

# *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 relationship or marriage. Do we already have some opposing fruit within us or our relationship or marriage that is hurting us or will hurt us down the line? I pray these bonus quizzes will help you with some answers you're seeking about yourself and your readiness, for a relationship and eventually marriage.

Existing premarital assessments commonly explore areas such as communication, conflict, finances, intimacy, spiritual beliefs, family background, expectations, and commitment.

## **The Three Covenant Assessments Stages Are:**

**Before The Orchard:** *For single women or men*

**“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 following assessment uses 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 singleness.



## 50-Question Christian Personal Relationship Readiness Assessment

*What kind of fruit are you preparing to bring into covenant?*

For single men and women

**Primary Scripture:** Galatians 5:22–23 — “The Fruit of the Spirit”

**Theme Scripture:** “*Keep thy heart with all diligence; for out of it are the issues of life.*”  
Proverbs 4:23

This assessment is designed for *How I Survived: Opposing Fruit* as a personal reflection tool. It is not a psychological diagnosis, prophecy, or formula for determining when God will bring someone into your life. Its purpose is to help a single person examine spiritual fruit, emotional readiness, relationship patterns, expectations, boundaries, stewardship, and covenant preparation.

## How to Take the *Before The Orchard Quiz*.

Rate each statement from **1 to 5** based on who you are **today**, not who you hope to become later.

**1 — Not true of me**

**2 — Rarely true of me**

**3 — Sometimes true / still developing**

**4 — Usually true of me**

**5 — Consistently true of me**

Try not to answer according to what a “good Christian” is *supposed* to say. Answer according to what your actual choices, habits, reactions, relationships, and private life reveal.

Remember, you are only sharing this with others if you choose to, but God sees us already, so you can hide nothing from Him. Being brutally honest with yourself is a must.



***My Relationship With God:*** *Before asking God for another person, what is growing between God and me?*

1. \_\_\_\_ My relationship with Jesus Christ exists independently of whether I am single, dating, engaged, or married.
2. \_\_\_\_ I seek God's direction through Scripture and prayer rather than depending mainly on romantic feelings, signs, social pressure, or loneliness.
3. \_\_\_\_ I am willing to obey God even when His direction conflicts with what I emotionally want.
4. \_\_\_\_ I understand that a spouse cannot become my savior, source of identity, healer, or substitute for God.
5. \_\_\_\_ I regularly examine whether my life demonstrates love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
6. \_\_\_\_ When God exposes sin or unhealthy behavior in me, I am willing to repent rather than defend it.
7. \_\_\_\_ If marriage does not happen according to my preferred timeline, I can still believe my life has purpose and value in God.

### **Opposing Fruit Check**

**Am I pursuing a relationship because I feel spiritually grounded—or I hope another person will fill something I have not allowed God to address?**

**My reflection:**

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## ***Root Inspection: My Past, Healing & Emotional Baggage***

*Roots eventually produce fruit.*

8. \_\_\_\_ I have honestly examined how my childhood and family environment shaped my expectations of love and marriage.
9. \_\_\_\_ I can identify relationship patterns from my past that I do not want to carry into my next relationship or marriage.
10. \_\_\_\_ I have addressed significant wounds from previous romantic relationships rather than assuming a future partner will heal them for me.
11. \_\_\_\_ I can think about a former partner without constantly comparing new people to them.
12. \_\_\_\_ I understand the difference between forgiving someone and giving that person renewed access to my life.
13. \_\_\_\_ I can acknowledge ways I contributed to unhealthy relationships instead of viewing every former partner as the entire problem.
14. \_\_\_\_ If I experienced betrayal, abandonment, rejection, or abuse, I am willing to seek appropriate support rather than hiding my pain.

## **Root Question**

**What have I survived that I am in danger of making someone else pay for?**

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## Character, Integrity & Self-Control

*You do not suddenly acquire marriage character at the wedding.*

15. \_\_\_\_ I tell the truth even when honesty may make me look bad.
16. \_\_\_\_ I can accept correction without automatically becoming defensive, angry, or retaliatory.
17. \_\_\_\_ I can hear the word “no” without manipulating, punishing, threatening, or pressuring the person who said it.
18. \_\_\_\_ I demonstrate self-control in my sexual behavior rather than expecting marriage to cure uncontrolled lust.
19. \_\_\_\_ I can manage anger without intimidation, cruelty, name-calling, destruction, threats, or prolonged punishment.
20. \_\_\_\_ My private character substantially resembles the person I present publicly.
21. \_\_\_\_ I am developing the qualities I say I want in a future partner/spouse.

