

## How are you Coping during Cor-19 Shelter in Place

Has you turned to Alcohol as a comforter? When isolated a period of time, you become bored and stressed out. How many people say I have drunked more alcohol, wine and champagne more than I have ever before because the shelter in place is taking toll. Worrying about and safe from cor-19. I want to share a word with you. I hope it changes your life and give you something to think about.

proverbs 23:29-35

Who has woe? Who has sorrow?  
Who has strife? Who has complaints?  
Who has needless brawls? Who has bloodshot eyes?  
Those who linger over wine  
who go to sample bowls of mixed wine  
Do not gaze at wine when it is red,  
when it sparkles in the cup  
When it goes down slowly!  
In the end it bites like a snake  
and poisons like a viper  
Your eyes will see strange sights  
And your mind imagine confusing things  
You will be like one sleeping on the high seas  
lying on top of the rigging  
They hit me, you will say, but I'm not hurt!  
They beat me, but I don't feel it!  
When will I wake up  
So I can find another drink?

The soothing comfort of alcohol is only temporary real. ~~Relief~~  
Relief comes from dealing with the cause of the anguish  
and sorrow and turning to God for peace. Don't lose yourself in  
alcohol; find yourself in God. Israel was a wine producing  
country. In the old Testament winepresses bursting with new  
wine were considered a sign of blessing Proverbs 3:10. Wisdom  
is even said to have set her table with wine Proverbs 9:2-5.  
But the old Testament writers were alert to the dangers of wine.  
It dulls the senses; it limits clear judgment proverbs 31:1-9  
it lowers the capacity for control proverbs 5:17 it destroys  
a person's efficiency proverbs 21:17 It make wine a end in itself.  
A means of self indulgence or as an escape from life is to  
misuse it and invite the consequences of the drunkard.

Written by,

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