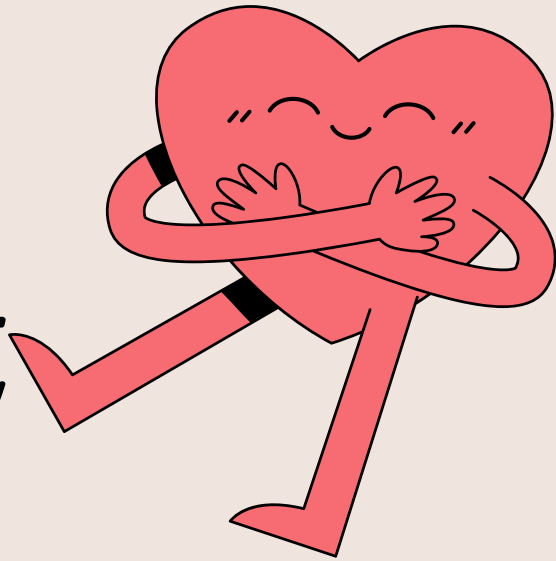


Heart Smart



If you have a heart difficulty, a doctor can use an electrocardiogram (EKG) to help diagnose the heart challenge. An EKG is a graphic representation of the heart's electrical signals. Just as your physical heart may need to be monitored, your spiritual heart needs to be examined. If an EKG was taken of your spiritual heart, would it be alive and vital with strong up and down patterns? Would the pattern go completely downward symbolizing a poor spiritual heart? Or, would the pattern be completely straight, showing no signs of spiritual life?

Answer the questions below and begin to chart your spiritual EKG using the graph. Begin at the home line. For each positive answer, go up a line on the chart, then go back to the home line. For each negative response go down a line on the chart, then go back to the home line. At beginning of each question, you should begin on the home line.

Heart Smart

- Lost your temper today.
- Read your Bible.
- Told a lie.
- Talked with God today.
- Told someone about Jesus.
- Were disobedient today.
- Memorized a scripture.
- Said something bad about another person.
- Sang a faith-based song.
- Helped someone in need.

A white rectangular box with ten horizontal lines, intended for a user to write their responses to the list of activities.