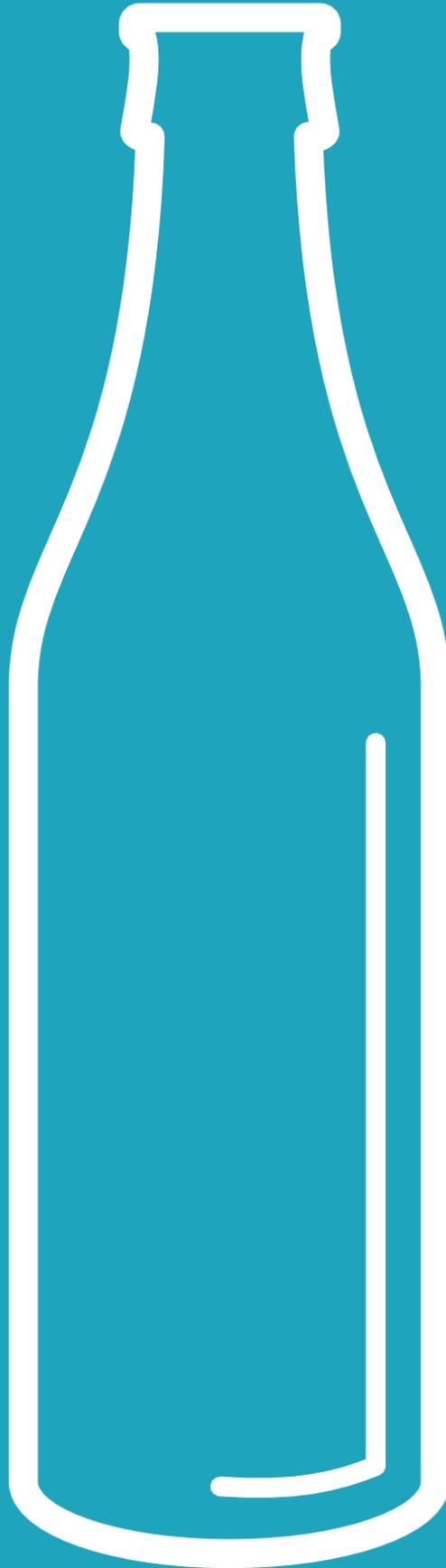


# Alcohol & Drugs



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I'm curious about Alcohol and Drugs. Great! You have the right piece of paper in your hands. We have taken the time to put this together so you can understand what God thinks about his creation using alcohol and drugs. You'll also have a chance to dig into the Bible for yourself!

## What is the big deal? Can't I just have a little fun?

Let's answer the second question first: YES! You can have "fun." God offers everyone true JOY and LIFE, and he created you to experience more of this than you can ever dream or imagine. (Check out John 10:10).

So what's the big deal? Alcohol and drugs contain chemicals that alter the way you think and feel, and this is important for lots of reasons:

1. This "fun" is superficial. The highs are easily ruined, and when even when they run their course, they don't last long.
  2. This "fun" has a HUGE cost: addition and addiction. What do we mean by addition? Each time it takes more to get the same feeling. One drink becomes two, which becomes four, and so on. When our desires become uncontrollable, we shape everything in our life around this new addiction. This leads to a downward spiral of self-destruction.
- There's not an addict in the world who is living the dream of his 10-year-old self.**
3. Many people turn to alcohol or drugs to "deal with life." Being under the influence of alcohol and drugs has never solved any problems. We simply become numb for a short time and while we're under the influence, the problems grow bigger.
  4. Being under the influence of drugs and alcohol ruins our ability to think clearly and make decisions. When God made us in his image, he set us apart from everything else by giving us the ability to choose. When our mind is "under the influence" we have hindered our ability to choose.

## What Does the Bible Say About All this?

Jesus made wine (on your own, look up John 2:1-12), but that doesn't mean it's ok for anyone to drink whenever they want. In our country, you have to be 21 to drink. According to the Bible, Christians should follow the laws of the land, assuming they don't contradict scripture (Check out Romans 13:1).

The Bible has a lot to say about on this subject, but one verse does a great job of summarizing what God thinks about this: "Don't be drunk with wine, because that will ruin your life. Instead, be filled with the Holy Spirit" (Ephesians 5:18, NLT)

## What About Drugs Prescribed by my Doctor?

Doctors prescribe drugs in hopes of fixing a problem. It's OK to use these drugs according to the instructions. God often works through doctors to bring healing!

## I'm struggling...and want help.

WAY TO GO! THAT'S GREAT!! IT TAKES MANY PEOPLE DECADES BEFORE THEY HAVE THE COURAGE TO DO THE RIGHT THING. God loves you and he's ready to forgive anything you've done and get you back on the right path. (Check out 1 John 1:9)

Wanting to change is the first step. Trusting God to help you is the second. Take care to avoid situations that make you struggle. Talk to someone on the CSM team so we can be praying for you and help you get connected. You can talk to us during one of our weekend services or call the office at (512)863-6576. You don't have to handle this on your own!

## Going Deeper

Read and reflect on 2 Timothy 4:5; 1 Peter 4:7; 2 Peter 1:5-13. In your opinion, how do these scriptures relate to using alcohol or drugs?