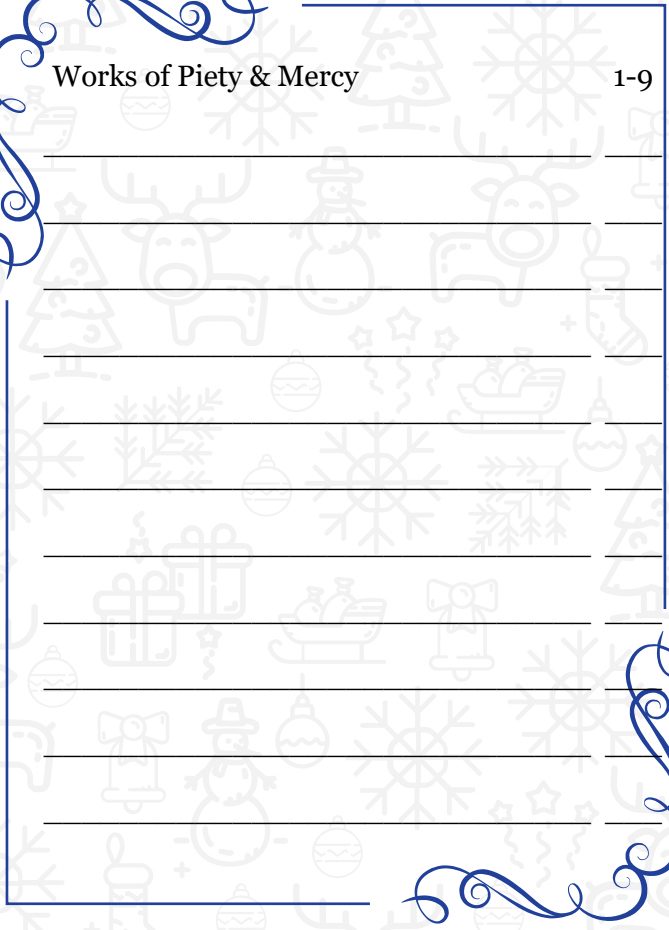


John Wesley kept journals recording daily works of piety and works of mercy and his “temper” during the activity on a scale of 1 to 9. Temper would be his state of mind, is he calm, joyful, or fidgety or frustrated? Then he would self-evaluate using one or more of the 22 questions you found today along with the Advent checklist.

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