

The Covenant Orchard Assessments

We often think about what we have in common, but do we go deeper to know if we are compatible spiritually and what things in our lives and character would bring opposing fruit to a marriage and maintaining a prosperous one. Or do we already have some opposing fruit within our marriage that is hurting us or will hurt us down the line? I pray this bonus quiz will help you both with the answers you're seeking about yourself and within your marriage.

Existing marital assessments commonly explore areas such as communication, conflict, finances, intimacy, spiritual beliefs, family background, expectations, and commitment. The following assessments follow you from singlehood to marriage.

The Following Three Covenant Assessments

The following assessments for this *Opposing Fruit* book progresses through each stage:

Before The Orchard: *For singles*

“What fruit am I preparing to bring into covenant?”



The Covenant Orchard: *For dating, courting, and engaged couples*

What kind of marriage are we preparing to plant together?



Tending The Orchard: *For married couples*

What is growing in our marriage now?

The assessment on the following pages use some of those broad relationship domains, but the **questions, structure, terminology, scoring system, and “Opposing Fruit” framework are original** and built specifically around biblical Christian marriage.



A 50-Question Christian Marriage Covenant Checkup

What is growing in our marriage?

For married couples

Primary Scripture: Galatians 5:22–23

Theme Scripture: “Every tree is known by his own fruit.” Luke 6:44

Tending the Orchard is designed as the marriage edition of the *Opposing Fruit* Covenant assessments. Its purpose is not to declare whether a marriage is “good” or “bad.” It helps husbands and wives examine what their marriage is presently producing, identify areas needing cultivation, and recognize opposing fruit before unhealthy patterns become deeply rooted.

Each spouse should complete the assessment independently first.

How to take the Marriage Readiness Assessment

Score each statement according to the marriage as it exists today:

- 1 — Almost Never / Strongly Disagree
- 2 — Rarely
- 3 — Sometimes / Needs Growth
- 4 — Usually
- 5 — Consistently / Strongly Agree

Do not answer according to how your marriage looked when you first married. Do not answer according to how you hope it will eventually become. Answer according to the fruit growing now.



God, Faith & Spiritual Unity

What is at the center of our marriage?

1. ____ Our individual relationships with God remain important rather than depending completely upon one another for spiritual strength.
2. ____ We can pray together without prayer being used to lecture, embarrass, manipulate, or spiritually control one another.
3. ____ Scripture influences how we make decisions rather than being used only when one spouse wants to prove a point.
4. ____ We can discuss differences in biblical understanding without attacking one another's faith.
5. ____ Our marriage encourages each of us toward Christ rather than regularly pulling either spouse away from Him.
6. ____ When one of us recognizes sin or wrongdoing, repentance has a meaningful place in our marriage.

Covenant Question

Is Christ genuinely at the center of our marriage—or simply present in the language we use about it?



Character & the Fruit of the Spirit

What fruit does living together reveal?

7. ____ Love is demonstrated through our everyday behavior rather than only through words or special occasions.
8. ____ Joy can still exist in our home even during difficult seasons.
9. ____ Our home generally contains more peace than unnecessary turmoil.
10. ____ We demonstrate patience when the other spouse is tired, struggling, learning, or changing slowly.
11. ____ Kindness remains present even when we disagree.
12. ____ We try to do what is good for one another rather than deliberately causing pain.
13. ____ Faithfulness includes our behavior, words, emotional connections, sexual conduct, and commitments.
14. ____ Gentleness appears in the way we handle one another's vulnerabilities.
15. ____ We practice self-control rather than allowing anger, lust, spending, substances, words, technology, or other appetites to control our marriage.

Opposing Fruit Check: Which appears more frequently in our home?

Fruit of the Spirit:

Opposing Fruit:



Communication & Emotional Connection

Are we still hearing one another?

16. _____ When my spouse speaks about something important, I make a genuine effort to understand before responding.
17. _____ My spouse can tell me something difficult without automatically expecting dismissal, ridicule, anger, or retaliation.
18. _____ We ask questions instead of always assuming we know what the other person means.
19. _____ Neither of us regularly uses silence as punishment.
20. _____ We can discuss emotional needs without treating those needs as weakness.
21. _____ We can talk about difficult subjects without every conversation becoming an argument.
22. _____ When one spouse says, “This is hurting me,” the other takes the concern seriously even if they see the situation differently.

