

Why be Sober beyond October

REV. DON COOMBS, ED.D.

CREDENTIALS\QUALIFICATIONS: [WWW.COUNSELING WITH DON.COM](http://WWW.COUNSELINGWITHDON.COM)

SUNDAY, OCTOBER 23, 2022 AT FAITH COMMUNITY CHAPEL, LUDLOW, MA.

Clarifier/Disclaimer:

This message is NOT a substitute for direct medical or psychological advice from a physician, clinician, or other healthcare provider.

Please consult your own medical professional for personal medical recommendations.

Please consult your own licensed counseling professional for personal mental health recommendations.

This presentation is for educational purposes.



▶ “Be *kind* and *compassionate* to one another, *forgiving* each other, just as in Christ God *forgave* you.” Ephesians 4:32 NIV

▶ Available on October 22, 2022 from <https://ephesians.bible/ephesians-4-32>

References used in this message
are available at:

www.counselingwithdon.com

Deuteronomy 30:15-20 NIV

- ▶ “See, I set before you today **life and prosperity, death and destruction**. For I command you today to love the Lord your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the Lord your God will bless you in the land you are entering to possess. But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess. This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. **Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him.** For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.”

- ▶ Available on October 22, 2022 from <https://biblegateway.com>

In this message today, we will seek to answer three important questions.

- ▶ 1. What motivates you?
- ▶ 2. How is “judgement” necessary and healthy?
- ▶ 3. How are you to judge the substance of alcohol?

What is Sober October?



We will explore this topic from
a Christian holistic point of view.

I. What motivates you?

(The “foundation” of your actions are motivations.)

- ▶ “This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob. Deuteronomy 20-30:19 NIV
- ▶ Available on October 22, 2022 from <https://biblegateway.com>



Main Floor

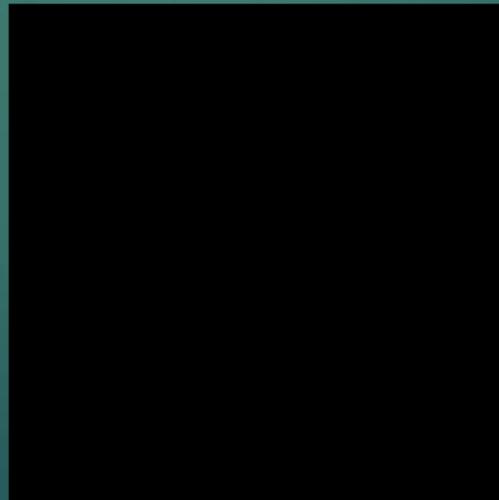


Foundation



Your foundation in life is...

1. Humanistic
2. Hedonistic
3. Or holy love



Your foundation in life is...

Hedonistic Love

- Do whatever **feels** good to you
- No right or wrong
- No absolute truth

Humanistic Love

- Do whatever seems **good** to you and others
- Right and wrong is determined by consensus
- No absolute truth

Your foundation in life is...

A Holy Love

- Do what is most like Christ
- Do good (Gal. 6:10)
- Believe: true, noble, right, pure, lovely, or admirable (Phil. 4:8)

Your foundation in life is...

A Holy Love

- John 13:34-35 (NIV) “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”
- Galatians 6:10 (NIV) “Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

