

Have you ever thought about why **you** drink?



TOP 5 REASONS I DRINK

1. _____
2. _____
3. _____
4. _____
5. _____



MULTIPLE CHOICE:

How many Olympic-size swimming pools could you fill with the amount of beer, wine and liquor consumed by American college students each year?

- A.35 B.350 C.3,500

Sometimes, drinking can become a problem.



YOUR EXPERIENCE

Can you think of a situation involving a friend or acquaintance where drinking created a problem?

20/20

The following is an excerpt of a "20/20" television program aired May 7, 1993, entitled "Blitzed, Ripped and Wasted":

At the Addictive Behaviors Research Center they serve student volunteers drinks for about 40 minutes, and then a research scientist asks them about the effect.

DR.PARKS: How are you feeling? Yes?

STUDENT 1: Sleepy.

DR. PARKS: Is that typical for you after a few beers?

STUDENT 1: Yes. I always fall asleep when I drink.

STUDENT 2: So maybe when we stand up we're just going to be really feeling it, but just sitting here not moving—

DR. PARKS: Why don't you try it?

STUDENT 2: No.

DR.PARKS: No, go ahead.

NARRATOR: Usually about half the people in the group say they feel some effect from the drink.

STUDENT 2: Well, I feel it more when I like stand up.

DR. PARKS: What do you feel? Tell me the sensations or the—

STUDENT 2: My legs feel funny, kind of.

NARRATOR: Then the researcher tells them—

DR. PARKS: None of the beverages you consumed tonight had any alcohol in them.

NARRATOR: It was non-alcoholic beer they'd been drinking, yet again and again half the students tested say they feel woozy or sleepy or happy.

DR. PARKS: So you see, it isn't just the beverage, it's your psychological set or your expectations and the setting you're in. So it may be that alcohol doesn't make the party. It may be that you and your friends make the party.



LIST OF PROBLEMS

-
-
-
-

Listen to two students describe their experience with drinking:



SENIOR ENGINEERING STUDENT

He requests anonymity, because the off-campus ceremony he participated in a year ago is supposed to be kept secret. During the initiation into the "21 Club," he joined 20 other Princeton juniors, each of whom chugged 21 16-ounce cans of beer, one about every 60 seconds, with a one-minute break in between.

He drank penalty chugs for missing the time limits. And, finally, he helped empty a five-gallon punch bowl filled with even more beer.

Through it all, he kept vomiting so he could consume the most the fastest. Before it was over, he figured he had guzzled the equivalent of 60 to 70 cans of beer.

He finished second.

Source: _____

Date: _____



FOREIGN GRAD STUDENT

Ike Saiah, an international graduate student, comments about the behavior surrounding him:

"Even at this private, religious-affiliated institution, I commonly hear students say, 'Come, we'll get some wine and have a party; let's all get drunk. This is really living; let it go on and on, and tomorrow will be even better!'

"Many get up early in the morning to go on long drinking bouts that last till late at night—like drunken bums," notes Ike. "The 'heroes' are those who when it comes to drinking, boast about the liquor they can hold."

He continues, "The campus is now led by drunks! The most influential people on campus are those who reel and stagger, making stupid errors and mistakes. At parties, the floors are covered with vomit; filth is everywhere."

Source: _____

Date: _____

History records that alcoholic beverages and alcohol-related problems date back thousands of years. The writers of the Bible recognized the issue and offered some timeless insights into the problem.

1 Wine is a mocker, strong drink a brawler; and whoever is intoxicated by them is not wise.
Proverbs 20:1 (NASB)



What did the writer mean when he said that wine is a mocker? A brawler?

2 Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine.
Proverbs 23:29,30



What are some potential after effects of excessive drinking?

3 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 23:31,32



The writer observes that what appears harmless can be deadly.

What are some of the more serious consequences of excessive drinking?

4 Your eyes will see strange sights and your mind imagine confusing things. You will be like one sleeping on the high seas, lying on top of the rigging. "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?" Proverbs 23:33-35



What ultimate problem does the last sentence suggest?