Listening Question

When my spouse speaks, am I listening to understand—or listening for an opportunity to defend myself?



Conflict, Repentance & Repair

Healthy marriages still require pruning.

- 23. _____ We can identify a problem without automatically treating one another as the enemy.
- 24. _____ We can acknowledge wrongdoing without immediately explaining why the other person caused it.
- 25. _____ Apologies in our marriage are followed by efforts to change behavior.
- 26. _____ We can take a temporary break during heated conflict and return later to finish the conversation.
- 27. _____ We do not routinely bring up forgiven past failures simply to wound one another during new arguments.
- 28. _____ We understand that forgiveness and restored trust are related but not identical.
- 29. _____ When an issue exceeds our ability to resolve it, we are willing to seek wise pastoral, professional, or marital counseling.

Pruning Question

What behavior keeps returning because we keep trimming the symptom instead of addressing the root?



Fidelity, Honesty & Intimacy

Trust grows slowly and can be damaged quickly.

30. _____ We can tell one another uncomfortable truths without hiding important information to control the other's reaction.
31. _____ Our agreed boundaries concerning flirting, pornography, friendships, social media, emotional intimacy with others, and sexual fidelity are understood.
32. _____ Neither spouse uses affection or sexual intimacy as punishment, manipulation, leverage, or coercion.
33. _____ We can discuss our sexual relationship honestly and respectfully.
34. _____ Physical affection can exist in our marriage without always creating pressure for sex.
35. _____ When intimacy problems occur, we attempt to understand emotional, relational, spiritual, and physical aspects rather than simply blaming one another.
36. _____ Our behavior gives one another reasonable grounds for trust.

Trusted Fruit Question

What would my spouse say, makes them feel safest with me?

What would they say, makes trust difficult?



Finances, Responsibility & Shared Life

Marriage joins more than hearts.

37. ____ Both spouses have reasonable access to and understanding of our household finances.
38. ____ Significant spending, debts, financial obligations, and accounts are not intentionally hidden from one another.
39. ____ We have workable agreements about saving, spending, giving, debt, and financial priorities.
40. ____ Household responsibilities are discussed rather than silently assumed until resentment develops.
41. ____ Each spouse contributes to the marriage according to our circumstances rather than one continually carrying responsibilities the other refuses to address.
42. ____ Major decisions affecting our household are discussed together whenever reasonably possible.

Stewardship Question

Where has resentment grown because responsibility was never clearly discussed?



Home, Children, Relatives & Boundaries

Other people may enter our orchard, but they should not run it.

43. _____ We maintain appropriate boundaries when relatives, friends, adult children, former partners, or others interfere in our marriage.
44. _____ We do not routinely reveal private marital information to others in ways that humiliate or betray one another.
45. _____ When parenting disagreements arise, we try not to undermine each other in front of the children.
46. _____ We recognize unhealthy patterns inherited from our families and make intentional efforts not to repeat them.
47. _____ Our household allows room for each spouse's culture, family history, traditions, personality, and individuality without treating difference as inferiority.

Bloodline Question

What unhealthy family pattern needs to end with us?



Change, Hardship & Staying Connected

Every orchard experiences seasons.

48. _____ When illness, financial difficulty, grief, disappointment, aging, parenting stress, career changes, or other hardships arise, we try to face the problem together rather than turning against one another.
49. _____ We continue learning who our spouse is becoming instead of assuming the person we married years ago has never changed.
50. _____ Despite areas needing growth, both of us are willing to participate honestly in cultivating a healthier, Christ-centered marriage.

TENDING THE ORCHARD SCORE

Add the scores for all 50 statements. **Maximum Score: 250**

Score	Orchard Reflection
225–250	Fruitful Season — Many healthy covenant practices appear active. Protect them while addressing weak individual areas.
195–224	Growing Orchard — Strong fruit is present, along with areas that need intentional cultivation.
160–194	Mixed Harvest — Important strengths and significant struggles appear together. Several areas deserve focused attention.
125–159	Opposing Fruit Is Spreading — Unhealthy patterns may be increasingly affecting the marriage. Identifying the roots matters more than defending the score.
50–124	The Orchard Needs Serious Care — Foundational areas appear deeply strained. Outside support may be important, particularly where communication, trust, safety, or fidelity are involved.

The score is **not a diagnosis, prophecy, or verdict about whether a couple should remain married**. Its purpose is to reveal conversation areas.

