



MY SOBER YES

A TEACH & PLAY LESSON · MORAL ISSUES FOR TEENS · EPHESIANS 5:18

*"Do not get drunk with wine... but **be filled with the Spirit.**" — Ephesians 5:18*

The game was loud. This part is just for you. Be honest — no one else reads this.

1. Right now, alcohol in my life is... *(circle one)*

- NOT AN ISSUE — I don't drink and I'm not tempted yet
- PRESSURE — friends or family make it feel normal
- ALREADY TOUCHED IT — I've had some and need to be honest

2. The excuse I hear most often is...

- "Everybody does it" "Jesus drank wine"
 - "Just one won't hurt" "It helps you relax"
-

3. If I said yes to "just one drink," what could it cost me? *(check any)*

- My clear head My witness for Jesus
- Someone else's safety My self-respect

4. Tonight I'm choosing... *(circle)*

- ▶ To stay sober — my body belongs to God (1 Cor. 6:19–20)
- ▶ To ask God for strength before the pressure hits
- ▶ To talk to a leader if I'm already in too deep

5. My prayer, in my own words:

"God — You gave me this body and this mind. I don't want the serpent's bite. Fill me with Your Spirit instead of the party. Give me courage to say no before the first drink. I'm Yours — help me live like it."

The first drink starts the slide. Stay sober. Stay Yours.