



Design: Is not given to drunkenness

Indicator #	L3Q10
Category	Character
Indicator	Is not given to drunkenness

	Spiritual	Experiential	Relational	Instructional
1	Meditate on Proverbs 23:20-21, Romans 13:13, and Ephesians 5:18. Memorize at least one of these verses.	Join a group that will help you quit drinking (like AA or Celebrate Recovery) and do the hard work of following through on all of the steps.	Find a close spiritual partner to walk alongside you while you strive to quit drinking. Ask them to pray with you and for you, to keep you accountable, and to encourage you as you overcome it.	Study Proverbs 23:20-21; Romans 13:13; Ephesians 5:18.
2	Reflect on your past experience of drunkenness; repent before God, and ask for the power of the Holy Spirit to renew and cleanse you.	Find stories about terrible things people have done when drunk. Now put your name in the place of those people's names. Consider the serious nature of this problem.	Openly share your negative emotions, stresses, and pain with your friends, family, or spiritual counselor instead of turning to alcohol to numb them.	Study 1 Corinthians 9:19-27. How does your life reflect a life lived for the sake of the Gospel? How do your actions and thoughts towards alcohol and other addictive substances line up with a Gospel-oriented life?
3	Reflect on the situations (time, place, state of mind) that make it easier for you to turn to drinking. Ask God to help you locate and avoid those situations, and to be your true satisfaction. Pray through Psalm 62 and ask God to be your refuge and strength.	Cultivate good lifestyles such as going to bed early and rising early, exercising consistently, eating healthy, nourishing meals (more fruits and vegetables), etc. Build up your body's perseverance and taste for healthy things.	Invite a trustworthy mature believer to hold you accountable. Regularly report to him about your progress in overcoming the alcohol.	Study articles and documentaries on the harm brought about by the abuse of alcohol. Study the benefits of temperance and moderation in alcohol consumption (for many that must mean total abstinence).
4	Reflect on the reasons you have been mastered by drunkenness and the consequences of it. Pour out your heart before God, seek His mercy, and find your satisfaction in Christ. Receive healing and true freedom in Him.	Every time you see alcohol, imagine that it is poison of some sort (pesticide, rat poison, etc.) and ask God to help you avoid it.	Invite a person who used to be addicted to alcohol but successfully quit drinking to share with you about their experience. Ask them to pray for you.	Find and read books on the subject of alcohol addiction, dependence, and the path to recovery (ask a spiritual leader for guidance).
5	Spend devotional time with God every day and focus on His goodness, grace, and holiness. Turn to enjoying God Himself instead of enjoying drinking. Attend prayer meetings and read God's Word frequently.	Avoid places and situations where you can or are required to drink alcohol. Schedule different events at those times at different places that don't serve alcohol.	Visit friends who suffer physically because of drinking too much alcohol in the past, listen to their stories and learn from them.	Study one or two biblical examples of people who got drunk (for example, Noah and Lot). What were the results?
6	Read the Bible with a prayerful heart. Whenever you come to verses about drunkenness, meditate on them. Then get down on your knees before God and pray for His strength and grace.	Cultivate a sense of responsibility. Describe for yourself a picture of the future with no alcohol, full health, and uninhibited enjoyment of God.	Spend more time with people who have healthy lifestyles and live happy, full lives without drinking. Avoid hanging out with people who drink regularly.	Study one or two biblical examples of people who abstained or used alcohol appropriately (for example, Timothy or Jesus). What were the results?
7	Pray that God would give you the fruit of self-control and a true, healthy fear of God.	Avoid parties or social events where alcohol is served.	Regularly celebrate your progress in this area with your accountability partners, friends, and family.	Look up all Scriptures related to drunkenness, copy them into a notebook, and memorize them.
8	Ask God to show you the hidden reasons for drunkenness in your life. What does the alcohol mean to you? Is it because you lack happiness? Do you use the alcohol to numb yourself so that you can forget the past pain? Do you look forward to finding satisfaction by drinking? Ask God to heal you.	With several close friends to keep you accountable, go to a festival or drinking party. Observe the people's language and behavior, how people view them. Consider how you are viewed when you get drunk. Then go and do something encouraging and fun with your close friends that doesn't involve alcohol.		Write an essay or teach your small group or church about the dangers of alcohol abuse and how it damages the church's testimony to the world.
9				Listen to sermons, teaching, or podcasts from those who have been affected by drunkenness or have quit drinking.
10				Listen to audio teachings on Spiritual Life by Malcolm Webber – at least one per week.