



21-Day Alcohol FASTJournal - Day 14

Allow 15-20 minutes for this exercise. Find a quiet space where you won't be interrupted. Begin with a few deep breaths to center yourself.

- 1. What emotions or situations have you been trying to numb with alcohol rather than bringing to God?**

- 2. Write your own lament to God today. What do you need to tell Him? What do you need to ask for?**

3. How might your relationship with God grow stronger if you trusted Him instead of alcohol in moments of pain?

4. What fears come up when you think about fully feeling your emotions instead of numbing them?