ALCOHOL & VIOLENCE

80% to 90% of campus violence is linked to alcohol abuse.

Rebecca Heglin, "21,000 Victims of Campus Crime," (*USA Today*, March 14, 1991).

HANNAH'S STORY

"When I woke up, I had no idea where I was. Even worse I had no idea who he was. I was hung over, lost my virginity and totally depressed. This is not what I wanted college to be like."

—college freshman

GRADES

According to a survey of 105 schools – drinking had a direct correlation with academic achievement, with grades declining almost in proportion to the alcohol consumed.

"Reading, writing and drinking"
(*Mobile Press Register*, November 29, 1992).

YOUR EXPERIENCE

Do you have a friend or acquaintance for whom you think alcohol has become an addiction? Do you think they recognize it?

5 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit Ephesians 5:18 (NASB)

What is the writer's chief observation about drinking?

DEFINITION
Dissipation: a waste of time

FACTOID

College students spent \$5.5 million last year on alcohol.

90% of all rapes involved alcohol.

60% of women infected with sexually transmitted diseases had been drinking when infected.

"Booze No Longer A Macho Thing; College Women Closing The Gap" (*Sun News*, Myrtle Beach, SC, June 8, 1994).

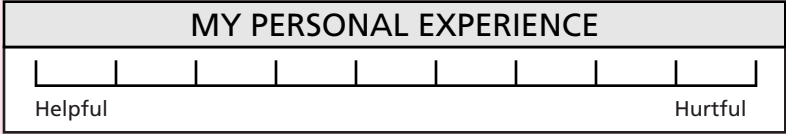
DAN'S NIGHT OUT

N.C. State University student Dan Johnston doesn't remember much about that night at Pantana Bob's bar. He does recall a blur of Kamikazes—a chilled concoction of vodka touched with Triple Sec and Rose's Lime Juice.

Johnston's friends told him later they did their best to get him back to their car after he passed out, but they were drunk too. "They kept dropping me," he said.

"Colleges seek to cut alcohol use" (*News and Observer*, Raleigh, NC, April 20, 1992).

Every person is faced with the choice between that which is helpful (beneficial) and that which is hurtful (being mastered by—addicting).



"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. 1 Corinthians 6:12

KEY THOUGHT

A person is wise to do those things that are helpful or beneficial, and to avoid those things which are harmful or wasteful.

Additional Facts:

Alcohol and Violence Go Together

Murder: Alcohol involved in at least 34% of cases.

Rape: More than half of rapists had been drinking.

Child Abuse: Mothers convicted are 3 times more likely to be alcoholics; fathers, 10 times more likely.

Suicide: Up to 36% of victims were drinking just before.

"Alcohol and Violence Go Together," Prodigy Services Company, March 3, 1992.

Why College Freshmen Drink

	Men	Women
To relax	53%	49%
To feel less tense in social situations	40%	37%
To get drunk	39%	34%
To keep friends company	23%	17%
To forget problems	19%	20%

Suzu Parker, "Why College Freshmen Drink," (*USA Today*, March 14, 1991).

What Causes Rape

One of the biggest reasons for date rape is the high level of consumption of alcohol on campus, say experts.

"Awareness of Date Rape Increased on Nation's Campuses," (*The San Diego Union*, January 21, 1991).

Alcohol a Factor in Half of Accidental Deaths at Home

Former Surgeon General Antonio Novello reported at a conference on alcohol:

- Alcohol is a factor in 50% of accidental deaths in the home.
- Drunk pedestrians are 4 times more likely to be hit by cars.
- Emergency room traumas: 20% to 25% involve alcohol.
- Falls causing death are more common as alcohol use goes up.
- An alcoholic is 16 times more likely to die in a fall than a non-alcoholic.

"Alcohol a Factor in Half of Accidental Deaths at Home," Prodigy Services Company, March 31, 1992.

Unless otherwise indicated, all Scripture references are taken from the *New International Version*, ©1973, 1978, 1984 by the International Bible Society. Published by Zondervan Bible Publishers, Grand Rapids, Michigan.