

Love Evaluation Chart

By Paul Cook

www.porn-free.org

Role And/or Relationship	Patient	Kind & tender	Forgiving	Rejoicing in truth	Always protecting Trusting Hoping Persevering	Faithful	Envious	Boastful or proud	Delighting in Evil	Rude	Self Seeking	Easily Angered

Instructions:

- Circle the roles/relationships that apply to you in the far left column.
- Write in any additional roles/relationships that you have in the far left column
- For each relationship, evaluate your love in each category in the columns. For any areas that you need to work on, simply write “NW” and then annotate a brief phrase identifying the work needed. For example, if I were prone to be rude to other drivers when out in public, I would put “NW” and “driver courtesy” in the “rude” column.
- Take this table into prayer before the Lord. For each item, confess your shortcomings / sins involved in each relationship. Ask for the Lord’s forgiveness. Finally, ask the Lord to help you show his love in that relationship. A sample prayer for this could be: “**Heavenly Father, I confess that I have not shown love to _____(name) in the following ways: _____(list). Please forgive me for these sins. Father, I want to show your love to this person. Please fill me with your love and guide me in loving them as you do. Thank you, Father! In Jesus’ name I pray, Amen.**”
- Keep this table in your journal and review it periodically to check your progress. It may take time to tackle some of the relationships you have listed. Be patient with yourself and continue to ask God to help you. If there are any forgiveness issues from past wounds, be sure to ask God to help you forgive.