

# Interesting Beliefs About Alcohol

By

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- Introduction
- Bible verses
  - Psalm 37:23-24 – The steps of a good man are ordered by the Lord, and He delights in his way. Though he fall, he shall not be utterly cast down; for the Lord upholds him with His hand.
  - Matthew 6:34 – Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.
  - Psalm 56:3 – Whenever I am afraid, I will trust in You.
- A problem does not exist
  - 200,000 people die each year from alcohol
  - Suicide is related to alcohol 25% of the time
  - Homicide is related to alcohol 50% of the time
  - Motor Vehicle accidents are related to alcohol 50% of the time
  - Alcohol can destroy any organ
    - Liver (cirrhosis is the 3<sup>rd</sup> leading cause of death)
    - Pancreas
    - Brain
    - Esophagus
    - Almost all other
- A problem does not exist in our churches
  - 70% of the population drinks
  - 16% of protestants drink
  - 20 Million people in the USA have a drinking problem
- I can quit drinking anytime
  - 15% become addicted with one use
- It lifts my mood

- True for the immediate but a depressant after that; decreases dopamine effect.
- It helps me sleep better
  - True, it might initiate sleep but sleep is of a poor quality; a poor sleeping pill
- I might drink alcohol, but at least I have no other problems
  - False, high comorbidity
  - PTSD – 75%
  - BP – 50%
  - MDD – 25%
- It's my little secret, no one knows
  - Whatever you do you might as well put it in the NY Times
- No help is available
  - False, never in the history of mankind have so many helps been available  
See the resources page
- I will seek help later
  - Later may be too late, seek help now
- It doesn't hurt the cause of Christ
  - You are needed in the battle for Christ. It can destroy you physically, emotionally, socially, and your career.
    - We should be conquered by nothing
    - Testimony for Christ; Do not offend others
- Conclusion
- Bible verses
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# Resources

- Minirth Clinic – for outpatient care and **individualized retreats**  
[www.minirthclinic.com](http://www.minirthclinic.com)  
972-669-1733 or 1-888-MINIRTH (646-4784)
- Hearts of Love International Ministry (for pastors and Christian workers)  
[www.holinternational.org](http://www.holinternational.org)
- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso, Texas  
1-888-789-HOPE (4673)
- Celebrate Recovery – local Churches  
[www.celebraterecovery.com](http://www.celebraterecovery.com)
- AACC – American Association of Christian Counselors  
[www.aacc.net](http://www.aacc.net)
- [www.2ndfiddleentertainment.com/maggiespassage](http://www.2ndfiddleentertainment.com/maggiespassage)
- Retreat for Women and Girls  
[www.christmascreekvillage.com](http://www.christmascreekvillage.com)
- To obtain books written by Frank Minirth:
  - Books available only through the Minirth Clinic:
    - Psychopharmacology 2010, 600 pages
    - The Reflective Genius (obsessive compulsive disorder) 225 pages
    - Grace In Salvation (difficult to understand Bible passages on salvation) 250 pages
  - Other Minirth books available through [www.amazon.com](http://www.amazon.com)