

IT'S YOUR LIFE IT'S YOUR CHOICE!



By Gaston Cogdell

Welcome

We are glad you have chosen to study the word of God and to delve into the depths of His Word. By studying His word, one can grow in knowledge and in maturity and understanding of what is required by God in living our daily lives and our journey towards heaven.

These lessons were written by Gaston Cogdell, a faithful Christian dedicated in his service to God and in helping children and teenagers who attend Fort Hill Christian Youth Camp, Hillsboro, Ohio.

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We pray you will enjoy your study of God's Word.

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Fort Hill Christian Youth Camp
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IT'S YOUR CHOICE

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IT'S YOUR CHOICE

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PROLOGUE

"Therefore rejoice, ye heavens, and ye that dwell in them. Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time" (Rev. 12:12).

As we approach ever nearer to the end of the age, the battle between good and evil, truth and falsehood, order and chaos – the "Conflict of the Ages", the "War of the Worlds" – rages with increasing intensity. The forces of heaven and salvation led by our Lord Jesus Christ are locked in mortal combat with the forces of hell and damnation, led by the Prince of Darkness . . . the *"old serpent called the Devil, and Satan, who deceived the whole world."* They cannot coexist. Light and darkness cannot dwell together.

Every human being is, wittingly or unwittingly, a part of this conflict and lends his strength to one side or the other. There is no neutral *territory*. *"Ye cannot serve God and mammon" (Matt. 6:24)*. Jesus said, *"He who is not with me is against me; and he who gathers not with me scatters abroad" (Matt. 12:30)*. Every human heart is a battleground where this awesome struggle is waged. The Christian is a soldier in this spiritual warfare. He is told to *"Put on the whole armor of God,"* taking *"the helmet of Salvation and the sword of the Spirit, which is the Word of God."* (Eph. 6:10-18).

The purpose of these studies is to awaken the young people to the nature of these fierce conflict which is transpiring not only all around them, but also within them. They need to be made aware that this world is not a playground but a battleground. The issue at stake is the sovereignty of God over His Creation – over man and over the natural order which he has placed under man's control. Each one of us is given the choice as to which side he will align himself with, and our eternal destinies depend upon our choice. It is hoped that this series of studies will help persuade the young people to choose the Lord and life that both they and their children may live (Deut. 30:19,20).

The Apostle Paul, in writing to the young preacher, Timothy, warned: *"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away. For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts, Ever learning, and never able to come to the knowledge of the truth. But evil men and seducers shall wax worse and worse, deceiving, and being deceived . . ." (II Tim. 3:1-13).*

Surely, this is a prophecy and vivid depiction of our own times. At no previous time in human history have young people, and older ones too, been presented with as many and as great temptations and opportunities to sin as they are today. Disorder and violence are rampant, immorality is boldly flaunted and invades the inner sanctum of the home through the omnipresent television screen, self-control and moral values vanish under the onslaught of alcohol, drugs, and peer pressure. The public schools teach evolution – that man is a product of natural forces and that his roots are in the jungle and his ancestors were animals, rather than that man is a separate and divine creation of God, made in His image and spiritual likeness, as a child of God created for an eternal heavenly home. The public schools teach "safe sex," and pass out condoms, rather than teaching purity,

abstinence, and passing out Bibles . . . which indeed would be deemed against the law.

Lust and passion are inflamed and carnal desire strengthened and augmented by pornography, lewd motion pictures, rock music of a sort calculated to arouse sexual desire, and lascivious TV shows.

Every corner grocery store and delicatessen is a beer and liquor store and gambling joint, and some churches make money off of gambling events – bingo games, and the sale of chances on various prizes. The basic building block of the social order is the home, the family – the nucleus of which is the institution of marriage. Marriage is the relationship established when a man and a woman enter into that sacred and permanent covenant and partnership unites them "until death do us part." The well-being of every other institution of society, including the Church and the State, depend in the final analysis upon the permanence and stability of the home and the family. When the family disintegrates, all those precious values which are imparted in and by the family, likewise dissolve, along with the moral order and civilization on itself.

Today in our society, the family is under attack from every quarter. The marriage covenant is no longer considered holy and inviolable. At least half the marriages end in divorce, and an increasing number of people both young and old, live together as though they were husband and wife, without entering into the marriage covenant. Sexual relationships, which are supposed to be limited to the marriage bed, are entered into promiscuously, and a determined effort is being made to erase the moral dimension of the sex-act all together.

The disorder of our society can be attributed above all to the disintegration of the home and the family, which in turn is due to disregard for the marriage covenant.

Discipline and respect for authority, moral and spiritual values, knowledge of God and His Word, and reverence for Him and His kingdom – all these begin in the home. And this is according to God's "family plan" for the human race. As goes the home, so goes the individual coming from that home . . . so goes the nation, and civilization. Family Bible reading and prayer have become a thing of the past.

Strengthening and undergirding the fleshly family is God's spiritual family, the Church, into which we are born "*of water and the spirit,*" and which embodies and imparts the moral and spiritual values of God's eternal spiritual order – the heavenly order, or "*kingdom of heaven.*" Membership in this family entitles one to call God his Father, Jesus Christ his brother, and to have fellowship with the saints and redeemed of all ages, past and present, and to look forward to having fellowship with God and all the saved forever in heaven above (Heb. 2:10-17; Rom. 8:14-17).

Our membership in the family of God, the Church, and our fellowship with God and with all other members of the divine family both past and present, is dependent upon our leading holy, pure, righteous lives. We cannot partake of the sins of this world or become "worldly people," and remain in fellowship with that other-worldly and heavenly family which is the church of Christ. We are commanded to "*Come out from among them and be ye separate, said the Lord, and touch no unclean thing, and I will receive you. And I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty*" (II Cor. 6:17, 18).

Righteousness and truth are compared to light in the scriptures, and wickedness and falsehood to darkness. Christ said, "*I am the light of the world: he who follows me shall not walk in darkness, but shall have the light of life*" (Jn. 8:12). All who follow Christ are called "*lights of the world*" (Matt. 5:14). Satan is called the ruler of darkness and his followers the children of darkness (Eph. 5:12; I Thess. 5:5,6). (See also John 1:5, 3:19, 8:12; 12:35,36; Matt. 4:16; Lk. 22:53; Acts 26:18; Rom. 13:12; Col. 1:13; I Pet. 2:9; I Jn. 2:8-11). Our fellowship with God and with the children of God in the family and church of God is dependent entirely upon our living lives as nearly sinless as we possibly can –

although, of course, we all sin, no matter how hard we try not to do so. This is plainly stated by John as follows: *"This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all. If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us"* (I Jn. 1:5-10)

It is our earnest hope and desire that the young people will want to know the Gospel, and it can bring radical and far-reaching change for the better in every heart and life they are allowed to enter and become a part of. We have a responsibility to show young people the two ways – that of life and that of death, of good and evil, of God's blessings and of God's cursings . . . of heaven and of hell. There are the two ways of temporary and momentary pleasure followed by suffering, misery, alienation from God and man, death and damnation forever, and the way of eternal happiness – of discipline and self-control, of obedience to God and His Word here, and of never-ending joy and union with God and the good people of all ages, in heaven above hereafter.

Everyone should be taught to hate evil and to love the good . . . and should be shown clearly what is evil, and what is good, and why. This is commanded of us – *"Abhor that which is evil; cleave to that which is good"* (Rom. 12:9). We are told of Jesus, *"Thou has loved righteousness, and hated iniquity; therefore God, even thy God, hath anointed thee with the oil of gladness above thy fellows"* (Heb. 1:9).

The five Lessons that follow are intended to help one to see clearly the two ways and to bring him to make a permanent decision to enter into the way of life and holiness, and if he has already entered into that way, to remain steadfastly within it, in keeping with our Lord's admonition: *"Enter ye in at the strait gate: for wide is the gate, and broad is the way that leads to destruction, and many there be who go in thereat: Because strait is the gate, and narrow is the way which leads unto life, and few there be who find it"* (Matt. 7:13,14).

GOD HAS PLAINLY SAID TO MAN . . . IT'S YOUR CHOICE!

LESSON I

SAY "NO!" TO SATAN, SIN, DEATH AND HELL SAY "YES!" TO GOD, RIGHTEOUSNESS, LIFE AND HEAVEN

You are a God-like being. You are made *"in the image and after the likeness"* of the Creator and Ruler of the universe (Gen. 1:27; 5:1,2; Acts 17:28). You are an eternal being who will live forever, somewhere, either in a much better world than this one, or a much worse one (Eccl. 12:7,13,14; Matt. 25:34; Matt. 13:41-43; Rev. 20:11-15; 21:1-8).

God wants every person to be saved. He is *" . . . not willing that any should perish, but that all should come to repentance"* (II Pet. 3:9). God *" . . . will have all men to be saved, and to come unto the knowledge of the truth"* (I Tim. 2:4). It should be noted that there is something that you must do to be saved, and not lost. You must *"come to repentance . . . come unto the knowledge of the truth."*

The truth is that you are a sinner, for *"all have sinned and come short of the glory of God"* (Rom. 3:23). It is also the truth that you must repent of those sins, and of your sinfulness. *"To repent"* means to turn away from sin, and turn to righteousness. Jesus said, *"Unless you repent, you shall all likewise perish"* (Lk. 13:3,5). God commands you, and *"all men, everywhere, to repent"* (Acts 17:30). Christ died and arose from the dead in order that *"repentance and remission of sins should be preached in his name among all nations, beginning at Jerusalem"* (Lk. 24:47). We are promised full pardon and forgiveness for our sins, as well as membership in the family of God, which is the church of Christ, if we will *"Repent and be baptized . . . in the name of Jesus Christ, for the remission of sins."* If we obey the gospel by being baptized in the right way and for the right reason, God will give us His Holy Spirit, which will dwell in us, so that we will become the *"Temple of God"* (I Cor. 6:19).

We are commanded not to conform to this world which is under the control of Satan (Rom. 12:2; II Cor. 4:4; I Jn. 5:19), but to be transformed by Christ.

The truth is that we are fallen creatures – members of a fallen race, the human race . . . we have fallen from that high and noble estate for which God created us, *"in His own image and likeness."* We have severed and separated ourselves from our Father in heaven, as Isaiah said of Israel of old – *"Your iniquities have separated between you and your God, and your sins have hid his face from you, that He will not hear"* (Isa. 59:2).

The truth is that if Christ had not paid the penalty for our sins, we would all be lost eternally. *"All we like sheep have gone astray; we have turned every one to his own way; and the Lord has laid on him the iniquity of us all . . . he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed"* (Isa. 53:65).

The truth is that heaven is a perfect place for perfect people. If there was one flawed, imperfect soul in heaven, it obviously would not be perfect. God is perfect, and His children, the members of His spiritual family, the church of Christ, are commanded to be perfect (Matt. 5:48; II Cor. 13:11; Col. 1:28). The Church and its members are part of God – are united with Him in Christ and are one with Him and Christ (Jn. 17:21-23). If one

member of the Church was imperfect – if He was guilty of one sin – God would be imperfect, for every member of the Lord's Church is a member of Christ and of God. Christ takes our sin and guilt upon Himself so that in Him, we are perfected and have His perfection conferred upon us, while our sin and guilt is transferred to Him, as we are told: *"For he has made him to be sin for us, who knew no sin; that we might be made the righteousness of God in Him" (II Cor. 5:21).*

"For by one offering he hath perfected for ever them that are sanctified." (Heb. 10:14).

"But ye are come unto mount Zion, and unto the city of the living God, the heavenly Jerusalem, and to an innumerable company of angels, To the general assembly and church of the firstborn, which are written in heaven, and to God the Judge of all, and to the spirits of just men made perfect" (Heb. 12:22,23).

The wonderful gospel plan of salvation, with its absolute demand that we change our life-style, turn away from all sin and evil, and live pure and holy lives, is set forth many places in the New Testament, but nowhere more clearly than in Titus 2:11-14, where we are told: *"For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works."*

The truth is that sin destroys life, but Jesus gives life. Sin destroys life both qualitatively and quantitatively – that is, both in regard to quality and quantity. Jesus said, *". . . I am come that they might have life, and that they might have it more abundantly" (Jn. 10:10).* The "they" of whom Jesus speaks here are his sheep – those who hear his voice and follow him. Jesus said of certain of the Jews who did not believe in him – *"Ye believe not, because you are not of my sheep, as I said unto you. My sheep hear my voice, and I know them, and they follow me: And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand" (Jn. 10:26-28).*

It has been well said: "NATURE FORMS, EDUCATION INFORMS; SIN DEFORMS, CHRIST TRANSFORMS." The purpose of these studies is to persuade you to let Christ transform you. He accomplishes this through His Word, through which His Spirit, which is the Holy Spirit, is communicated and imparted to you. He said, *"The words that I speak unto you, they are Spirit and they are life" (Jn. 6:63).* The Word of Christ will marvelously change you if you will make it part of yourself . . . of your very being. The Word of Christ, the gospel, tells you how you can by obeying it become a member of God's spiritual family and Church – a divine and higher order of beings than those who are merely born of flesh into the physical realm – to which God gives life eternal and union with Himself in that perfect realm called heaven.

The church of Christ is the early manifestation of that eternal heavenly kingdom. *"For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth forever" (I Jn. 2:16,17).*

"Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently: Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: But the word of the Lord endureth forever. And this is the word which by the gospel is preached unto you" (I Pet. 1:22-25).

God's word sanctifies us, which means "sets us apart" – makes us different from the

people of the world who have not been set apart for God's use and service. Jesus prayed for his disciples just before he went to the cross, saying: *"I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. They are not of the world, even as I am not of the world. Sanctify them through thy truth: thy word is truth"* (Jn. 17:14-17).

Every person, young and old, who wants to save himself from this evil and perverse generation (Acts 2:40), must make a great decision – a choice that only he can make – the choice to say "Yes" to Christ, and "No" to Satan . . . which is saying "Yes" to life and "No" to death. Saying "Yes" to Christ means turning our back on the world, the flesh, and the devil, and surrendering our wills to the Lord.

This won't be easy, of course. Anything that is worthwhile involves toil and sacrifice. But Jesus has promised, *"My yoke is easy, and my burden is light"* (Matt. 11:30). The scriptures have assured us, *"For this is the love of God, that we keep his commandments; and his commandments are not grievous"* (1 Jn. 5:3).

The Bible tells us of many heroes of the faith of times past who dared to stand up for the Lord and His truth, in spite of "dungeon, fire, and sword" – and to whom God gave glorious victory in the struggle against sin and evil. Noah, Abraham, Joseph, Gideon, David, Elijah and Elisha, Daniel, Sadrach, Meshach, and Abednego, in the Old Testament; Jesus, John the Baptist, Peter, Paul, John, Stephen, in the New Testament, to name a few.

The purpose of these studies is to motivate you to become citizen/soldiers in God's Kingdom at the same time you are a part of a non-Christian world which is hostile to Christ and His word. You can be moral and godly, even though you live in an immoral and godless society. You can be *"the salt of the earth, the light of the world, the little leaven that leavens the whole lump."* You can be agents of change-for-the-better world, but first you must be changed yourselves, of course. The Christian soldier fights against something and for something . . . He fights against and says "No!" and to all that's bad, and fights for and says "Yes!" to the good.

SAY "NO" TO	DEATH
SAY "NO" TO	SIN
SAY "NO" TO	BONDAGE
SAY "NO" TO	DARKNESS
SAY "NO" TO	FALSEHOOD
SAY "NO" TO	CHAOS
SAY "NO" TO	EVIL
SAY "NO" TO	THE FLESH
SAY "NO" TO	ETERNAL LOSS
SAY "NO" TO	TOBACCO, ALCOHOL, & DRUGS
SAY "NO" TO	SEX BEFORE MARRIAGE
SAY "NO" TO	DESPAIR
SAY "NO" TO	SATAN
SAY "NO" TO	HELL
SAY "YES" TO	LIFE
SAY "YES" TO	SALVATION
SAY "YES" TO	FREEDOM
SAY "YES" TO	LIGHT
SAY "YES" TO	TRUTH

SAY "YES" TO ORDER
 SAY "YES" TO GOOD
 SAY "YES" TO THE SPIRIT
 SAY "YES" TO ETERNAL GAIN
 SAY "YES" TO GOOD HEALTH & SOBRIETY
 SAY "YES" To SELF-CONTROL, PURITY OF LIFE AND THOUGHT
 SAY "YES" TO HOPE
 SAY "YES" TO CHRIST
 SAY "YES" TO HEAVEN

Don't just say "NO." That's important. But it's just as important and absolutely necessary that you say, "YES!" The great choice . . . the negation and the affirmation . . . which will determine your well-being and destiny both here and hereafter is yours to make, and no one, but no one, can make it for you.

IT'S YOUR LIFE!

IT'S YOUR CHOICE!

DON'T BE A LOSER!

BUT A WINNER!

CHOOSE LIFE, AND LIVE!

LESSON 2

CHEMICAL DEPENDENCY AND ENSLAVEMENT BE SMART – DON'T START

How Drug Addiction Destroys One Physically, Mentally, Morally, Spiritually

Today's youth faces the strong temptation to take into his body a wide variety of chemical substances which produce momentary pleasurable feelings, ranging from relaxation to euphoria and ecstasy, which are highly addictive. Through drugs, new appetites and cravings are introduced into the body which are so powerful that they overshadow every other desire and finally replace every other desire. The drug addict becomes enslaved to the particular drug or narcotic (or drugs and narcotics) which he has become "hooked" so that his or her craving for it supersedes every other reality or consideration in its demand for satisfaction.

The drug addict is in bondage to his addiction as truly as if he were manacled and chained to it. The chemical to which he is addicted is his complete master. He will lie, cheat, steal – even on occasion commit murder – in order to satisfy the terrible need of his body for the drug that has him enslaved, and which has become his life-controlling obsession.

