



# CELEBRATIONS

LIVING LIFE TO THE FULLEST

SESSION 8.

# TEMPERANCE

Peter Landless  
M.B., B.Ch., M.Med., MFGP (SA), FACC, FASNC

General Conference Health Ministries  
Celebrations – Temperance





**CELEBRATIONS**  
LIVING LIFE TO THE FULLEST

## **OBJECTIVES:**

Participants will:

- Know the meaning of temperance: moderation in that which is good and avoiding that which is harmful.
- Discuss the dangers of tobacco and alcohol, two legal but harmful drugs.
- Commit to living a balanced life that includes adequate rest and exercise, moderation in eating, and avoidance of harmful drugs.

## **MATERIALS NEEDED:**

- Leader's notes
- PowerPoint
- Participant worksheet
- Computer (for your PowerPoint presentation)
- Projector and screen
- Tables and chairs
- Sound system (for large classes)



## TIPS AND GUIDELINES

01. **Come prepared.** Review the entire content and handout materials before the session. Arrive early for your presentation. Set up your equipment and test everything before the participants arrive.
02. **Greet the participants as they arrive.** One of our goals is to build relationships within the community. Greeting people as they enter puts them at ease and can open doors for further dialogue.
03. **Start on time.** The presentations are designed to be less than 1.5 hours. Honor that time frame.
04. **Welcome students and introduce yourself.** This introduction should take only 30 to 60 seconds.
05. **Introduce the topic of the presentation.** A brief introduction appears in the script under slide 2. Keep it short. Introductions should get the participants' attention, not bore them.
06. **Distribute the participant worksheet for note taking.**
07. **Give the PowerPoint presentation.**
08. **Introduce and distribute the quiz.** Detailed instructions are given in the script. Have the participants work in small groups of two to four, discussing and completing the quiz together. (If the nature of your group warrants it, lead the discussion of the quiz questions from the front, soliciting responses from the participants.) Give the participants about 20 minutes to complete the quiz. Monitor the participants' progress, adjusting the time as needed to allow them time to complete the worksheet. Then call them back together as a group and discuss the answers using the answer key.
09. **Closing remarks and reminder.** Introduce the next session's topic, and remind them of the date, and time of the session.
10. **Thank the participants for coming, and visit with them as they are leaving.**



**CELEBRATIONS**  
LIVING LIFE TO THE FULLEST

## WELCOME



### **Slide 1** (TEMPERANCE)

Welcome to CELEBRATIONS! The healthful living principle that we will explore during this presentation is temperance.



### **Slide 2** (CELEBRATING TEMPERANCE)

It was a scene of heartrending pain and despondency—children crying as the domestic upheaval they were enduring threatened their comfort zone and emotional security; a frustrated mother, obviously emotional and angry. “This is the last straw!” the mother said to herself. “We can’t take it anymore!” Joe, the alcoholic father and husband, had lost yet another job.

A pleasant, soft-spoken man, Joe generally was a kind father and considerate husband—except when under the influence of alcohol. He also was a keen and able sportsman, well liked and welcomed into the sporting circles of his town. He always could be counted on to participate in the celebrations at the clubhouse or pub after a golf game or other sporting event. As his addiction to alcohol cost him one job after another, however, he lost not only his financial security but also the many friends with whom he played, drank, and fraternized during the “better” times.

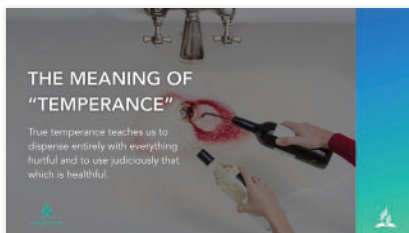




### Slide 3 (TEMPERANCE)

Joe's problem was not only with alcohol; he also smoked cigarettes. Not even the diagnosis of cancer of the larynx motivated him to stop smoking for more than a few months. Life-threatening diagnoses such as heart attack and cancer often lead to only short-term lifestyle changes. The sobering reality is that something more is needed to effect meaningful and long-term changes in our established behavior. Joe's sad story bears witness to this pattern, described best in his own words during his numerous but short-lived periods of recovery: "I can control tobacco and alcohol; they are not my master!" The sad reality is that they were his master, and Joe was, in fact, their slave.

