

# Love Inventory

Love is very clearly defined in 1st Corinthians 13. It is not abstract. The following are brief descriptors of the active verbs describing love. In Ephesians 4 Paul challenges us to grow in love. Use the following scales to help identify your strength areas so that you may use them to address the growth areas in your love maturity.

**Love is patient:** To be patient is to be long-suffering, enduring, and self-controlled. Patience is having the power to retaliate but not using it. It is not the same as indifference. It is acknowledging someone's faults and choosing to have a close relationship regardless. Patience is putting power, the power to get even, under restraint. How would you rate yourself at being patient?

Self-Rating: Never -----Always  
1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love is kind:** To be kind is to be courteous, helpful, and cooperative. It is the flip side of patience. It moves from taking things from others to giving to others what they need. It is discovering a need and doing something useful to meet that need. When someone irritates or is irritable, the first response is to soothe that person. How would you rate yourself at being kind?

Self-Rating: Never -----Always  
1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love does not envy:** There are two levels of envy. The first says, "I want what you have" and the second level of envy says, "I wish you didn't have what you have." The root word for envy comes from the Greek, originally meaning 'to boil over.' It refers to an inner boiling or seething about what someone has or possesses. How would you rate yourself at not being envious?

Self-Rating: Never -----Always  
1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love does not boast:** Boasting is the flip side of envy. Envy is wanting something another person has and boasting is making another person want what you have. When you are walking in love you are not the one trying to make yourself look good. How would you rate yourself on not boasting?

Self-Rating: Never -----Always  
1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love is not proud:** Boasting comes from the mouth but pride comes from an attitude of the heart. It is a sense of arrogance that displays being better or not needing another person. It is the attitude of self-sufficiency. It is saying I am better and/or what I have is better. How would you rate yourself on not being proud?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love is not rude:** The word in the original Greek means to behave in an unbecoming manner. It refers to poor manners. It is saying 'I could care less what affects my actions have or how I feel about what you do, because I'll do what I want to do whether you like it or not.' It is undisciplined behavior. It is being boorish, obnoxious, and impolite. It is lacking in grace. How would you rate yourself at not being rude?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love is not selfish:** Selfishness is being interested only in your own thoughts, desires, and accomplishments. It is about using others for self-gratification. Seeking what is good for someone else is far removed as a way of living life. It is about only looking out for self. How would you rate yourself on not being selfish?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love isn't easily angered:** Anger can actually be a result of selfishness for it can come from not getting what you feel you deserve or that someone took something that you feel you deserve. It comes from a sense that you matter most. It is a reckless, generalized, uncaring expression of an unmet personal need. How would you rate yourself on not being angry?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love keeps no record of wrong:** A bookkeeping ledger is the idea that is being used here. It is having an accounting that is accessible to be used at any time so that you don't forget. It is keeping a tally of all wrong doings so that they can be used when needed either to attack or defend. It is far removed from forgiving and forgetting. It puts emphasis on the past rather than the present or the future. How would you rate yourself on not keeping track of wrong?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love does not delight in evil:** this concerns bragging or gloating in sin or wrong doing. It's making a conscious effort to make a memory of an evil that has been done. it is remembering with favor things that were done to self or another that could harm. Offending another is of no concern as long as it feels good or brings retribution. It does not encourage other people. It passes on a transgression. How would you rate yourself on not delighting in evil?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love rejoices in the truth:** This carries the idea of celebrating what is good and right as it is taught and lived. It is eulogizing what is righteous. It is talking about the good in someone. it is appreciation. It is thinking on what is noble, what is right, what is lovely, and what is admirable. It is thinking and talking honestly about what is accurate. How would you rate yourself on rejoicing in truth?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love always protects:** A safe person in a relationship is one who provides defense for the other person physically, intellectually and emotionally. Healthy relationships always have appropriate boundaries that allow security for each individual. These boundaries are respected and as a result, the relationship is a shelter from life's difficulties. Love out of honest regard, respect and concern for the value of another person will do everything it can to cover and suppress the sin of that person. Love does not exploit. How would you rate yourself on being a safe person that protects?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love always trusts:** Instead of being suspicious, instead of thinking the worst, love believes what is best. It gives others the benefit of the doubt. It believes that nothing ever will be done to harm. It gives the positive view that if there is a wrong it was an honest mistake. It is not cynical but compassionate. If there is an error it is on the side of believing in the good of a person. How would you rate yourself on being a person who trusts?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love always hopes:** Human failure is not final and true love embraces that truth. Love is hopelessly optimistic. Love refuses to take failure as final. Faith may be diminished but hope

continues; Hope proclaims that God is still God. In the midst of difficult or even devastating times, it concedes that change and success is still possible. How would you rate yourself on being a person who is hopeful?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?

**Love always perseveres:** Endurance is a key component of love. This is not enduring a minor annoyance but great frustration. Love never dies and stands against incredible odds. It is continual, persistent, and steadfast. It displays great fortitude. How would you rate yourself on being a person who perseveres?

Self-Rating: Never -----Always

1 2 3 4 5 6 7 8 9 10

What would it take to move closer to a 10?