- Available on October 22, 2022 from <https://biblegateway.com>

II. How is "judgement" healthy?



A Holy Love

Main Floor

Foundation



**Healthy
Judgement**

Main Floor

A Holy Love

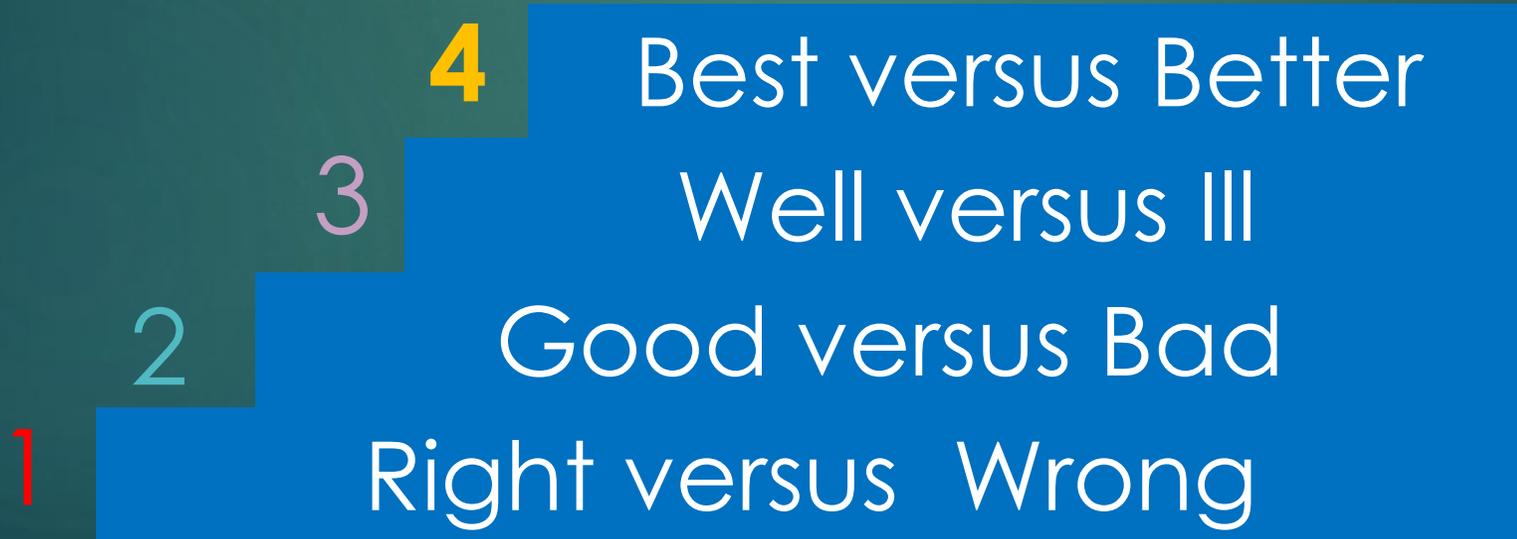
Foundation



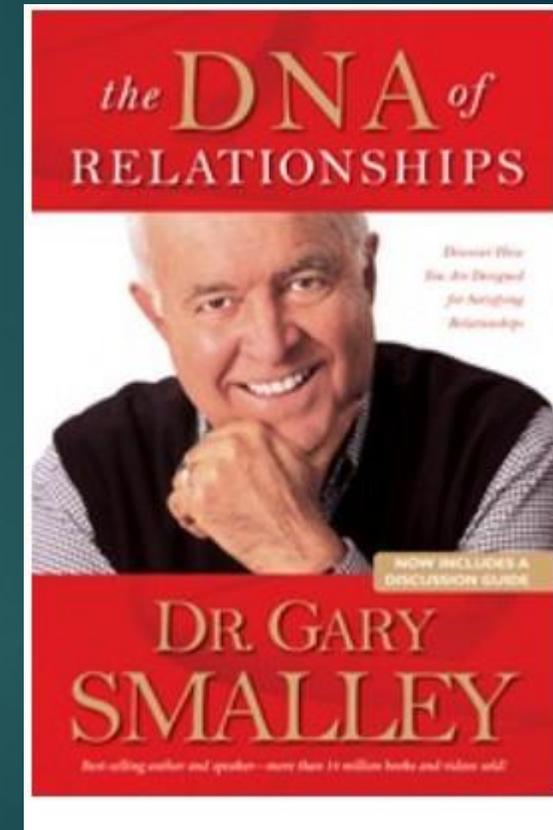
A Good, Healthy Judgement

- ▶ Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2 ESV
- ▶ And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ.....
Philippians 1:9-10 ESV
- ▶ But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil. Hebrews 5:15 ESV

Healthy Judgement = Discernment



1. Respect the wall.
2. Honor others.
3. Suspend judgment. When we express genuine interest in people rather than judge them, relationships have a better chance of growing. Would others describe you as negative, pessimistic, or judgmental? Or would they describe you as positive, optimistic, and unconditionally loving?
4. Value differences.
5. Be trustworthy.



Be a “Berean.”

- ▶ “Now the Berean Jews were of more noble character than those in Thessalonica, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.”

