

Try This Simple Trick to Instantly Check Your Spiritual Growth

Have you been using your Bible incorrectly this whole time?

In a recent TikTok video, Kelly Kopp pointed out that Scripture is embedded with hidden features that can provide us with what we need to grow in spiritual maturity and relationship to Christ.

According to Kopp, the Bible holds more than just stories and commandments—it holds tools designed by God to help us examine ourselves and grow. One of the most powerful of these tools can be found in 1 Corinthians 13, often referred to as the “love chapter.”

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“You see, God put a device in the Bible to help you check your levels,” Kopp explains. “He gave you a tool you can use anytime to find out where exactly you are in this walk with God.”

The passage in question describes what true love looks like: “Love is patient, love is kind. It is not jealous or boastful or proud... Love keeps no record of wrong... Love never fails.” But this isn’t just a poetic description of ideal behavior—it’s a portrait of God Himself. As Kopp reminds us, “God is love, so this is painting a picture of what God looks like.”

Here's the challenge Kopp offers: if you really want to know how closely you're walking with God, take those verses and replace the word "love" with your own name.

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"All you gotta do if you want to check your levels is go to First Corinthians 13, start in verse 4, and every time you see the word love, take it out and put your name in instead and see if it still makes sense."

Kopp gives an example using his own name: "Kelly is patient. Kelly is kind. Kelly does not demand his own way. Kelly keeps no record of being wronged..." This exercise, though simple, can be profoundly convicting. "Ouch," Kopp admits, recognizing how easy it is to fall short.

[@kellykministries/video/7508492468086836526?is_from_webapp=1&ender_device=pc&web_id=7494010124009293342](https://www.youtube.com/watch?v=7508492468086836526&is_from_webapp=1&ender_device=pc&web_id=7494010124009293342)

But the goal isn't condemnation—it's growth. "If you use this verse to check your levels and you realize you're not where you need to be, don't beat yourself up. God's not mad at you. And all you need to do to become more like Him is spend more time with Him."

This spiritual heart check is more than a clever Bible trick—it's a pathway to transformation. By examining our own hearts in the light of God's perfect love, we're invited into deeper intimacy with Him.

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Kopp closes the message with this encouragement: "Press into the Father today. Get in His word and find out how good He really is. He doesn't have love—He *is* love. And He wants to pour it out on you."

When it comes to spiritual growth, self-reflection is essential—and God has already given us the perfect tool for it. By using Scripture not just to read about love but to measure how much of it lives in us, we open the door to transformation. The goal isn't perfection but progress. If we fall short, it's not a sign of failure—it's a call to draw closer to the One who is love. Let this be your invitation to lean in, press forward and let God's presence shape you from the inside out.

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