



TWENTY-FIRST BIRTHDAY **QUIET TIME**

Twenty-first birthday quiet time

Created by // Tonya Zunigha

Scriptures to read

- Ephesians 5:18
- Galatians 5:19–21
- Romans 14:13–20
- Proverbs 20:1
- 1 Corinthians 10:31
- Titus 1:7
- Proverbs 23: 29–35
- 1 Corinthians 9:19–23
- 1 Timothy 3:3

After you read the Scriptures above, journal through these questions:

1. What is your heart's attitude toward honoring God with your life?
2. What is your heart's attitude toward sin (desiring holiness versus getting as close to the line as you can; it's not a big deal versus sin has serious consequences)?
3. Is drinking alcohol a sin? Does it dishonor God? (Why or why not?)
4. Is getting drunk a sin? Does it dishonor God? (Why or why not?)
5. Is getting buzzed a sin? Does it dishonor God? (Why or why not?)
6. Is it a sin if people assume you are drunk? Does it dishonor God? (Why or why not?)
7. What are some potential consequences for your witness for Christ if you get drunk (or people think you are drunk)? How long might these consequences affect you?
8. What are some potential consequences for yourself personally and spiritually if you get drunk (or appear to be drunk)?
9. What are some danger areas for you personally with alcohol (peer pressure, boys, FOMO, people pleasing, hiding sin versus integrity, pride, reputation, family pressure, etc.)?
10. What is the root sin behind whatever you answered in the last question? What attribute of God are you forsaking? How does the gospel apply to that issue?
11. What are promises about living life as worship to God and according to his commands (Psalm 1, Proverbs 1, Isaiah 48:17–22)?
12. What are promises about accepting sin like the world (Psalm 1, Proverbs 1, Isaiah 48:17–22)?
13. If you mess up, what's your next step with God, your inner circle, others, and yourself?

Application

1. Where will you celebrate your twenty-first birthday?
2. Who from your inner circle will be in your crew that night and “on your team”? (Don't assume; ask and get commitments from people.)
3. What will you drink? How much will you drink? (Be very specific.)
4. What's your plan when people pressure you to drink more? (What will you say?)
5. What are some specific guidelines for how you will handle alcohol while you are in college?
6. Do you have any other concerns or worries about turning twenty-one that you need to continue to process through?