

# How to Avoid a Hangover



hangover, *noun*.

The disagreeable physical aftereffects of drunkenness, such as a headache or stomach disorder, usually felt several hours after cessation of drinking.

Symptoms:

Fatigue, weakness, thirst, headache, muscle aches, Nausea, vomiting, stomach pain, sleeplessness, vertigo, hyper-sensitivity to light and sound.

Chronic hangover, *noun*.

The sense that something disagreeable remains from a former period, and needs to be 'fixed'.

Symptoms:

An impulse for 'self-improvement'.

Spiritual hangover, *noun*.

The sense that something *deeply important is still missing from my life*, and needs to be 'fixed or found'.

Symptoms:

Persistent seeking, restlessness, discouragement, anxiety, inner and outer conflict, hope-less-ness, etc, etc, etc...



# How to Avoid a Hangover *Spiritual*



First point of resolve:

-God, not self, is the source of all improvement

## 2 Peter 1

3 His divine power has granted to us **all things that pertain to life and godliness**, through the knowledge of him who called us to his own glory and excellence, 4 by which he has granted to us his precious and very great promises, so that through them **you may become partakers of the divine nature**, having escaped from the corruption that is in the world because of sinful desire.

Second point of resolve:

-By his power I will build my SIP (Spiritual Improvement Profile)

Luther: “It’s faith alone that saves, but the faith that saves is not alone.”

Moffatt: “The Christian life must not be an initial spasm followed by chronic inertia.”

Barclay: “Faith is the conviction that what Jesus Christ says is true, and that we can commit ourselves to his promises and launch ourselves on his demands.”

Keller: “We’re not saved by fruit but by faith, but not fruitless faith.”



## My SIP (Spiritual Improvement Profile)

### 2 Peter 1

5 For this very reason (*that we are partners in the Divine nature*), make every effort to **supplement** your faith **with** virtue, and virtue **with** knowledge, 6 and knowledge **with** self-control, and self-control **with** steadfastness, and steadfastness **with** godliness, 7 and godliness **with** brotherly affection, and brotherly affection **with** love. 8 For if these qualities are yours and are increasing, **they keep you from being ineffective or unfruitful** in the knowledge of our Lord Jesus Christ.



Third point of resolve:

-In order to fuel my SIP, I will be a glutton this year!

#### Matthew 4

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry. 3 And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."

4 But he answered, "It is written,

"Man shall not live by bread alone,  
but by every word that comes from the mouth of God."

This time next year...

2 Peter 1

10 Therefore, brothers and sisters, be all the more diligent to confirm your calling and election, for **if you practice** these qualities **you will never fall**. 11 For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ.