

BESOBRR



4 LITTLE
KNOWN

TRUTHS

TO HELP YOU BE

SOBER AND
STAY

ON THE RIGHT TRACK

By JUDITH FRUTIG

Are you currently in a Place of Life where You, Need to Overcome the Temptations to use, the Harmful Intoxicants of Drugs, and Alcohol?

There is... “Hope for Your Dilemma”

In order to Live a Successful Sober Life, Free of the Need and the Desire to Use, Free from the Guilt, Fear and Shame of Using, Free from this Unrighteous Habit, of Your Choice, You Must - GET A NEW VIEW OF YOU.

Here are a Few Life Changing TRUTHS You Need to Know, Acknowledge, and Implement into, Your Life Daily.

1 You Are In Control

- Admit You were Willing To Use Intoxicants
- You Chose to Start
- Now You Must Choose to Stop
- You're in Control of Your Choices
- You Must Know The Truth
- You were Never Created to Be Dull Minded or Smoke Filled

2 But How Do I Overcome The Temptations to Use? (You ask...)

- You Must Have... Correct Perception for Correct Preferences
- You Must Say... No to the Thought of Using
- You Must Read... To Believe, The Warning Label
- You Must Conclude... Cigarettes Smoke You (and are a Drug Too)
- You Must Admit... Intoxicants are Poisonous to Your Body
- You Must Repent... For Abusing Your Body from Substance Use
- You Must Stop... Buying Intoxicants that Intoxicate You
- You Must Get... Detoxified if Needed

3 You Must Say No - To the People who Expect You to use. (This Means Yourself Too)

"You can't Soar with Eagles, Hanging Out with Turkeys." - Unknown

- You Must Stop - Going to Old Places with the People, Who Choose to Use
- You Must Say - NO to The Drug Dealers, who Expect You to Keep Them
- You Must Stop - Listening to The Music Associated with Your Using
- You Must Know - NO is an Answer - Not an Excuse
- You Must Say - NO to “Old Ways” (Old Thoughts)
- You Must Say - YES to “New Ways”
- You Must Get - A New View of You
- You Must Be - Willing to Be Willing - To BESOBR

4 Stop Buying Drugs, Alcohol & Cigarettes

"If You're Buying, You're Not Trying, You're Lying to Your Self" -
JUDITH FRUTIG (*Founder of BESOBR*).

- You're Lying to Yourself... When You Continue to Buy
- Liars are Persuaded by... Their Own Excuses
- Only You Believe Your Excuses
- You Buying Drugs is Bringing - Criminal Activity into Our Community
- You Drinking and Driving Brings - Hazardous Driving Conditions

What have You Gleaned by Reading this Article?

Were there any Particular Truths - That had a Profound Impact on You?

Please Consider Coming to BESOBR Class – Fridays @ 7:00pm
Cathedral of Life Church 4111 38 th St NW Canton, OH 44718

For Further Information Call - 330-493-4111 or
Email - besobr2@gmail.com

About the BESOBR Class.

BESOBR Class - Exposes the Deceit of Using

BESOBR Class is - Seriously Friendly, Scripturally Structured,
and Spiritually Sound

Do Not... Let the Name BESOBR Be Confusing to You

BESOBR... Means - To Be of a Sound Mind,
Sound Speech, Sound Walk, Sound Talk, and of a Sound Doctrine.

BESOBR Class is about... Correct Perception and Preferences
in Scriptural Principles for Our Unrighteous Habit of Using
Intoxicants.

We Cannot - Recover from the Sin of Drunkenness

We Must - Repent for the Sin of Drunkenness

We Can Be – Rescued, Redeemed, Renewed, and Restored
To a Righteous Life of Sobriety.

Come and... Get A New View of You - A Brighter View -
A True View - A Sober View

I Promise... You will Be Glad You Did!

About Judith Frutig

Judith Frutig - Founder of BESOBR is a Scriptural Mentor / Teacher
Judith has Personally Experienced, The Darkness and Hopelessness
of Drunkenness and Now after 30 years of Sober Living, Teaches and
Mentors others... The Scriptural Principles, Needed to... Be Encouraged,
Enlightened, and Empowered... To Live a Life of Sobriety!