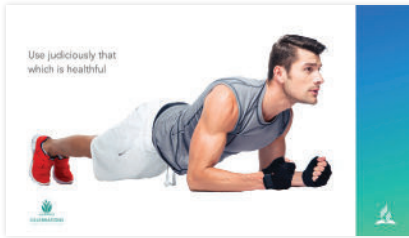
Joe's difficulties as a result of his love affair with alcohol affected many others, especially those in his family. Two of his four children also became alcoholics.



### Slide 4 (THE MEANING OF "TEMPERANCE")

"Temperance" means different things to different people. For some it brings to mind the times of prohibition (when alcohol was legally banned); for others, it relates to childhood and youth instruction on the importance of abstaining from alcohol, tobacco, and recreational drugs. In many cultures and communities "temperance" has become a forgotten (even anachronistic) word—a term from the past. So does it still apply to our lives today?

Webster's Dictionary defines "temperance" as "moderation in action, thought, or feeling, or moderation or abstinence from intoxicating drink." This definition includes aspects of behavior and attitude, and specifies that alcoholic beverages be avoided. Is this comprehensive enough? To achieve true balance in life, we need to address all aspects of living; balance in all things is needed.



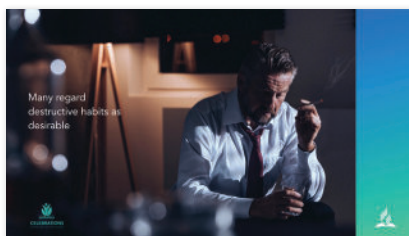
### Slide 5 (THE MEANING OF “TEMPERANCE”)

A definition that may move us closer to this wholeness in our living is: “True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.”<sup>1</sup> This description implies a way of life as opposed to a checklist of certain substances and behaviors, suggesting that in excess even good things may be harmful!



### Slide 6 (THE MEANING OF “TEMPERANCE”)

We can benefit from taking personal stock of our own lives and assets, as to whether we are excessive in eating, working, playing, sleeping, or whatever. It’s easy to do an inventory on those around us—what others eat, drink, weigh, drive, wear, and so forth. In some societies conspicuous consumption is obvious, and we have no difficulty identifying it. It’s more difficult to analyze our personal attitudes and behaviors to determine whether our own lives are in balance.



### Slide 7 (THE MEANING OF “TEMPERANCE”)

What makes matters more complex is that many regard certain destructive habits and lifestyle choices as desirable and even beneficial. Tobacco and alcohol are legal and freely available with very few restrictions. As a result, they’ve become entwined in cultures and societies worldwide despite the fact that they are the leading and third-leading causes, respectively, of preventable death! The seduction of advertising as well as the stranglehold of commerce has much to do with this tragic situation, but in reality our personal choices play an important role. One component of being able to make wise choices is the accessibility of information; so let’s look at some of the information available.

---

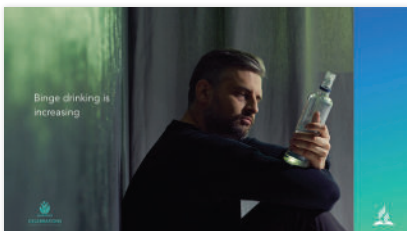
<sup>1</sup> Ellen G. White, *Patriarchs and Prophets* (Nampa, Id.: Pacific Press Publishing Association, 2002), p. 562.



**Slide 8 (ALCOHOL CONSUMPTION AND GLOBAL HEALTH)**

Alcohol consumption varies widely among countries, depending on cultural traditions. There also is a discrepancy between developed and emerging economies. Alcohol, like tobacco, is being exported to developing countries, adding huge burdens to already inadequate health systems. According to the “Global Status Report on Alcohol and Health” released by the World Health Organization (WHO) in Geneva 2014:<sup>2</sup> Approximately 3.3 million people die from alcohol-related causes each year.

- Fifty-five percent of adults have consumed alcohol.
- Six percent of all deaths are related to alcohol through injuries, cancer, cardiovascular diseases, and liver cirrhosis.
- Globally, 7.6 percent of male deaths are related to alcohol, and 4.0 percent of female deaths.
- One in five men in the Russian Federation and neighboring countries dies from alcohol-related causes.

