statements under each Journey Marker.