To Drink or Not to Drink…

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- **<u>The Danger of Drunkenness:</u>**
  - **<u>Methusko</u>: "*the process of becoming, or state of being, intoxicated*"**
  - **<u>Intoxicated</u>: "*affected by a substance that intoxicates*"**
  - **<u>Intoxicate</u>: "*to affect temporarily with diminished physical or mental control by means of alcoholic liquor, a drug, or another substance…*"**
  - **See <u>Eph. 5:18; I Cor. 5:11; 6:10; Rom. 13:13; Gal. 5:21</u>**
- **"The Bible only condemns being drunk, not drinking"…?**

Facts about Alcohol: Single Standard Drink

12 fl oz of regular beer = **8–9 fl oz of malt liquor** (shown in a 12 oz glass) = **5 fl oz of table wine** = **1.5 fl oz shot of 80-proof distilled spirits** (gin, rum, tequila, vodka, whiskey, etc.)

about 5% alcohol

about 7% alcohol

about 12% alcohol

40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Facts about Alcohol: At what point am I "intoxicated"?

Growing Impairment

BAC .02

Drinkers begin to feel moderate effects.

Below are the effects of increasing BAC:

.02 Mellow feeling. Slight body warmth. Less inhibited.

.05 Noticeable relaxation. Less alert and self-focused. Coordination impairment begins.

.08 Drunk driving limit. Definite impairment in coordination and judgment.

.10 Noisy. Possible embarrassing behavior. Mood swings. Reduction in reaction time.

Facts about Alcohol: How many drinks does it take to get to .02 BAC?

MALES								
(Drinks in one hour)	Weight in Pounds							
#	100	120	140	160	180	200	220	240
1	.04	.04	.03	.03	.02	.02	.02	.02
2	.09	.07	.06	.05	.05	.04	.04	.043
3	.13	.11	.09	.08	.07	.07	.06	Blood Alcohol Concentrations (BAC) Tables .05
4	.17	.15	.13	.11	.10	.09	.08	.07

FEMALES								
(Drinks in one hour)	Weight in Pounds							
#	100	120	140	160	180	200	220	240
1	.05	.04	.04	.03	.03	.03	.02	.02
2	.10	.08	.07	.06	.06	.05	.05	.04
3	.15	.13	.11	.10	.08	.08	.07	.06
4	.20	.17	.15	.13	.11	.10	.09	.09
5	.25	.21	.18	.16	.14	.13	.12	.11

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- **"The Bible only condemns being drunk, not drinking"…? <u>NO!</u>**

To Drink or Not to Drink…

- **We are called to be "sober-minded":**
  - **Nepho**: "***to be free from the influence of intoxicants***"
    - **See I Thess. 5:4-8; 2 Tim. 4:5 "watchful"; I Pet. 1:3; 5:8**
  - **Sophron**: "***self-controlled; of sound mind; capable of sound judgment***"
    - **See Titus 2:12**

To Drink or Not to Drink…

- **What are the motivations to drink?**
  - **To fit in??? (Peer pressure)**
  - **To "feel good"??? (Pleasure)**
  - **To stop feeling bad??? (Escape)**

  - **Are these godly reasons? Why do some strive so vigorously to defend the concept of "social drinking"? What is gained by it?**
  - **See Col. 3:17: Can we truly and accurately say that we can, and should, drink alcohol "*in the name of the Lord Jesus*"?**

To Drink or Not to Drink…

…it should not be a question.