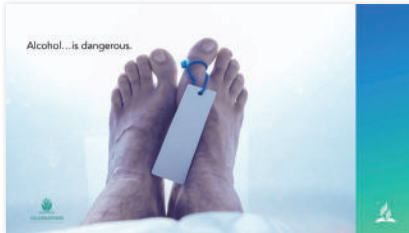
**Slide 9 (ALCOHOL CONSUMPTION AND GLOBAL HEALTH)**

The pattern of alcohol consumption is changing, as mentioned previously. Figures for 2010 released by the WHO<sup>3</sup> revealed that worldwide, 6.2 liters of pure alcohol were consumed per year, per person aged 15 years or older. This amount appeared to be stable in the Americas and the European, Eastern Mediterranean, and Western Pacific regions; however, marked increases were noted in Africa and Southeast Asia. Health risk increases even more when binge drinking occurs; in other words, when people drink to get drunk. Binge drinking may be defined differently in various regions of the world: in the United States more than five consecutive drinks for a male and more than four for a female; in Australia more than four drinks on a single occasion. Binge drinking is increasing in many parts of the world, mainly among youth, but all age groups are affected.<sup>4</sup>

<sup>2</sup> World Health Organization, “Global Status Report on Alcohol and Health” (2014); [http://apps.who.int/iris/bitstream/10665/112736/1/9789240692763\\_eng.pdf?ua=1](http://apps.who.int/iris/bitstream/10665/112736/1/9789240692763_eng.pdf?ua=1) Accessed online May 21, 2014.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.



### **Slide 10 (ALCOHOL... IS DANGEROUS)**

A recent book on research and public policy states that “alcohol is a risk factor for a wide range of health conditions and social problems . . . accounting for approximately 4 percent of deaths worldwide and 4.6 percent of the global burden of disease, placing it alongside tobacco as one of the leading preventable causes of death and disability.”<sup>5</sup> Alcohol is no ordinary commodity; is dangerous.



### **Slide 11 (RISKS OF ALCOHOL ADDICTION)**

Alcohol is a known addictive substance. The likelihood of becoming an alcoholic (euphemistically termed “problem drinker”) depends on numerous factors. The chance of alcoholism developing over a lifetime is 13 percent (13 people of every 100 who drink alcohol). If there is a first-degree relative (father, mother, uncle, aunt, grandparent) who suffered from alcohol dependence, this percentage doubles. If experimentation with alcohol begins under the age of 14 years, the percentage chance of dependence increases to 40 percent or more!<sup>6</sup> This demonstrates the importance of alcohol education from an early age and the fostering of relationships and connectedness between responsible adults and youth. Social support develops resilience, enabling youth to cope with difficult decisions and choices despite peer pressure. An additional and vital layer of protection for both young and old is a connection to a strong set of values, such as the principles of the Bible and walking with the risen Savior.

---

<sup>5</sup> Thomas Babor et al. Alcohol, No Ordinary Commodity, second edition (New York: Oxford University Press, 2010), p. 70.

<sup>6</sup> Richard K. Ries et al. Principles of Addiction Medicine, fourth edition (Philadelphia, Penn.: Wolters Kluwer/ Lippincott Williams & Wilkins, 2009).







### Slide 12 (ALCOHOL AND CANCER)

Cancer is one of the leading causes of death globally. An interesting example of the relationship between drinking alcohol and cancer comes from the European Union (EU), where cancer is the second most common cause of death, with 2.5 million cancer deaths per year. It's estimated that 10 percent of cancers in men and 3 percent of cancers in women can be attributed directly to alcohol use. It's further estimated that 30 percent of cancers in the EU could be prevented through more healthful lifestyle choices. The 2010 Eurobarometer Report found, however, that one in five European citizens does not believe that there's a connection between alcohol and cancer; one in ten is totally ignorant that alcohol consumption can cause cancer.<sup>7</sup> Sadly, being ignorant does not spare us the consequences.



