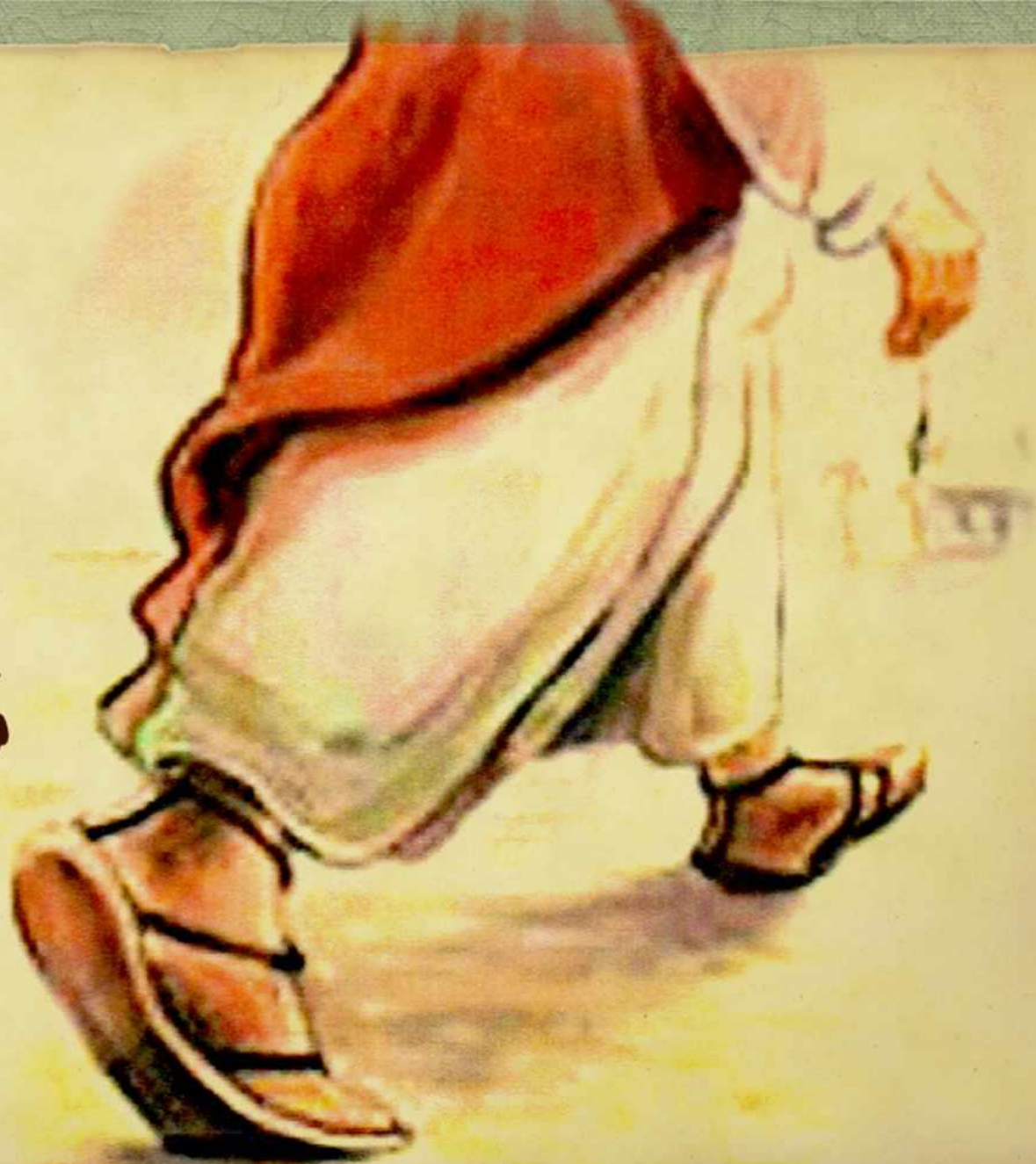


His Followers

Sunday School Class



Proverbs 23:1-3; 29-35

Staying Sober

August 2, 2020

First Baptist Church

Jackson, Mississippi 39216

USA

What's the number one thing?