Drugs and narcotics, are chemicals which must be put into one's bloodstream somehow in order to produce the sensations and create the burning hunger and desire for them that the addict feels. This is done by smoking them,, drinking them, eating them as powder or pills, snuffing them up one's nostril and/or injecting them by needle into one's veins. Almost immediately, within a matter of minutes, the drug-taker is affected by the chemical he has ingested into himself. His senses are blunted or distorted, he may feel exhilaration or ecstasy, his perception of realities altered, so that he does not see things as they really are, and so consequently, he cannot make sound or correct decisions or judgments about anything. He enters into a fantasy-world where the colors are psychedelically brighter, the sounds louder, and physical desire intensified. He might have hallucinations. Under any circumstances, his ability to think straight is damaged, and his judgements is impaired.

The drug addict takes "a trip," (and in fact, that's what he calls the "jag" he's been on), and when he comes back from his 'trip" and re-enters the real world, he is not quite the same person. His brain and sensory perceptions have been abnormally stretched in a weird and mysterious fashion, and they do not always quite return to normal – not for a long time; maybe never. The real world is bland, flat, dull and uninteresting, and the people in it – even the one's he used to love and who love him – have become to him, obnoxious. The drug addict has kindled a fire within himself that consumes him. The flame of his appetite for the particular chemical to which he has become addicted leaps ever higher, reducing everything else in his life to ashes, and he himself along with it. His dose of the chemical must be increased constantly for him to receive the same effect from them. Sin is always progressive; cancers grow and spread, and unless the cancer is killed it will kill the body it is in – the cancer of drug addiction is no different.

Addictive chemicals – drugs and narcotics of all kinds – destroy one's body, mind, soul and spirit. They wreck one's life, ruin one's home and family, destroy one's character and reputation, sever every wholesome, normal relationship one might have, with God and His family, with those in one's fleshly family, and finally, they damn one's soul to hell. Every young person should be told that addictive drugs will trash his life, here and hereafter, and

reduce every dream and hope he has for success and happiness to a nightmare of ashes, dust, and unending chaos.

There is no disease, no germ or virus, from which the young person should flee and avoid more than he does addictive drugs and narcotics of all kinds! Dependency upon addictive chemicals begins with that first puff, pill, or injection and ends in hell here and hell hereafter! "Be smart! Dont start!"

NATIONAL INSTITUTE ON DRUG ABUSE

Among 11,000 eighth and tenth graders, eighth graders reported the following drug use:

Tobacco

- ✓ 51 percent of eighth graders reported having tried cigarettes, and 16 percent said that they had smoked a cigarette within the past month.
- ✓ Nearly equal numbers of males and females reported trying cigarettes and smoking during the past month.
- ✓ 12 percent of males and 1 percent of females reported having chewed tobacco and smoking during the past month.
- ✓ Of those students who had tried cigarettes, 72 percent of eighth grade males reported first use by grade 6.

Alcohol

- ✓ 77 percent of eighth graders have tried alcohol; of these, 55 percent had tried it by grade 6.
- ✓ 34 percent of eighth graders reported having had an alcoholic beverage within the previous month.
- ✓ 26 percent of eighth graders reported having had five or more drinks on at least one occasion within the previous two weeks.
- ✓ 13 percent of eighth graders reported combining alcohol and drugs on one or more occasions within the previous month.

Marijuana

- ✓ 15 percent of eighth graders reported having tried marijuana. Of these, 44 percent reported first use by grade 6.
- ✓ 6 percent of eighth graders reported using marijuana within the previous month.
- ✓ Past-month marijuana use was reported by 10 percent of females and 12 percent of males.

- ✓ 4 percent of students reported having used marijuana six or more times in the previous month.

DRUG PREVENTION EDUCATION

Cocaine

- ✓ In 5 percent of eighth graders reported having tried cocaine. Two percent said they had used cocaine within the past month.
- ✓ Of those who tried cocaine, approximately one-third, or 2 percent of eighth graders, had tried crack.
- ✓ Of those students who had tried cocaine, 62 percent of eighth graders reported first trying it in grades 7 or 8.

Inhalants

- ✓ 21 percent of eighth and tenth graders reported having tried inhalants (glues, gases, sprays).
- ✓ Of those who tried inhalants, 61 percent of eighth graders reported first use by grade 6, and 78 percent of tenth graders reported first use by grade 8.
- ✓ 7 percent of eighth graders said they had used inhalants within the previous month.

Perception of Risk

- ✓ 86 percent of students perceived a moderate or great risk from smoking cigarettes daily.
- ✓ 80 percent perceived a moderate or great risk from regular use of alcohol.
- ✓ 81 percent perceived a moderate or great risk from occasional use of marijuana; 88 percent from cocaine powder; and 77 percent from occasional use of inhalants.

Peer Disapproval of Drugs

- ✓ In 76 percent of students reported that their close friends would disapprove if they smoked a pack of cigarettes daily.
- ✓ 74 percent reported that close friends would disapprove if they drank alcohol regularly; however,
- ✓ Fewer than half (43 percent) believed that their close friends would disapprove if they drank alcohol occasionally.
- ✓ 81 percent of students reported that their close friends would disapprove if they smoked marijuana occasionally.

- ✓ 93 percent said their close friends would disapprove if they used cocaine occasionally.

Other Findings

- ✓ 86 percent of students reported it would be fairly or very easy for them to get cigarettes
- ✓ 84 percent reported it would be easy to get alcohol
- ✓ 57 percent, marijuana; and
- ✓ 72 percent, cocaine.
- ✓ 79 percent of eighth graders reported having learned about the effects of drugs in school.

DRUG PREVENTION LESSONS AND ACTIVITIES IN GRADES 7-8 SHOULD:

- ✓ Encourage frank discussions about concerns related to drugs and drug use
- ✓ Focus on life skills such as problem solving, resisting peer pressure, developing healthy friendships, coping with stress, and communicating with adults
- ✓ Not glamorize drug use through the acceptance of drug-using behavior by some folk heroes such as musicians, actors, and athletes
- ✓ Emphasize that most people, including the vast majority of people their own age, do not use drugs
- ✓ Emphasize the law and its consequences

THE DRUG ADDICTS VERSION OF THE 23RD PSALM

King Heroin is my shepherd, I shall always want. He maketh me to lie down in the gutters. He leadeth me beside the troubled waters. He destroyeth my soul. He leads me in the paths of wickedness for his pleasure's sake. Yea, I shall walk through the valley of poverty and misery, and I will fear all evil for thou, Heroin, art with me. Thy needle and capsule fail to comfort me. Thou strippest my table of food in the presence of my family. Thou robbest my head of reason. My cup of suffering and wretchedness runneth over. Surely, heroin addiction shall follow me all the days of my life and I will dwell in the house of the damned forever."

The name of any other drug to which one might become addicted, can be

substituted for heroin in the above parody of the 23 Psalm. They all have the same final effect upon the human mind, body, character, and personality.

HOW CHEMICAL DEPENDENCE (DRUG ADDICTION) DESTROYS ONE PHYSICALLY, MENTALLY, MORALLY, AND SPIRITUALLY

We will now turn our attention to various drugs, narcotics, and chemicals upon which people, both young and old, get "hooked." We will fearlessly look at the FACTS, because only when we confront the TRUTH can we make the right decisions – decisions upon which the quality and duration of our lives upon this earth will depend, as well as the kind of lives we will have in the eternity which is ahead of us. Let it be said in advance, that the bottom line of all these studies and evaluations is simply this: DONT SMOKE, DRINK, OR DO DRUGS!

THE FACTS ABOUT SMOKING, TOBACCO, AND HEALTH

A burning cigarette releases about 4,000 chemical substances including 43 known to cause cancer and 401 others that are toxic or harmful. With each drag on the cigarette, the smoker sucks in this mixture of chemicals and gases. From 70 to 90 percent of the compounds inhaled stay trapped in the spongy lungs.

The average smoker inhales approximately 150,000 doses of these compounds each year. Nicotine, tar, and carbon monoxide cause the most damage. Diseases caused by cigarette smoking are dose-responsive. That means the more you smoke, the greater the risk of permanently damaging your body.

The Connecticut State Medical Society journal says that for every cigarette you smoke you can say goodbye to 14 ½ minutes of your life. A pack-a-day smoker can expect to go to the grave 8 years sooner, and the two-pack-a-day smoker can expect to keep his date with the undertaker 16 years earlier than the non-smoker.

YOUNG SMOKERS

Despite dangers, cigarette makers tighten their grip on teenagers.
Cincinnati Enquirer 3/30/94

The blunt message: Each year an estimated 434,000 Americans die from illnesses related to smoking. Yet this message somehow is not reaching the youth of this country. The Surgeon General's report states that while tobacco use continues to drop among adults, an increasing number of young people of both sexes are taking it up.

Peer pressure, persuasive ads and youthful experimentation all contribute to this deadly trend. After several years of decline, youth smoking rates picked up between 1992 and 1993. Among high school seniors, it rose from 28% to 30%. The average age for experimenting with smoking is 14 ½, and between one-third and one-half of the young people who try cigarettes become daily smokers.

Researchers use five cigarettes a day as a threshold for addiction. Smokers who smoke five or fewer tend to be able to quit more easily. Those who smoke above five a

day have more trouble quitting. An estimated 10% of U.S. smokers smoke five or fewer a day. Only 5 to 10 milligrams of nicotine a day is enough to cause measurable effects that prevent withdrawal or sustain addiction. So just a few cigarettes a day (1-3 milligrams of

The Habit That Becomes Hard To Break

Number of Teens Who Smoke	3.1 million
Proportion of Adult Smokers Who Began Before Age 20	30%
Proportion of Teen Smokers Who Said In A Survey They Had Tried To Stop	57%
Average Age When Smokers Began	14.5

nicotine per cigarette) are enough to create or sustain addiction. Just a few can trigger the magic number.

THE REACH AND THE TOLL OF TOBACCO

Total Annual number of tobacco-related deaths	419,000
Of those, cardiovascular-disease deaths	180,000
Lung cancer deaths	120,000
Annual number of deaths from secondhand smoke	9,000
Male Smokers, 1965	28.9 million
Male Smokers now	24 million
Female Smokers, 1965	21.1 million
Female Smokers now	22.3 million

MESSAGES FROM NON-SMOKERS TO SMOKERS:

- ✓ "If you're gonna smoke, why don't you just lick the ashtray?"
- ✓ "It's like, 'Can I have a pack of cancer, please.'"
- ✓ "Smokers die one breath at a time."
- ✓ "Smoking stinks! And so do you when you smoke!"
- ✓ "Smoker's breath kills romance!"
- ✓ "Ban the butt . . . skip the dip!"
- ✓ "Give your lungs air . . . not tar."
- ✓ "Stamp out life ... smoke."
- ✓ "Cigarettes kill you inside."
- ✓ "Yellow teeth, foul breath, smoke-stained clothes . . . gross!"

Is a cigarette smoker a . . . **DRUG ADDICT?**

One definition of drug addiction is: "A strong enough involvement with a substance that a person can't voluntarily choose whether to take more of the substance or leave it alone."

By this definition, people become as addicted to the nicotine in tobacco as they do to substances like heroin or cocaine. These people cannot choose to smoke one day and not to smoke the next day. Once they become regular smokers, they are not in control of their own behavior.

At first it is hard to see how nicotine is like heroin or cocaine. After all, the effects of nicotine are somewhat mild compared to the effects of other drugs. People addicted to nicotine are able to maintain jobs and function well. Cocaine or heroin addicts may not be able to do this.

Despite this difference, cocaine, heroin, and nicotine all have the power to control these people who are taking them. How do we know this is true about nicotine? Most of us probably know someone who tried to quit smoking but went back to it. This person obviously wanted to quit. A person does not voluntarily choose to go back to smoking the way one chooses to go to a movie. Instead, the person started smoking because of the addiction.

Is it possible that other influences besides addiction caused this behavior? Would peer pressure play a part? Would cigarette advertisements make someone want to smoke?

These influences can, and do play a part in making people smoke. So scientists developed research procedures to separate the influence of friends and advertising from the influence of physical addiction. One way they do this is by testing individuals who do not feel peer pressure and who cannot read ads. Who are these individuals? They are animals. Monkeys are hooked up to devices that deliver shots of nicotine to them whenever they press a lever. Given their own choice, monkeys will start pressing their levers for nicotine. Soon, they will press the levers hundreds of times to get just one shot of the drug.

Other studies show that nicotine has an addicting influence much like cocaine or heroin. Scientists have studied and observed people taking these drugs at different times in their lives. Scientists asked these people what drug was the hardest to quit taking. A large number answered that nicotine was the hardest to quit.

No one should think that nicotine is not addictive merely because its immediate effects are not as drastic as those of heroin or cocaine. Seventy-five percent of all smokers want to quit. But they are still smoking. These people have learned the hard way that nicotine is a very addictive drug

A wise man once said: "A cigarette has a fire on one end and a fool on the other. I don't want to be either end."

“QUESTIONS ABOUT SMOKING, TOBACCO, & HEALTH”

The American Cancer Society and the Office on Smoking and Health, United States Public Health Service, have prepared these answers based on the latest scientific and medical findings available. All evidence shows that in the United States, smoking is an enormous health problem, the majority of smoking begins before the age of 20, and that it can become a lifelong addiction. In addition, the Surgeon General has said: "Smoking is the single most important preventable cause of death in our society." "Smoking is responsible for more than one out of every six deaths in the United States." Between 1964 and 1985, approximately 750,000 smoking-related deaths were avoided or postponed as a result of decisions to quit smoking or not to start."

Is There A Safe Way To Smoke?

No. All cigarettes can cause damage and smoking even a small amount is dangerous. Cigarettes are perhaps the only legal product whose advertised and intended use – that is smoking them will hurt the body. Some people try to make smoking safer by smoking fewer cigarettes, but most smokers find this difficult. Some people think that switching from high tar/nicotine cigarettes to those with low tar/nicotine makes smoking safer, but this does not always happen. When people switch to lower tar and nicotine brands they often smoke more cigarettes or more of each cigarette to get the same nicotine dose as before. A low-tar cigarette can become a high-tar cigarette when a person takes deeper puffs, puffs more frequently, or smokes cigarettes to a short butt length. Even if smokers who switch to lower tar brands avoid these changes in smoking behavior, the health benefits from switching would be insignificant compared with the benefits of quitting altogether.

Is Cigarette Smoking Really Addictive?

Yes. The nicotine in cigarette smoke gets people hooked. The Surgeon General has called nicotine an ADDICTING drug, just like heroin and cocaine. It is addicting for three main reasons. First, when taken in small amounts, nicotine produces pleasurable feelings, which make the smoker

want to smoke more. Second, smokers can become dependent on nicotine. They suffer both physical and psychological withdrawal symptoms when they stop smoking, such as nervousness, headaches, and difficulty in sleeping. Third, nicotine is a drug that affects the chemistry of the brain and central nervous system, which explains how smoking affects one's mood and feelings. The addictive nature of smoking is the reason why so many people who want to stop smoking have trouble quitting.

What Does Nicotine Do?

The first dose of nicotine causes a person to feel awake and alert, while later doses make a person feel calm and relaxed. For these reasons, many people continue to smoke, but believe it or not, nicotine is a POISON. Taken in large amounts, nicotine can kill by paralyzing breathing muscles. In fact, taking an amount of nicotine equal to about one-fifth of an aspirin tablet can be as deadly as cyanide. Because smokers usually take in small amount of nicotine, which the body quickly breaks down and gets rid of, it does not kill them. However, it does have unwanted effects. Nicotine can make new smokers and regular smokers who get too much of it – feel sick. Nicotine causes blood pressure to go up and increases heart rate by as much as 33 beats per minute. It also lowers skin temperature and reduces blood flow in the legs and feet. Medical

authorities believe that nicotine plays an important role in increasing smokers risk of heart disease and stroke.

Does Smoking Cause Cancer?

Yes, and not only lung cancer. Tobacco use is responsible for about 30% of all cancer deaths in the United States. Cigarette smoking causes about 87% of lung cancer deaths. Besides lung cancer, cigarette smoking is also a major cause of cancers of the mouth, larynx (voice box), and esophagus (swallowing tube). In addition, smoking increases the risk of cancer of the bladder, kidney, pancreas, stomach, and the uterine cervix. These findings are based on thousands of human and animal studies.

What Are the Chances of Being Cured of Lung Cancer?

Very low; the five-year survival rate is only 13%. Most forms of the disease start without producing any warning signs, so that it is rarely detected in the early stages when it is more likely to be cured. The past 15 years have brought little significant progress in the earlier diagnosis or treatment of lung cancer. Fortunately, lung cancer is a largely preventable disease. That is, by not smoking it can be prevented.

Why Don't All Smokers Get Lung Cancer?

People react very differently to all substances for many reasons, including genetic and biological makeup. Since cigarette smoke contains over 4,000 chemicals, it's no wonder that every smoker doesn't contract the same disease. But the overall truth is inescapable: cigarette smokers die younger than nonsmokers. In fact, smoking takes an average of 7 years off a persons life. That is why most life insurance companies are

now offering discount life insurance policies for nonsmokers. Among smokers, the death rates increase with the number of cigarettes smoked per day, the number of years that a person has smoked, and the earlier the age at which smoking started. Other factors include depth of inhalation, tar/nicotine levels in the smoke inhaled, and the number of puffs per cigarette. Just as some people who play "Russian Roulette" are lucky enough to survive, some people who smoke are lucky enough to avoid premature death. But the chances of dying young are much worse for those who smoke, just like they are for those who play Russian Roulette.

Do Cigarettes Cause Other Lung Diseases?

Yes. Cigarette smoke causes other lung diseases which can be just as dangerous as lung cancer. It leads to chronic bronchitis – a disease where the airways produce excess mucus, which forces the smoker to cough frequently. Cigarette smoking is also the major cause of emphysema – a disease which slowly destroys a person's ability to breath. In order for oxygen to reach the blood, it must move across large surfaces in the lungs. Normally, thousands of tiny sacs make up about 100 square yards of surface area in the lungs. When emphysema occurs, the walls between the sacs break down and create larger but fewer sacs so less oxygen can reach the blood. Eventually, the lung surface area can become so small that a person with emphysema has to spend most of his time gasping for breath with an oxygen bottle close at hand. Together chronic bronchitis and emphysema make up chronic obstructive pulmonary disease (COPD), which kills about 71,000 people each year; cigarette smoking is responsible for 58,000 of these deaths.