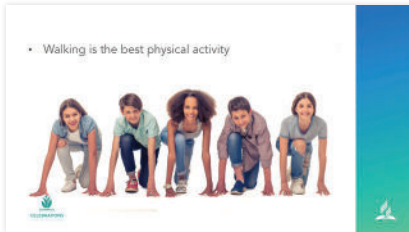
### Slide 13 (ALCOHOL AND CANCER)

Robust evidence links alcohol as a cause of breast cancer in women and colon cancer in both men and women. These findings have been summarized and reported in the World Cancer Research Fund's comprehensive reports in 2007 and 2011.<sup>8</sup> The point strongly emphasized in these and many other scientific reports is that there is no safe limit/dose of alcohol that can be recommended to avoid its carcinogenic effect. This raises serious doubts about any recommendation that alcohol be used for health benefits, even cardiac, because the associated side effects are real and dangerous.

---

<sup>7</sup> [www.eurocare.org/library/latest\\_news/alcohol\\_and\\_cancer\\_the\\_forgotten\\_link](http://www.eurocare.org/library/latest_news/alcohol_and_cancer_the_forgotten_link)

<sup>8</sup> World Cancer Research Fund International; [www.wcrf.org](http://www.wcrf.org). Accessed April 5, 2012.



### Slide 14 (ALCOHOL AND SAFETY)

It is well known that alcohol use is associated (often causally) with accidents of all kinds, such as road fatalities, as well as domestic violence, murder, rape, and other criminal activities. In 2010 Professor David Nutt and co-searchers published an analysis in the prestigious *The Lancet* medical journal showing that in the United Kingdom alcohol overall is more harmful than heroin and crack cocaine. This is because the researchers focused on the effect the drugs/toxins had not only on the user but others as well (family, community, and society). Heroin, crack cocaine, and methamphetamine were the most harmful drugs to individuals.<sup>9</sup>

Alcohol is also the leading cause of preventable mental retardation in the world. This is because alcohol readily crosses the placenta and damages the developing brain of the unborn baby. Again, there is no safe level of alcohol consumption during pregnancy.<sup>10</sup>



### Slide 15 (ALCOHOL AND HEART HEALTH)

For the past 30 years alcohol has been promoted as “heart healthy” and protective against coronary artery disease. Much has been written in the popular and scientific literature on the subject. None of the scientific studies have been controlled, randomized, prospective analyses, which make them even more subject to what are known as “confounders.” Confounders are factors that make interpretation of the results of the data being analyzed more difficult and also may result in erroneous conclusions. Naimi and other researchers concluded in 2005 that some or all of the apparent cardiac protective effect of moderate drinking may be the result of

---

<sup>9</sup> David Nutt et al. “Drug Harms in the UK: A multicriteria analysis,” *The Lancet*, early online publication, November 1, 2010.

<sup>10</sup> Thomas Babor et al. *Alcohol, No Ordinary Commodity*, second edition (New York: Oxford University Press, 2010), p. 1393.



these confounders.<sup>11</sup> Other studies have sounded caution and noted that the nondrinkers included in many of the studies had more risk factors for heart disease, were less well educated, had less access to health care and insurance, and were from poorer socioeconomic groups. Some included in the non-drinking group had been drinkers prior to the studies being done and had stopped drinking for health reasons.<sup>12</sup>



### Slide 16 (DAILY EXERCISE AND A HEALTHFUL DIET)

A recent paper by Dr. Boris Hansel adds weight to the view that the real explanation of positive cardiac outcomes in moderate drinkers is not that alcohol is protective, but that the average health status and healthful lifestyle in other behaviors, such as exercise and diet, are better than that of nondrinkers.<sup>13</sup>

In summary, taking into account the significant health risks related to alcohol use, it doesn't make sense to promote its use for heart health, especially when there are proven and safe interventions for heart-disease prevention such as daily exercise and a healthful diet.



### Slide 17 (KILLER TOBACCO)

There is another lethal and freely available poison that is marketed in various forms—tobacco. It's smoked, chewed, inhaled, and passed through water; all forms, however, are harmful and place the user at significant risk of disease and even death. It's surprising that tobacco is so popular when you consider that it kills up to half its users!

11 Timothy S. Naimi et al. "Cardiovascular Risk Factors and Confounders Among Non-drinking and Moderate-Drinking US Adults," *American Journal of Preventive Medicine*, 2005; 28(4).

12 Kaye Middleton Fillmore et al. "Moderate Alcohol Use and Reduced Mortality Risk: Systematic Error in Prospective Studies," *Addiction Research and Theory*, 1-31, preview article.