Acts 18:11 NIV



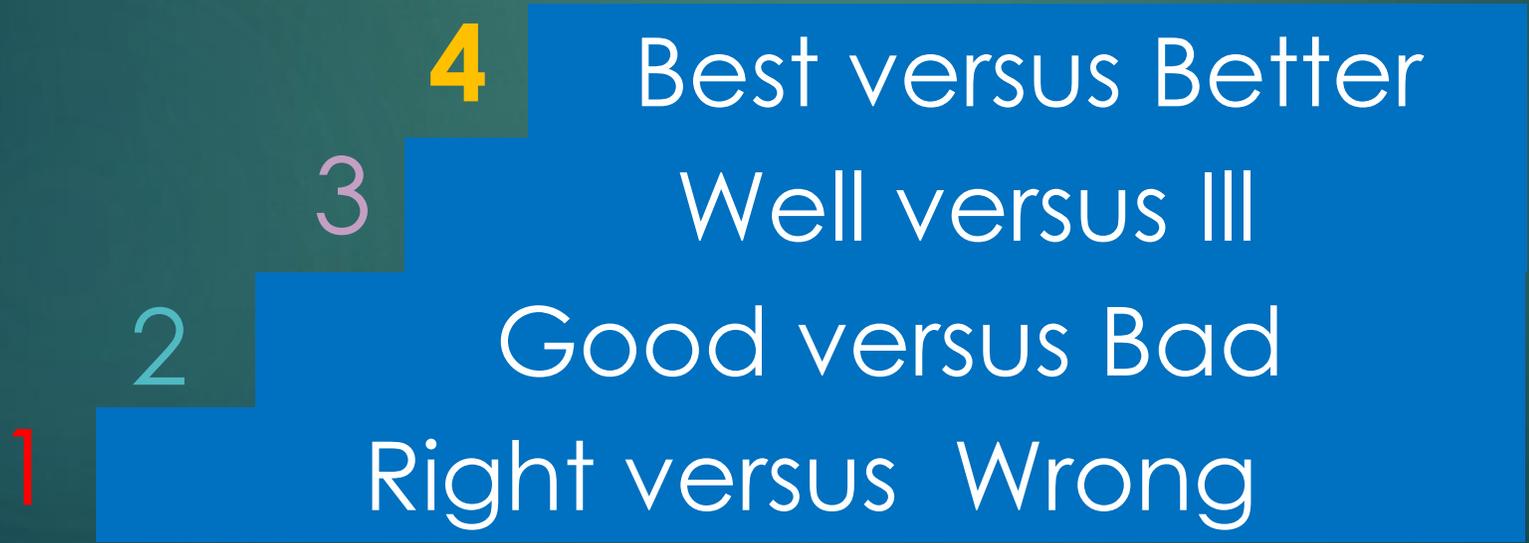
III. How are we to “judge” the substance of alcohol?

(What you choose to allow in your home influences everything that occurs.)

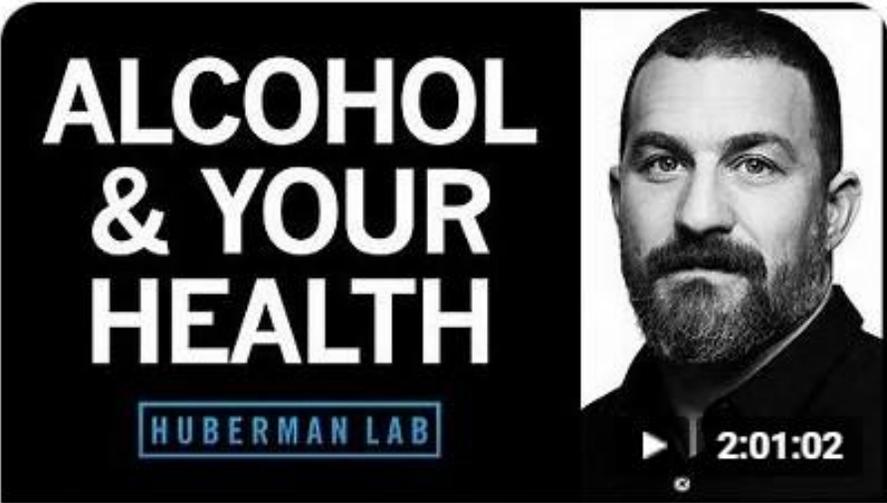
- ▶ “Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.” Proverbs 20:1 NIV.
- ▶ • “It is good not to eat meat or drink wine or do anything that causes your brother to stumble.” Romans 14:21 ESV

Available on October 22, 2022 from <https://biblegateway.com>

How are we to judge/discern alcohol?



Physical



ALCOHOL & YOUR HEALTH

HUBERMAN LAB

▶ 2:01:02

What Alcohol Does to Your Body, Brain & Health | Huberman Lab Pod...

1.4M views · 2 months ago

YouTube › Andrew Huberman



Alcohol

▶ 27:38

What Alcohol Does to Your Body

14M views · Mar 17, 2021

YouTube › Institute of Human Anatomy



www.cancer.org

- ▶ Cancers of the mouth, throat, voice box, and esophagus
- ▶ Liver cancer
- ▶ Colon and rectal cancer
- ▶ Breast cancer

Physical Disease

- ▶ Consequence of long term alcohol misuse

< wernicke-korsakoff syndrome



A Case of Confusion (part)

285K views · 15 years ago



Libby Ranzetta

Physical Consequences

YouTube nutritionfacts alcohol

all-cause mortality, and, at best, no benefit for death due to CHD. Although these results are not what the majority of drinking adults may desire to believe, the public deserves to hear and to read in more complete and balanced detail the ever-growing evidence that drinking alcohol is very unlikely to improve their health and more likely may have the opposite effect.

that drinking alcohol is very unlikely to improve their health.