Why Do Smokers Have "Smokers Cough?"

Cigarette smoke contains chemicals which irritate the air passages and lungs. When a smoker inhales these types of substances, the body tries to protect itself by coughing. The well-known "early morning" cough of smokers happens for a different reason. Normally, cilia (tiny hairlike formations which line the airways) beat outwards and "sweep" harmful material out of the lungs. Cigarette smoke, however, decreases this sweeping action, so some of the poisons in the smoke remain in the lungs. When a smoker sleeps, some cilia recover and begin working again. When a smoker wakes up, he coughs because his lungs are trying to clear the poisons which have built up from the previous day's smoking. Unfortunately, when the cilia are constantly exposed to smoke over a long period of time, their action is permanently destroyed. Then the smoker's lungs are even more exposed to damage than before. Smokers are more likely to get pneumonia because damaged or destroyed cilia cannot protect the lungs from bacteria and viruses that float in the air.

What in Cigarette Smoke Is Harmful?

Cigarette smoke contains tar, which is made up of over 4,000 chemicals, including 43 which are known to cause cancer. Some of these substances cause heart and respiratory diseases. All of these conditions are disabling and can cause death. Some of the chemicals in smoke may be surprising. Cigarettes smoke contains cyanide (a deadly poison), formaldehyde (a chemical used to preserve organs and tissues taken from humans and animals), methanol (wood alcohol, not to be confused with ethanol, the alcohol found in liquor), acetylene (the fuel used in torches), ammonia (the chemical used in many household cleaning products),

and acetone (the chemical found in fingernail polish remover). It also contains the poisonous gases, nitrogen oxide and carbon monoxide. There is nicotine, the addictive drug.

What is the Effect of Carbon Monoxide (CO) in Cigarette Smoke?

Carbon monoxide (CO) is the gas which kills people in a closed garage. This gas is dangerous because it has a greater attraction for the oxygen carrying molecules in the red blood cells (hemoglobin) than life-giving oxygen does. It displaces large amounts of oxygen from hemoglobin. Since the function of the red blood cells is to distribute oxygen to all parts of the body, CO deprives the body of oxygen by displacing it. It also makes it hard for the oxygen that is left in the blood to get into the muscles and organs. So when a person smokes, the heart works harder but accomplishes less. Medical authorities believe that CO, like nicotine, plays an important role in increasing smokers' risk of heart disease and stroke. CO also impairs vision, judgement, and hearing. Therefore, CO is dangerous to drivers, hurts athletic performance, and poses a special hazard to flight crews.

If You Smoke But Don't Inhale, Is There Any Danger?

Yes. Wherever smoke touches living cells, it does harm. So even if smokers don't inhale – including pipe and cigar smokers – they are at an increased risk for lip, mouth, and tongue cancer. Because it is virtually impossible to avoid inhaling tobacco smoke totally, these smokers also have an increased risk of getting lung cancer. Lung cancer is much more likely to occur in a person who has always smoked cigars or pipes than in a person who has never smoked at all.

Does Cigarette Smoking Affect the Heart?

Yes. Smoking cigarettes increased the risk of heart disease, which is America's number one killer. About 115,000 Americans die each year from heart attacks and other forms of heart disease caused by smoking. Smoking, high blood pressure, high blood cholesterol, and lack of exercise are all risk factors for heart disease. Smoking alone doubles the risk of heart disease. When a person smokes and has other risk factors, his chance of getting heart disease increases dramatically. For example, if smoking is combined with high blood pressure or high cholesterol then the risk goes up four times, Put all three together – smoking, high blood pressure, and high cholesterol and the risk goes up eight times. Smokers who have already had one heart attack are also more likely than nonsmokers to have another attack.

Is There Any Risk for Pregnant Women and Their Babies?

Pregnant women who smoke endanger the health and lives of their unborn babies. When a pregnant woman smokes, she really is smoking for two because the nicotine, carbon monoxide, and other dangerous chemicals in smoke enter the mother's bloodstream and then pass into the baby's body. Women who smoke during pregnancy risk having a miscarriage, stillbirth, or premature baby. Their babies are also more likely to be underweight, by an average of one-half pound. These low-birth-weight babies are more likely to develop serious and sometimes fatal-illnesses than normal weight babies.

Does Smoking Cause Any Special Health Problems for Women?

Yes. Nonsmoking women who use oral contraceptives (the "pill") double their

chances of having a heart attack. However, when women use the Pill and smoke they are 10 times more likely to suffer a heart attack than nonsmoking women who don't take the Pill. Women who smoke and use the Pill have an increased risk of stroke and blood clots in the legs as well. Women who smoke also ran the risk of having trouble getting pregnant; the more they smoke, the more likely it is that they will have difficulty. Some studies show that female smokers, especially the elderly, are at a higher risk for osteoporosis (a disease which weakens the bones and makes them more likely to break) than nonsmoking women. In addition, women who smoke increase their chances of getting cancer of the uterine cervix.

What Are Some of the Short-Term Effects of Smoking Cigarettes?

Almost immediately, smoking can make it hard to breathe. Within a short time, it can also worsen asthma and allergies. Nicotine reaches the brain only seven seconds after taking a puff (faster than it takes heroin to reach the brain) where it produces a variety of effects.

Are There Any Other Risks To the Smoker?

Yes. There are many other risks. As we already mentioned briefly, smoking cigarettes causes stroke, which is the third leading cause of death in America. Smoking causes lung cancer, but if a person smokes and is exposed to radon or asbestos, the risk increases even more. Smokers are also more likely to have and die from stomach ulcers than nonsmokers. In addition, cigarettes can interact with medication the smoker is taking in unwanted ways – like preventing the drug from doing what it is supposed to do. Diagnostic tests can give wrong results if a person smokes. For example, smoking

may cause increases in total cholesterol counts. One hazard often overlooked is that smoking causes fires – cigarette-caused fires kill about 1,700 people a year.

Can Quitting Really Help A Lifelong Smoker?

Yes, it is never too late to quit. The sooner smokers quit, the more they can reduce their chances of getting cancer and other diseases. After not smoking for 15 years, an ex-smoker is only slightly more likely to die from lung cancer than a lifelong smoker. The extent to which the risk falls depends on the total amount the person smoked, the age the person started smoking, and the amount of inhalation. The risk of heart disease decreases even more quickly after quitting. About 10 years after quitting, the ex-smoker who used to smoke less than a pack a day is at the same risk for heart disease as a person who never smoked at all.

Suppose I Smoke for A While and Then Quit?

Some people think that they can start smoking for "a while" and then quit without risk. But they are wrong. Smoking begins to cause damage right away. All smokers, even teenagers, show some decrease in lung capacity. What's worse, it doesn't take very long for a new smoker to become addicted to nicotine and find it hard to quit. Once this happens, cigarettes are likely to become a crutch to support stress, a weapon to fight anger, a means of experiencing pleasure. One study found that 74% of smokers undergoing treatment for alcohol and other forms of drug abuse (including marijuana, cocaine, heroin, and other drugs) reported quitting cigarette smoking would be at least as difficult as giving up the other drug on which they were dependent; 57% said that quitting smoking would even be harder.

Once I Stop Smoking, Can I Take A Cigarette Now and Again?

No. Nicotine seems to create a permanent tolerance in the body. When a ex-smoker smokes a cigarette, even years after quitting, the nicotine reaction may be triggered and he is quickly hooked again. In the same way that a recovering alcoholic should never drink again, an ex-smoker should never smoke again.

Are Menthol Cigarettes Safer Than the Other Brands?

Menthol cigarettes are not safer than the other brands and may even be more dangerous. About 28% of all US cigarettes sold are menthol. Blacks smoke more menthol cigarettes than whites; about 76% of black cigarette smokers smoke menthol cigarettes, compared with 23% of whites. These brands contain enough menthol to produce a "cool" feeling in the throat when smoke is inhaled. People who smoke menthol cigarettes can inhale more deeply or hold the smoke inside longer than smokers of non-menthol cigarettes. This may help explain why blacks, who smoke fewer cigarettes a day (but more menthol cigarettes), are more likely than whites to die from smoking-related diseases – like lung cancer, heart disease, and stroke.

Why Do People Begin to Smoke?

There are many reasons. "Peer pressure" encourages many young people between the ages of 10 and 18 to experiment with smoking. The desire to be accepted and to feel grown up are among the most common reasons to start smoking. Yet even though teenagers sometimes smoke to gain independence, parents also influence whether or not their children smoke; teenagers with smoking parents are more likely to smoke than those who have non-smoking parents. Advertisements, which make smoking appear to be an exciting,

glamorous, and healthy adult activity, may also encourage a person to start smoking.

How Do People Successfully Quit?

Each year about 17 million people try to quit for at least a day. Of these quitters, more than 4 million still aren't smoking after three months. About 90% of those who have tried to quit have done so on their own – by either stopping "cold turkey" or slowly reducing the number of cigarettes they smoke. They may try several times before they succeed. Some use "self-help" guides to quitting, while others choose to attend quit-smoking classes. Smokers with a strong physical dependence on cigarettes may quit more easily using nicotine chewing gum (see the next question). There is no one right way to quit. Anything that is legal, ethical, and effective is worth trying – this could include chewing gum, eating carrot sticks, hiding ashtrays, taking long walks, and spending time in places where smoking is prohibited.

Is Nicotine Chewing Gum Effective in Helping Smokers Quit?

As we already mentioned, one of the main reasons people have trouble quitting smoking is that the nicotine in tobacco is addicting. For smokers trying to quit who have a strong physical dependence on nicotine – those who smoke a pack or more of cigarettes a day, light up their first cigarette within the first 30 minutes of waking up, smoke when they are ill or where smoking is forbidden – nicotine chewing gum can be helpful.

What Are the Dangers of Passive Smoking?

Passive (involuntary) smoking occurs when nonsmokers inhale the tobacco smoke of others. "Sidestream" smoke, the smoke that comes off the lit-end of the

cigarette, contains the same harmful chemicals as the smoke that smokers inhale. In fact, because sidestream smoke is formed at lower temperatures, it gives off even larger amounts of cancer-causing substances. Passive smoking causes lung cancer in healthy nonsmokers. Children whose parents smoke are more likely to suffer from pneumonia or bronchitis in the first two years of life than children who come from smoke-free households. Nonsmokers who are married to smokers have a 30% greater risk for developing lung cancer than nonsmokers married to nonsmokers. Besides being dangerous, passive smoking is also annoying. Nonsmokers exposed to the smoke of others often complain of eye irritation, headaches, nausea, and dizziness. People who wear contact lenses are especially sensitive to tobacco smoke.

Are People's Attitudes About Smoking Cigarettes Changing?

Yes, the tide is turning. During the 1940's and 1950's smoking was popular; now it is much less socially acceptable. Movie stars, sports heroes, and other celebrities used to appear in cigarette advertisements. Today, actors, athletes, public figures, and political candidates are rarely seen smoking. Over the years, people have become more annoyed about breathing the smoke of others. Most people, smokers and nonsmokers alike, believe that smokers should not light up in the presence of nonsmokers. Even teenagers who start smoking to gain popularity are changing their attitudes. A recent survey from the National Institute on Drug Abuse showed that teenagers prefer to date a nonsmoker and strongly dislike being around people who smoke.

What Are the Chances That Smoking Will Kill You?

Researchers have found that diseases

caused by cigarette smoking will kill about 25% of all smokers. They say that out of 100 regular smokers in the United States, one will be murdered, two will die in traffic accidents, and 25 will be killed by tobacco use. The risk of dying from cancers caused by passive smoking is more than three times the risk of dying from cancers due to all other air pollutants. Cigarette smoking kills 390,000 Americans each year. this is about the same number of people who would die every year if three jumbo jets crashed each day with no survivors. Smoking is responsible for more than one out of every six deaths in this country and is the single most important preventable cause of death in our society.

**AMERICAN CANCER SOCIETY
U.S. DEPARTMENT OF HEALTH AND
HUMAN SERVICES**

THE TRUTH ABOUT DRINKING AND WHAT ALCOHOLIC BEVERAGES DO TO YOU!

ALCOHOL is the world's biggest thief. It robs productivity from workers and takes money from families; it steals childhood from abused children, and takes years from the life of any heavy user. It robs the drinker of alcoholic beverages of dependability, and makes him a menace on the highways.

ALCOHOL KILLS! One-Third of all preventable deaths are related to alcohol abuse. The use of alcoholic beverages causes:

Liver & Gastrointestinal Diseases

Heart Diseases

Brain Damage

Cancers

Pregnancy Problems

Accidents, Murders, and suicides

If a pregnant woman drinks alcohol, her baby is in danger of severe health defects.

ALCOHOLISM SPELLS DISASTER! It is ruinous not only to the alcoholic but also to his family. It brings financial ruin, physical and mental breakdown, and even death. And anyone can and may become an alcoholic – which means so addicted to alcoholic beverages that he can't quit without special help, if then. History tends to repeat itself in families where alcohol is abused. Children of alcoholics have four times the risk of developing alcoholism than children of non-alcoholics.

ALCOHOL DESTROYS BRAIN CELLS! Unlike other cells in one's body, brain cells are not replaced. The destructive effects of drinking alcoholic beverages are, therefore, cumulative and irreversible. The brains of some "skid row" drunks are useless in teaching brain-structure in medical schools because the deterioration is so severe. A recent study reported that the brains of alcoholics resembled the brains of aged men, even if the victims were only in their thirties or forties. Psychological tests have proven that this resemblance is not only in appearance, but also in function.

ALCOHOL CAUSES BRAIN SHRINKAGE. Even when taken in relatively small quantities. To avoid brain shrinkage a man would have to limit his drinking to less than three drinks a day. For women the quantity would be half of that. Those who average less than one drink per day, both men and women, still show signs of brain dysfunction. **THERE IS NO SAFE LEVEL OF DRINKING, NO THRESHOLD BELOW WHICH ALCOHOL FAILS TO DAMAGE GROUPS OF CELLS IN THE BRAIN AND OTHER VITAL ORGANS.**

Drinking affects moral discernment, diminishes abstract thinking and causes brain shrinkage. Taken in any quantity, alcohol destroys brain cells irreplaceably! Every problem drinker begins as a social, occasional drinker. A teenager can become an alcoholic in ten months, while it might take ten years for an adult.

ALCOHOL IS THE COMPANION OF EVERY KIND OF SIN AND CRIME! Not only is alcohol a component of most of the evil actions of a criminal nature which take place in the world, but alcohol is the root cause of a great deal of it . . . perhaps most of it. J. Edgar Hoover, the late head of the FBI, stated that about 62% of the crimes committed in our country are the result of strong drink. Liquor lowers moral inhibitions and encourages behavior that the inebriated individual would never engage in if he or she were completely sober.

LESSON 3

IT'S YOUR CHOICE CHEMICAL DEPENDENCY AND ENSLAVEMENT

WHAT THE SCRIPTURES SAY ABOUT OUR PARTICIPATION IN THOSE THINGS WHICH CONTROL US AND DESTROY US – WHICH DAMAGE THE QUALITY OF LIFE AND SHORTEN ITS DURATION.

God is the giver and sustainer of life. we are but stewards of the precious life that he has given us. Body, soul, and spirit – we belong to Him, and not to ourselves. *"The earth is the Lord's and the fullness thereof; the world, and all they who dwell therein" (Psa. 24:1). "Do you not know that your body is a temple of the Holy Spirit, who is in you, who you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body" (I Cor. 6:19,20).* (Read also Ezek. 18:4; Rom. 14:8).

We are answerable and accountable to God for what we do with our bodies and our lives. we are free to choose sin and death, free to choose the life-style we want, free to disobey the laws of God and man, if we want to – but we will pay the bitter penalty, here and hereafter.

"The wages of sin is death; but the gift of God is eternal life through Jesus Christ, our Lord" (Rom. 6:23).

"The way of the transgressor is hard" (Prov. 13:15).

"So then every one of us shall give account of himself to God" (Rom. 14:12).

"But I say unto you, that every idle word that men shall speak, they shall speak, they shall give account thereof in the day of judgment." (Matt. 12:36).

"For we must all appear before the judgment seat of Christ, that each one may receive what is due him for the things done while in the body, whether good or bad." (II Cor. 5:10).

CHRIST CAME INTO THE WORLD TO INFINITELY IMPROVE HUMAN LIFE, BOTH IN REGARD TO QUALITY AND QUANTITY – TO MAKE IT ENDLESS IN DURATION AND PERFECT IN QUALITY.

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it more abundantly . . ." (Jn. 10:10).

"My sheep hear my voice, and I know them, and they follow me: And I give them eternal life: and they shall never perish, neither shall any man pluck them out of my hand" (Jn. 10:27,28).

**CHRIST CAME INTO THE WORLD TO FREE MAN
FROM SIN AND DEATH – TO LIBERATE US FROM THE
CONTROL OF ANYTHING OR ANYBODY BUT GOD
OUR CREATOR – THE ONE TO WHOM WE REALLY BELONG AND WHO ALONE
HAS THE RIGHT TO CONTROL OUR LIVES.**

Whatever controls our lives is our true God. Drug addiction, the control of our lives by chemicals like tobacco, alcohol, marijuana, cocaine, etc. is a form of idolatry.

"Therefore, do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace . . . Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey – whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted. You have been set free from sin and have become slaves to righteousness (Rom. 6:12-18).

"Then said Jesus to those Jews who believed on him, If you continue in my word, then are you my disciples indeed, and you shall know the truth, and the truth shall make you free . . . Verily I say unto you, whoever commits sin is the slave of sin, and the slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed" (Jn. 8:31-36).

