***An Invitation for a Moral and Spiritual Upgrade***

The Bible teaches that certain beliefs and habits (attitudes) are both good for us and also good for others, both for now, and in the long run. The “wise” and “foolish” attitudes Solomon most often said would bring life versus death are very similar to the fruits of the spirit and fruits of the flesh taught by Jesus and Paul, 1000 years later.

40 years ago, eight pairs of these attitudes most often taught in the Bible were spelled out in a personality test, the ***Character Assessment Scale.*** The CAS was used in over a dozen countries around the world. Eight character traits Solomon most often called bad or foolish are the *seven deadly sins*, plus lying. These beliefs and habits have been *proven by published research* to work as the Bible said they would: every fruit of the spirit helps grow all the others, and they all work against the fruits of the flesh.

In about 25 minutes, you can take the CAS, online for free, and very privately. It is completely *anonymous:* information coming from and back to you is encrypted. Even your device’s IP address is not recorded. Your feedback is sent immediately to whatever email you submit (it could be a friend or neighbor’s), and it is the only email we will send there. It will teach you how to distinguish between healthy and counterfeit versions of these eight aspects of “the good life”:

**Eight Experiences We Long for:**

***Beliefs and Habits that Lead to the Good Life***

**TRUTH ~ Honesty** vs. **Deceit** Issues of Reality, Authority, Validity, Integrity

**RESPECT ~ Humility** vs. **Selfish Pride** Issues of Honor, Esteem, Value, Worth

**LOVE ~ Compassion** vs. **Envy** Issues of Concern, Caring, Comfort

**MERCY ~ Peacemaking** vs. **Resentment** Issues of Anger, Guilt, Hurt, Grace, Forgiveness

**SEXUALITY ~ Sexual Integrity** vs. **Lust** Issues of Desire, Beauty, Modesty, Fidelity, Pleasure

**WEALTH ~ Stewardship** vs. **Greed** Issues of Money, Treasure, Possessions

**PURPOSE ~ Enthusiasm** vs. **Laziness** Issues of Time, Energy, Effort, Focus, Work

**HEALTH ~ Physical Fitness** vs. **Gluttony** Issues of Diet, Exercise, Medicine, Drugs, Alcohol

 Looking at the feedback for 15 minutes will teach you a few things you didn’t know about yourself. Spend another half hour, ask yourself the questions it presents, and you will discover and begin desiring new solutions to your biggest problems.

For personal growth and healing, take the test at ***to-the-well.org/cas***, and get a

*moral and spiritual check-up* that’s ***free, anonymous,*** and ***emailed right away!***