

Alcohol Abuse



*But the fruit of the Spirit is...
self-control...*

*Those who belong to Christ Jesus have
crucified the flesh with passions and
desires. Since we live by the Spirit, let
us keep in step with the Spirit.*

Galatians 5:22-25 NIV



Dear Lord, I'm learning that some situations are harder for me to handle than others. When I am with certain people, for example, I am more likely to drink too much. When I allow myself to become emotionally and physically drained, I am also more likely to turn to alcohol.

I could use Your help with this, God!

Could You remind me *before* I am in the situation to protect myself? Help me avoid the social gatherings where I am likely to drink more than is good for me. Teach me to care for myself by getting enough rest, eating a healthy diet, and setting aside time to rest in Your Spirit, so that I do not get to the point where I am so weak and overwhelmed I can't resist alcohol's temptation. And when I fall, allow me to learn from my mistakes, rather than wallow in discouragement. I believe in You, Lord. Together, You and I can get through this and find a better way to live.

I know You are helping me, Jesus. I believe You are with me. Please send human helpers, too. Give me the courage to let others know I have this problem—and then to ask for their help. Help me to focus outward, on others, rather than on my own situation. Give me a strong network to depend on, so that I can learn new ways to live.



When I am stressed, God, it is so easy to reach for a drink. Just one, I tell myself, that won't hurt. But then I find myself thinking, one *more* is all right. And then before I know it, I realize I have done it again. I have turned to alcohol as the crutch to carry my tension. When I am sober again, the stress is still there, of course. I never seem to learn.

I need Your help with this, Father God. I need You to help me find new ways of coping, ways to bring me closer to You. When I am overwhelmed by life, teach me instead to exercise, to sing, to call someone on the phone, to do something creative, to take a nap. Whatever else You lead me to, be at its center. Use my feelings of stress as the trigger that tells me: Time to pray.



Setting boundaries is so hard for me, Lord. I feel guilty whenever I try to draw a line around myself, whenever I say this far and no farther. Give me wisdom to know which lines need to be drawn, I pray. Give me courage to set boundaries—and then stick with them.