



Alcohol

AND ITS EFFECTS

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The new testament does not prohibit the use of alcohol. The words used are “not given to drunkenness” or “no indulging in much wine”. As a Christian, how do I reconcile my decision to not drink at all when there are those around me who do drink? Should I allow someone to drink alcohol in my home? Should I eat in public with those who have ordered alcohol?

1. Please discuss the use of alcohol by Christians considering several studies conclude there is no safe amount of alcohol to drink.



A Drink

In order to fully understand the consequences of drinking, you should first know what constitutes as a drink. One drink is recognized as:

12 fluid ounces of beer – approximately five percent alcohol

Eight to nine fluid ounces of malt liquor – about seven percent alcohol

Five fluid ounces of wine – roughly 12 percent alcohol

One and one-half ounces of 80-proof distilled spirits (vodka, rum, gin, tequila, whisky, etc.) – an estimated 40 percent alcohol

Effects

The effects of alcohol can be influenced by a number of risk factors such as the amount consumed, individual's medical history, tolerance to alcohol, as well as other drugs – legal or illegal – mixed with alcohol



effects

Diarrhea and Heartburn

Your small intestine and colon get irritated, too. Alcohol throws off the normal speed that food moves through them. That's why hard drinking can lead to diarrhea, which can turn into a long-term problem. It also makes heartburn more likely – it relaxes the muscle that keeps acid out of your esophagus, the tube that connects your mouth and stomach.

Why You Have to Pee ... Again

Your brain gives off a hormone that keeps your kidneys from making too much urine. But when alcohol swings into action, it tells your brain to hold off. That means you have to go more often, which can leave you dehydrated. When you drink heavily for years, that extra workload and the toxic effects of alcohol can wear your kidneys down

effects

Does It Help You Sleep?

Alcohol's slow-down effect on your brain can make you drowsy, so you may doze off more easily. But you won't sleep well. Your body processes alcohol throughout the night. Once the effects wear off, it leaves you tossing and turning. You don't get that good REM sleep your body needs to feel restored. And you're more likely to have nightmares and vivid dreams. You'll also probably wake up more often for trips to the bathroom.

More Stomach Acid

Booze irritates the lining of your stomach and makes your digestive juices flow. When enough acid and alcohol build up, you get nauseated and you may throw up. Years of heavy drinking can cause painful sores called ulcers in your stomach. And high levels of stomach juices mean you won't feel hungry. That's one reason long-term drinkers often don't get all the nutrients they need.



effects

The Steps to Liver Disease

Your liver breaks down almost all the alcohol you drink. In the process, it handles a lot of toxins. Over time, heavy drinking makes the organ fatty and lets thicker, fibrous tissue build up. That limits blood flow, so liver cells don't get what they need to survive. As they die off, the liver gets scars and stops working as well, a disease called cirrhosis.

Pancreas Damage and Diabetes

Normally, this organ makes insulin and other chemicals that help your intestines break down food. But alcohol jams that process up. The chemicals stay inside the pancreas. Along with toxins from alcohol, they cause inflammation in the organ, which can lead to serious damage. After years, that means you won't be able to make the insulin you need, which can lead to diabetes. It also makes you more likely to get pancreatic cancer.



Health issues

Alcohol has long been considered a “social lubricant” because drinking may encourage social interaction. These benefits are hard to measure.

In addition, studies suggest that moderate drinking (as discussed below) may be linked with a lower risk of:

heart attack

the most common type of stroke

death due to cardiovascular disease

diabetes

gallstones



Health issues

liver disease, including cirrhosis and life-threatening liver failure requiring a liver transplant

a higher risk of high blood pressure, heart failure, and dementia

a higher risk of certain cancers, including those of the digestive tract (including colon cancer), breast, and liver

a higher risk of injury, especially from drunk driving and falls — homicides and suicides are also often alcohol-related

lapses in judgement — For example, people who are drunk may engage in risky sexual behavior or use other drugs

a higher risk of depression, anxiety, and addiction which may, in turn, affect one's ability to establish and maintain social relationships and employment

Alcohol poisoning — many people don't realize that if you drink enough alcohol over a short period of time, it can be fatal

fetal alcohol syndrome — alcohol can damage a baby's developing brain and cause other developmental abnormalities.

Effects on the brain

Straight to Your Head

Thirty seconds after your first sip, alcohol races into your brain. It slows down the chemicals and pathways that your brain cells use to send messages. That alters your mood, slows your reflexes, and throws off your balance. You also can't think straight, which you may not recall later, because you'll struggle to store things in long-term memory.

Your Brain Shrinks

If you drink heavily for a long time, booze can affect how your brain looks and works. Its cells start to change and even get smaller. Too much alcohol can actually shrink your brain. And that'll have big effects on your ability to think, learn, and remember things. It can also make it harder to keep a steady body temperature and control your movements.