### Mirror Question

**Am I praying for fruit in another person that I refuse to cultivate in myself?**

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## Desire, Attraction & Motives

*Wanting marriage is not the same thing as being ready for marriage.*

22. \_\_\_\_ I can enjoy companionship without immediately turning attention or chemistry into a marriage fantasy.
23. \_\_\_\_ I understand the difference between loneliness, attraction, sexual desire, emotional dependency, and covenant compatibility.
24. \_\_\_\_ I would rather remain single than knowingly marry someone whose character repeatedly contradicts my core biblical convictions.
25. \_\_\_\_ I do not believe being chosen romantically determines my worth.
26. \_\_\_\_ I can celebrate another person's marriage or relationship without believing their blessing means God has forgotten me.
27. \_\_\_\_ I am not trying to beat an age deadline, biological clock, family expectation, church expectation, or social comparison.
28. \_\_\_\_ I can walk away from strong chemistry when wisdom tells me the relationship is unhealthy.

**Opposing Fruit Warning:** A desperate desire to be chosen can make obvious red flags look like answered prayer.

**What am I most afraid will happen if I remain single longer than expected?**

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## Communication, Conflict & Emotional Maturity

*Marriage requires two people who can speak truth and hear truth.*

29. \_\_\_\_\_ I listen to understand rather than merely waiting for my turn to speak.
30. \_\_\_\_\_ When someone tells me I hurt them, I can consider their experience without immediately explaining why they should not feel that way.
31. \_\_\_\_\_ I can disagree without becoming disrespectful.
32. \_\_\_\_\_ I know how to communicate my needs without expecting another person to read my mind.
33. \_\_\_\_\_ I can apologize specifically without attaching blame to the apology.
34. \_\_\_\_\_ I can take space during conflict without using silence as punishment.
35. \_\_\_\_\_ I can discuss difficult subjects such as sex, faith, money, family, boundaries, health, and expectations without deliberately avoiding them.

### Listening Question

When someone confronts me, do I listen for **truth** or simply listen for something to **fight back against**?

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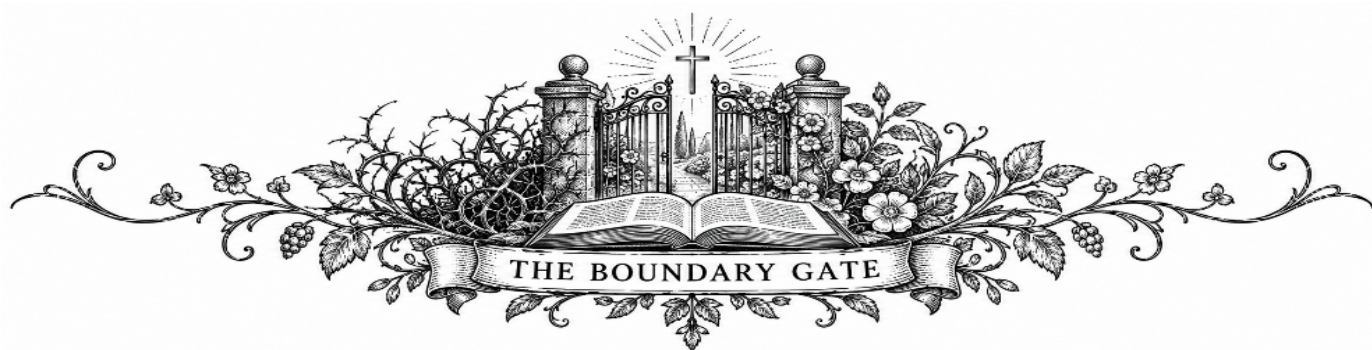
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## Discernment, Standards & Red Flags

*Christian love does not require the abandonment of wisdom.*

36. \_\_\_\_ I have defined important relationship boundaries before becoming emotionally attached to someone.
37. \_\_\_\_ I understand that forgiveness does not require remaining in an unsafe or destructive relationship.
38. \_\_\_\_ I can distinguish between someone's potential and their demonstrated character.
39. \_\_\_\_ I do not routinely explain away lying, cruelty, coercion, intimidation, infidelity, addiction, or manipulation because someone claims to love God.
40. \_\_\_\_ I am willing to slow down a relationship when something important does not make sense.
41. \_\_\_\_ I value wise counsel enough to listen when trustworthy people raise legitimate concerns about someone I am dating.
42. \_\_\_\_ I understand that marriage usually magnifies existing patterns rather than magically erasing them.

### The Red-Flag Question

**What behavior have I previously tolerated because I was afraid to lose the relationship?**

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## Money, Responsibility & Adult Readiness

*Marriage joins lives, not just feelings.*

43. \_\_\_\_\_ I know the basic reality of my income, debt, spending, savings, financial obligations, and credit responsibilities.
44. \_\_\_\_\_ I can distinguish between wants and needs well enough to make responsible financial decisions.
45. \_\_\_\_\_ I am working toward carrying my fair share of adult responsibilities rather than expecting marriage to rescue me from them.
46. \_\_\_\_\_ I can maintain a home, appointments, responsibilities, and commitments with reasonable consistency.
47. \_\_\_\_\_ I understand that financial secrecy can damage trust just as other forms of dishonesty can.

