

"Hilarious and inspiring ... I love this book!"
—GLENNON DOYLE MELTON, New York Times bestselling author of *Carry On, Warrior*

HEATHER KOPP

SOBER MERCIES



A MEMOIR

HOW LOVE CAUGHT UP WITH A
CHRISTIAN DRUNK



Heather Harpham Kopp

Sober Mercies: How Love Caught Up with a Christian Drunk



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Where do you turn for hope when you currently have the answer--but the answer isn't working? At night she'd locked herself in her bathroom to guzzle chardonnay. Even as her career and relationship teetered on the brink, Kopp couldn't get a grasp, desperately hiding the real degree of her drinking from all of those other world--her spouse included. Her tale reveals the unique challenges and spiritual conundrums Christians encounter when they become ensnared within an addiction, and the redemption that's possible when we finally reach the end of ourselves. As a long-time Christian, Heather Kopp never likely to become an out-of-control alcoholic who kept personal stashes of booze all over the place--tucked behind books in her study, zipped into a special compartment in her oversized purse, behind her closet stuffed inside her shoes or boots. For her, for many Christians who struggle with addiction, overwhelming shame and confusion only made things even worse. Why wasn't her faith enough to save her? Before day everything changed. Where was God?. She feared for his life, however she couldn't stop drinking long enough to help him--or discover a way out for herself. Why didn't repentance, Bible reading and prayer function? Engaging, funny and bracingly honest, Kopp shares her extraordinary journey into darkness.. Meanwhile, simply because she watched in horror, her grown son descended into his own nightmare of drugs and alcohol. and back to the light again. During the day she wrote books about God and prayer and family. If you value Jesus but shop too much, drink an excessive amount of, eat an excessive amount of, crush on guys who aren't your husband, or otherwise fixate on doing things you hate but can't stop doing, SOBER MERCIES is usually for you. As you follow Kopp's sincere, stumbling journey toward independence and a deeply satisfying relationship with God, you will discover renewed hope--and practical measures of recovery--for your own journey.



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The beginning of the end I saw Ms. Kopp's website and learned about her book previously this week. Picture my surprise when I found myself buying it on Tuesday, finishing it on Wednesday and telling my hubby on Thursday am that I had a drinking problem and was done with it. I had known that time was coming anyway, but felt highly this was likely to end up being the proverbial last straw. So I made a decision to buy it by the end of the week so as to possess one farewell get together with my close friend Vino. I knew almost immediately that if I read it, it will be the finish of my drinking days. Telling him was like breaking the chains that experienced curled around my soul. I think more churches need to address the theory that prayer isn't always the answer (shocker! It has motivated me to have significantly more of a knowledge based relationship with God, than just knowing about Him. It is amazing. Enough said. I couldn't put it down and was sad when i finished this book, always an indicator of a fantastic read! And I've read more intently many within the last 2 yrs. I pay particular attention to books now because I have written several testimonials, but even more so, because those that I write about affect myself. But two books stand apart from all the others. Aside from the Bible, these two books have profoundly affected me, and in a number of different ways. And today Heather has written the next stand-out book. Her writing was gripping, reasonable, and compelling. I go through it in one day, literally spending 10 hours reading. Fantastic read! I rejoiced with her in the answer to prayers, far beyond the miracle of Aggie, to the miracle of God employed in Emily's heart. Emily Cook wrote "Weak and Loved," and I had the privilege of reading a preview duplicate and writing an assessment. To enjoy, to walk with them, to learn from them. Sober Mercies: How Love SWEPT UP with a Christian Drunk The writing is on par with Emily's, the story is simply as riveting. But this one is so very much closer to home for me personally. By opening her existence to us as she relived the discomfort, struggle, hurt, anger, and more, she opened my heart for some needed searching and examining in a few very long forgotten recesses where I still struggle. I didn't expect this; nonetheless it is probably the highest compliment I can pay to Heather. As I read, I marked several areas, "this is directly on target" --not for her, but me!! Half method through I gave up, because there were too many quotes to keep in mind. Funny, true-to-life, and relatable. I am still reeling from the emotional impact. Her Christian schooling had provided her a feeling of grace and all of the intellectual support for understanding it. But her alcoholism uncovered her dependence on grace in a different, more profound way. No intellectual appreciation, but going through God's grace at the deepest level, the bottom of the barrel (or bottle in her case). Jesus "came to seek and conserve the lost" (Luke 19:10)-- the lonely, the messy, the damaged, the hurting, the outsiders, the victims, the volunteers (you need to read the publication to catch that reference), the addict, the addict's family members, the forgotten.