THE HARVEST GAP

Compare Your Answers

Now place the husband's and wife's assessments side by side. For every question, calculate the difference between your scores.

0–1 point difference: You generally perceive this area similarly.

2—point difference: Conversation is warranted.

3–4-point difference: Harvest Gap

A Harvest Gap means you may be experiencing the **same marriage very differently**.

For example:

Husband: “Our communication is excellent.” — 5

Wife: “I don't feel heard.” — 1

The average is **3**. But **3 is not the important number**. The four-point difference is.

Our Five Largest Harvest Gaps

1. _____
2. _____
3. _____
4. _____
5. _____

Ask each other: **“Help me understand why you scored this differently.”**

Not: **“How could you possibly score us that low?”**

That distinction matters.

THE OPPOSING FRUIT OVERRIDE

Some behaviors should never disappear inside an otherwise strong score. If your marriage involves **physical violence, threats, stalking, sexual coercion, severe intimidation, coercive control, deliberate isolation, or fear for personal safety**, do not allow a high quiz score to minimize those concerns. Likewise, persistent infidelity, serious addiction, hidden finances, repeated deception, destructive rage, or ongoing refusal to accept responsibility deserves attention independent of the total score. Forgiveness does not require pretending danger does not exist.

OUR OPPOSING FRUIT INVENTORY

Each spouse completes this section about **themselves first**, not about the other spouse. Place a check beside behavior you recognize in yourself:

- | | |
|--|---|
| ☐ Bitterness | ☐ Hatred |
| ☐ Impatience | ☐ Cruelty |
| ☐ Meanness | ☐ Mistrust |
| ☐ Jealousy | ☐ Unfaithfulness |
| ☐ Lust without self-control | ☐ Controlling behavior |
| ☐ Manipulation | ☐ Dishonesty |
| ☐ Unforgiveness | ☐ Pride |
| ☐ Withdrawal | ☐ Silent punishment |
| ☐ Explosive anger | ☐ Avoidance |
| ☐ Selfishness | ☐ Refusal to repent |

Now answer:

The opposing fruit I most need to stop producing is:

The opposing fruit I most often accuse my spouse of producing is:

Do I condemn in my spouse something I excuse in myself?

OUR FRUIT OF THE SPIRIT CHECK

Rate yourself—not your spouse—from 1–5:

Love: _____

Joy: _____

Peace: _____

Patience: _____

Kindness: _____

Goodness: _____

Faithfulness: _____

Gentleness: _____

Self-Control: _____

Now ask your spouse:

“Where do you see this fruit growing in me?”

“Where do you need more of it from me?”

THE COVENANT MIRROR

Ten Questions With No Score

These are the questions I'd make especially prominent in *Opposing Fruit*.

1. What has my spouse been asking me for that I keep dismissing because it does not matter as much to me?

2. When did my spouse last feel genuinely heard by me?

3. What opposing fruit do I contribute to our marriage when I am hurt?

4. What does my spouse currently have to protect themselves from in me?

5. What have I expected my spouse to change while refusing to examine myself?

6. What wound between us has been discussed repeatedly but never truly repaired?

7. Is our intimacy struggling because of sex itself—or because of something happening outside the bedroom?

8. What did we once do well together that we gradually stopped doing?

9. If our marriage continued exactly as it currently exists for another ten years, what would concern me most?

10. What could I begin doing—not demanding from my spouse, but doing myself—to cultivate better fruit in our marriage?

THE NEXT SEASON

Each spouse chooses one fruit, not ten.

The Fruit I Will Intentionally Cultivate

- | | |
|---------------------------------------|-------------------------------------|
| ☐ Love | ☐ Joy |
| ☐ Peace | ☐ Patience |
| ☐ Kindness | ☐ Goodness |
| ☐ Faithfulness | ☐ Gentleness |
| ☐ Self-Control | |

My fruit: _____

One behavior I will begin:

One behavior I will stop:

One conversation I will no longer avoid:

One thing I need to apologize for:

One thing I appreciate about my spouse:

OUR ORCHARD PRAYER

Lord, show me/us the fruit I/we produce in this marriage—not merely the fruit I/we criticize in each other. Give me/us humility to recognize what needs pruning, courage to confront what needs healing, wisdom to protect what is good, and grace to cultivate love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Help me/us honor You in the covenant we made and tend what You have entrusted to us. Amen.