

21-Day Alcohol FASTJournal - Day 4

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. Prayerful reflection: Begin with a quiet moment of meditation. Write about:

- When I feel closest to God, I experience...
- When I'm walking in the Spirit, I feel...
- When I'm living in God's purpose, I am...
- When I'm fully present to His blessings, I notice...

2. Exploring higher emotions: Referring to the Emotional Spiral from Day 3, write about:

- Which emotions in the ascending portion of the spiral do I most want to experience regularly?
- Which fruits of the Spirit do these emotions align with?
- What currently blocks me from experiencing these emotions more fully?
- How does alcohol impact my ability to experience these desired emotions?

[illegible]

3. Your spirit-led, emotion-based goal: After prayerful reflection on the prompts above, capture your core emotional goal in one clear statement:

- "Through God's grace, in my relationship with [alcohol or any substance], I want to feel..."

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.