Either would be overwhelming for most people, but combined, it had been not just a vicious cycle, it had been one that seemed to offer no wish. Yet God's grace. Extremely honest and inspiring!.. An encounter with God's grace is usually life-changing, not really a one time event, but a daily life-changing encounter. That is the whole stage of Paul's letter to the Galatians!She faced the twice challenge of her own addiction, and that of her son.On a larger scale, her life tale needs to be heard by those "comfortable" with church as usual.. Honest view from a recovering alcoholic I purchased this book after Rachel Held Evans did an interview with Heather on her behalf blog. But even more, I wish to hug those who suffer or struggle, people who need that sort of hug. A hug that reassures of God's life-changing grace. They want someone to like them unconditionally. They need God's grace in its fullness, just as Heather does, just as I do.Thank you, Heather, for this important book--to me, and I am certain, to many others. Beautiful Story for anybody and Everyone!One of the most moving passages in Kopp's book, in least for me as someone who isn't a recovering alcoholic, was when she was at dinner where her various other friends along with her husband were drinking wine and her way of thinking on imagining herself drinking it as well as her developing anger towards her spouse for drinking before her, whatever the fact that she had told him to! IMO, the main character is very unlikable/spoiled/irreverent for a lot of the story, and I acquired a bit of a hard time hanging on during these times. Looking back on the story all together, I believe this was purposeful, and really needed for character development. Just as much as I'm not a crier, the ending literally brought me to tears. Such a beautiful story of the redemptive character of God's grace. However they are too good not to share. Read it in one day.At the end I wanted to hug Dave and Heather and all of those other family.!We had a debate with my friend who is currently 6 months sober and how his thoughts or experiences had aligned or not to Kopp's, it was an excellent talk and Personally i think like I am a far more supportive friend even easily will never truly have the ability to understand the struggle for some recovering alcoholics.I recently became friends with a person who is in AA and have been trying my best to educate myself in the daily struggle that recovering alcoholics go through, most misunderstood simply by the church that believes if you pray/love God more than enough then that you ought to be all you need to quit an addiction. I'm so glad I read this reserve! Kopp is quite honest in her battles to stay sober, strengthening her marriage and the guidelines she had to work through at AA.The one thing I wish she had performed was detail more on those steps of AA and how she handled each one, however, I realize then the book would much more likely be 500+ pages. I loved this reserve! Kopp is a wonderful article writer and the reader is instantly sucked in as she details her story of experiencing to excuse herself at restaurants to decrease a few miniature wine bottles in the women's bathroom.I tell you BRAVO to Kopp in her honesty

and power as not just a article writer but as a person aswell. It's over and Vino and I never did have that last get together.) and that God gave us intellect, cleverness and logic to venture out and join groups like AA to become more lucrative in battling addiction, despite what that addiction could be. All in all, great read and I really hope she will a follow-up book. Sober Mercies review I cannot begin to express how much this reserve has designed to me. After nearly a year sober, I've finally stumbled upon a tale that mirrors mine. How could a born-again Christian obtain tangled up in addiction? Very honest, very well written, funny and helpful. Many thanks, Heather! A must browse for addicts or for those who love an addict This book gets the capacity to penetrate your soul and put you or someone you like on to the path of sobriety and serenity. It is extremely well written, filled with emotion, and is very interesting to read. Many thanks Heather, Dave and Nathan for posting your story as your story will help others write a fresh story because of their lives. And thank you God for how addiction can turn into a tool so you can get closer to you. Excellent book! Perhaps a sequel, Heather?! I find the struggles to be real and helpful. Reading this reserve has made me appear towards God. Thank you. Must Read for All This is an excellent book for everyone. I couldn't put it down. I recommend this publication to any and everyone, not just those whose lives have already been touched by alcoholism. It impacted me in ways that I didn't discover arriving. It renewed and deepen my faith. It also offered me pause of my own pride and self reliance instead of utter surrender and reliance on God. If you think you have a problem with alcohol, in the event that you know you have a problem with alcohol, in the event that you know anyone who has a problem with alcohol, then buy and examine this book.

Advertisement for AA Too much of this reserve was the ramblings of her brain and confusion on the subject of God. It puzzled me more then help me.. Since she is an admitted recovering alcoholic in addition to a Christian, I was interested on how the two intertwined or affected one another in her alcoholism and recovery. If you think you drink too much or abuse medications, start reading this book today. I started thinking how many rates are so pertinent if you ask me. As a parent I agonized with her in the longer, unknown future of her daughter. This is such a reminder of God's daily grace and mercies that are with us every day in the midst of the mess of life. Sober Mercies - and more I have read thousands of books during the last 50 years, most of them very good, a few superb.



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