

## *29 Joy Evaluation Questions:*

### *Do you live to cultivate joy?*

(From “The Joy of Living for Jesus” by Katie Hoffman)

Rate your answer to each question on a scale from 0-5.

0 = never

1 = occasionally

2 = sometimes

3 = mostly

4 = always

1. Do you think of things you are thankful for on a daily basis?
2. Are you convinced God is in control of every event in your life?
3. Do you trust that God is good and that His plans for you are good even when bad things happen?
4. Do you pursue holiness in all your thoughts and actions?
5. When you sin—not if, but when—do you mourn and ask God’s forgiveness?
6. After you confess your sin, do you rejoice over God’s forgiveness? Do you believe God fully forgives you and makes you clean?
7. Do you stand in awe of God and focus on the great things God has done? Do you praise God daily for all the good things in your life?
8. Do you think about things that are pure and pleasing to God?
9. Do you fill your mind with things that are honorable?
10. Do you meditate day and night on Scripture? Or sing songs and hymns to your yourself?

11. Do you love God's Word, read it daily, and find joy in what you read?
12. Are you kind to others?
13. Do you seek to abide in Christ, staying filled with His Holy Spirit?
14. Do you act in a way that is consistent with God's Word?
15. Do you feed your relationship with God, actively seeking out ways to know God more and obey Him more fully?
16. Do you stay in fellowship with other godly Christians?
17. Do you trust that the future and whatever happens in it is under God's sovereignty?
18. Do you place your hope on one day seeing your Savior?

**Add up your score from the first 18 questions.** Now rate your answers to these next 11 questions using the following scale:

Rate your answer to each question on a scale from 1-5.

- 0 = never
- 1 = occasionally
- 2 = sometimes
- 3 = often
- 4 = always

19. Do you complain or feel sorry for yourself because life isn't turning out the way you wanted it to?
20. Do you spend more time thinking of what you don't have than you spend feeling happy for what you do have?
21. When you sin, do you cover your sin or excuse it away?

22. When you've confessed your sin to God, do you have a hard time accepting His forgiveness?
23. Do you mull over the past or regret things you can't change?
24. Do you find faults in others? Do you think about ways that people have wronged you in the past?
25. Are you bitter or resentful?
26. Do you worry about whether or not other people like you instead of thinking about how you can show love to them?
27. Do you get frustrated or annoyed when life is boring and/or repetitive?
28. Do you look for people and things on this earth to bring you satisfaction?
29. Do you have any sin in your life that you have not confessed and repented of?

Add up your score from questions 19-29. Subtract your second score from your first score.

Example:

Questions 1-18: Score 59

Questions 19-29: Score 17

$$59 - 17 = 42$$

The final score in this example would be 42.

## **TEST RESULTS**

**Joy Orchard** - Score between 72 and 60.

You are doing a great job of giving thanks in everything. Because you have learned to be content with life, you find joy comes easily. Keep trusting God, especially during the difficult seasons, and praise Him that He gives you His joy.

### **Joy Tree Clusters** – Score between 59 and 40

While you often try diligently to be thankful and trust God, you also might struggle with frustration and disappointment over parts of your life that you don't like. When you are tempted to feel angry about things in your past, or to worry about the future, choose instead to begin thanking God for what you have right now.

### **Joy Saplings** – Score between 39 and 20

While you have times of feeling joyful, you might also struggle with regret, discontentment, self-pity, or unthankfulness. And while you have times of praising God even when times are hard, you might also find yourself wishing you had made different decisions and regretting parts of your life. Instead of feeling crushed by life's disappointments, let the hard times you've had in life be a trigger for you to really learn to give thanks in everything. Take time each day to sit with the Lord, meditate on His Word, and focus your heart on what it means to live fully for Christ. Being eternally focused will help you let you of the bitter times here on earth.

### **Joy Sprouts** – Score between 19 and 5

I'm proud of you for taking a step toward joy by reading this book! While you might be struggling with your emotions, your relationship with Jesus or others, or all of these, you can still begin taking the steps to live in a way that is consistent with God's Word. Pray and ask God to reveal to you how you can know Him more and have a deeper relationship with Him. Take time each day to read the Bible and think about what you are reading. The more you understand God's kindness toward His children, the more you will experience His freedom and the joy He offers.

### **Withered Branches** – Score of 4 or lower

Whether you are dealing with feelings of guilt, regret, pain, sadness, or anger, there is still hope that you can experience the joy of the Lord. By loving those people who

God has placed in your life, and seeking ways to bless them, your eyes will be turned away from the trials of your own life so you can have some rest. Remember that this life is just a vapor compared to eternity. You will be seeing Jesus very soon. Spending eternity with Jesus is the greatest source of our joy here on earth, and for those of us who love God, we have this hope despite every trial and abuse and mistake. Remember that Jesus forgives you and He gives you the power to forgive others and love them freely. This is for your good, so you can be free and have peace.

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