

Self-Assessment

1. I do alms (acts of religious devotion or service for others) because:
 - a. I am supposed to.
 - b. I love the Lord and enjoy helping other people.
 - c. I want others to think well of me.
2. I pray because:
 - a. I want to be able to tell my parents or my bishop “yes” when they ask me if I pray.
 - b. It is just part of my daily routine.
 - c. I want to communicate with my Heavenly Father.
3. I fast because:
 - a. Fasting helps me draw closer to the Lord.
 - b. Other people will think I’m weak if I don’t.
 - c. My parents tell me I should.

