

How To Discern The Influence Of The Spirit:

WHEN YOU HAVE THE SPIRIT
WHEN YOU DON'T HAVE THE SPIRIT

You feel happy and calm
You feel unhappy, depressed, confused and frustrated

Your bosom burns with love for the Lord and for others
You feel empty, hollow, cold inside

You feel generous
You feel selfish, possessive, self-centered

Nobody can offend you
Everything anyone does bothers you

You are very forgiving and kind
You are always on the defensive

You feel confident in what you do
You become discouraged easily

You don't mind anyone seeing what you are doing
You become secretive, evasive

You feel outgoing, anxious to be with others...especially family members
You want to be alone. You avoid others

You are glad when others succeed
You are envious of what others do and what they have

You want to make others happy...even those opposed to you
You want to get even and show others up

You bring out the best and say the best about others
You are critical of others, especially family members and those in authority

You gladly and willingly perform Church work
You feel hesitant, unworthy and unwilling to perform Church assignments and ordinances

You feel like praying and reading the scriptures
You don't want to pray or read the scriptures

You feel you have control of your appetites and emotions: food and sleep in moderation, sexual restraint, recreation that is wholesome and moderate. You are calm and control your speech. You become a slave to your appetites; your emotions become passionate; overindulgence in food, sleep, sex, stimulating entertainment, loud music, strong anger, outspokenness all become part of your character

You feel a deep desire to help others - usually in a way no one else will know about
You want to make sure all the help you give others is duly noted by them and the world

You speak and think only good about others
You look for and find faults in others and broadcast it

You feel sorrow when others have problems and sincerely desire to help them

You question others' motives and secretly delight in their problems, and say, "I'm glad I'm not that way"

You wish you could keep all the Lord's commandments

You find the commandments of God bothersome, restricting or senseless

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