The Glory of God!

1 Corinthians 10:31 NKJV

³¹ Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

References

- MacArthur, John, *The MacArthur Study Bible NKJV*, (Nashville, TN, Word Publishing 1997).
- Website Centers for Disease Control. www.cdc.gov
- National Institute on Alcohol Abuse and Alcoholism. www.niaaa.nih.gov
- Substance Abuse and Mental Health Services Administration. www.samhsa.gov

Focus of Lesson

1. Read the Proverbs scriptures on alcohol misuse.
2. Bible stories of alcohol abuse.
3. Discuss alcohol, opiate, nicotine, and marijuana dangers in today's world.

Straight Talk!

- This is a delicate area of life addressed in the Bible.
- Every family has faced or will face these issues.
- The better informed you are, the more appropriate your response can be.
- My goal is to provide information, not judgment.

Remember!

- The enemy is still Satan, who wants us to misuse the blessings of God's creation.
- 1 Peter 5:8 NKJV
⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

Introduction to Proverbs 23

- Proverbs 20:1 NKJV (A warning to the wise.)

¹ *Wine is a mocker,
Strong drink is a brawler,
And whoever is led astray by it is not wise.*

- Mock – To tease, deceive, to laugh at in contempt.
- Brawl – Noisy fights, habitual quarrels.
- Solomon was probably writing from experience.

Proverbs 23:1-3 NKJV (Self-control)

- 1 *When you sit down to eat with a ruler,
Consider carefully what is before you;*
- 2 *And put a knife to your throat
If you are a man given to appetite (gluttony).*
- 3 *Do not desire his delicacies,
For they are deceptive food.*

Proverbs 23:29 NKJV (The Riddle)

29

Who has woe?

Who has sorrow?

Who has contentions?

Who has complaints?

Who has wounds without cause?

Who has redness of eyes?

Proverbs 23:30 NKJV (The Answer to the Riddle)

30

*Those who linger long at the wine,
Those who go in search of mixed wine.*

- *“linger long at the wine”* – Constant drinking to induce drunkenness.
- *“mixed wine”* – Stronger fermented wine that was mixed with spices only and not water; “new wine” was unfermented or less fermented.

Proverbs 23:31-32 NKJV (Exhortations – Do Not)

31 *Do not look on the wine when it is red,
When it sparkles in the cup,
When it swirls around smoothly!*

32 *At the last it bites like a serpent,
And stings like a viper.*

Proverbs 23:33-35 NKJV

(Descriptions of Drunkenness)

*33 Your eyes will see strange things,
And your heart will utter perverse things.*

*34 Yes, you will be like one who lies down in the midst
of the sea,*

*Or like one who lies at the top of the mast, saying:
35 "They have struck me, but I was not hurt;
They have beaten me, but I did not feel it.
When shall I awake, that I may seek another
drink?"*

One of Israel's woes was drunkenness.

Isaiah 5:11 NKJV

***11 Woe to those who rise early in the morning,
That they may follow intoxicating drink;
Who continue until night, till wine inflames them!***

Stories of drunkenness in the Bible

- Noah – Genesis 9:21 (First mention of wine in Bible.)
- Lot – Genesis 19:33 (Incest with daughters.)
- Nabal – 1 Samuel 25:36 (Drunkenness, stroke.)
- Uriah – 2 Samuel 11:13 (Deception by King David.)
- Elah, king of Israel – 1 Kings 16:9 (Killed by Zimri.)
- Ben-Hadad – 1 Kings 20:16 (Drinking during battle.)

The alcohol problems today!