13 Boris Hansel et al. *European Journal of Clinical Nutrition*, 64 (June 2010), pp. 561-568.



- Tobacco kills nearly 6 million people each year.
- Nearly 80 percent of the world's 1 billion smokers live in low- and middle-income countries.
- Consumption of tobacco products is increasing globally.
- Approximately 1 person dies every 6 seconds as a result of tobacco-related causes.
- Up to half of current users will eventually die of a tobacco-related disease.

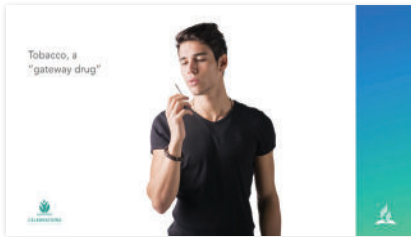


### **Slide 18** (KILLER TOBACCO)

Tobacco is a gradual killer. There's a lag of several years between initiation of tobacco use and when the user's health suffers. It's one of the most significant public health threats the world has ever faced, killing not only the user but often negatively impacting the health of, or even killing, those who are exposed to secondhand tobacco smoke.

Secondhand smoke (SHS) by definition is the smoke that fills restaurants, offices, homes, and any enclosed space in which tobacco products including cigarettes, cigars, pipes, bidis, and water pipes (shisha) are burned. There is no safe level of exposure to secondhand smoke. It's a proven cause of cardiovascular and respiratory disease in adults, including lung cancer and coronary heart disease. SHS also is associated with Sudden Infant Death Syndrome (SIDS) and causes low birth weight in pregnant women. Children exposed to SHS have an increased incidence of upper- and lower-respiratory infections.

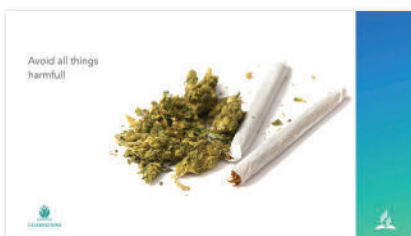




### Slide 19 (KILLER TOBACCO)

All these complications, both from primary inhalation of tobacco smoke and SHS exposure, result from the many toxins, chemicals, and nicotine in tobacco smoke. There are more than 4,000 chemicals in tobacco smoke; at least 250 of these are known to be harmful, and more than 50 are known carcinogens (initiate cancer).

Tobacco is a “gateway drug.”<sup>14</sup> This means that people who are exposed to tobacco are on the threshold of using and becoming addicted to other drugs, such as marijuana, methamphetamine, cocaine, and heroin. This is particularly significant when considering tobacco use by young people, which is becoming more common in many parts of the world. The age of debut is getting younger, as well. Long-term addiction to tobacco is also more likely when individuals initiate smoking at a young age.

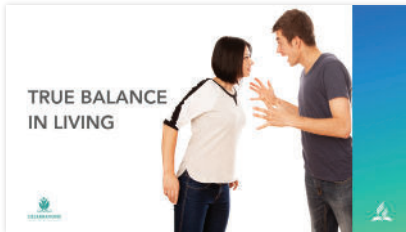


### Slide 20 (KILLER TOBACCO)

“In summary, both alcohol and tobacco are extremely dangerous substances. Scientific evidence and public health statistics show them to be leading killers in the world today. Of course, it’s left to one’s personal choices as to whether to indulge, and this is where temperance has such a wise safeguard: avoid all things harmful! The facts surely speak for themselves.

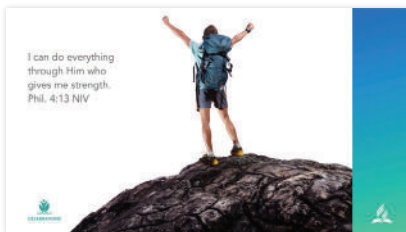
---

14 World Health Organization, Fact Sheets, “Tobacco,” July 2011; <http://www.who.int/mediacentre/factsheets/fs339/en/>. Accessed May 21, 2014. See also Omar Sharey, Michael Eriksen, Hana Ross, Judith MacKay, The Tobacco Atlas, third edition, American Cancer Society, 2009.



