

The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.

ALCOHOL

The average age teens first try alcohol is 11 for boys and 13 for girls¹¹⁶. People aged 12–20 drink 11% of all alcohol consumed¹¹². 90% of alcohol consumed by teens involves binge drinking¹¹². One in five teens live with an alcoholic relative¹¹⁷. Every 4 minutes a youth is arrested for an alcohol-related crime¹¹⁸. Alcohol can cause abuse, failing in school, jail, car crashes, suicide, manslaughter, and more.

The Bible is clear about alcohol: drinking alcohol is not a sin, but being drunk is, and our decisions involving alcohol can be sinful. Firstly, we have to obey the law regarding alcohol (Rom. 13:1). Even when of legal age, we must be wise with alcohol (Prov. 20:1), respectful of those around us regarding it (2 Cor. 6:3), and careful where and with whom we spend our time (1 Cor. 15:33). The Bible tells us to be filled with God's Spirit instead of being drunk (Eph. 5:18) and to honor God in everything (1 Cor. 10:31) because our bodies belong to Him (1 Cor. 6:19-20). For those who struggle, God gives us the strength to say no when and where we should (Titus 2:11-12) and renews our minds to know what His will for our life is (Rom. 12:2).

BIBLE VERSES TO CONSIDER

Romans 13:1 "Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God."

Proverbs 20:1 "Wine is a mocker and beer a brawler; whoever is led astray by them is not wise."

2 Corinthians 6:3 "We put no stumbling block in anyone's path, so that our ministry will not be discredited."

1 Corinthians 15:33 "Do not be misled, "bad company corrupts good character.""

Ephesians 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

1 Corinthians 6:19-20 "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own. you were bought at a price. Therefore, honor God with your bodies."

Titus 2:11-12 "For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age."

Romans 12:2 "Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Genesis 27:28 "May God give you heaven's dew and earth's richness— an abundance of grain and new wine."

John 2:7-9 "Jesus said to the servants, 'Fill the jars with water'; so, they filled them to the brim. Then he told them, 'Now draw some out and take it to the master of the banquet.' They did so, and the master of the banquet tasted the water that had been turned into wine."

Amos 9:14 "They will rebuild the ruined cities and live in them. They will plant vineyards and drink their wine; they will make gardens and eat their fruit."

1 Timothy 5:23 (for health) "Stop drinking only water and use a little wine because of your stomach and your frequent illnesses."

2 Samuel 16:2 (for health) "The king asked Ziba, 'Why have you brought these?' Ziba answered, 'The donkeys are for the king's household to ride on, the bread and fruit are for the men to eat, and the wine is to refresh those who become exhausted in the wilderness.'"

Isaiah 55:1 "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost."

Matthew 26:29 (Jesus) "I tell you; I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

Psalms 104:14-15 "He makes grass grow for the cattle, and plants for people to cultivate—bringing forth food from the earth: wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts."

Romans 13:13 "Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy."

Galatians 5:19-20 “The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.”

1 Peter 4:3 “For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.”

Romans 14:21 “It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall.”

Proverbs 31:4-5 “It is not for kings, Lemuel— it is not for kings to drink wine, not for rulers to crave beer, lest they drink and forget what has been decreed, and deprive all the oppressed of their rights.”

Proverbs 23:30-32 “Those who linger over wine, who go to sample bowls of mixed wine. 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.”

Isaiah 5:22 “Woe to those who are heroes at drinking wine and champions at mixing drinks.”

Isaiah 28:7 “And these also stagger from wine and reel from beer: Priests and prophets stagger from beer and are befuddled with wine; they reel from beer, they stagger when seeing visions, they stumble when rendering decisions.”

1 Corinthians 6:12 “I have the right to do anything, you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.”

1 Timothy 3:8 “In the same way, deacons are to be worthy of respect, sincere, not indulging in much wine, and not pursuing dishonest gain.”

Proverbs 23:21 “for drunkards and gluttons become poor, and drowsiness clothes them in rags.”

Luke 21:34-35 “Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap. For it will come on all those who live on the face of the whole earth.”

1 Peter 5:8 “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

Hosea 4:10 “old wine and new wine take away their understanding.”

Matthew 5:29-30 “If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

2 Peter 3:14 "Make every effort to be found spotless, blameless and at peace with him."

Philippians 2:12 "Continue to work out your salvation with fear and trembling."

Matthew 6:24 (Jesus) "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other."

STATS & QUOTES TO CONSIDER

The 2017 Youth Risk Behavior Survey found that among high school students, during the past 30 days:

- 30% drank some amount of alcohol.
- 14% binge drank.
- 6% drove after drinking alcohol.
- 17% rode with a driver who had been drinking alcohol.

In 2016, the National Survey on Drug Use and Health External reported that 19% of youth aged 12 to 20 years drink alcohol and 12% reported binge drinking in the past 30 days.

In 2017, the Monitoring the Future Survey External reported that 8% of 8th graders and 33% of 12th graders drank during the past 30 days, and 2% of 8th graders and 19% of 12th graders binge drank during the past 30 days.

10% of 8th graders drank some amount of alcohol in the past 30 days

35% of high school students drank some amount of alcohol in the past 30 days

People aged 12–20 drink 11% of all alcohol consumed.

1 in 6 teens binge drinks

Only 1% of parents believe their teen binge drinks

21% of high school students binge drank within the past 30 days

90% of alcohol consumed by teens involves binge -drinking

Car crashes are the leading cause of death among American teens, and many are influenced by alcohol.

According to the 2017 NSDUH, about 7.4 million Americans between the ages of 12 and 20 report current alcohol consumption.

By age 15, about 33 percent of teens have had at least 1 drink.

By age 18, about 60 percent of teens have had at least 1 drink.

In 2015, 7.7 million young people ages 12–20 reported that they drank alcohol beyond “just a few sips” in the past month.

Ongoing drinking episodes and binge drinking can lead to large-scale problems and lifelong consequences. Some of the most common potential issues include:

- Trouble remembering specific events or whole periods of time
- Physical assault
- Sexual assault, as a perpetrator or a victim
- Pregnancy or sexually transmitted diseases from unplanned and unprotected sex
- Failing grades and absences from school
- Social isolation and rejection
- Hangovers, liver disease, and alcohol-related cancers
- Legal prosecution and jail time
- Car crashes, burns, falls, or drowning
- Abuse of other illegal or prescription drugs for a bigger high

- Suicide, manslaughter, or murder
- Death from alcohol poisoning

The average age teen boys first try alcohol is age 11, for teen girls it's 13.

Teens who start drinking before age 15 years are 5 times more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after the legal age of 21.

Teens who drink heavily are three times more likely to try and hurt themselves (self-harm, attempt suicide etc.) than those who don't.

The 3 leading causes of death for 15 to 24-year-olds are automobile crashes, homicides and suicides – alcohol is a leading factor in all 3.

One in five adult Americans have lived with an alcoholic relative while growing up.

In general, these children are at greater risk for having emotional problems than children whose parents are not alcoholics.

Every 4 minutes a youth is arrested for an alcohol-related crime.