CDC Report in MMWR on July 31, 2020

- According to the Center for Disease Control's Morbidity and Mortality Weekly Report:
 - Excessive drinking is a leading cause of preventable death in the US and is associated with numerous health and social problems.
 - During 2011-2015, excessive drinking was responsible for an average of 93,296 deaths (255 per day) and 2.7 million years of potential life lost (29 years lost per death, on average) in the US each year.

How is alcohol and drug misuse approached today?

- Research shows that patients are open to discussing their substance use to help their health.
- Patients are mostly forthcoming with answers about alcohol and drug (prescription and recreational) use to a health care professional.
- Usage of sign-in questionnaire screening forms at physicians, dentists and health clinics offices.

The goals of alcohol screening evaluations:

- Paradigm shift from detection of alcohol use disorders to identification of health risks.
- Help a person move from a higher risk of misuse to a lower risk of use.
- The goal is to help a person become aware of a high risk of alcohol misuse or abuse and become motivated to make a behavioral change.

Alcohol Screening Questions – Examples.

- “Do you sometimes drink beer, wine or other alcoholic beverages?” *Yes or No*
- “On average, how many days a week do you have an alcoholic drink?” 1-7
- “On a typical drinking day, how many drinks do you have?” 1, 2, 3, 4, 5.....
- Note: Calculate a weekly average – days x drinks

If using alcohol, the goal of the screening is to calculate a weekly average.

Weekly average – # days/week x # drinks/day

Example: 5 days/week x 3 drinks/day = 15 weekly average.

At Risk Drinking – How much is too much?

- Limits for Men: 2 drinks/day or 14 drinks/week
- Limits for Women: 1 drink/day or 7 drinks/week
- Limits for age 65+: 1 drink/day or 7 drinks/week
 - This limit is for both men and women 65+

How much is considered 1 drink?

Alcohol Equivalents

12oz.



REGULAR
BEER



5oz.



GLASS OF
WINE



1 1/4oz.



80 PROOF
DISTILLED SPIRITS

Markings on a plastic cup. (Not exact, but close.)



Over the Limit!

- A blood alcohol concentration (BAC) level of 0.08 grams.
 - Usually occurs with the consumption of 4 or more drinks in about 2 hours.
 - Results in trouble controlling speed and difficulty processing information and reasoning.
 - Source: www.cdc.gov/vitalsigns/drinkinganddriving

What is “binge drinking?”

- “Binge” – Excessive consumption in a short period of time (2 hours).
- Binge drinking:
 - Men – more than 5 drinks at one time.
 - Women – more than 4 drinks at one time.
 - Age 65+ – more than 4 drinks at one time.

If the screening identifies an alcohol risk.

- If a person is identified as an at-risk drinker, they are asked to complete a 10 questions survey called AUDIT (Alcohol Use Disorders Identification Test).
- The AUDIT focuses on hazardous alcohol use, dependency symptoms and harmful alcohol use.
- Scores help guide need for feedback to encourage reduction, brief therapy, or referral for evaluation and alcohol treatment.

“Drug Misuse” – The Problem.

- Definition – To misuse a drug for purposes it is not intended.
- 90% of addictions start in the teenage years.
- 1 in 6 teens have used medications to get high.
- 27% of teens and 16% of parents falsely believe that using prescription drugs to get high is safer than using street drugs.

Screening for drug misuse.

- Screening Question: “How many times in the past year have you used an illegal drug or used a prescription medication for nonmedical purposes?”
- Choice of Answers: None or Yes (# of times).
- If any answer is other than None, a Drug Abuse Screening Test (DAST) is recommended to assess risk.

DAST – Drug Abuse Screening Test Questionnaire (A Few Sample Questions).

- Which recreational drugs have you used in the past year?
- Are you able to stop using drugs when you want to?
- Have you engaged in illegal activities in order to obtain drugs?
- Have you experienced withdrawal symptoms?
- NOTE: The goals are to identify those at risk for addiction usage and refer for treatment.

Results of Alcohol and Drug Screenings.