". . . Where the Spirit of the Lord is, there is liberty" (II Cor. 3:17).

**WHATEVER WOULD DAMAGE OUR BODIES, SHORTEN
OUR LIVES, OR BRING US UNDER ITS
CONTROL IS WRONG AND EVIL**

Such things are against the law of God and contradictory to Christ and His mission to liberate the human race from sin, to infinitely lengthen and improve human life, and to bring man under the absolute control of God. The use of those chemicals which are addictive . . . which enslave us and destroy our bodies, our minds, our lives, and our relationships with others – tobacco, alcohol, marijuana, "crack" cocaine, heroin, and a host of others – should be avoided like the deadly poison that they are!

**WHAT THE SCRIPTURES SAY ABOUT OUR OBEDIENCE
TO THE LAW OF THE LAND**

To disobey the laws of men is to disobey the law of God, unless the laws of man contradict the law of God. In His Word, God has commanded that we be in submission to human government which has been ordained by God to keep order in society. *"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same: For he is the minister of God to*

thee for good. But if thou do that which is evil, be afraid; for he beareth not the sword in vain: for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake" (Rom. 13:1-5).

"Submit yourselves for the Lord's sake to every authority instituted among men: whether to the king, as the supreme authority, or to governors, who are sent by him to punish those who do wrong and to commend those who do right. For it is God's will that by doing good you should silence the ignorant talk of foolish men. Live as free men, but do not use your freedom as a cover-up for evil; live as servants of God. Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the King" (1 Pet. 2:13-17).

"Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good" (Tit. 3:1).

ALL ADDICTIVE AND HARMFUL CHEMICALS EXCEPT TOBACCO AND ALCOHOL ARE ILLEGAL

To buy, sell, use, give, or even possess them is a criminal offense. It is a criminal offense to sell tobacco products to anyone under 18, or to give or sell any alcoholic beverage to anyone under 21 (unless one is the parent or legal guardian of the person under 21 to whom the alcoholic beverage is given or sold, or unless one is a licensed medical doctor, and it is given by prescription). Whoever takes these illegal drugs – and this includes "pot," of course – makes himself a criminal, and is in wilful violation of the laws of God and man.

CHEMICAL DEPENDENCY AND ENSLAVEMENT DESTROYS OUR INFLUENCE FOR GOOD

Christians are commanded to *"avoid the very appearance of evil" (1 Thess. 5:22)*. We are told that, *"It is wrong for a man to eat anything that causes someone else to stumble. It is better not to eat meat or drink wine or to do anything else that will cause your brother to fall" (Rom. 14:20,21)*. Jesus commanded: *"Let your light so shine before men, that they may see your good works, and glorify your Father who is in Heaven" (Matt. 5:16)*.

The use of addictive and harmful substances is not a good work, but an evil work, and is so recognized by the world, so that men who make no claim to be Christians pass laws against the use of these substances, and try to discourage their use in society.

The Cincinnati Enquirer recently carried an article (taken from the Associated Press), about the Asian country of Singapore, stating that it is free of the drug problem, street crime is low – women can walk alone and unafraid in the streets late at night. "The administration (i.e. government) has a reputation for honesty, efficiency, and a strong sense of direction. Standards are high and there is a strict moral code . . . A campaign is under way against tobacco in the hope of making Singapore the world's first smoke-free country" (Enquirer 4/14/94).

Singapore has very few even nominal Christians in it. The overwhelming majority of its citizens have never even seen a Bible in their lives. They are Confucionists, Buddhists, Hindus, etc. – adherents of Oriental religions. Yet they know that the use of

addictive substances is very wrong and harmful – and they have made them illegal . . . and, more importantly, they have made the laws against these things effective by enforcing them, sometimes very harshly.

Should not we be trying as hard to make the church of Christ the first smoke-free and drug-free church as the Singaporeans are to make their country the first smoke-free and drug-free country? We have Christ and the Holy Spirit – the power of God in our lives – and they do not. But they have far outstripped us in disciplined performance. The fault is ours – not Christ's, not God's, nor the Spirit's. We have not obeyed God! As a result, our country is on the way to ruin, and Christianity is not taken seriously by the non-Christian world. The church of Christ is not a great deal better morally (if indeed, at all), than the rest of so-called "Christendom."

A drug-ridden, crime-ridden society cannot persuade the non-Christian world that "Christ is the answer", and a church of Christ that does not demand obedience to the moral and spiritual laws of God of its own members will never convince the world that it is the body of which Christ is the head.

THE WAY OF ESCAPE WHICH GOD OFFERS US FROM THE "SIN TRAP"

Every young person, and older one too, of course, must constantly be on guard against the temptation to "join the crowd" – that is, entering the wide gate and going into the broad way that leads to destruction (Matt. 7:13,14). We are commanded to, "*Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak*" (Matt. 26:41).

"Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it (1 Cor. 10:12,13).

The scriptures are a record of the lives of individuals who stepped out of "the crowd" to stand often alone, for what was right, good and Godly . . . Noah, Abraham, the Patriarchs, Joseph, Moses, Joshua, Gideon and the Judges, David, Daniel, The Prophets, John the Baptist, Jesus, the Apostles, Stephen (the first Christian martyr) – for that matter, all the early Church.

In the days of Noah, the world was very much like it is now – filled with wickedness, violence, and corruption of every kind. We read: "*And God saw that the wickedness of man was great on the earth, and that every imagination of the thoughts of his heart was only evil continually. And repented the Lord that he had made man on the earth, and it grieved him in his heart . . . The earth also was corrupt before God, and the earth was filled with violence. And God looked upon the earth, and behold, it was corrupted; for all flesh had corrupted his way upon the earth.*" (Genesis 6:5,6,11,12).

But there was one man who, with his little family, remained pure and holy in a morally rotten world. "*Noah was a righteous man, blameless among the people of his time, and he walked with God. Noah had three sons: Shem, Ham, and Japheth*" (Gen. 6:9,10). God saved Noah and his family, and no one else, when He destroyed the world by the great flood. Noah is our common ancestor, as much as is Adam.

Abraham was such a man in his sinful and idolatrous generation. God told him: "*Leave your country, your people and your father's household and go to the land that I will show you.*" If Abraham would do this, God promised him: "*I will make you into a great*

nation and I will bless you; and I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you" (Gen. 12:1-3).

Abraham *"obeyed and went, even though he did not know where he was going."* (Heb. 11:8). He could have lived in a mansion had he chosen to just be like the people around him, for he was a very wealthy man. But he chose to live the life of a nomad – a wanderer, living in tents, and being always a stranger and a pilgrim as were also Isaac and Jacob, and Jacob's sons, the Patriarchs, who became the founders of the twelve tribes of Israel (because Jacob's name was changed to *"Israel"*). They were all heirs with Abraham of God's promise – AND SO ARE WE! (Heb. 11:9; Gal. 3:26-29). They all were *"looking forward to the city with foundation whose architect and builder is God"* (Heb. 11:10). AND SO ARE WE!

"These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth. For they that say such things declare plainly that they seek a country. And truly, if they had been mindful of that country from whence they came out, they might have had opportunity to have returned. But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city" (Heb. 11:13-16).

Our Savior suffered and died *"outside the city."* So, like Him, we are to leave the earthly-order and become a part of the heavenly-order. We are to become citizens in a heavenly kingdom, acknowledging that *"This world is not our home . . . We're just a passin' through."*

"Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate. Let us go forth therefore unto him without the camp, bearing his reproach. For here have we no continuing city, but we seek one to come" (Heb. 13:12-14).

Joseph dared to stand alone for what was right – to first against his own brethren, then later against the immorality of Egypt, where he had been taken as a slave because of the treachery of his brothers. Eventually, by God's power and help, he was made the Prime Minister of Egypt, and was given almost total control over Egypt, the richest, most advanced and powerful nation in the world at that time.

Moses made a choice, too . . . the choice to stand up for what was right and to identify himself with God's enslaved people in Egypt, rather than to live the luxurious life of a son of Pharaoh's daughter . . . rather than to be a Prince of the royal family and perhaps eventually to sit upon the throne of Egypt.

"By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season; Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompense of the reward" (Heb. 11:24-26).

Daniel made a choice, also. He chose to stand alone for God and for truth and righteousness, against the King and all the combined forces of Babylon, where he and the Hebrew nation were in captivity. His reward was to be delivered from the mouths of ravenous lions, and to be honored above all that were in the Babylonian kingdom. *"They clothed Daniel with scarlet, and put a chain of gold about his neck, and make a proclamation concerning him that he should be the third ruler in the kingdom" (Dan. 5:29).*

It was *"by faith"* that Noah, Abraham, the Patriarchs and Prophets of Old, Joseph, Moses, Daniel, and countless others were able to overcome the sin and unrighteousness of their day. God helps those who believe wholeheartedly in Him and are willing to serve Him, no matter what the consequences. God gives strength, power, and victory to those

whose faith is in Him and in His Son, Christ Jesus, through whom we are united with Him in his spiritual family, the Church.

"I can do all things through Christ which strengtheneth me," said the apostle Paul (Phil. 4:13). The gospel of Christ is God's power to save, to deliver, to liberate, to free from sin – to every one who believes (Rom. 1:16).

Faith in God and His Word, and in Christ who is God's Word made flesh, empowers us to obey the word, the gospel, and to resist the devil and all his temptations and efforts to lead us into sin. Of course, faith without obedience to the word is of no value. Jesus said: *"If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him. He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me"* (Jn. 14:23,24).

Victory is in Jesus – VICTORY over cigarettes and alcohol, over chemical dependency and enslavement of all kinds; over the sin and immorality of our time; over every kind of evil and wickedness; over death and hell – the world, the flesh, and the devil. Christ has overcome the worldly powers and forces which would destroy us physically, mentally, morally, spiritually, and socially, including drugs, alcohol, and tobacco, but of course not limited to them. The way of escape from the sin-trap is faith in and obedience to Christ and His word, the gospel!

"For this is the love of God – that we keep his commandments; and his commandments are not grievous. For whatsoever is born of God overcomes the world: and this is the victory that overcomes the world – even our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God" (I Jn. 5:3-5).

"These things have I spoken unto you, that in me you might have peace. In the world you shall have tribulation: but be of good cheer; I have overcome the world" (Jn. 16:33).

"You are of God, little children, and have overcome them, because greater is he that is in you than he that is in the world" (I Jn. 4:4).

"The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light" (Rom. 13:12).

Sing: *"Encamped Along the Hills of Light", "Victory in Jesus", and "Dare To Be A Daniel."*

WHY NOT SMOKE, DRINK, AND "DO DRUGS?"
WHY NOT USE TOBACCO, ALCOHOL AND OTHER ADDICTIVE CHEMICALS?

6. They are against the law. (One must be 21 to legally drink alcoholic beverages; 18 to purchase cigarettes. It is a criminal offense to purchase, possess, or use all other addictive drugs).
7. They are very harmful to the body and damage physical health in many ways. Tobacco, alcohol, and addictive drugs will kill you . . . maybe slowly . . . maybe quickly . . . but they will finally get you!
8. They are very, very expensive – and the cost of purchasing them, while great, is nothing compared to other costs they will entail. The use of alcohol and other addictive chemicals . . . like gambling . . . will eventually bankrupt the user. "The user is a loser!" "No sinner is a winner!" "Be a winner – not a loser!" "Be smart – don't start!"
9. They damage one's mind and eventually destroy mental health, making it impossible for the user to think rationally or use good judgement. (Tobacco may be the one exception to this rule. The alcoholic and the drug addict may have hallucinations and may suffer permanent brain damage).
10. They lull the conscience to sleep, lower one's moral inhibitions, and destroy the user morally and spiritually. (This may not be true of tobacco, but is certainly true of alcohol which is the friend and companion of every kind of crime and immorality. It is true of all other addictive drugs).
11. Their use utterly destroys one's influence as a Christian. No alcoholic or drug user is going to be able to bring others to repentance when he needs to repent himself. These addictive chemicals (with the exception of tobacco) also destroy one's relationships with God, with the Church, with his family, with his friends. The alcoholic and the drug addict cannot have wholesome or happy relationships with anybody, in any context. He, or she, is a pitiful derelict – a vessel bound for no port, a burned-out hulk adrift on the sea of life. Broken homes, ruined lives, wrecked careers, blasted dreams, lost souls – nightmarish lives ending in perdition hereafter . . . these are the sure results of alcohol and drug addiction!
12. They all enslave the user – bringing him into a cruel bondage, from which he can break free only by the strongest determination and resolution and with God's help. They all steal the control over one's life that rightfully belongs to God, and to one's self. Tobacco, alcohol, marijuana, and all other addictive chemicals, rob you or your money and your life! Give them a wide berth . . . don't go where they are being used, lest they reach out and grab you and pull you into servitude unto them.

OBJECTIVES

- ⇒ To help young people establish goals for their lives for time and for eternity.
- ⇒ To help young people establish the right relationship with God, through faith in and obedience to Christ and His word . . . to love God totally.
- ⇒ To help young people have the proper esteem for themselves and for others . . . to love and respect others like they love themselves and want to be respected.
- ⇒ To help young people to know the effects of cigarettes, alcohol, and addictive chemicals on their bodies, their relationships with God and man, their careers and their lives, here and hereafter.
- ⇒ To enable young people to resist peer pressure to smoke, drink, do drugs, and engage in premarital sex.
- ⇒ To encourage young people to help others who are caught in the "sin trap."

WHY DO TEENAGERS SMOKE, DRINK, AND DO DRUGS? "JOIN THE PARTY! EVERYBODY'S DOING IT!"

"For some, smoking is doubly fun--its cool with peers and annoying to adults." The U.S. News & World Report, in an article on "Teens On Tobacco", 4/18/94, stated, "Teens smoke for reasons all their own. Teenagers are the prime target in the tobacco wars. About 1 million start smoking each year – 3,000 a day – even though most are too young to buy cigarettes legally . . . As both sides struggle to shape the attitudes and habits of young people, the U.S. News discussed the smoking issue with twenty teenagers from suburban Baltimore. Half were boys, half girls, and all were between 15 and 17. Over more than four hours of conversation, it became clear that most teens started smoking for two seemingly contradictory reasons: They want to reach out and to rebel at the same time." (i.e. They want to reach out to their own age group and rebel against adults and their authority).

The U.S. News articles goes on to say: "The teens estimate that when they party, 75 to 90 percent of the kids are smoking. 'It makes you look like you belong,' says Davon Harris, a senior at Woodlawn High. 'For some people who are insecure, it's something they have in common with other people,' adds a 10th-grade girl. For these youngsters, smoking, drinking and parties go together – a sign that peer pressure is an enormous factor. Most say teens usually smoke in groups, seldom alone. 'If you're drinking, you've just got to have a smoke,' say Trey Fitzpatrick, a senior at Gilman Academy."

"Teenagers also relish smoking as a sign of independence, even impudence. The more authority figures tell them not to smoke, the more psychic rewards they get from the habit . . ."

"The young women add that smoking is something to do when they're bored but don't want to eat. And then they get trapped. "People don't stop, because if they do, they're afraid they'll gain weight," says a freshman girl . . ."

"But the most effective way to keep kids from smoking is to convince them that it is not cool. The most ardent foes of tobacco in this group find it "disgusting" or "gross," words describing yellowing teeth, foul breath and smoke-stained clothes. One sophomore

recalls her first smoke this way: "I remember sitting there and thinking – I was cool. I'm a rebel. Now I look back, and I was such a dork."

The reasons given by most teenagers for taking their first drink, smoking their first "reefer" (pot), or taking their first snort, shot, or puff of crack-cocaine, heroin, or other drugs, are substantially the same as those given for smoking their first cigarette – their friends were doing it; it was a way of conforming to the behavior pattern of the group they wanted to be a part of; it was a way of showing scorn and disdain for the "establishment." Other reasons given are:

- ⇒ They wanted to have a good time – experience the "high" which they had heard resulted from drinking or taking drugs. They thought it would be fun.
- ⇒ They were curious to know "what it was like."
- ⇒ Their parents, or brothers and sisters, drank, smoked pot, or took drugs.
- ⇒ It was readily available, and seemed like the thing to do. It was easier to do it than to not do it.
- ⇒ It offered relief and relaxation from stress and worries – it was a "pain killer and an escape hatch" to get away for awhile from insoluble problems.
- ⇒ It made conversation and closer relationships with the people they were with, easier and simpler – established a bond of common interest and shared experience. It offered an escape from loneliness and the meaninglessness of life.
- ⇒ It made them feel "sophisticated," "mature," and "grown-up" – gave them an insight into a facet of life they knew nothing about, and so broadened their horizon and gave them an understanding of things and people they otherwise would not know about.



DRUGS AND CHRISTIANITY

Drug abuse is very widespread today. It seems that many people get into the habit of taking a drug to alleviate pain, depression, weight problems or unhappiness. They begin to think that there is a chemical solution to every problem.

Unfortunately, these immediate solutions to problems have a high price tag in the long run. Because drugs make people feel the way they want to feel and have a high addiction potential both physically and/or psychologically, our constant battle against drug abuse may be never ending.

While 1978 was our peak year for drug abuse and 1963 the peak year for cigarette smoking in our nation, current statistics do show a downward trend. For example, current

marijuana use among 1987 graduating seniors was down from 37% in 1978 to 21 %. However, alcohol use among high school students has remained the same. Approximately 2/3 of high school seniors drink. Alcohol continues to be the number 1 drug problem. 37 % of high schools seniors are heavy drinkers (5 or more drinks on any 1 occasion in a 2-week period).

Researchers are doing much to associate genetics to predispose some who become drug dependent. I feel that more will be learned about this and other psychosocial factors as time passes.

There are several! :factors which I feel do precipitate drug taking behavior.

