

CELEBRATIONS TEMPERANCE

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENESS.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding TEMPERANCE. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

A group of boys and girls from a local church school attended a party at which binge drinking occurred. Unfortunately, they found the alcohol in the church member's home. Is my example of temperance one they should follow?

Have I been influenced by articles that purport that drinking a little alcohol is beneficial to the cardiac system?

What other negative consequences of alcohol use mitigate those reports?

If I were to drink only socially, what are my chances of becoming addicted?

Do I have a first-degree relative who has suffered from alcohol dependence? If so, how would that affect the risk I would be taking?

How can I reduce the chances of children and youth in my home, church, or community being pressured by their peers into experimenting with tobacco, alcohol, or other drugs?

Do I know their names and greet and interact with them?

Do they know and respect me enough to think that they would disappoint me if they were to indulge in these behaviours?

What things in my life are out of control, unbalanced, or used injudiciously?

How do I know if I am working too much, sleeping too little, eating too much, or exercising too little?

How do I make judicious use of my free time?

Am I spending too much time with electronic media and too little time cultivating good relationships with my Saviour and people close to me?

Do I set aside time for service to those less fortunate?

When I realise the need for change, do I remember the One who can give me the strength I need?

Do I ask for that enabling power?