JENNIFER L. MAGGS, PH.D. ^{a*}

5:03 / 5:26

142,151 views Apr 4, 2018 Even if alcohol causes cancer and there is no "French paradox," what about the famous J-shaped curve, where yes, excessive drinking is bad, but light drinkers a ...more

4.4K Dislike Share Save ...

 NutritionFacts.org  888K subscribers

SUBSCRIBE



Mental Disorder

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS,
FIFTH EDITION
DSM-5™

New School Library



Washington, DC
London, England

The DSM-5 provides the criteria clinicians use to diagnose the level of severity of Alcohol Use Disorder (AUD).

The disorder is listed as mild, moderate, and severe.

Physical and Mental

CAGE Assessment

C = Cut down

A = Angered or annoyed

G = Guilt

E = Eye-opener

Social Dysfunction

"I drank for happiness, I became unhappy
I drank for sociability, I became argumentative
I drank for sophistication, I became obnoxious
I drank for friendship, I made enemies
I drank for sleep, I awakened without rest
I drank for strength, I felt weak
I drank for relaxation, I got the shakes
I drank for bravery, I became afraid
I drank to make conversation easier, I slurred my speech
I drank to forget, I was forever haunted
I drank for freedom, I became a slave
I drank to erase problems, I saw them multiply
I drank to cope with life, and I invited death"

Source: Available on October 22,
2022 from (Unknown, 2014).

Spiritual

John 2: 1-10 (NIV) On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, ² and Jesus and his disciples had also been invited to the wedding. ³ When the wine was gone, Jesus' mother said to him, "They have no more wine."

⁴ "Woman, why do you involve me?" Jesus replied. "My hour has not yet come."

⁵ His mother said to the servants, "Do whatever he tells you."

⁶ Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons.

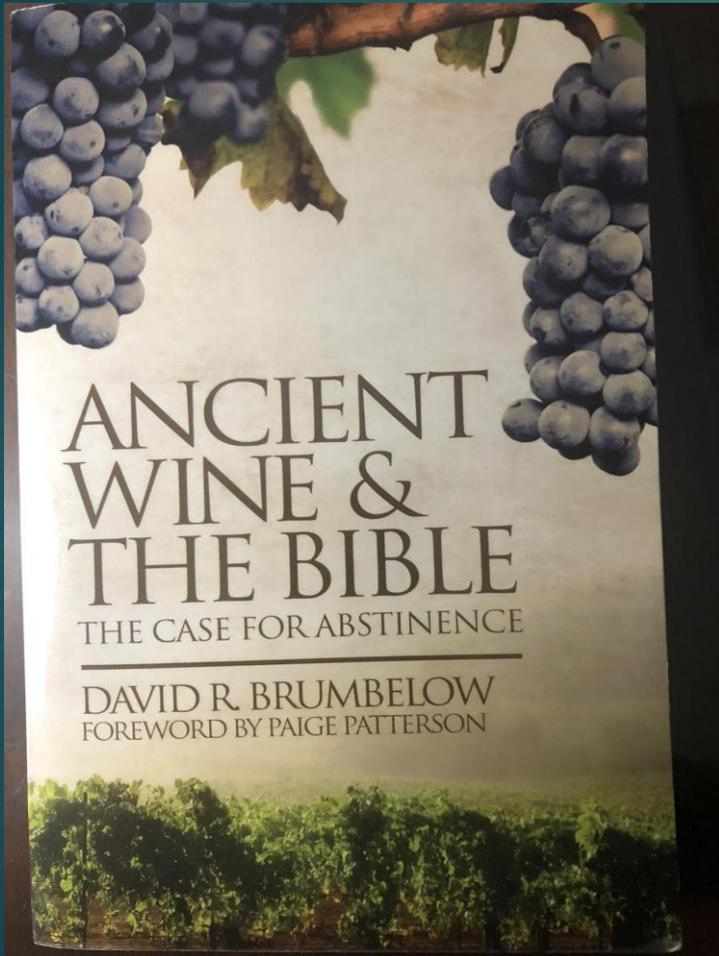
⁷ Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim.

⁸ Then he told them, "Now draw some out and take it to the master of the banquet."

They did so, ⁹ and the master of the banquet tasted the water that had been turned into wine. He did not realize where it had come from, though the servants who had drawn the water knew. Then he called the bridegroom aside ¹⁰ and said, "Everyone brings out the choice wine first and then the cheaper wine after the guests have had too much to drink; but you have saved the best till now."

Available on October 22, 2022
from <https://biblegateway.com>

Spiritual



- Teaches the various types of wine drinks in the bible and the varying levels of alcohol.

Spiritual

- ▶ The end of all things is near. Therefore be alert and of sober mind so that you may pray. 1 Peter 4:7 (NIV)
- ▶ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 1 Peter 5:8 (NIV)

Available on October 22, 2022 from <https://biblegateway.com>

References used in this message
are available at:

www.counselingwithdon.com