### Slide 21 (TRUE BALANCE IN LIVING)

Joe's story reveals the consequences of failing to avoid all things harmful. As we take stock of our own lives there may be areas in which we lack balance such as sleeping too little, working too hard, not exercising enough (or maybe overdoing it), eating too much, and the list goes on. We may even abuse social media or the availability of the Internet with its seductive and misleading pornography menus. These forms of technology are good in themselves but potentially addictive when not used judiciously. Even the most strong-willed among us is unable to achieve true balance in all things without a strong reliance on the power of our gracious and Almighty God, who not only made us but is able to sustain us and strengthen our will and ability to make wise choices.

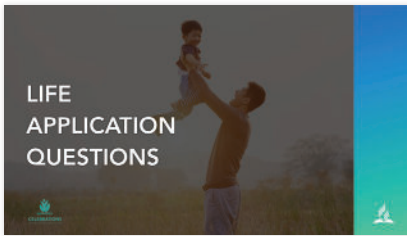


### Slide 22 (TRUE BALANCE IN LIVING)

Remember Paul's counsel in Scripture: "Whether you eat or drink or whatever you do, do it all for the glory of God" (1 Cor. 10:31, NIV). Realizing that this is a very tall order, Paul fortunately adds the secret of power and success: "I can do everything through him who gives me strength" (Phil. 4:13, NIV).

It's encouraging to remember that help is never far away. "[God] is not far from each one of us. For in him we live and move and have our being" (Acts 17:27, 28, NIV). Our gracious heavenly Father stands ready to guide our choices, ensuring a sustained and successful true balance in life. This calls for celebration.





### Slide 23 (LIFE APPLICATION QUESTIONS)

We will now focus on some life application questions regarding temperance. We will review them carefully so that you have time to consider the questions and apply what you are learning to your life. Please write your responses in your Celebrating Temperance participant worksheets. You are welcome to ask questions and to look back over the material.



### Slide 24 (LIFE APPLICATION QUESTIONS)

A group of boys and girls from a local church school attended a party at which binge drinking occurred. Unfortunately, they found the alcohol in the church member's home.



### Slide 25 (LIFE APPLICATION QUESTIONS)

If I were asked to give regular talks at the school on the dangers associated with alcohol, which of the facts in this chapter would I emphasize? Is my example of temperance one they should follow?



### Slide 26 (LIFE APPLICATION QUESTIONS)

Have I been influenced by articles that purport that drinking a little alcohol is beneficial to the cardiac system? What other negative consequences of alcohol use mitigate those reports?



**Life application questions**

- If I were to drink only socially, what are my chances of becoming addicted?
- Do I have a first-degree relative who has suffered from alcohol dependence? If so, how would that affect the risk I would be taking?




### Slide 27 (LIFE APPLICATION QUESTIONS)

If I were to drink only socially, what are my chances of becoming addicted?

Do I have a first-degree relative who has suffered from alcohol dependence? If so, how would that affect the risk I would be taking?

**Life application questions**

- How can I reduce the chances of children and youth in my home, church, or community being pressured by their peers into experimenting with tobacco, alcohol, or other drugs?




### Slide 28 (LIFE APPLICATION QUESTIONS)

How can I reduce the chances of children and youth in my home, church, or community being pressured by their peers into experimenting with tobacco, alcohol, or other drugs?

**Life application questions**

- Do I know their names and greet and interact with them?
- Do they know and respect me enough to think that they would disappoint me if they were to indulge in these behaviors?



### Slide 29 (LIFE APPLICATION QUESTIONS)

Do I know their names and greet and interact with them?

Do they know and respect me enough to think that they would disappoint me if they were to indulge in these behaviors?

**Life application questions**

- What things in my life are out of control, unbalanced, or used injudiciously?
- How do I know if I am working too much, sleeping too little, eating too much, or exercising too little?



### Slide 30 (LIFE APPLICATION QUESTIONS)

What things in my life are out of control, unbalanced, or used injudiciously? How do I know if I am working too much, sleeping too little, eating too much, or exercising too little?





**Life application questions**

- How do I make judicious use of my free time?
- Am I spending too much time with electronic media and too little time cultivating good relationships with my Savior and people close to me?



### Slide 31 (LIFE APPLICATION QUESTIONS)

How do I make judicious use of my free time?  
Am I spending too much time with electronic media and too little time cultivating good relationships with my Savior and people close to me?

**Life application questions**

- Do I set aside time for service to those less fortunate?
- When I realize the need for change, do I remember the One who can give me the strength I need?