### Stewardship Question

If another person handled responsibility exactly the way I do today, **would I consider them prepared for marriage?**

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## Marriage, Sacrifice & Expectations

*The goal is not merely to have a wedding. The goal is to understand covenant.*

48. \_\_\_\_\_ I understand that biblical marriage requires service, faithfulness, sacrifice, forgiveness, truth, mutual consideration, and perseverance—not constant happiness.
49. \_\_\_\_\_ I understand that sacrifice in marriage does **not** mean accepting abuse, coercion, chronic betrayal, intimidation, or destruction as proof of Christian faithfulness.
50. \_\_\_\_\_ If I met someone tomorrow who appeared marriage-worthy, I believe I could enter the relationship without expecting that person to fix my identity, faith, finances, loneliness, past, or emotional health for me.

### My Reflections:

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## ***BEFORE THE ORCHARD SCORE***

Add your responses for all **50 questions**.

**Maximum score: 250**

### **Score      Before the Orchard Reflection**

**225–250      Prepared Soil** — You appear to have developed many foundations that support healthy covenant preparation. Continue examining areas where individual scores were low.

**195–224      Growing Ground** — Strong areas are developing, with some important places still needing attention before marriage.

**160–194      Roots Still Forming** — Several areas deserve intentional spiritual, emotional, practical, or relational work before entering covenant.

**125–159      Opposing Fruit Needs Attention** — Significant patterns may interfere with a healthy marriage if they remain unaddressed.

**50–124      Tend the Soil First** — Marriage should not be expected to repair foundational issues that need attention now. This may be a season for healing, discipleship, counseling, practical growth, and deeper preparation.

The **total score should never be used by itself**.

A person can score extremely well overall and still have one deeply important area requiring attention.

**My Reflection:**

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Write your five lowest-scoring questions here:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Which one should I begin addressing first? Why?**

## *THE OPPOSING FRUIT INVENTORY*

Place a check beside anything that regularly appears in your own behavior:

- |                                                |                                                    |
|------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Hatred                | <input type="checkbox"/> Bitterness                |
| <input type="checkbox"/> Impatience            | <input type="checkbox"/> Cruelty                   |
| <input type="checkbox"/> Meanness              | <input type="checkbox"/> Mistrust                  |
| <input type="checkbox"/> Controlling behavior  | <input type="checkbox"/> Dishonesty                |
| <input type="checkbox"/> Unfaithfulness        | <input type="checkbox"/> Unforgiveness             |
| <input type="checkbox"/> Pride                 | <input type="checkbox"/> Jealousy                  |
| <input type="checkbox"/> Manipulation          | <input type="checkbox"/> Lust without self-control |
| <input type="checkbox"/> Fear-driven decisions | <input type="checkbox"/> Silent punishment         |
| <input type="checkbox"/> Anger                 | <input type="checkbox"/> Avoidance                 |
| <input type="checkbox"/> Selfishness           | <input type="checkbox"/> Refusal to repent         |

**Then write: Which of these do I tend to notice immediately in other people while excusing it in myself?**

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## *THE FRUIT I AM CULTIVATING*

Now examine the other side.

**Love:** How am I learning to love without controlling?

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**Joy:** Can my joy survive a season of singleness?

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**Peace:** Do I bring peace into relationships—or constant chaos?

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**Patience:** Can I wait without forcing something God has not established?

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**Kindness:** How do I treat people when I no longer need anything from them?

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**Goodness:** What does integrity look like in my private life?

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**Faithfulness:** Can people depend on my word?

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**Gentleness:** What happens to my gentleness when I am angry?

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**Self-Control:** What appetite has the greatest ability to control me?

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## *THE COVENANT MIRROR*

Ten Questions With No Score. These should be answered in writing.

1. What kind of spouse am I preparing to become?

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2. What unhealthy behavior am I hoping marriage will somehow cure?

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3. What do I expect from a spouse that I currently do not offer myself?

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4. Am I looking for someone to love—or someone to validate me?

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5. What relationship patterns from family must stop with me?

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6. What does God need to change in me before I worry about changing someone else?

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7. What red flag am I most likely to excuse when I am attracted to someone?

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8. Would I recognize biblical love if it arrived without the intensity or excitement I usually associate with romance?

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9. If marriage is delayed five more years, who would I want to become during those five years?

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10. If my future spouse is praying for someone spiritually mature, emotionally healthy, faithful, honest, teachable, and loving—am I becoming an answer to that prayer?

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## ***BEFORE YOU ENTER THE ORCHARD***

**Don't only pray for the right person. Prepare to become the right kind of person.**

*"But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance."* **Galatians 5:22-2**

**Final reflection:**

**The fruit I want God to grow in me before covenant is:**

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**The opposing fruit I need Him to help me uproot is:**

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**My prayer before the orchard:**

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