Walking Worthy Quiz

How is Your Walk this week?

Using the information below, give yourself a ( + ) or ( **-** ) depending on how you feel you did in each area this week. Remember, we are still learning how to Walk WORTHY for the Lord. You have your whole life time to practice with God and The Holy Spirit as your Guide.

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Humble |  |  |  |  |  |  |  |
| Gentle |  |  |  |  |  |  |  |
| Patient |  |  |  |  |  |  |  |
| Bearing with others in Love |  |  |  |  |  |  |  |

Sometimes it is helpful to define a word with examples of Synonyms and Antonyms.

Paul asks us to always be **Humble** or to continually think of God first

|  |  |
| --- | --- |
| Positive Traits | Negative Traits |
| HumilityHumble opinion of one’s selfModestEsteem others higher than self | ConceitArrogantPridefulOverbearing BoastingSelf Ambition |

* Note: Romans and Greeks did not have a word for Humility. The concept was foreign to their way of thinking. Gentleness is not a sign of weakness.

Paul asks us to always be **Gentle** or have the power to keep “in control”

|  |  |
| --- | --- |
| Positive Traits | Negative Traits |
| MeekPoliteMild dispositionGentleness of spiritRestrained behavior | UnkindIntenseLoudAngerA desire for revenge |

* It takes a strong person to be truly gentle.

Paul asks us to always be **Patient** with each other

|  |  |
| --- | --- |
| Positive Traits | Negative Traits |
| PatienceRespectfulConsiderateEndurancePerseveranceSlow in avenging wrongs  | ImpatientIndifferentIntolerantComplainingFrustration Anger |

* You can trust God to help you with every situation

Paul asks us to **Bear with one another in love**

Which means:

* truly loving those who irritate, disturb, or embarrass you
* being compassionate for others with different abilities and temperaments

|  |  |
| --- | --- |
| Positive Traits | Negative Traits |
| ToleranceAcceptanceSustain Bear withEndureGood WillBrotherly Love | IntolerantImpatienceDisapprovalIrrelevanceNo MercyDiscriminationPrejudice |

* Remember you are not doing this with a right heart if you are feeling resentful.