### Slide 32 (LIFE APPLICATION QUESTIONS)

Do I set aside time for service to those less fortunate?  
When I realize the need for change, do I remember the One who can give me the strength I need?  
Do I ask for that enabling power?

This presentation is created and distributed by the Health Ministries Department, General Conference of Seventh-day Adventists, 12501 Old Columbia Pike, Silver Spring, MD 20904

This presentation is shared for educational purposes only. The content, graphics, and pictures of each slide and the whole presentation must kept intact if shared with other Health Ministries entities, including this page. Thank you for using and sharing in a responsible manner.



### Slide 33 (LIFE APPLICATION QUESTIONS)

We are glad that you took the time to attend this discussion. We look forward to seeing you at the next CELEBRATIONS presentation!



Peter Landless, M.B., B. Ch., M.Med., MFGP (SA), FCP (SA), FACC, FASNC, is from South Africa, where he served as a pastor as well as medical doctor. He is director of the Health Department at the General Conference.



### Slide 34 (LIFE APPLICATION QUESTIONS)

Author Peter Landless, M.B., B.Ch., M.Med., MFGP (SA), FCP (SA), FACC, FASNC, is from South Africa, where he served as a pastor as well as medical doctor. He is director of the Health Department at the General Conference.



**CELEBRATIONS**  
LIVING LIFE TO THE FULLEST



GENERAL CONFERENCE  
**Adventist**  
Health Ministries



# SESSION 2 WORKSHEET

PLEASE NOTE: THE FOLLOWING OUTLINE IS PROVIDED AS A GUIDE FOR PERSONAL NOTE TAKING.

**Please note: The following outline is provided as a guide for personal note taking.**

Temperance means \_\_\_\_\_ or  
\_\_\_\_\_ in all things in life.

Another definition is "to dispense with everything \_\_\_\_\_ and to  
use judiciously that which is \_\_\_\_\_."

Temperance is balance in our lives; we should avoid being excessive in the following areas:

- 1.....
- 2.....
- 3.....
- 4.....

\_\_\_\_\_ and \_\_\_\_\_ are dangerous drugs that are legal and  
widely acceptable in our culture. But they are two of the three top causes of preventable death.

Approximately \_\_\_\_\_ million people die from alcohol-related causes each year.



In Europe cancer is the second most common cause of death. \_\_\_\_\_ of cancer among men, and \_\_\_\_\_ percent among women can be related directly to alcohol use.

Alcohol is the leading cause of preventable \_\_\_\_\_ among newborns around the world.

Another lethal and freely available poison is \_\_\_\_\_. It kills nearly \_\_\_\_\_ million people each year. Up to \_\_\_\_\_ current users will eventually die of a cause related to this addiction.

Toxins from tobacco affect not only the smoker, but those around who must breathe the \_\_\_\_\_.

Tobacco smoke is a proven carcinogen and cause of cardiovascular and respiratory disease in adults and has been associated with SIDS ( \_\_\_\_\_ ) in children.

More than \_\_\_\_\_ chemicals are found in tobacco smoke; at least \_\_\_\_\_ of them are known to be harmful, and more than \_\_\_\_\_ are known carcinogens (cancer-causing agents).

Besides avoiding alcohol and tobacco, we must balance other parts of our lives as well, including:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



# CELEBRATING EXERCISE QUIZ

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

## Question 01

- A. Have I been influenced by articles that purport that drinking a little alcohol is beneficial to the cardiac system?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- B. What other negative consequences of alcohol use mitigate those reports?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- C. If I were to drink only socially, what are my chances of becoming addicted?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- D. Do I have a first-degree relative who has suffered from alcohol dependence?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
  
- E. If so, how would that affect the risk I would be taking?



## Question 2

**A.** What things in my life are out of control, unbalanced, or used injudiciously?

**B.** How do I know if I am working too much, sleeping too little, eating too much, or exercising too little?

**C.** How do I make judicious use of my free time?

**D.** Am I spending too much time with electronic media and too little time cultivating good relationships with my Savior and people close to me?

**E.** Do I set aside time for service to those less fortunate?

**F.** When I realize the need for change, do I remember the One who can give me the strength I need?

**G.** Do I ask for that enabling power?



# GROUP DISCUSSION

## Question 3

A group of boys and girls from a local church school attended a party at which binge drinking occurred. Unfortunately, they found the alcohol in the church member's home.