1. Children of parents who abuse drugs are more likely to use drugs themselves (environmental).
2. Peer pressure is probably the single most contributing factor.
3. Parents who have problems with discipline. They may be inconsistent or too harsh or too permissive.
4. Underachievers who become bored.
5. Rebellious youths who resist authority.
6. Use of gateway drugs such as alcohol or tobacco.
7. Curiosity or "thrill seeking" may cause one to try drugs but may not necessarily lead to drug-taking behavior.
8. Lack of family ties or bonding.
9. Need for development of self-esteem.
10. Need for development of value clarification.

The difference between trying drugs and drug-seeking behavior or abuse should be pointed out. A person may try drugs because it is "the thing to do," out of curiosity, "peer pressure" or other reasons. He continues to use drugs because of the "high." Before long he becomes addicted and has to continue his drug-oriented behavior.

Common Drug of Abuse:

Marijuana

Marijuana found on the street today is more potent than the marijuana found in 1978. Street marijuana in 1978 probably contained 1 % THC (Tetrahydrocannabinol), the principal psychoactive ingredient, compared to samples today containing up to 10% with an average of around 4%.

Since marijuana is held in the lungs for long periods of time it would follow that it does have adverse pulmonary effects.

Marijuana has the same effect on psychomotor skills as does alcohol. It also interferes with learning, memory and intellectual function while "high." Glare recovery, which is important when driving at night, and peripheral vision are affected by marijuana.

Continued heavy use in females may contribute to menstrual irregularities and miscarriages. Sperm output in the male may also be decreased.

Cocaine

Street cocaine is more potent now than it has ever been. There is a national cocaine help line (800-COCAINE). "Crack" is a form of cocaine that can be smoked. Smoking results in more rapid and intense effects, increases the chances of rapidly becoming dependent, and can cause pulmonary damage.

Irregular heart action, cocaine-related heart attacks and strokes, and premature labor induced by cocaine have all been reported. Withdrawal is characterized by depression, drug craving, tremor, muscle pain, and eating and sleep disorders.

Sedatives

"Downers" (as they are called on the street) include sleeping pills and alcohol; our number one drug problem. These drugs are all central nervous system depressants (CNS) and the combination of CNS depressants with alcohol can be dangerous even to the point of respiratory depression and death.

These mind-altering drugs were first associated with the psychedelic era of the 60's. Included in this group are LSD (Lysergic Acid Diethylamide) and PCP (Phencyclidine).

Dr. Willard Alls is a member of the nationally acclaimed Drug Free Schools Recognition Panel which is a division of the Department of Education, Washington, D.C. He worships with the University Church of Christ in Murray, Kentucky.

CHRISTIAN BIBLE TEACHER, DECEMBER 1998



ADOLESCENTS AND ALCOHOL FACT SHEET

Alcohol is the drug most widely used by adolescents. Ninety percent of Ohio's 7-12 graders have tried alcohol with 39.7% describing themselves as regular users.

The average age of first use of alcohol is currently 12, with younger children reporting earlier use.

Among 11-12 graders, only 12% reported any alcohol/drug use before age 11, but among 7-8 graders nearly 30% reported alcohol/drug before age 11.

Boys are more likely to begin early use of alcohol and more likely to be high frequency users of both alcohol and marijuana. For other drugs, there is no apparent difference in use between the sexes.

Over 7% of 7-12 graders had either sought help for an alcohol/drug problem or been offered help for a problem. 18.7% reported chronic negative effects from their alcohol/drug use. This represents over 25,000 adolescents in the Greater Cincinnati area.

The current legal drinking age in both Indiana and Kentucky is 21. In Ohio the legal age for beer is 19 and for wine and liquor, 21.

The most common drinking location for teens is their own home. Fifty percent of parents report they set no guidelines regarding use of alcohol by their children.

The death rate for 15-24 year olds has increased over the last fifteen years while the death rate for all other age groups has decreased. Drunk driving is the single largest killer of teens. Teenage drivers are involved in 1 of every 5 fatal accidents in the country.

While use of drugs other than alcohol among teens has declined since 1978, teens are more likely than adults to use other drugs in combination with alcohol. This increases the risk of overdose deaths and complicates withdrawal and treatment.

ALCOHOLISM COUNCIL of the Cincinnati Area, N.C.A..

125 William Howard Taft, Cincinnati, Ohio 45219
(513)281-7880

HELP IS AVAILABLE: Many local school districts are developing programs to assist students with alcohol/drug problems. Prevention programs in elementary grades are also gaining increasing acceptance. A variety of local programs are available to serve addicted teens. For further information on both prevention and treatment programs call the Alcoholism Council at 513-281-7880.

ALCOHOL

Alcohol consumption causes a number of marked changes in behavior.

- ✓ Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident.
- ✓ Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse.
- ✓ Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information.
- ✓ Very high doses cause respiratory depression and death.
- ✓ If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.
- ✓ Repeated use of alcohol can lead to dependence.
- ✓ Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life-threatening.
- ✓ Long term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.
- ✓ Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation.
- ✓ In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

THEY ALL PACK THE SAME PUNCH PER DRINK!

Beer 12 oz.

Wine 5 oz.

Cocktail 1 ½ oz.

1 shot of 86
proof liquor

As you can see, people who drink one glass of wine, one can of beer, or one shot of hard liquor are all having about the same amount of alcohol.

The SADD Story

What is SADD? Students Against Drunk Driving. Students joining together to save their own lives and the lives of their friends.

Why? Because these students have recognized the following SADD facts:

- ✓ Injury from alcohol-caused crashes is teenagers No. 1 health problem.
- ✓ Teenagers who drink and drive cause death for themselves and others.
- ✓ Teenage passengers show a high death rate starting at age 13.
- ✓ The 16-24 age group is involved in 44 percent of all night-time fatalities.
- ✓ Last year 8,000 teenagers lost their lives in alcohol-related fatalities.
- ✓ Life expectancy for teenagers is back to where it was 20 years ago.
- ✓ Every day 14 teenagers die in alcohol-related crashes in the U.S.
- ✓ More than 75 per cent of the youth drink by the age of 16 years.
- ✓ 60 per cent of high school seniors drink once a month.
- ✓ 25 per cent of high school seniors drink once a week.
- ✓ 49 per cent of high school age drink in cars.
- ✓ 23 percent drive after drinking.
- ✓ 59 per cent of teenage boys have drinking and driving problems.
- ✓ 42 per cent of teenage girls have drinking and driving problems.
- ✓ 40,000 teenagers are injured each year in alcohol/related crashes.

What can students do to turn the tide on these terrible statistics? Public awareness . . . to bring the problem of drunk driving to the public's attention. As students, these are ways to bring the problem to the attention of other students:

- ▶ Establish a SADD program in your school, using a student sponsor and faculty sponsor.
- ▶ Establish a Safe Rides program in your school.
- ▶ Students who would be available on Friday and Saturday nights from 10 a.m. - 3 a.m. to pick up students who have been drinking and can't drive home safely, or a student who was riding with someone who has been drinking and cannot drive home.
- ▶ Establish a Speakers Bureau for teenagers, students who can or will talk in front of other students about how alcohol has affected them . . . either by a drinking problem themselves, or by someone killing or injuring one of their friends or relatives.
- ▶ Establish a fund raising event as a yearly activity: car wash, skate-a-thon, bake sale, or sale of T-shirts. Try to make your SADD chapter self sufficient with funds raised independently.
- ▶ Establish a SADD Mailing List of students who are interested in working with the organization.
- ▶ Establish a volunteer list of students who have certain talents to offer the organization: athletic, artistic, or ability to write.
- ▶ Work on a Membership Drive to sign-up and inform students of interesting things which are going on within your organization.

- ▶ Establish a Victim Outreach Program for students who have lost a family member or friend to a drunk driver to deal with their grief and anger.
 - ▶ Establish a Peer Counseling Group to assist students who feel pressured to drink or take other drugs.
 - ▶ Establish a Legislative Program to help students to understand the legislation that is being introduced, and how it will effect them.
 - ▶ Encourage students to register to vote as soon as they turn 18.
 - ▶ Establish a Slogan Contest for SADD.
 - ▶ Establish a Poster Contest for SADD.
 - ▶ Establish with the help of MADD, trips through jail, morgue, hospital, burns institute, rehabilitation center, ride with life squad and police cruiser. Try to include all the different departments of your school in these activities.
 - ▶ Graphics, newspaper, drama, business, and any others that would have certain abilities to join the fight to save other students' lives.
-

Three ways to keep a friend . . . alive

In situations that involve drinking and driving, many people believe that coffee, a cold shower, or fresh air are all that's needed to overcome the effects of alcohol. In truth, TIME is the only way to get alcohol out of the system.

If a friend of yours has been drinking, he or she doesn't have to drive. There are three steps you can take to keep a friend . . . alive:

1. You are at a party – one of your friends has had too much to drink and should not drive. To be sure your friend arrives home safely you can drive them home.
2. Asking a guest to sleep over is another good way to keep a friend from driving. You won't have to drive and your friend won't have to return the next day for the car.
3. If you can't drive your friend home, you can call a cab. You may want to pay the fare in advance. That's one way to show you really care.



What About Alcohol The Most Frequently Misused Drug

The people of the medical profession have stated that alcoholism ranks third as a disease, affecting over nine million Americans and their families. Drunk drivers are involved in more than 50 percent of the accidents that happen a year, and which kill more than 25,000 people annually. These statistics support the fact that alcohol is the nation's most abused intoxicant, and with marijuana ranking in second place.

WHAT DOES ALCOHOL DO TO PEOPLE WHO DRINK IN EXCESS? A better way, perhaps, of phrasing this question is "What doesn't alcohol do?" It is a known fact that the person who starts drinking early in life increases his chances of becoming an alcoholic or a problem drinker. If he continues to drink in excess, here are some of the effects that alcohol will have on his body and mind :

- ☞ Excessive drinking can permanently injure the liver, stomach, kidneys, and brain.
- ☞ Despite popular belief, alcohol is not a stimulant. It is a depressant and works in the central nervous system much the same as many drugs.
- ☞ Alcohol, consumed in quantities may cause the drinker to do and say things he would not ordinarily say or do.
- ☞ If the drinker is driving, he becomes a menace to himself and other drivers on the road. He doesn't realize it though, because his reasoning is not as it should be. This fact alone should prompt people to follow the sensible safety rule, "If you drink, don't drive."

HOW DOES ALCOHOL AFFECTS THE INDIVIDUAL? All drugs have their primary affect upon the body through the blood. There are three ways of getting drugs into the blood. One is the direct method of needle injection into the veins. This is used in administering morphine and cocaine, and we frequently refer to this as a "shot in the arm."

The second method is to take the drug through the lungs. All of the blood in the body flows through the lungs in a few moments and is exposed to the air in the lungs through the thin walls of the capillaries, Drugs in the form of gas or vapor are readily absorbed into the blood in this way. Opium, ether and chloroform are administered in this manner.

The third way into the blood is through the stomach. This beverage route is the one always used for alcohol. In the stomach the alcohol begins to be absorbed into the blood through the walls as soon as it arrives. Its form has not changed. It does not pass through any digestive process. As it passes through the duodenum or small intestine, the rate of absorption becomes faster. Within thirty minutes to an hour, the alcohol will practically all be absorbed by the blood. This process of absorption, of course, is much slower than through the lungs, and in this gradual process all the stages of drunkenness make their appearance. In the blood the alcohol is distributed freely over the entire body. Some of it gets to the cortex of the brain where the peculiar effect takes place which is called drunkenness or intoxication.

The alcohol content in drinks ranges from 4 percent in beer to 50 percent in whiskey, yet the proportion of alcohol in the blood practically never goes up to more than one-half of one percent at the most. This seems surprising but there are logical reasons for it. Most drinks are diluted with soft drinks, ice or fruit juices.

Even when distilled liquor with 50 percent alcohol is taken straight, the alcohol content is cut to 10 percent or lower by the increased flow of stomach juices. When the body begins to absorb the alcohol it is even more diluted by the blood and other body fluids. Yet within this small range, from zero to half of one percent alcohol, a drinker can run the gamut from mild "tipsiness" to stupor.

With less than 5 /100 percent of alcohol (5 parts in ten thousand) a drinker will feel little change. With between 5/100 and 15/100 of one percent he will probably be intoxicated. When the concentration reaches 4 /10 of one percent he passes out. At half of one percent, he will be in danger of death from deep anesthesia. At higher concentrations paralysis of the nerves that control breathing can take place, resulting in death.

ALCOHOL AND HEALTH. You probably are wondering why people often place the blame upon drinking for diseases, illnesses and mental disorders since you have just read that the alcohol content in the blood practically never goes up to more than one-half of one percent. This is a logical question since we know that a strong concentration of, say 50 percent of alcohol, will cause changes in plant and animal tissue. It will for example, sting if you apply it directly to sensitive tissue. People who drink a great deal of undiluted liquor (drinking it straight) may get inflamed throats and stomachs, but on 1%, because the alcohol comes in direct contact with these parts before being diluted by the blood. Alcohol can bring on illness and cause changes in behavior, but it does it in an indirect way.

To get through a normal day, your body needs fuel for energy and materials for repairing tissue for normal functioning and for growth. Food with its proteins, fats, carbohydrates, vitamins and minerals provide you with these necessities. The body turns these materials into fuel and building materials by a chemical process called METABOLISM. Whatever calories (units of food energy) aren't used in your daily activities are stored away in your body for future use.

In some ways alcohol is like other foods. It contains 200 calories per ounce as compared to 114 calories per ounce of carbohydrates and 270 calories per ounce of fat. But there is a difference. The calories in alcohol can only be used as fuel and burned to produce energy in the form of heat. They can't be stored for future use, and they can't repair or build tissue. What's more, alcohol has none of the vitamins and minerals the body needs, so alcohol has very limited value as to food.

Alcohol competes with other foods. It can't provide what the body needs, yet an excessive drinker, an alcoholic, usually neglects food. He loses his appetite and he is apt to be more interested in drinking than in eating. The result is that over a period of time he receives about one-half of his calories from alcohol and may have plenty of energy, but because of serious deficiencies of vitamins and minerals in his diet, he is likely to become seriously ill.

The excessive drinker may develop diseases stemming from the lack of vitamins. From lack of thiamin, one of the B vitamins, he may get BERI BERI, a disease of the nervous system and the circulation. Muscular weakness, enlargement of the heart and dropsy are common effects of this disease. Absence of niacin (another B vitamin) can cause PELLEGRA, characterized by roughening of the skin, intestinal disorders and mental disturbances.

Cirrhosis of the Liver does occur among non-drinkers, however, it is more frequent among heavy drinkers. The exact connection between alcohol and this disease isn't yet clear. But cirrhosis probably goes along with disturbances in diet and metabolism. The

liver plays an important part in oxidizing alcohol, and is usually permanently damaged when cirrhosis occurs.

The most dramatic disorder occurring among heavy drinkers is delirium tremens which often hits people who otherwise seem in vigorous health. The victim shakes violently all over and imagines he sees and hears threatening figures and voices. When he recovers from this seizure, he may not remember a thing about it. This is a serious condition for which medical care and hospitalization are required over a period of time. It involves a disturbance of the brain and can be fatal.

A WORD TO THE WISE – TEENS DON'T DRINK

Nineteen-year-old Brian Posey, 19-year-old David Walker, 17-year-old Jay Fite, 19-year-old Karen Wonacott, 16-year-old Brian McDaniel, and 18-year-old Kelly Moen have several things in common besides being teenagers. One January day they all got drunk. Then they all got behind the wheel of a car. Now they are all dead.

No, they weren't in the same car. They didn't even know each other. But they all died the same way. Each a precious life. Each now gone forever. The bottle, the brew, "Miller Time," "Jack Daniel," "Spuds McKenzie" took them all away. Teens don't drink ever!

- 1. YOU WILL DAMAGE YOUR JUDGMENT.** Alcohol, while coming on as a stimulant, is really a depressant. This means that while you may get high for a time, you will end up low. And ultimately, because of this, the alcohol will affect your brain in such a way that your judgment (your decision-making process) will be impaired. Right and wrong will get mixed up under the influence, which will result in bad decisions. Decisions that you wouldn't normally make under other conditions. The decision to go for a harmless drive for instance. You can't think and drink.
- 2. YOU WILL DAMAGE YOUR HEALTH.** Alcohol devastates the human body. It will affect the functions of your liver, stomach, kidneys, pancreas, and heart. It will wipe out irreplaceable brain cells. It will lead to dependency, and alcoholism in itself will threaten your health. It just doesn't make any sense to drink. The risks are too high. Whether speeding down a highway or slowly eroding your body, drinking destroys.
- 3. YOU WILL DAMAGE YOUR SOUL.** God and the bottle do have one thing in common – they both want your undivided attention. You can't have them both. If you choose to drink, you choose to disobey God. The Bible condemns drinking and drunkenness (Rom. 14:21; I Cor. 6:10; Gal. 5:21 and Eph. 5:18). It's wrong, and if you drink, you are wrong. Don't damage your soul; your eternal future by drinking. It's just simply not worth it.

Listen and understand what a very wise man once, said of drinking. *"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder"* (Prov. 23:29-32).

I do not know if Brian, David, or Kelly or the others ever read this scripture, but it comes too late for them now. But not for you! The message is clear - Teens Don't Drink Ever! You've got too much to lose.

– Danny Dodd –

Cannabis – Marijuana

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite.

Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis.

Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives.

Type	What Is It Called	What Does It Look Like	How Is It Used
Marijuanaz	Pot Grass Weed Reefer Dope Mary Jane Sinsemilla Acapulco Gold Thai Sticks	Dried parsley mixed with stems that may include seeds	Eaten Smoked
Tetrahydrocannabinol	THC	Soft gelatin capsules	Taken orally
Hashish	Hash	Brown or black cakes or balls	Eaten Smoked
Hashish Oil	Hash Oil	Concentrated syrupy liquid varying in color from clear to black	Smoked – mixed with tobacco

There is no other drug which stays in the body as long as cannabis does. There is no other drug, legal or illegal, which affects every major organ of the body, and every system in the body, and every single cell in the body.

