

Spiritual Checkup and Self-Diagnosis

Symptom	Treatment	Prescription (Rx)
Do you get easily offended at others? Are you often angry and irritable?	Focus more on God and humble yourself.	Psalms 119:165 James 4:6-11
	Breathe. Pray. Breathe again. Then remember that wrath cannot achieve the outcome you hope for.	James 1:19-21 2Timothy 2:24-26 Ephesians 4:26-32
	Choose who you will serve.	Mosiah 2:26
Have too much contention in your life? Too many arguments with those around you?	Learn to practice restraint and giving a soft answer.	D&C 4:2a Proverbs 15:1-2; 10:19
	Use healing words instead of hurtful ones.	Proverbs 12:18; 15:26 Proverbs 16:21-25
	Think before you speak, speak without regrets.	James 3:2 Matthew 12:29-32
	Be a peacemaker, not a troublemaker.	Matthew 5:11,25-27 Proverbs 12:13
Take more joy in the things of the world than the things of God? Do your passions control you? Life consumed with too much “stuff”?	Meditate on his promises.	Psalms 37:4
	Seek sanctuary in God.	Psalms 16:11
	Remember the world has nothing good to offer you.	1Peter 1:24-25 1John 2:15-17
	Flee temptations & lusts.	2Timothy 2:22
	Focus more on giving, find ways to serve others.	Mosiah 2:27-43 Acts 20:33-35
Nurture an attitude of thankfulness.	Colossians 3:17 D&C 77:4c	
Are you stressed out, overburdened, or burned out? Don't have enough money for needs?	Come unto Jesus, on his terms, not your own.	Matthew 11:29-30 Moroni 10:29
	Learn to say “No.” Learn contentment.	Mosiah 2:43-44; Phil. 4:11-13; 1Tim. 6:6-11
	Reduce unnecessary wants.	D&C 130:7
Are you fearful? So you worry too much? Have trouble sleeping because of worry or fears?	Set your mind on God.	2Tim. 1:7; Phil. 4:4-8
	Let God's peace rule in your heart to comfort you.	Colossians 3:15 John 14:27
	Remember whose you are and who died for you—and the promises that belong to the faithful.	Romans 8:31-39 1Nephi 1:13 John 10:27-29 John 16:33
	Rest in faith toward God.	Psa. 4:8; Alma 17:69-70

Take plenty of daily doses, feasting on the word of Christ, memorizing and meditating on the word, praying and spending time in his presence.

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