**A.** If asked to give regular talks at the school on the dangers associated with alcohol, which facts should be emphasized?

**B.** Is our example of temperance one they should follow?

## Question 4

**A.** How can we reduce the chances of children and youth in our homes, churches, or communities being pressured by their peers into experimenting with tobacco, alcohol, or other drugs?

**B.** Do I know their names and greet and interact with them?

**C.** Are we examples that they would want to emulate?



# CELEBRATING EXERCISE QUIZ/KEY

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

**Facilitators: please note that answers to the questions will vary due to the personal nature of the response.**

## Question 1

**A.** Have I been influenced by articles that purport that drinking a little alcohol is beneficial to the cardiac system?

Answers will vary

**B.** What other negative consequences of alcohol use mitigate those reports?

Alcohol is a known addictive substance. Approximately 2.5 million people die from alcohol-related causes each year. Globally: 6.2 percent of male deaths are related to alcohol, and 1.1 percent of female deaths. . Four percent of all deaths are related to alcohol through injuries, cancer, cardiovascular diseases, and liver cirrhosis.

It is estimated that 10 percent of cancers in men and 3 percent of cancers in women can be attributed directly to alcohol use.

It is well known that alcohol use is associated (often causally) with accidents of all kinds, such as road fatalities, as well as domestic violence, murder, rape, and other criminal activities.

Alcohol is also the leading cause of preventable mental retardation in the world.

**C.** If I were to drink only socially, what are my chances of becoming addicted?

The likelihood of becoming an alcoholic depends on numerous factors. The chance of alcoholism developing over a lifetime is 13 percent. If there is a first-degree relative (father, mother, uncle, aunt, or grandparent) who suffered from alcohol dependence, this percentage doubles. If experimentation with alcohol begins under the age of 14 years, the percentage chance of dependence increases to 40 percent plus.

**D.** Do I have a first-degree relative who has suffered from alcohol dependence?

Answers will vary



**E.** If so, how would that affect the risk I would be taking?

If there is a first-degree relative (father, mother, uncle, aunt, or grandparent) who suffered from alcohol dependence, this percentage (13%) doubles to 26%.

## **Question 2**

**A.** What things in my life are out of control, unbalanced, or used injudiciously?

Answers will vary

**B.** How do I know if I am working too much, sleeping too little, eating too much, or exercising too little?

Even the most strong-willed among us is unable to achieve true balance in all things without a strong reliance on the power of our gracious and Almighty God, who not only made us but is able to sustain us and strengthen our will and ability to make wise choices.

Remember Paul's counsel in Scripture: "Whether you eat or drink or whatever you do, do it all for the glory of God" (1 Cor. 10:31, NIV).

**C.** How do I make judicious use of my free time?

Paul fortunately adds the secret of power and success: "I can do everything through him who gives me strength" (Phil. 4:13, NIV).

**D.** Am I spending too much time with electronic media and too little time cultivating good relationships with my Savior and people close to me?

Answers will vary

**E.** Do I set aside time for service to those less fortunate?

Answers will vary

**F.** When I realize the need for change, do I remember the One who can give me the strength I need?

Answers will vary

**G.** Do I ask for that enabling power?

Answers will vary



# GROUP DISCUSSION

## Question 3

A group of boys and girls from a local church school attended a party at which binge drinking occurred. Unfortunately, they found the alcohol in the church member's home.

**A.** If asked to give regular talks at the school on the dangers associated with alcohol, which facts should be emphasized?

Answers will vary

**B.** Is our example of temperance one they should follow?

Answers will vary

## Question 4

**A.** How can we reduce the chances of children and youth in our homes, churches, or communities being pressured by their peers into experimenting with tobacco, alcohol, or other drugs?

Provide drug, tobacco and alcohol education from an early age and the fostering of relationships and connectedness between responsible adults and youth. Social support develops resilience, enabling youth to cope with difficult decisions and choices despite peer pressure. An additional and vital layer of protection for both young and old is a connection to a set of values, such as the principles of the Bible and walking with the risen Savior.

**B.** Do I know their names and greet and interact with them?

Answers will vary

**C.** Are we examples that they would want to emulate?

Answers will vary