In almost every case illegal mug use starts with marijuana. After heroin, marijuana is the most frequent cause of admission to federally-funded drug treatment facilities in the U.S. Half of those patients started their pot use at 14 or younger.

According to Dr. Robert DuPont, founding director of the National Institute On Drug Abuse, "marijuana combines the worst effects of alcohol and tobacco. It has the intoxicating effects of alcohol and the respiratory and potential cancer-causing effects of tobacco, plus many other dangerous effects that neither of them have. Cannabis (marijuana) damages the brain, the lungs, the sex organs and the immune system, and impairs the brain. Regular pot smoking causes a slow erosion of life.

Facts About Marijuana



WHAT IS MARIJUANA?

Marijuana is a drug found in the flowering tops and leaves of the Indian hemp plant, CANNABIS SATIVA. The plant grows in mild climates in countries around the world, especially in Mexico, Africa, India, and the Middle East. It also grows in the United States, where the drug is known as pot, tea, grass, weed, Mary Jane, and by other names.

For use as a drug, the leaves and flowers of the plant are dried and crushed or chopped into small pieces. This green product is usually rolled and smoked in short cigarettes or in pipes, or it can be taken in food. The cigarettes are commonly known as reefers, joints, and sticks. The smoke from marijuana is harsh, and smells like burnt rope or dried grasses. Its sweetish odor is easily recognized.

The strength of the drug differs from place to place, depending on where and how it is grown, how it is prepared for use, and how it is stored. The marijuana available in the United States is much weaker than the kind grown in Asia, Africa, or the Near East.

WHAT IS ITS USE?

Although it has been known to man for nearly 5,000 years, marijuana is one of the least understood of all natural drugs. In China, very early in history, it was given to relieve pain during surgery and, in India, as a medicine. It is used mainly for its intoxicating effects. According to a United Nations survey, it has been most widely used in Asia and Africa.

Traffic in and use of drugs from the cannabis plant is now legally restricted in nearly every civilized country in the world, including countries where marijuana is used in religious ceremonies or as a native medicine.

HOW WIDELY IS IT USED IN THE UNITED STATES?

The use of marijuana as an intoxicating drug was introduced in the United States in 1920. In 1937, its general use was outlawed by the Federal Marijuana Tax Act, followed by strict laws and enforcement in every State. In the mid-1960's authorities reported a sharp increase in the use of marijuana. Arrests on marijuana charges have more than doubled since 1960, according to the President's Commission on Crime.

The exact extent of marijuana use in the United States is not known. Some health authorities believe that 4 to 5 million Americans may have used the drug at least once in their lives. Other estimates are as high as 20 million. Research studies are underway to determine more precisely just how widely the drug is used.

HOW DOES THE DRUG WORK?

When smoked, marijuana quickly enters the bloodstream and acts on the brain and nervous system. It affects the user's mood and thinking. Its pathway into the brain is not yet understood. Some scientists report that the drug accumulates in the liver. Just how the drug works in the body and how it produces its effects have not yet been discovered by medical science.

WHAT ARE ITS PHYSICAL EFFECTS?

The long-term physical effects of taking marijuana are not yet known. The kind of research needed to learn the results of chronic use has not yet been done.

The more obvious physical reactions include, rapid heart beat, lowering of body temperatures, and sometimes reddening of the eyes. The drug also changes blood sugar levels, stimulates the appetite, and dehydrates the body. Users may get talkative, loud, unsteady, or drowsy, and find it hard to coordinate their movements.

More Facts

WHAT ARE ITS OTHER EFFECTS?

The drug's effects on the emotions and senses vary widely, depending on the amount and strength of the marijuana used. The social setting in which it is taken and what the user expects also influence his reaction to the drug.

Usually, when it is smoked, marijuana's effects are felt quickly, in about 15 minutes. Its effects can last from 2 to 4 hours. The range of effects can vary from depression to a feeling of excitement. Some users, however, experience no change of mood at all. The sense of time and distance of many users frequently becomes distorted. A minute may seem like an hour. Something near may seem far away.

IS MARIJUANA ADDICTING?

Authorities now think in terms of drug "dependence" rather than "addiction." Marijuana, which is not a narcotic, does not cause physical dependence as do heroin and other narcotics. This means that the body does not become dependent on continuing use of the drug. The body probably does not develop a tolerance to the drug, either, which would make larger and larger doses necessary to get the same effects. Withdrawal from marijuana does not produce physical sickness.

A number of scientists think the drug can cause psychological dependence if its users take it regularly. All researchers agree that more knowledge of the physical, personal, and social consequence of marijuana use is needed before more factual statements can be made.

Cocaine Deadly In Many Ways

Cocaine is classified as a narcotic by federal law, but in medical terms, it stimulates the body's central nervous system. So, the drug can be considered both a narcotic and a stimulant. Cocaine is a crystalline structure that resembles epsom salts in its powder form. The drug is derived from the cocoa bush that grows in areas of South America. The making of cocaine is a process of mashing the leaves of the cocoa bush into a paste. Cocaine appears on the streets as a white powder or in freebase form, known as Crack or Rock. The rock form looks like tiny chips of crystalline, or slivers of soap pieces with a porcelain look. These are usually found in small plastic vials.

The cocaine powder is usually snorted through the nose or swallowed to give the user a euphoric high. The drug causes a numbing effect on the part of the body it touches and, in the 19th century, was used medically for anesthetic purposes. This form of cocaine is less potent than the rock form because it's mixed with a salt base to dilute it. And it is less potent than when injected.

Cocaine has many street names like: Coke, Nose, Candy, Snow, Blow, Toot and Big C. The freebase form of cocaine involves a process of mixing the powder cocaine with

ether, sodium hydroxide or baking soda (freebasing), which dissolves the salt base, leaving granules or “rocks” of pure cocaine. The granules are smoked in a pipe that is filled with water or rum and heat is applied to vaporize the freebase. Many accidents of combustion and explosion because of this process have occurred. The use of matches, lighters and butane, heat such highly flammable substances as ether and rum is extremely dangerous. Most of us have heard of the plight of the comedian, Richard Pryor, as he caught on fire while freebasing. Because he was high, he did little to help himself; in fact, he ran, encouraging the flames and was burned severely. Other celebrities have been killed due to accidents caused by the use of cocaine. This illustrates only a few of the risks involved with this drug.

CRACK

Crack Can Be Immediately Addictive – And Deadly. Crack is the name given to the rock form of cocaine that has recently become an epidemic on the streets. It is different in that it's already in its pure rock form when delivered to crack houses (places where they sell crack). They sell small vials of the rock - about \$10 per vial. The name "crack" came about because of the cracking noise it makes during the dissolving process. The idea of putting crack out on the streets was a marketing ploy by drug dealers. The crack is cheap initially because it doesn't have to be processed. Cheap at first, but the dealer knows you'll be back for more.

The drug is extremely addictive. The euphoric feeling it provides is immediate, but the duration is very short. And there is a crash of coming down equal in intensity to the high. The user wants another "hit" right away to feel good again. The addiction can easily become more expensive than a heroin addiction. More importantly, crack can cause heart failure, respiratory collapse and death. Even heroin addicts are afraid of the stuff.







Back in the 60's and 70's cocaine was considered "Hip". Nobody thought it was addictive. It was thought to be a "safe high". However, since then, medical research has discovered some very sobering facts.

1. Cocaine can be addictive. Users of cocaine develop a tolerance of the drug (which is part of the classic definition of addiction) and larger quantities are needed to produce less and less of a high.
2. Laboratory tests have shown that monkeys, when allowed an unlimited supply of cocaine, ignored food and water and took the cocaine until they died.
3. Deep depression is a result of cocaine use as it depletes the brain's pleasure center. Cocaine directly affects the delicate chemical balance in the brain. This can also cause an underlying disorder such as schizophrenia to flare up.
4. Cocaine can be fatal, even after using it just once. Death can come in several ways: respiratory failure, cerebral hemorrhage, allergic reactions to impurities added to the drug, epilepsy seizure and cardiac arrest.
5. Crack is a highly potent, extremely addictive form of cocaine. Crack can kill.

6. Crack is even more life threatening because it is a purer form of the drug and it reaches the brain much faster when it is smoked. The result is a more intense "high" for about ten minutes, but the higher up you go, the farther you have to fall . . .
7. Crack seems cheap at first, but it gets expensive fast. You need more and more of the stuff to keep from coming down. You can be addicted before you know it. Some people are immediately addicted, after just one use.
8. A 42 year old engineer, after smoking cocaine for about 4 months, began having suspicions that his wife and friends were tapping his phone, collaborating with the police and spying on him. He set fire to his own apartment and was admitted to a psychiatric ward. He wrote in crayon on a wall – "You see cocaine really can kill," and slit his wrists and died . . .
9. Recently a 15 year old girl went to a party and drank alcohol and snorted cocaine. She went to lie down and had a small seizure, then got up and snorted more cocaine, then she lay down again and went into violent seizures that threw her off the bed. She died of respiratory collapse.
10. The stories go on and on . . .

Many people say they know people who do drugs and none of that's ever happened to them. It may appear on the surface that cocaine is not affecting them. But there may be serious things going on in their bodies that aren't visible yet.

Researchers are just finding out some of cocaine's effects on the human body. If Cocaine can hurt.

-  **The Brain:** immediate effects are short-term feelings of euphoria (10-20 minutes); Long term use can lead to psychosis. The chemical balance of the brain is directly affected.
-  **The Heart:** Any use of cocaine speeds up the heart rate and can lead to heart attacks. It can trigger irregular heartbeat, arrhythmia, cardiac arrest and sudden death.
-  **The Lungs:** When the drug is inhaled into the lungs it causes deterioration of the lung's functions. It can cause constriction of the blood vessels, pulmonary edema and respiratory collapse, shortness of breath, cyanosis and sometimes death.
-  **The Liver:** Enzymes that are crucial to the function of the liver suffer a drop in production. It was found that liver cells died in laboratory mice that were given cocaine.
-  **The Nose:** Snorting or inhaling cocaine causes an irritation of the mucous membrane. Consistent use can cause bleeding and can eventually erode a hole in the cartilage between the nostrils.
-  **The Veins:** Circulation is restricted at the point where cocaine is injected, snorted, or inhaled due to the blood vessels constricting.

Hallucinogens

Phencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instinct in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries.

The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movement are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent.

Chronic users of PCP report persistent memory problems and speech difficulties. Some of these effects may last six months to a year following prolonged daily use. Mood disorders: depression, anxiety, and violent behavior also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations.

Large doses may produce convulsions and coma, as well as heart and lung failure.

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors.

Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use has ceased.

Type	What Is It Called?	What Does It Look Like?	How Is It Used?
Phencyclidine	PCP Angel Dust Loveboat Lovely Hog Killer Weed	Liquid Capsules White crystalline powder Pills	Taken orally Injected Smoked – can be sprayed on cigarettes, parsley and marijuana
Lysergic Acid Diethylamide	LSD Acid Green or Red Dragon White Lightening Blue Heaven Sugar Cubes Microdot	Brightly colored tablets Impregnated blotter paper Thin squares of gelatin Clear liquid	Taken orally Licked off paper Gelatin and liquid can be put in the eyes
Mescaline and Peyote	Mesc Buttons Cactus	Hard brown discs Tablets Capsules	Discs – chewed, swallowed or smoked Tablets and capsules – taken orally
Psilocybin	Magic mushrooms Mushrooms	Fresh or dried mushrooms	Chewed and swallowed

Narcotics

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea and vomiting. Users may also experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma and possible death.

Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may result in diseases such as AIDS, endocarditis, and hepatitis. Addition in pregnant women can lead to premature, stillborn or addicted infants who experience severe withdrawal symptoms.

Type	What Is It Called?	What Does It Look Like?	How Is It Used?
Heroin	Smack Horse Brown Sugar Junk Mud Big H Black Tar	Powder, white to dark brown Tar-like substance	Injected Inhaled through nasal passages Smoked
Methadone	Dolophine Methadose Amidone	Solution	Taken orally Injected
Codeine	Empirin compound with Codeine Tylenol with Codeine Codeine Codeine in cough medicines	Dark liquid varying in thickness Capsules Tablets	Taken orally Injected
Morphine	Pectoral syrup	White crystals Hypodermic tablets Injectable solutions	Injected Taken orally Smoked
Opium	Paregoric Dover's Powder Parepectolin	Dark brown chunks Powder	Smoked Eaten
Other Narcotics	Percocet Percodan Tussionex Fentanyl Darvon Talwin Lomotil	Tablets Capsules Liquid	Taken orally Injected

Gambling: Wrong By Definition

"Life is a gamble!" This seems to be the belief of many to justify gambling. This implies that gambling is an unavoidable fact of life. To try to convince the natural man of the sinfulness of gambling is foolishness to him (I Cor. 2:14). Sadly, many in the church are not convinced that the Bible speaks about the evil principles of this vice.

"Thou shalt not gamble" is not found in scripture. But as surely as the Bible teaches about stealing (Eph. 4:28) and covetousness (Eph. 5:3-5), the Word speaks about gambling (Heb. 4:12). I urge Christians to refrain from such activity and to cease taking pleasure in *"them that do them"* (Rom. 1:32, KJV).

Gambling is risking something of value, hoping for substantial gain, which is generated by the losses of others who are participating in a similar risk. Much confusion can be solved by understanding this definition in light of biblical principles. If an activity contains all of the three major points of the definition, it is gambling.

First, risking something of value is always part of gambling. The risk usually is based on the unpredictable outcome of an event or action. This may be where many get the idea that life in general is a gamble. Indeed, many choices, decisions and actions contain risks of varying degree. Something of value is not limited to money. Possessions, service and concepts can be valuable. Some seem to believe that the amount risked makes a difference. However, in principle, risking a penny is no different from risking millions.

Is taking a financial risk sinful? In the parable of Matthew 25:14-30, the master suggested that the one-talent man should have at least invested his talent with the exchangers. This action would involve financial risk. So, it is difficult to condemn risk consistently, financial or otherwise. Remember that risk is only a part of the definition.

Hoping for substantial gain is the goal of the gambler. Because "substantial" is subjective, let us agree that doubling an investment is substantial. Now, look again at the parable. Two men made substantial gain and were praised, but the gain belonged to the master just as the talents did. Our manner of life is to be without covetousness; we are to be content with what we have (Heb. 13:5). To seek riches is dangerous (I Tim. 6:9-10). However, to condemn all substantial gain as evil would be radical. Great men of the Bible often gained much, blessed by God, by wise, moral, ethical commerce. Many argue that much good can be done with the winnings of gambling. Consider that we cannot allow our *"good be evil spoken of"* (Rom. 14:16). And we cannot ignore the evil of the losses.

The substantial gain of gambling is generated by the losses of others. This part of gambling violates every concept of the Christian life. For you to win, others lose. For you to have even the hope of gain, others must suffer substantial losses. In many types of gambling, their losses cover not only your gain but also all the expenses incurred in making the gambling available, including salaries, taxes, facilities, maintenance, paperwork, insurance, and so on. How many dollars lost does it take for you to win one dollar? How can you justify taking even \$1 from anyone without giving something of equal value in return? Is this treating others as you would be treated (Matt. 7:12)? Do you show your love by taking the money of others (Matt. 22:39,40)? Is this how you provide for honest things in the sight of all men (II Cor. 8:21)? Some argue that these people decided to lose their money in this way, so we may take advantage. I remind you of what Jesus said: *"Woe unto the world because of offences! for it must needs be that offences cometh; but woe to that man by whom the offence cometh!"* (Matt. 18:7). **Christians must realize that supporting any activity that meets the above definition in any form is to support and encourage covetousness and stealing.**

– Peter W. Cooper –

IT'S YOUR CHOICE

LESSON 4

SINS PERTAINING TO SEX – SEX OUT OF WEDLOCK, PRE-MARITAL & EXTRA-MARITAL SEX

SEX IS FOR MARRIAGE

God, who created us, is the author and designer of the sex act. It is God who planned and sustains every aspect and component of that action and reaction between male and female that we call "sex." It is God who created the male and female so that they would perfectly supplement and complement each other. Each is meant to be a part of the other, and it is only by coming together in mutual interaction and union that either can find true fulfillment or that the human species can be perpetuated.

God placed the sex-act at the very center of the moral and spiritual order of His creation. It is an act fraught with meaning and purpose, for in this act, the man and woman become one, and this oneness is meant to be permanent and forms the very foundation of the home, the family, the social order and civilization itself.

"So God created man in his own image, in the image of God created he him; male and female created he them" (Gen. 1:27).

". . . but for Adam there was not found an help meet for him. And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh" (Gen. 2:20-24).

When Jesus quoted the above passage, in his teaching about marriage and divorce (Matt. 19:6), he added: *"So they are no longer two, but one. Therefore, what God has joined together, let man not separate."* Jesus here states that when a man and a woman are united by the marriage covenant they become *"one flesh,"* (i.e., one physical organism) in the sex-act and that God himself is the author and prime-mover behind the whole proceeding of their becoming *"one flesh."* Just as it is a grievous sin to separate what God has joined together, it is an equally grievous sin to join together what God has separated, and God has sexually separated the male and female who are not united together in the bonds of holy matrimony.

The word *"fornication"* means sexual intercourse between two people who are not married to each other, and applies also to all illicit sexual acts including adultery and homosexual relationships. It is condemned repeatedly in the scriptures as a sin of the gravest magnitude from which the Christian is to flee, and should stay away from people who commit it.

Jesus classified fornication with murder, theft, lying, etc. – wicked deeds which proceed from an evil heart (Matt. 15:19). The early Gentile Church, in regard to dietary regulations and matters having to do with one's physical body, except for being commanded not to eat blood or meat from animals which had been strangled, or meat from animals which had been offered as sacrifices to idols, was given only one commandment

to "*Abstain from fornication*" (Acts 15:20,29; 21:25).