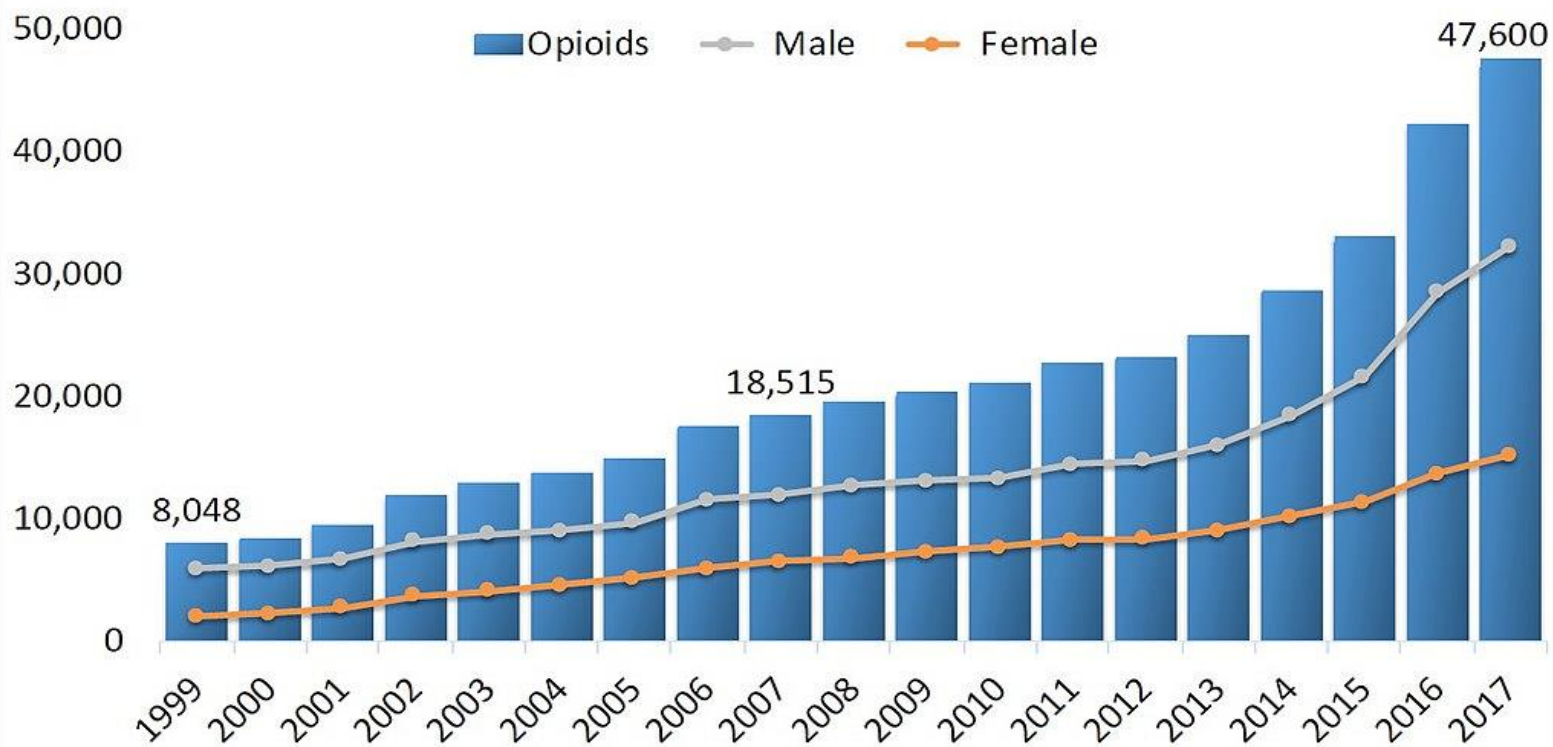
- 40% score as low risk.
- 35% score as medium (at risk).
- 20% score as high (harmful risk).
- 5% score as dependent use and need treatment.

