

THE FRUIT TEST



A 60-SECOND RELATIONSHIP CHECK

Before you give someone greater access to your heart, ask:

- ☐ 1. Do their actions consistently match their words?
Faithfulness over empty promises.
- ☐ 2. Do they treat everyone with respect—
not just the people they need?
Character shows in everyday interactions.
- ☐ 3. Do they consistently bring peace,
or do they create confusion and chaos?
*Healthy relationships should not leave you
emotionally exhausted.*
- ☐ 4. Can they admit when they're wrong
and take responsibility?
Integrity accepts accountability.
- ☐ 5. Are they teachable, humble,
and willing to grow?
Maturity welcomes correction.
- ☐ 6. Have I observed consistent patterns over time,
or am I relying on first impressions?
Time reveals fruit.
- ☐ 7. Am I making this decision from wisdom—
or from loneliness, fear, or desperation?
*A hungry heart often overlooks
unhealthy fruit.*
- ☐ 8. Does this relationship draw me closer
to Christ or farther from Him?
Healthy relationships strengthen your faith.
- ☐ 9. Do I have genuine peace about
moving forward?
God's wisdom is often accompanied by His peace.
- ☐ 10. Have I prayed and allowed God
to guide this decision?
Discernment begins with seeking the Lord.



Remember...

- ✦ Don't be rushed
by chemistry.
- ✦ Don't be blinded
by potential.
- ✦ Don't ignore
consistent patterns.

INSPECT
BEFORE YOU INVEST.

"By their fruit you will recognize them."

MATTHEW 7:16