Fornication is listed first among the works of the flesh listed in Galatians 5:19-21 concerning which it is said, "*They who do such things shall not inherit the kingdom of God.*" The apostle Paul lists fornication first in the enumeration of deeds of unrighteousness which will bar one from going to heaven (I Cor. 6:9,10). In I Thessalonians 4:3 we are told, "*For this is the will of God, even your sanctification, that you abstain from fornication.*" It is a sin so ugly that it is not even to be mentioned among God's people, and anyone who commits it is to be disfellowshipped by the Church, and Christians are not even to eat with a fornicator (Eph. 5:3; I Cor. 5:9-11; Heb. 12:16).

We are told that fornication, by uniting the fornicator with a prostitute, sins against his own body in a peculiar and unique fashion so that he becomes one with the prostitute and they become "*one flesh*" in the sex act. Sexual intercourse outside the marriage relationship is an act of "*whoredom*," whether it is done for money, or for pleasure and selfish self-gratification, or for any other reason except to be united with one to whom one is married (I Cor. 6:15-20).

In sexual intercourse the male and female are not only mysteriously united with each other, but they are united with and by God in the awesome act of creation – of procreation – by which it is possible to bring into existence a new and unique human being, in many ways different from any other individual who has ever lived or who will ever live; a being who is physically a man, but who spiritually is in the image and likeness of the Almighty God; a being who will exist forever – somewhere. The sex act, because of its divine origin, its infinite potential and importance in God's scheme of things, its place at the center of the moral order and foundation of the family, the home, the social order, should be entered into with awe. It is the seal and consummation of the marriage relationship and of conjugal love. Whoever trivializes this act, and makes it merely a tool for selfish carnal gratification and lust, shows contempt for the home and the family, for the moral order which the home and family protect and validate, for God who is the author of the moral order, and for God's plainly revealed law concerning the proper place for sex as the exclusive right, power, and privilege of a man and woman who are married to each other.

The union of the husband and wife in sexual intercourse is parallel to the union of Christ and the Church, and is a sacred and holy union fraught with wonderful meaning and consequences for time and for eternity (Eph. 5:23-33). Sexual intercourse is forbidden outside the marriage relationship; it is commanded within the marriage relationship, so that neither party to the marriage can rightfully withhold this privilege from his or her mate (I Cor. 7:3-5) (i.e., it cannot be engaged in without marriage, or withheld within marriage – "*except for a season*"). Marriage carries with it many weighty responsibilities . . . burdens and cares, including the worries of children and their upbringing. Single people don't have these loads to bear. The ecstasy of the sexual relationship is a part of the compensation that God has given to those who obey His will, and enter into the marriage covenant.

Those who seek to enjoy the intimacy, privilege, and supreme pleasure of the sexual union without taking the yoke of life-long love and responsibility that God has ordained must go with that pleasure and privilege, are thieves and robbers who steal the brightest crown jewel of the marital relationship and appropriate it for their own private and personal use. They cheapen the sexual relationship and make it a mere toy – a plaything for their own momentary pleasure, with no moral or spiritual dimension. In devaluing the sex-act, they devalue the marriage relationship and the moral order. They are animals who treat sex like animals treat sex – as a piece of meat to be quickly devoured and forgotten about until their appetite drives them to look for another piece of meat. They are idolaters whose god is their lust.

"Marriage is honorable in all, and the bed undefiled: but whoremongers and adulterers God will judge" (Heb. 13:4).

Under the Law of Moses which God gave to his ancient people, Israel, any girl who married and was found by her husband not to be a virgin could be sent back home to her parents, and in fact, could be stoned to death because she had sex with another man before her marriage to her husband. *"She has done a disgraceful thing in Israel by being promiscuous while still in her father's house. You must purge the evil from among you" (Deut. 22:13-21).*

Is there a man or woman, a boy or a girl, anywhere, who would not much prefer that his bride or her groom had never belonged to another – never shared his or her body with another, never been united with another in the sacred ecstasy of the sex-act, before they belonged to them?

Save your body for the one to whom it rightfully belongs – your wife or your husband, who is waiting somewhere out there for you. Doing this will also help save your soul, for it is God's law that you should do just that!

Girls, do not sell your priceless virginity for a few moments of reckless, meaningless, and sinful pleasure. Save your treasure for the man who is willing to commit his life to you, and wants to be the first man to fully have you.

ABORTION

"THE SLAUGHTER OF THE INNOCENTS"

Abortion is the killing of an unborn child by his or her mother, usually with the help of a Doctor. It is the *"shedding of innocent blood,"* the wilful destruction of a human life by the one person who has, above all others, been entrusted by God with the protection, care, and keeping of that helpless life . . . the mother. The doctor kills the baby for money (if you don't believe it, try getting an abortion "for free." Either you, or the tax-payer (i.e., the government--or someone else) is going to pay the baby-killer, or the abortion won't be performed. The mother kills her baby for selfish reasons. Of course, it is not "her baby," but the Lord's.

WHEN DOES HUMAN LIFE BEGIN?

WHAT DOES THE BIBLE SAY?

Isaiah said, *"Before I was born, the Lord called me . . ." (Isa. 49:1).*

Jeremiah said, *"Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee . . . and I ordained thee a prophet unto the nations" (Jer. 1:5).*

The apostle Paul said, *". . . But when it pleased God, who separated me from my mother's womb, and called me by his grace . . ." (Gal. 1:15).*

God told Rebekah, when she enquired of Him when Jacob and Esau struggled with each other while still in her womb, *"Two nations are in your womb, and two peoples from within you shall be separated; one people will be stronger than the other, and the older will serve the younger" (Gen. 25:23).*

God told Israel through Isaiah the prophet, *"But now listen, O Jacob my servant, Israel whom I have chosen. This is what the Lord says – he who made you, who formed you in the womb, and who will help you." (Isa. 44:1-2).* And further: *"This is what the Lord*

says – your Redeemer, who formed you in the womb: I am the Lord, who made all things, who alone stretched out the heavens, who spread out the earth by myself" (Isa. 44:24).

The angel Gabriel told Zacharias, the father of John the Baptist, that John would be "Filled with the Holy Spirit, even from his mother's womb" (Lk. 1:15). Shortly after Jesus was conceived in the womb of Mary, Mary visited her cousin Elisabeth who had been pregnant with John for about six months. Abortionists today would call him an "embryo," but the scriptures call him a baby, and state: "And Mary arose in these days and went into the hill country with haste, into a city of Judah; and entered into the house of Zacharias and saluted Elisabeth. And it came to pass, when Elisabeth heard the salutation of Mary, the babe leaped in her womb" (Lk. 1:39-41). Thus we see the identities of both Jesus and John the Baptist were definitely established from conception.

Throughout the scriptures, the unborn is spoken of as a definite personality with whose welfare God is intensely involved and concerned. The Bible sets forth the fact that there are three agents and partners in the bringing into being of every human being – God, the father and the mother.

Job says: "If I have despised the cause of my man-servant or of my maid-servant, when they contended with me; What shall I do when God riseth up? And when he visiteth, what shall I answer him? Did not he who made me in the womb make him? And did not one fashion us in the womb?" (Job 31:13-15).

David says of God: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body; All the days ordained for me were written in your book before one of them came to be" (Psa. 139:13-16).

Job speaks poetically of God forming him in the womb and clothing his soul with skin and flesh. Throughout the scriptures, the Spirit of man is clothed with flesh, rather than the fleshly frame of man being created, then invested with Spirit (i.e., the Spirit precedes the flesh, rather than vice-versa). Job says: "Thine hands have made me and fashioned me together round about; yet thou dost destroy me. Remember, I beseech thee, that thou hast made me as the clay; and wilt thou bring me into dust again? Hast thou not poured me out as milk, and curdled me like cheese? Thou hast clothed me with skin and flesh, and hast fenced me with bones and sinews. Thou hast granted me life and favour, and thy visitation hath preserved my spirit" (Job 10:8-12).

Of all Old Testament passages, none bear more directly upon the subject of abortion than Exodus 21:22-25, because it shows how Israel was to judge a situation regarding the death of the unborn. It says: "If men strive, and hurt a woman with child, so that her fruit depart from her, and yet no mischief follow: he shall be surely punished, according as the woman's husband will lay upon him; and he shall pay as the judges determine. And if any mischief follow, then thou shalt give life for life, Eye for eye, tooth for tooth, hand for hand, foot for foot, Burning for burning, wound for wound, stripe for stripe."

By this passage, and in this commandment of God in the Law of Moses, God has given notice to the world that his special love and protection surrounds the little child, and especially the child in the process of formation so that both the child and its mother are to be given such respect and reverence that no violence is to take place around the great and divine work going on within her. Even though the killing of the fetus is accidental, unintentional and done indirectly, the penalty is the same as for homicide. If we had no other scripture pertaining to the valuation that God places upon life in the womb and the punishment He will visit upon those who destroy it, this passage would settle the matter

once for all, for here God mandated a penalty for even the accidental and unintentional destruction of such life exactly equivalent to the intentional and premeditated destruction of human life once it has come forth into the world.

WHEN DOES HUMAN LIFE BEGIN? WHAT DOES MODERN SCIENCE SAY?

- ☞ The Internal Code of Medical Ethics, which has been adopted by all the nations of the United Nations, states: **"A doctor must always bear in mind the importance of preserving human life from the time of conception until death."**
- ☞ G. L. Flanagan, author of the widely used textbook, The First Nine Months of Life (Simon & Schuster, 1952), says: **"A baby begins life as a single cell, smaller than the period at the end of this sentence."**
- ☞ R. Rugh and L. B. Shettles, in the Textbook, From Conception to Birth; the Drama of Life's Beginnings (Harper and Row, 1971) says: **"Life begins for each one of us at an unfelt, unknown, and unhonored instant when a minute wriggling sperm plunges headlong into a mature ovum or egg."**
- ☞ Leo Schneider puts it this way in You and Your Cells, (Harcourt, Brace & World Inc., 1964): **"You are composed of trillions of cells now, but at one time in your life you were just a single cell."**
- ☞ The Encyclopedia Britannica says: **"A new individual is created when the elements of a potent sperm merge with those of a fertile ovum, or egg."** (15th Ed., Article on "Pregnancy", 1974).
- ☞ Professor Jerome LeJeune, geneticist, says: **"The fetus is a human being. Genetically he is complete. This is not an opinion, it is a fact."** (Le Devoir, Montreal, May 6, 1974).
- ☞ Beth Day and Dr. Margaret Liley put it this way: **"A human life begins with a single cell. This new cell is the product of two other cells – one from the mother, which we call the egg cell, or ovum, and one from the father, which is known as the sperm cell."** (Modern Motherhood, Random House, 1969).
- ☞ Amram Scheinfeld, in the Textbook Your Heredity and Environment, Lippincott, 1965, says: **"A single sperm enters a single egg, and a new individual is started on its way."**
- ☞ Planned Parenthood Federation of America has plainly stated: **"An abortion required an operation. It kills the life of the baby after it has begun."** (Plan Your Children for Health and Happiness, Planned Parenthood Federation of America pamphlet, 1963).
- ☞ **To them, without any doubt at all, abortion is the wilful, premeditated taking**

of innocent human life! Many abortionists nowadays candidly admit what an editorial in the pro-abortion medical journal, California Medicine stated plainly nearly 25 years ago. We quote: "The reverence of each and every human life has been a keystone of western medicine, and is the ethic which has caused physicians to try to preserve, protect, repair, prolong, and enhance every human life. Since the old ethic has not yet been fully displaced, it has been necessary to separate the idea of abortion from the idea of killing which continues to be socially abhorrent. The result has been a curious avoidance of the scientific fact, which everyone really knows, that human life begins at conception, and is continuous, whether intro- or extra- uterine, until death. The very considerable semantic gymnastics which are required to rationalize abortion as anything but taking a human life would be ludicrous if they were not often put forth under socially impeccable auspices. It is suggested that this schizophrenic sort of subterfuge is necessary because while a new ethic is being accepted, the old one has not yet been rejected." (Editorial, California Medicine 113:67; September, 1970.

THE VALUE OF HUMAN LIFE ITS SANCTITY AND SIGNIFICANCE HOW VALUABLE IS HUMAN LIFE? SO VALUABLE THAT CHRIST DIED FOR IT!

Each human being is a precious replica of God, Himself, and has a spark of divinity within him, for . . . *"in the image of God created He him"* (Gen. 1:27). Whoever kills a human being comes as close to killing God as one can come – he kills that which is like God and which is beloved by God above all other things which He created. The death penalty for whoever takes a human life is decreed in the covenant God made with Noah and with all the earth, forever, after the Flood. *"Whoso sheddeth man's blood, by man shall his blood be shed: for in the image of God made he man"* (Gen. 9:6).

Each individual person is unique, special, infinitely valuable and worthwhile, and irreplaceable. Every human being has the God-given right to live simply because he or she exists! It is God who created each human being and gave him life; each human being belongs to God, and is sustained by God. Only God has the right to take away that life which he created and which belongs to Him alone.

When the mother of the unborn babe, in collaboration with the abortionist, kills her baby, she destroys not only her baby. She destroys a human being, and with it, she destroys all the other human beings who might have come into the world as a result of that human being. She destroys a whole world of human beings of whom that babe might have been the ancestor. To destroy a person is to destroy a world.

HUMAN LIFE BEGINS AT CONCEPTION

The new single-celled fertilized ovum is a developing human being – IS a human being in a certain stage of his or her existence. The zygote (formed when the sperm and ovum come together) becomes an embryo, the embryo becomes a fetus, the fetus becomes an infant, the infant becomes a child, the child becomes an adolescent, the

adolescent becomes an adult . . . and all these are but names given to different stages of growth in the same human life. From the time of conception until death, nothing is added to the new organism except nourishment. It is, therefore, the same organism in spite of all the changes in appearance and degree of self-sufficiency which take place in it, from conception until death!

That new organism which comes into existence when the sperm of the male is imbedded in the ovum of the female is not just a glob of tissue, nor is it in any sense a part of the body of the mother whose womb houses the new human being. The new body has a completely different genetic code from the mother, a different bloodstream and probably a different type of blood. The pre-born child has a separate heartbeat, separate brain waves, and very early its own separate will! LIFE Magazine (April 30, 1965), notes that from the day of fertilization the human embryo is anti-genetically foreign tissue to the mother.

The mother has no more right to kill her baby before it is born than she does after it is born, and she has no more right to kill her own baby than she does to kill someone else's baby. No one has any right to take an innocent human life – his own, or any one else's, because our lives belong to God and not to man, and not to ourselves

**GOD IS PRO-LIFE – CHRIST IS PRO-LIFE
THE GOSPEL IS PRO-LIFE
WE MUST BE PRO-LIFE IF WE ARE TO BE PLEASING TO GOD
OBEDIENT TO CHRIST AND TRUE TO THE GOSPEL**

Jesus Christ was sent into the world by God, His Father for no other reason than to enhance the value of human life, its quality, and its quantity or length. He said, "*I am come that they might have life and that they might have it more abundantly*" (Jn. 10:10).

"For God so loved the world that he gave his only begotten Son, that whosoever believes in him shall not perish but have eternal life" (Jn. 3:16).

"I have set before you life and death, blessings and curses. Now choose life, 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 . . . " (Deut. 30:19,20).

"Lo, children are a heritage of the Lord; and the fruit of the womb is his reward" (Psa. 127:3).

DIARY OF AN UNBORN CHILD

- OCTOBER 5** Today my life began. My parents do not know it yet, I am as small as a seed of an apple, but it is I already. And I am to be a girl. I shall have blond hair and blue eyes. Just about everything is settled though, even the fact that I shall love flowers.
- OCTOBER 19** Some say that I am not a real person yet, that only my mother exists. But I am a real person, just as a small crumb of bread is yet truly bread. My mother is. And I am.
- OCTOBER 23** My mouth is just beginning to open now. Just think, in a year or so I shall be laughing and later talking. I know what my first word will be: MAMA.
- OCTOBER 25** My heart began to beat today all by itself. From now on it shall gently beat for the rest of my life without ever stopping to rest! And after many years it will tire. It will stop, and then I shall die.
- NOVEMBER 1** I am growing a bit every day. My arms and legs are beginning to take shape. But I have to wait a long time yet before those little legs will raise me to my mother's arms, before these little arms will be able to gather flowers and embrace my father.
- NOVEMBER 12** Tiny fingers are beginning to form on my hands. Funny how small they are! I'll be able to stroke my mother's hair with them.
- NOVEMBER 20** It wasn't until today that the doctor told mom that I am living here under her heart. Oh, how happy she must be! Are you happy, mom?
- NOVEMBER 25** My mom and dad are probably thinking about a name for me. But they don't even know that I am a little girl. I want to be called Kathy. I am getting so big already.
- DECEMBER 10** My hair is growing. It is smooth and bright and shiny. I wonder what kind of hair mom has.
- DECEMBER 13** I am just about able to see. It is dark around me. When mom brings me into the world it will be full of sunshine and flowers. But what I want more than anything is to see my mom. How do you look, mom?
- DECEMBER 24** I wonder if mom hears the whispering of my heart? Some children come into the world a little sick. But my heart is strong and healthy. It beats so evenly: tup-tup, tup-tup. You'll have a healthy little daughter, mom!
- DECEMBER 28** Today my mother killed me.