“The Opioid Crisis”

- Began in 1990’s with introduction of newer opioid pain meds for chronic and acute pain treatment.
- Dependence and addiction not understood or communicated early on.
- Alarms sounded when the number of deaths spiked from overdoses.

National Drug Overdose Deaths Involving Any Opioid. Number Among All Ages, by Gender, 1999-2017

USA



Source: : Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2017 on CDC WONDER Online Database, released December, 2018

“The Opioid Crisis”

- 80% of heroin users started with prescription pain meds (opioids).
- When prescription pain meds not available, users usually turn to heroin (cheaper and available).
- Opioid dependence can happen with just 5 days of continual use.
- Pain management different today with less opioids.

How can you help with the opioid crisis?

- Dispose of unused pain meds.
- Store meds in a locked box to prevent access by others.
- Do not share meds with others.
- Accept new strategies for pain management.
- Consider keeping *naloxone* (reversal agent) available.

Vaping – The latest fad in youth.



What is Vaping?

- Use of a device that aerosolizes a liquid.
- Uses a battery to heat coils.
- Purpose is usually to deliver nicotine and produce a mist that looks like smoke (or smokeless vapor).
- Marketed as an alternative to smoking cigarettes.
- Used to create a “cool” image.

Vaping – The growing crisis!

- About 1 of every 10 middle school students (10.5%) reported in 2019 that they used electronic cigarettes in the past 30 days—an increase from 0.6% in 2011.
- More than 1 of every 4 high school students (27.5%) reported in 2019 that they used electronic cigarettes in the past 30 days—an increase from 1.5% in 2011.

The Dangers – Especially for youth.

- One pod contains the amount of nicotine in 20 cigarettes with a variety of flavors.
- Youths who begin vaping are 3X more likely to begin conventional cigarettes within one year.
- Ingestion of superheated particles from the pods.
- Extensive burns from exploding devices.

Nicotine's affect on the brain of a youth:

- Nicotine causes stimulation of the “pleasure center” and releases excess dopamine.
- The “expectation center” of the brain expects the extra dopamine release creating an addiction.
- The “memory center” creates a memory of the pleasure of excess dopamine and creates the craving for nicotine.
- Nicotine withdrawal is difficult to overcome.

More Dangers of Vaping!

- Marketed as smoking cessation aid, but not FDA approved.
- Has become a “gateway” drug and mechanism.
- The pods can be modified to add opiates and marijuana extracts causing overdose and death.
- The health consequences and lung injury (EVALI) are significant.

Marijuana in Mississippi?

- As of 2020, 33 states and Washington, D.C., had passed laws legalizing or decriminalizing medical marijuana.
- Recreational use is legal in 11 states and D.C.
- Up to 17 states will vote in 2020 for recreational use.
- Mississippi will vote whether to legalize medical use.

Mississippians will vote on Marijuana.

- Initiative 65 and Alternative 65A will be on the November 3, 2020 Ballot.
- Initiative 65 is the result of the “indirect initiative process” where 214,000 signatures were submitted to place use of medical marijuana on the ballot.
- Alternative 65A is a legislative alternative for the use of medical marijuana.

Initiative 65

- Legalize use of medical marijuana for treatment of 20+ medical conditions.
- Individuals may possess up to 2.5 ounces at one time.
- Marijuana sales will be taxed at 7%.
- User must have marijuana ID card.
- Administered by Mississippi State Department of Health.

Alternative 65A

- Restrict smoking marijuana to terminally ill patients.
- Require pharmaceutical-grade marijuana products and treatment oversight by licensed physicians, nurses, and pharmacists.
- Tax rates, possession limits, and certain other details to be set by the legislature.

