

We just learned in recent news that Jovan Belcher, a Kansas City Chief who killed his girlfriend and then himself was drunk when he committed these unspeakable acts.

Alcoholic Beverages

Mr. Belcher's blood alcohol level was .17 when he murdered his girlfriend and himself. That is more than twice the "legal limit," and suggests great mental impairment at the time of the act. This is one great argument *against* drinking alcohol, it releases one's inhibitions and allows them to do things they otherwise would not.

Noah became drunk and uncovered in his tent (Gen. 9:21). Lot's two daughters made their father drunk with wine so that they could bear children from him (Gen. 19:31-35). The Levitical priests were prohibited from drinking intoxicating drinks (Lev. 10:9), lest they die while serving the Lord.

Proverbs 20:1 says "Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise." Mr. Belcher proved that verse perfectly.

"Do not look on the wine when it is red, when it sparkles in the cup, when it swirls around smoothly; at the last it bites like a serpent, and stings like a viper. Your eyes will see strange things, and your heart will utter perverse things. 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: '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?'" (Prov. 23:31-35).

The Gradual Effects Of Alcohol

- **0.010-0.029.** Individual appears normal. But subtle effects can be detected with testing.
- **0.030-0.059.** Mild euphoria, relaxation, joyfulness, decreased inhibition. One's concentration is impaired.
- **0.06-0.09.** Feelings are blunted, one is more uninhibited, and more expressive. Reasoning, depth perception, visual perception, and glare recovery are all affected.
- **0.10-0.19.** One is overly-expressive, experiences mood swings, anger/sadness, and becomes boisterous. Impairment is observed in the reflexes, reaction time, gross motor skills, and by one's staggering and slurred speech. {NOTE: This was the condition of Mr. Belcher when he died.}
- **0.20-0.29.** In grave danger of falling into a stupor or becoming unconscious; loss of understanding, and impaired sensations. Memory blackout is common.

Hopefully, you can read these effects and realize the great danger in which one places himself just by *beginning to drink*! Beer commercials tell us to "**drink sensibly**," but how can one drink something that impairs their judgment and then know when and how to quit?! Yes, one can drink heavily and "get away with it," but one day it will catch up with you! So why start something that has no valuable lasting effects? Sadly, the answer to that question is sometimes "Because everybody else is doing it!" Young people, please learn personal discipline, self-control, and the ability to sensibly say "No." It will help you to live a longer life.

Guidelines for the party-goer on the internet give some wise advice: "It is always OK not to drink." Heed that advice, and you are in the "no risk" category. The New Testament repeatedly advises Christians to "**be sober**" (1 Thess. 5:6, 8; Titus 2:2; 1 Pet. 1:13; and 5:8). This is wise both in its *literal* and *figurative* senses.

*"For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, **we should live soberly**, righteously, and godly in the present age"* (Titus 2:11-12).

It pays to live the Christian life.