Gracefully Sober

Joyful Living. Fully Free.

21-Day Alcohol FASTJournal - Day 19

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 beliefs do you still hold about alcohol that might be keeping you trapped in the desire to drink? (Examples: “I need it to relax” or “Life won’t be fun without it?)**

2. How has alcohol been a counterfeit replacement for God in your life? Think about specific situations where you turned to alcohol instead of Him.

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3. Describe a recent moment when you felt truly connected to God. What could you do to create more of these moments in your daily life?

4. In what ways does continuing to desire alcohol conflict with who God created you to be and the life He intends for you?

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5. What would it feel like to be completely free from any desire for alcohol - not just abstaining through willpower, but truly not wanting it anymore? Allow yourself to imagine and describe this freedom.

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