BECOME Disciples

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Session: The First Mark of a Disciple:
Love = Obedience

Obedience Assessment

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Become Disciples: Obedience Assessment
Session: The First Mark of a Disciple: Love = Obedience
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How to use this assessment

This is not about guilt. It's about clarity.
Answer prayerfully and honestly. Let Jesus form you, not shame you.

Use this scale for each statement:

1 = Not true yet | 2 = Sometimes | 3 = Mostly | 4 = Consistently

1) LOVE THROUGH OBEDIENCE

Am I following Jesus, or only agreeing with Him?

Statement	1	2	3	4
I measure my love for God by obedience, not just feelings.	☐	☐	☐	☐
When Jesus' Word confronts me, I submit rather than negotiate.	☐	☐	☐	☐
I obey promptly, not eventually.	☐	☐	☐	☐
I do what God says even when it costs me comfort, popularity, or control.	☐	☐	☐	☐

Check-in: What is one clear instruction of Jesus I've been delaying?

2) TRUSTING GOD'S WAYS

Do I obey because I trust His heart?

Statement	1	2	3	4
When I don't understand, I still trust God's wisdom over my reasoning.	☐	☐	☐	☐
I obey from love, not fear, because He loved me first.	☐	☐	☐	☐
I believe God's commands protect my future, not restrict my life.	☐	☐	☐	☐
I don't redefine obedience to fit my preferences.	☐	☐	☐	☐

Check-in: Where am I tempted to adjust God's Word to suit myself?

3) OBEDIENCE IN TIME & PRIORITIES

What I do first reveals who I obey most.

Statement	1	2	3	4
I give God my first time, not only my spare time.	☐	☐	☐	☐
I prioritise prayer, Scripture, and time with God even when busy.	☐	☐	☐	☐
My schedule reflects my values, not just my pressures.	☐	☐	☐	☐
I say no to things that distract me from obedience to God.	☐	☐	☐	☐
I do not use busyness as an excuse for spiritual neglect.	☐	☐	☐	☐
I make time for what God asks me to do, not only what I want to do.	☐	☐	☐	☐

Check-in: What does my calendar reveal about my obedience?

4) OBEDIENCE IN THOUGHT LIFE

Obedience begins in the mind before it appears in behaviour.

Statement	1	2	3	4
I take sinful or negative thoughts captive quickly.	☐	☐	☐	☐
I do not entertain thoughts I know are not pleasing to God.	☐	☐	☐	☐
I renew my mind with Scripture rather than feeding fear or worry.	☐	☐	☐	☐
I refuse bitterness, jealousy, lust, pride, or revenge in my thoughts.	☐	☐	☐	☐
I bring my thoughts into obedience to Christ.	☐	☐	☐	☐
I do not justify wrong thinking just because no one can see it.	☐	☐	☐	☐

Check-in: Which thoughts do I tolerate that I should surrender?

5) OBEDIENCE IN SPEECH

My words reveal my obedience.

Statement	1	2	3	4
I avoid gossip, slander, and negative talk.	☐	☐	☐	☐
I speak truth even when it is uncomfortable.	☐	☐	☐	☐
I apologise quickly when I am wrong.	☐	☐	☐	☐
I use my words to encourage rather than tear down.	☐	☐	☐	☐
I control my tongue when I am angry or emotional.	☐	☐	☐	☐
I do not complain or grumble when things are difficult.	☐	☐	☐	☐

Check-in: Would Jesus approve of the way I speak to and about others?

6) OBEDIENCE IN RELATIONSHIPS

Love for God is seen in how I treat people.

Statement	1	2	3	4
I forgive people quickly and do not hold grudges.	☐	☐	☐	☐
I treat people with respect, patience, and kindness.	☐	☐	☐	☐
I pursue reconciliation when relationships are broken.	☐	☐	☐	☐
I do not manipulate, control, or use people for my benefit.	☐	☐	☐	☐
I honour my commitments and relationships.	☐	☐	☐	☐
I choose obedience to God over sinful relationships.	☐	☐	☐	☐

Check-in: Is there anyone I need to forgive, honour, or reconcile with?

7) OBEDIENCE IN WORK & RESPONSIBILITY

Integrity is obedience when no one is watching.

Statement	1	2	3	4
I work with honesty and integrity.	☐	☐	☐	☐
I arrive on time and honour my responsibilities.	☐	☐	☐	☐
I do my work as if I am working for the Lord.	☐	☐	☐	☐
I do not cut corners or do the minimum required.	☐	☐	☐	☐
I keep my word and honour commitments.	☐	☐	☐	☐
I am faithful in small responsibilities.	☐	☐	☐	☐

Check-in: If my work life was examined, would it reflect obedience to God?

8) COSTLY OBEDIENCE

Obedience is tested where surrender is expensive.

Statement	1	2	3	4
I obey God even when it costs me comfort.	☐	☐	☐	☐
I obey God even when it affects relationships.	☐	☐	☐	☐
I obey God even when it affects my plans.	☐	☐	☐	☐
I obey God even when others do not understand.	☐	☐	☐	☐
I choose obedience over convenience.	☐	☐	☐	☐
I choose obedience over reputation or approval.	☐	☐	☐	☐

Check-in: What has obedience cost me recently?

9) CONTINUOUS OBEDIENCE

Disciples are not those who obey once, but those who continue obeying.

Statement	1	2	3	4
I remain faithful even when I feel discouraged.	☐	☐	☐	☐
I continue obeying even when no one notices.	☐	☐	☐	☐
I return quickly to obedience when I fail.	☐	☐	☐	☐
My obedience is consistent, not occasional.	☐	☐	☐	☐
I am more obedient today than I was a year ago.	☐	☐	☐	☐
I want to finish my life faithful to Jesus.	☐	☐	☐	☐

Check-in: Is my life moving toward greater obedience or greater compromise?

Summary Score

Add your ratings and circle one:

- **Healthy & Steady (mostly 3–4):** Keep going. Stay humble. Stay honest.
- **Growing (mix of 2–3):** Choose one next step and practise it for 14 days.
- **Need Grace & Support (many 1–2):** No shame. Don't isolate, ask for help.

One Faithful Next Step:

- ☐ Confess one hidden thing to God today and renounce it clearly
- ☐ Tell your disciple maker, "I need help in this area"
- ☐ Remove one access point that feeds temptation (apps, secrecy, private messaging)
- ☐ Practise a truth habit: "full truth, no spin" for the next 7 days
- ☐ Write one verse that anchors you and read it daily (John 14:15 / Ps 51:6 / Ps 139:23)

PERSONAL RESPONSE

Start – Stop – Stay

What is God asking me to start doing in obedience right now?

What is God asking me to stop doing that is hindering my walk with Him?

Where is God asking me to stay faithful, even if it feels unseen or costly?

CLOSING PRAYER

Lord Jesus,
You loved me first, and I want to love You through obedience.
I surrender my will, my plans, my comfort, and my fears.
Forgive my partial obedience and delayed obedience.
Teach me to trust You fully and follow You completely.
I choose obedience over convenience,
obedience over comfort,
obedience over my own understanding.
I choose to follow You.
Amen.

FINAL TRUTH (DO NOT SKIP)

- Obedience is love expressed through trust.
- Partial obedience is still disobedience.
- Delayed obedience is still disobedience.
- Obedience does not earn God's love, but it keeps us close to Him.
- Disciples are not those who agree with Jesus, but those who obey Jesus.

A disciple is someone who has decided that obedience to Jesus is no longer optional.