



21-Day Alcohol FAST Journal - Day 9

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.

- What changes have you noticed in your mental clarity and emotional state since starting this fast?

- How does understanding the science of brain healing strengthen your faith in God's design?

- Which brain-healing activities align with your spiritual practices, and how can you incorporate more of them?

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- 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.