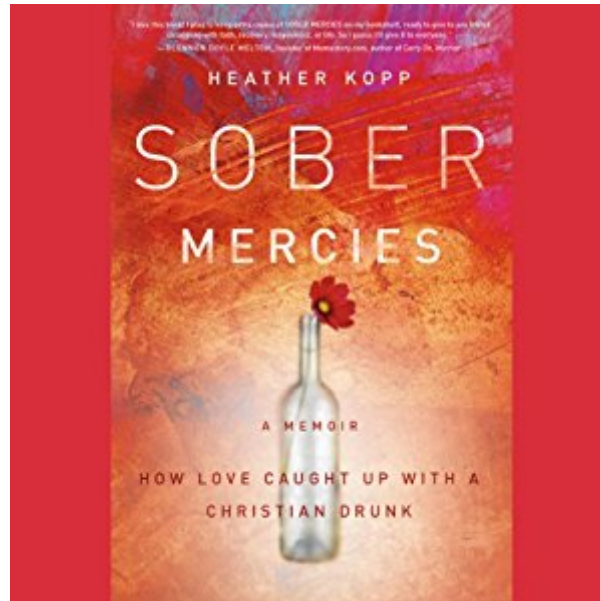


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# Sober Mercies: How Love Caught Up With A Christian Drunk



## Synopsis

Where do you turn for hope when you already have the answer - but the answer isn't working? As a long-time Christian, Heather Kopp never expected to become an out-of-control alcoholic who kept private stashes of booze all over the place - tucked behind books in her study, zipped into a special compartment in her oversized purse, at the back of her closet stuffed inside her boots. Even as her career and marriage teetered on the brink, Kopp couldn't get a grip, desperately hiding the true extent of her drinking from the rest of the world - her husband included. During the day she wrote books about God and prayer and family. At night she locked herself in her bathroom to guzzle chardonnay. For her, as for many Christians who struggle with addiction, overwhelming shame and confusion only made things worse. Why wasn't her faith enough to save her? Why didn't repentance, Bible reading and prayer work? Where was God? Meanwhile, as she watched in horror, her grown son descended into his own nightmare of drugs and alcohol. She feared for his life, yet she couldn't stop drinking long enough to help him - or find a way out for herself. Until the day everything changed. Engaging, funny and bracingly honest, Kopp shares her remarkable journey into darkness... and back to the light again. Her story reveals the unique challenges and spiritual conundrums Christians face when they become ensnared in an addiction, and the redemption that's possible when we finally reach the end of ourselves. If you love Jesus but shop too much, drink too much, eat too much, crush on men who aren't your husband, or otherwise fixate on doing things you hate but can't stop doing, *Sober Mercies* is for you. As you follow Kopp's sincere, stumbling journey toward freedom and a deeply satisfying relationship with God, you'll find renewed hope - and practical steps of recovery - for your own journey.

## Book Information

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## Customer Reviews

Recently i have been trying to numb my anxiety with alcohol, but i understand clearly that it is not the real solution. And i also don't want to sit on pills which would be just the same patch not a solution, so every word on recomitting myself to the Lord's mercy and trusting Him not for result but for the outcome hit me real hard as i lost my trust in His goodness over a close friends and my mom's terrible deaths. It's not like i blame Him i just can't believe He cares about what happens to me hence the anxiety hance the drinking to numb it. This book at first sounded like it has nothing to do with me - i'm 37, male, living on the other side of the planet (absolutely different circumstances) - but i just couldn't stop reading as it slowly took me over on some kind of totally different spiritual level where it felt so familiar - the desperation, the worries, the weakness... Thursday i'm going to the meeting...

Quick read -- Well-written and as others have said: no-whining -- and composed with enough hindsight to be winsome, and enough courage to be oh so helpful to one who is also recovering. The author perfectly describes why "a bunch of addicts and alcoholics manage to succeed at creating the kind of intimate fellowship so many of my Christian groups tried to achieve and failed?". . . people bond more deeply over shared brokenness they they do over shared beliefs. "She also describes a growing understanding of prayer and God and trust that shone a light into cobwebs that are plugging up my own prayers.

"Sober Mercies" was a wonderful read for me. I came upon Heather Kopp's blog a couple of months ago, and quickly realized that her memoir was one I wanted and needed to read. I ordered it right away, and was not disappointed. Her writing style is easy to enjoy, down to earth and yet thought-provoking. She tells her story well, and it's a story that I would guess is far more common than anybody realizes. There are many books out there about people who fell into an addiction, spiraled down, hit bottom, and found recovery through a 12-Step Program, faith or both. There aren't too many books about people of faith who fall into addiction, but I believe they are out there in churches everywhere. Heather does a wonderful job of telling her own story: both the journey into addiction, but also the glorious discoveries and transformation found in Recovery. She has wrestled with many of the questions a Christian might have about Recovery, and she offers her thoughtful

perspective to the reader who might be wrestling with those same questions. Her book is not preachy, just an honest, engaging story. Like Heather, I came into the Recovery Movement from a solid Christian background, not knowing what to expect. Unlike Heather, I'm not an alcoholic, but I was married to a Christian who slowly became a prescription drug addict. Unfortunately he has not found Recovery, but mercifully and gratefully, I have. I have found help in the literature and rooms of Al-Anon as surely as a diabetic finds help through a proper diet and insulin, or a cancer patient finds healing through chemotherapy and radiation. God can use a 12-step Program just as well as insulin or chemotherapy to help a person who needs it. I'm glad Heather told her story, because it is an interesting and well-told tale. But I also hope Heather's book reaches a lot of people of faith who still feel lost and alone and just don't know where to turn. I highly recommend it.

I purchased this book after Rachel Held Evans did an interview with Heather on her blog. Since she is an admitted recovering alcoholic as well as a Christian, I was interested on how the two intertwined or affected each other in her alcoholism and recovery. Kopp is an excellent writer and the reader is instantly sucked in as she details her story of having to excuse herself at restaurants to go down a few miniature wine bottles in the women's bathroom. I recently became friends with someone who is in AA and have been trying my best to educate myself on the daily struggle that recovering alcoholics go through, most misunderstood by the church that believes if you pray/love God enough then that you should be all you need to quit an addiction. One of the most moving passages in Kopp's book, at least for me as someone who is not a recovering alcoholic, was when she was at dinner where her other friends as well as her husband were drinking wine and her thought process on imagining herself drinking it as well as her growing anger towards her husband for drinking in front of her, regardless of the fact that she had told him to! Kopp is very honest in her battles to stay sober, strengthening her marriage and the steps she had to work through at AA. The only thing I wish she had done was detail more on those steps of AA and how she handled each one, however, I realize then the book would more likely be 500+ pages. Maybe a sequel, Heather? I had a discussion with my friend who is currently 6 months sober and how his thoughts or experiences had aligned or not to Kopp's, it was a great talk and I feel like I am a more supportive friend even if I will never truly be able to understand the struggle for most recovering alcoholics. I say BRAVO to Kopp in her honesty and strength as not just a writer but as a person as well. I think more churches need to address the idea that prayer is not always the answer (shocker!) and that God gave us intellect, intelligence and logic to go out and join groups like AA in order to be more successful in battling addiction, despite what that addiction may be. All in all, great read and I really

hope she does a follow-up book.

I couldn't put this book down once I started reading. It well written, entertaining, and life changing. It has given me the answers I have been searching for.

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