The voting process on Initiative 65 and 65A:

- You will first vote for “EITHER” or “NEITHER” for medical marijuana to be legalized.
- If you voted “EITHER”, you will then vote for Initiative 65 or Alternative 65A.
- If you voted “NEITHER”, you have the option to vote for Initiative 65 or Alternative 65A in case the “EITHER” option gets more votes.
- This gives your 2nd vote input on the regulation in case it is legalized.

Medical Conditions Approved on Initiative 65:

- “Debilitating medical condition” shall mean cancer, epilepsy or other seizures, Parkinson’s disease, Huntington’s disease, muscular dystrophy, multiple sclerosis, cachexia, post-traumatic stress disorder, positive status for human immunodeficiency virus, acquired immune deficiency syndrome, chronic or debilitating pain, amyotrophic lateral sclerosis, glaucoma, agitation of dementias, Crohn’s disease, ulcerative colitis, sickle-cell anemia, autism with aggressive or self-injurious behaviors, pain refractory to appropriate opioid management, spinal cord disease or severe injury, intractable nausea, severe muscle spasticity, or another medical condition of the same kind or class to those herein enumerated and for which a physician believes the benefits of using medical marijuana would reasonably outweigh potential health risks.

The risks of legalizing medical marijuana:

- In states where legalized for medical conditions, less than 5% of card holders have those serious illnesses, with the most common diagnosis of “pain” (95%).
- Medical legalization is the pathway to legalization for recreational use also.
- The harmful effects of use by youth are not recoverable (addiction, IQ, mental disorders, etc.).

Pray and research this issue before voting.

- www.stopmspot.com
- www.mississippihorizon.org
- www.medicalmarijuana2020.com
- www.msdh.ms.gov (Board of Health Opinion)
- www.gotquestions.org (Search medical marijuana. What does the Bible say?)
- www.cdc.gov/marijuana

Homework Assignment.

- Watch “This Is My Story Hayden Jernigen” on FBJ YouTube posted on July 6, 2020 and hear about the power of the Gospel and deliverance from a life of addiction.
- https://www.youtube.com/watch?v=nRNY_nY-Pyk
- Resource: Summit Counseling at First Baptist Jackson.
- <https://www2.firstbaptistjackson.org/life-enrichment/summit-counseling>

Closing Scripture

- 1 Corinthians 6:19-20 NIV

¹⁹ Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your body.

The Plan of Hope & Salvation

John 3:16-17 NKJV

¹⁶ “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. ¹⁷ For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”

John 14:6 NKJV

⁶ Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.”

The Plan of Hope & Salvation

Romans 3:23 NKJV

²³ for all have sinned and fall short of the glory of God,

Romans 6:23a NKJV

^{23a} For the wages of sin *is* death,

- Death in this life (the first death) is 100%.
- Even Jesus, the only one who doesn't deserve death, died in this life to pay the penalty for our sin.
- The death referred to in Romans 6:23a is the "second death" explained in Revelation 21:8.

The Plan of Hope & Salvation

Revelation 21:8 NKJV

⁸ “But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death.”

- Anyone who’s lifestyle is one or more of the sins listed in Revelation 21:8, will experience the “second death,” if they do not repent.
 - To Repent means to turn around, to go in the opposite direction, to turn away from sin and believe in Jesus.

Romans 5:8 NKJV

⁸ But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

The Plan of Hope & Salvation

Romans 6:23b NKJV

^{23b} but the gift of God is eternal life in Christ Jesus our Lord.

Revelation 21:7 NKJV

⁷ “He who overcomes shall inherit all things, and I will be his God and he shall be My son.”

- Romans 10:9-10 explain to us how to be overcomers.

The Plan of Hope & Salvation

Romans 10:9-10 NKJV

⁹ that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. ¹⁰ For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

Romans 10:13 NKJV

¹³ For “whoever calls on the name of the Lord shall be saved.”

The Plan of Hope & Salvation

Do you have questions?

Would you like to know more?

Please, contact First Baptist Church Jackson at 601-949-1900

or <http://firstbaptistjackson.org/contact/>