Alcohol is a mind poison

Alcoholic beverages can get people into big trouble. Proverbs 20:1 reveals: “Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise.” That statement should not come as a surprise, considering that, according to some estimates, alcohol is involved in 70% of all murders, 41% of assaults, 50% of rapes, 60% of sex crimes against children, 50% of fights and assaults in homes, 37% of suicides, and 55% of arrests. The writer of Proverbs knew that alcohol causes violent acts (Proverbs 4:17).

Alcoholic beverages often cause accidents. Alcohol is involved in 66% of fatal accidents, 53% of fire deaths, 36% of pedestrian accidents, 22% of home accidents, 45% of drownings, 50% of skiing accidents, 50% of all automobile accidents, and is the number one killer of people 25 years old and younger. On average, one person is killed every half-hour, as a result of drunk driving.



What is wine?

<https://thomaslmcdonald.wordpress.com/2012/12/06/wine-in-the-old-testament/>

<https://www.biblestudytools.com/dictionary/wine/>



Unfermented?

Unfermented wine in ancient literature

Referring to reconstituting grape syrup to make grape juice, Aristotle, who was born around 384 b.c., wrote “The wine of Arcadia was so thick that it was necessary to scrape it from the skin bottles in which it was contained and to dissolve the scrapings in water” (quoted in Nott’s Lectures on Biblical Temperance, p. 80). The poet Horace, born in 65 b.c., wrote, “There is no wine sweeter to drink than that of Lesbos; it was like nectar . . . and would not produce intoxication.”

“The Mishna [a collection of oral Jewish traditions] states that the Jews were in the habit of drinking boiled wine” (Kitto’s Cyclopaedia of Biblical Literature, vol. 2, p. 447). Naturally, this wine would be entirely free of alcohol as a result of the boiling, if not also from the manner of preservation.



Unfermented?

In his commentary on the Gospel of John, Albert Barnes wrote, “The wine of Judea was the pure juice of the grape, without any mixture of alcohol. It was the common drink of the people and did not produce intoxication.” And Adam Clarke, commenting on Genesis 40:11, wrote, “From this we find that wine anciently was the mere expressed juice of the grape without fermentation. The saky, or cupbearer, took the bunch [of grapes], pressed the juice into the cup, and instantly delivered it into the hands of his master. This was anciently the yayin [wine] of the Hebrews, the oinos [wine] of the Greeks, and the mustum [wine] of the ancient Latins.” Clarke’s comments agree with the Scripture that declares “As the new wine is found in the cluster, and one says, ‘Do not destroy it, for a blessing is in it’ ” (Isaiah 65:8, NKJV).

Supportive verses

“The Lord gives us wine to make our heart glad,” the Psalms tell us. (Ps 104:15) Wine was a gift from God (Deut. 7:13, Ps. 104:15) and at the end of time, it would be provided in great abundance. (Jer. 31:12; Joel 3:18, Amos 9:13-14) Ecclesiastes 9:7 "Go, eat your good with gladness, and drink your wine with a joyful heart, for God has already approved of what you do.

was used in both feasting and mourning to celebrate good times (Eccles. 10:19) and to dull the pain of bad times (Prov 31:6).



Drinking?

Ephesians 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

Psalms 104:14-15 "He makes grass grow for the cattle, and plants for people to cultivate - bringing forth food from the earth: wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts."

Proverbs 20:1 "Wine is a mocker and beer a brawler; whoever is led astray by them is not wise."
." (Proverbs 31:4-5) And Solomon, one of the wisest men who've ever lived, said, "Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper." (Proverbs 23:31)



Dangers of overdrinking

it condemns overdrinking and drunkenness. Thus, a Christian who chooses to drink alcohol would do so only in moderation. (1 Timothy 3:8; Titus 2:2, 3) The Bible gives several reasons to avoid overdrinking.

It impairs thinking ability and judgment. (Proverbs 23:29-35) An intoxicated person cannot fulfill the Bible's command to "present your bodies as a living sacrifice, holy and acceptable to God, a sacred service with your power of reason."—Romans 12:1.

Overdrinking removes inhibitions and "the motivation to do what is right."—Hosea 4:11; Ephesians 5:18.

It can lead to poverty and serious health problems.—Proverbs 23:21, 31, 32.

Heavy drinking and drunkenness displease God.—Proverbs 23:20; Galatians 5:19-21.



Complete abstinence

The Bible also identifies times when Christians should avoid drinking alcohol altogether:

If others would be stumbled by it.—Romans 14:21.

If drinking alcohol violates the law of the land.—Romans 13:1.

Don't hinder the Gospel

Don't hurt a brother's conscience

Romans 14, 1 Cor 8 and 9

If a person cannot control his drinking. Those who suffer from alcoholism and other forms of alcohol abuse must be willing to take drastic action.—Matthew 5:29, 30.



What about me?

Never say never.

I won't touch that garbage

It won't be in my house for drinking

I will teach against it and I will



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