**Spiritual Cardiogram: Alma 5**

In Alma 5:14, the prophet Alma asks about your heart. Then like a good doctor, he checks your overall health spiritually through a series of probing questions. On the graph below, plot your responses to his questions in the corresponding verses listed at the top. Connect the dots and analyze the results. Then write yourself a prescription on the back to fix what ails you.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Vs.14 | Vs. 14 | Vs. 15 | Vs. 16 | Vs. 19 | Vs. 26 | Vs. 27 | Vs. 28 | Vs. 29 | Vs. 30 |
| **Always** |  |  |  |  |  |  |  |  |  |  |
| **Nearly Always** |  |  |  |  |  |  |  |  |  |  |
| **Usually** |  |  |  |  |  |  |  |  |  |  |
| **Sometimes**  |  |  |  |  |  |  |  |  |  |  |
| **Seldom If Ever** |  |  |  |  |  |  |  |  |  |  |

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**Alma 5 Questions**

|  |  |  |
| --- | --- | --- |
| **Verse** | Alma’s Question | **Your Response** |
| 6 | What have you learned from the mistakes and successes of others? |  |
| 14 | Have you been born of God… or experienced this mighty change in your heart? Describe it.  |  |
| 14 | Have ye received his image in your countenance? Can people see that the Spirit is with you? How? |  |
| 15-17 | Can you imagine standing in the presence of God to be judged and how you would feel if it were today? |  |
| 19 | If you were to stand before God today do you feel that you would have “a pure heart and clean hands?” |  |
| 26 | If in the past, if you have had a mighty change of heart, do you have those same desires to love and serve God now and today? Explain. |  |
| 27 | Do you feel that today you are sufficiently humble? |  |
| 28 | Are you stripped of pride? |  |
| 29 | Are you stripped of envy? |  |
| 30  | Do you “make a mock” of people you associate with? |  |
| What is **one** specific way you are going to try to improve your life because of what you learned from Alma 5 and the Spirit? |  |