Chronology of the Human Mother	Chronology of the New Human Life
Date of last menstrual period	1. Immediately upon fertilization, cellular development begins. Before implantation the sex of the new life can be determined.
	2. At implantation, the new life is composed of hundreds of cells and has developed a protective hormone to prevent the mother's body from rejecting it as a foreign tissue.
2 weeks, ovulation–conception–fertilization	3. At 17 days, the new life has developed its own blood cells; the placenta is a part of the new life and not of the mother.
	4. At 18 days, occasional pulsations of a muscle–this will be the heart.
5-9 days, implantation in uterus of mother.	5. At 19 days, the eyes start to develop.
	6. At 20 days, the foundation of the entire nervous system has been laid down.
	7. At 24 days, the heart has regular beats or pulsations. (This is a legal sign of life).
14 days (approximately) the first menstrual period is missed. The mother is probably wondering if she is pregnant.	8. At 28 days, 40 pairs of muscles are developed along the trunk of the new life; arms and legs are forming.
	9. At 30 days, regular blood flow within the vascular system; the ears and nasal development have begun.
	10. At 40 days, the heart energy output is reported to be almost 20% of an adult.
	11. At 42 days, skeleton complete and the reflexes are present.
	12. At 43 days, electrical brain wave patterns can be recorded. This is usually ample evidence that “thinking” is taking place in the brain. The new life may be thought of as a thinking person.
28 days after conception, earliest tests for pregnancy (testing not fully reliable).	13. At 49 days, the appearance of a miniature doll with complete fingers, toes and ears.
	14. Name changed from Embryo to Fetus. At 56 days all organs functioning – stomach, liver, kidney, brain – all systems intact. Lines in palms. All future development of new life is simply that of refinement and increase in size until maturity at approximately age 23 years. This is approximately two months before “quickenings” yet there is a new life with all of its parts needing only nourishment. The mother will usually not feel the child's movements until four months after conception.
Six weeks after conception, testing for pregnancy relatively reliable. Mother has physical signs of pregnancy and is wondering if she is going to have second missed period or is “truly” pregnant.	15. 9 th and 10 th week, squints, swallows, retracts tongue.
	16. 11 and 12 th week, arms and legs move, sucks thumb, inhales and exhales amniotic fluid, nails appearing.
	17. 16 weeks (four months) genital organs clearly differentiated, grasps with hands, swims, kicks and turns somersaults (still not felt by mother).
Eight weeks after conception, reported by some anti-life proponents as only a glob of tissue. There are those who claim the mother's right over her body gives the right of abortion.	18. 18 weeks, vocal chords working . . . can cry.
	19. 20 weeks, hair appears on head; weight–one pound; height–12 inches.
A fetus of 10 weeks is not essentially different from one of 20 weeks or one of 30 weeks.	

SOME "ONE-LINERS" ON ABORTION

MY MOM WAS PRO-LIFE. THANKS, MOM!

CHOOSE LIFE . . . YOUR MOM DID.

I NOTICE THAT EVERY ONE WHO IS IN FAVOR OF ABORTION HAS ALREADY BEEN BORN"
(R. REAGAN)

EVERY CHILD IS A WANTED CHILD.

SOME BABIES DIE BY CHANCE. NO BABY SHOULD DIE BY CHOICE.

IT'S A CHILD, NOT A CHOICE.

ABORTION STOPS A BEATING HEART.

GOD LOVES THE UNBORN AS MUCH AS GOD LOVES YOU.

GOD LOVES LITTLE CHILDREN . . . BORN AND UNBORN . . . AND SO SHOULD WE.

MEDICAL FACT: LIFE BEGINS AT CONCEPTION. ABORTION KILLS CHILDREN.

A MOTHER HAS NO MORE RIGHT TO KILL HER BABY
BEFORE IT IS BORN THAN AFTER IT IS BORN.

THE REAL QUESTION IS "WHAT IS THE VALUE OF HUMAN LIFE."

EVERY HUMAN LIFE HAS EQUAL, INFINITE, AND SACRED WORTH.

ROE VS. WADE IS A DEFIANCE OF THE LONG-HELD WESTERN ETHIC OR INTRINSIC AND
EQUAL VALUE FOR EVERY HUMAN LIFE REGARDLESS OF ITS STAGE, CONDITION, OR
STATUS.

THE LIFE CYCLE:

CONCEPTION

GROWTH

BIRTH

GROWTH

MATURATION

DEGENERATION

DEATH

Teen Pregnancy

More children having children
exact alarming toll in Ohio

Bad and sad are the latest words on teen pregnancy in Ohio. Births are rising. Prevention and paternity are lagging.

A new report from the Children's Defense Fund-Ohio and Ohio Children's Hospitals presents some stark facts:

- ✓ Ohio set new records in 1992 for out-of-wedlock births and repeat births. Nearly 80% of Ohio teen mothers are unmarried. One in four births is to adolescent who already has a child.
- ✓ Fewer than 56% of 18 and 19-year-old teen moms are high school graduates.
- ✓ Nearly one in seven Ohio infants is born to a teenager. This is worse than comparable urban states including New York, California and Pennsylvania.
- ✓ Barely half of the fathers in teen births are identified on the birth certificate and cannot be held accountable for support.
- ✓ Taxpayers spend more than \$100 million a year in health costs and assistance for new teen parents and their babies. Millions more are spent to continue support.
- ✓ In Hamilton County there were 1,973 babies (14.6% of all births) born to teens in 1992. Over 90% of the mothers were unmarried; 206 were 15 and younger. More than 65% depend on public programs at a cost of \$12 million. Almost 29% of teen births are repeat births. The city of Cincinnati and Norwood are among the states's worst combination of teen births, poverty and high school dropouts and while it spends on teen parents and their babies, it invests only \$1 in preventive programs.

The report underlines the need to intensify all efforts to curb unwed pregnancies. Government can't do it alone. More parents, religious and community leaders must help adolescents resist the barrage of messages that romanticize early sexual involvement.

The Cincinnati Post

Monday, April 25, 1994

Teenage parenthood is increasing nationwide. But in Ohio, births to single teens as a proportion to all births increased by 31 percent between 1985 and 1991, compared with the average national increase of 20 percent.

Teenage childbearing is a key cause of the blight on children's lives. Research shows that children born to teenage mothers are more likely to drop out of school, give birth out of wedlock, and be dependent on welfare.

If 60 percent of mothers on welfare had their first child as a teenager then how can we have welfare reform with out attacking teenage pregnancy?

This year's data book highlights how the problems of communities affect children. Children cannot flourish when they grow up in neighborhoods where the chances for failure far exceed the opportunities for success, the report said.

"There is no institution, program, or policy available that will successfully rear kids in the absence of strong families," wrote Casey Foundation Executive Director Douglas W. Nelson. "What is perhaps less well understood, is that the capacity of families and the well-being of children are also inextricably linked to the well-being of the communities in which they live."

Other grave dangers of sex outside the marriage relationship:

Teen pregnancy, illegitimate children, one-parent homes, poverty, undisciplined children and uncontrollable adults . . . the disappearance of the family with it's stability and values.

OTHER GRAVE DANGERS AND RESULTS OF PRE-MARITAL SEX THE HORROR OF VENEREAL DISEASES AND AIDS

With the "New Morality" (which is the New Immorality) and the so-called "Sexual Revolution" of our society has come the inevitable and certain punishment of the evil-doers – a veritable epidemic of venereal diseases, some of them incurable, along with some brand new ones never heard of before . . . and the terrible curse of AIDS.

Dr. James Dobson in his book Children At Risk, says: "The pathway to premature sex is particularly accessible to every bright-eyed youngster looking for a thrill. . . It's no wonder that the kids who want to remain chaste often feel like prudes and freaks today.

Pornographic music videos, raunchy television and teen sex-ploitation movies . . . make it clear that everybody's doing it. Whatever natural barriers and modesty that might have existed between the sexes is quickly circumvented.

In that kind of world, it would not surprise us that kids are participating in every form of sexual experimentation at a younger and younger age. This is especially true of females. The National Center for Health Statistics reports that 29 percent of fifteen-year-old girls are sexually active, and 81 percent of nineteen-year-olds! Boys are no less active. Seventy-two percent of seventeen-year-old boys are sexually active as well as 88 percent of nineteen-year-olds.

The consequence of this promiscuity is appalling. Not only are 1.5 million abortions occurring each year, but the spread of some thirty-eight sexually transmitted diseases continues at epidemic proportions. For example, there were twenty-seven thousand cases of syphilis reported in 1986 – a dangerous trend that captured national attention. But by 1989, the figure had risen to forty-four thousand – an increase of 62 percent in just three years! A strain of gonorrhea has now appeared that is completely resistant to all known antibiotics.

Twenty to thirty percent of college-aged women are currently estimated to have genital herpes – a disease from which they will suffer the rest of their lives. And another virus known as HPV causes genital warts and cervical cancer in some infected women. The disease is untreatable and would be grabbing headlines if it weren't for the more serious AIDS epidemic.

Numerous other problems result from unbridled promiscuity, of course, including infertility and even death. And who can minimize the effects of sexual experimentation on subsequent marital relationships? Clearly, the door marked "Premarital Sex" is a passage to pain for those who would stroll through its portals."

Dr. Dobson mentions "thirty-eight sexually transmitted diseases" – one of the most recent and dangerous of these is chlamydia, which has spread like wild-fire among young people in recent years. And then there is AIDS – absolutely incurable, and always fatal! The only sure way to avoid these diseases is God's way – abstain from sexual intercourse before marriage, and marry someone else who has done so!

WHAT SHOULD BE OUR ATTITUDE TOWARDS SEXUAL PERVERSION?

Our attitude towards homosexuals and homosexuality should be the same as our attitude towards all other violations of God's moral and spiritual laws and those who commit those violations – we should hate the sin and love the sinner.

All homosexual acts combine two grievous sins: sex out of wedlock, and sex with a

person of the same gender. We have pointed out that the union of the man and the woman in sexual intercourse is a holy and sacred act, placed by God at the very center of the moral order of the universe, in which the male and female become *"one flesh."* Out of that oneness proceeds the whole procreative process by which God perpetuates the human race, and upon the sanctity and inviolability of that act and the permanence of the relationships which it establishes is founded the home and the family – the basic building block of civilization and the social order.

In a very special sense, therefore, acts of sexual perversion are an atrocity which are an abomination to God, and which therefore must be an abomination to and be abhorred by man. Acts of sexual perversion are the depths of human depravity.

WHAT THE BIBLE SAYS ABOUT SEXUAL PERVERSION? GOD'S STATEMENT TO MAN CONCERNING SEXUAL PERVERSION AT SODOM AND GOMORRAH

God made a statement about sexual perversion and issued a warning to the human race for all time to come when he incinerated Sodom and Gomorrah and the cities adjacent to them for this sin some 4,000 years ago, as recorded in Genesis 18 and 19. The name of Sodom even now, aeons later and on the other side of the planet, is still applied to that shameful act for which Sodom was destroyed – "sodomy," meaning an act of sexual perversion – a sex-act with a person of the same gender.

Two thousand years later, the Holy Spirit speaking to us through Jude, said: *" . . . Sodom and Gomorrah and the surrounding towns gave themselves up to sexual immorality and perversion. They serve as an example of those who suffer the punishment of eternal fire" (Jude 7).*

The message of God, for then, for now, and forever is – God will utterly destroy those who commit acts of sexual perversion, both in this world and that to come.

GOD'S STATEMENT TO MAN CONCERNING SEXUAL PERVERSION IN THE LAW OF MOSES

Some 500 years after his obliteration of Sodom and Gomorrah for their sexual immorality and perversion, God gave His law to Israel through Moses at Mt. Sinai, and said: *"If a man also lie with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood shall be upon them" (Lev. 20:13). (See also Lev. 18:22, 24,25; Deut. 22:5).*

Thus, we see that God prescribed the death penalty for homosexual acts among his ancient people, Israel. There was zero tolerance for this sin. God said emphatically: *"There shall be no prostitute of the daughters of Israel, neither shall there be a sodomite of the sons of Israel" (Deut. 23:17).*

Although we do not live under the Mosaic Law today, but under the New Covenant under which there is no punishment that we are to carry out for any sin whatsoever, the commandment of God set forth in the Old Testament are indicative of God's will and mandates in the moral order forever. *"For whatsoever things were written aforetime were*

written for our learning . . ." (Rom. 15:4). "These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come" (I Cor. 10:11).

GOD'S STATEMENT TO MAN CONCERNING SEXUAL PERVERSION IN THE NEW TESTAMENT

Jesus fully ratified, and in fact, strengthened and deepened the moral commandments of God as given in the Mosaic Covenant (Matt. 5:17-39). Like the Prophets before him, Jesus reminded Israel and mankind of the fiery destruction of Sodom, saying that it is going to go better for Sodom and Gomorrah in the last judgment of all souls than for those who have lived subsequently to the coming of Christ who have been given so much more opportunity to know the word and power of God (Matt. 10:15; 11:23,24).

GOD'S STATEMENT TO MAN CONCERNING SEXUAL PERVERSION IN THE NEW TESTAMENT

In Romans, we are told that those who practice homosexuality have exchanged the truth of God for a lie, that they have depraved minds, that they know that is God's decree that those who do such things deserve death, but that they go ahead and do them and approve of those who are engaged in such practices.

We read: "*Wherefore (i.e., because they failed to glorify God and give him the thanks due him) God also gave them up to uncleanness through the lusts of their own hearts, to dishonor their own bodies between themselves: Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen. For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature: And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet. And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient"* (Rom. 1:24-28).

Paul told the church at Corinth, and us, that those who are engaged in homosexual practices are "wicked," and that they will not go to Heaven. We read:

"Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind. Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God. And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God" (I Cor. 6:9-11).

The certain final end of all who engage in homosexual practices, along with all those who sin against God and do not repent, is set forth in the scriptures.

"But the fearful, and unbelieving, and the abominable, and murderers, and whore-mongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death" (Rev. 21:8).

PORNOGRAPHY

Pornography may be defined as "obscene literature, art, or photography." It is "the commercial exploitation of sex, designed to stimulate sexual excitement with special reference to abnormalities and perversions." Pornography is dirty books, dirty pictures, dirty movies, literature and language, photos and films depicting nudity and sexual activities in a manner calculated to arouse lust and carnal passion. The spread of pornography is poisoning American society, undermining morality, and destroying the moral fiber of this nation and of the Western civilization. Its most degrading effects are upon the youth of our nation.

The psychiatrist Frederic Wertham characterized the cumulative effect of repeated exposure of young people to obscenity as "moral disarmament." Such exposure has a subtle influence upon character, on attitude, on intuitive feelings of right and wrong. It blunts the finer feelings of conscience in regard to the sex-act, and divests it of its moral connotations.

Young people learn the supreme importance of pure air, pure water, pure food in staying physically healthy, and we have numerous governmental agencies such as the Environmental Protection Agency, to see to it that our physical environment is kept free of pollutants and poisons which would damage our bodies. Alas, there is no agency which seeks to remove moral dirt and filth from the books, magazines, movies and TV presentations shown to America. "We are what we eat" – and this is true of our minds as well as our bodies. No one can feast his eyes, his mind, his thoughts on that which is suggestive of evil and sin, and live a pure and holy life.

Pornographic magazines, books, and obscene films will separate you from God and the Bible, and will destroy your desire to live a clean and Godly life. STAY AWAY FROM THEM! Our Savior has told us – and His words are true . . . "***Blessed are the pure in heart, for they shall see God***" (Matt. 5:8).

If we are pure in heart, we will be pure in life, for "*out of the heart proceed evil thoughts, murders, adulteries, fornication, thefts, false witness, blasphemies . . .*" (Matt. 15:19). Immoral books and pictures produce immoral lives.

IT'S YOUR CHOICE

LESSON 5

PROBLEMS OF CHARACTER, BEHAVIOR, AND ATTITUDE CONFRONTING YOUTH TODAY

GOD HAS A PLAN FOR YOUR LIFE

God has a plan for your life. It is a plan for this world and for the world to come . . . for time and for eternity. God has told us plainly and repetitiously in His Word what we are to be, to do, to believe, to think how we are to act, how we are to talk. There is a divine pattern and blue-print in the scriptures for our lives both individually and collectively. God has told us how we are to relate to Him as our Father, and how we are to relate to each other as His children in His spiritual family, the church of Christ . . . brothers and sisters to Christ and to each other.

God made the world for us, for our stewardship, but God made us for Himself. God placed us over the physical creation and has given to us dominion and control over *"the fish of the sea and the birds of the air, and over every living creature that moves on the earth"* (Gen. 1:27-29). Just as God has given us to absolute control over the natural order, He intends that we should be under His absolute control in the moral and spiritual realm. God does not force His control upon us but gives us complete freedom to accept that control or to reject it, while telling us what will be the certain result of each course of action.

"Who will render to every man according to his deeds: To them who by patient continuance in well doing seek for glory and honor and immortality, eternal life: But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath, Tribulation and anguish, upon every soul of man that doeth evil, of the Jew first, and also of the Gentile; But glory, honor, and peace, to every man that worketh good, to the Jew first, and also to the Gentile: For there is no respect of persons with God" (Rom. 2:6-11).

YOU CAN ACCEPT GOD'S PLAN FOR YOUR LIFE, OR YOU CAN REJECT IT. "IT'S YOUR CHOICE."

When one purchases a piece of machinery of any kind, be it an automobile or a computer or even a mechanical toy, he gets with it an owner's manual – a set of instructions telling how the machine is supposed to operate . . . how to "hook it up" so it will run; how to care for it so it will not break down; how to get the maximal and best results from it. If we disregard the manufacturer's instructions, we are going to run into trouble. We may not be able to get the machine to work at all if we insist on going contrary to the manufacturer's instructions. We can be sure that it won't operate satisfactorily, if at all.

So it is that God who is our Maker has given us a book of instructions telling us very clearly how our lives are to be lived so that they will achieve the purpose for which we

were created – which is to love and serve God our Creator and to glorify His name. In carrying out this purpose, we will be blessed by God in every way, we will find happiness and fulfillment, and be given eternal life in a realm of flawless perfection where we will dwell forever in union with God and His Son and the Redeemer of all ages! That book of instructions which our Creator has given us is, of course, the Bible, which sets forth the moral and spiritual laws by which we are to be governed if we dwell in His kingdom. Christ, God's Son, is the one through whom God has communicated these laws to us, and is Himself their embodiment and fulfillment. Certain ruin is the consequence of our disregarding our Maker's instructions.

LACK OF RESPECT FOR THOSE IN AUTHORITY AND DISOBEDIENCE TO AUTHORITY IS THE ROOT CAUSE OF MOST OF THE PROBLEMS OF YOUNG PEOPLE AND OF MANKIND ITSELF

The supreme authority, of course, is God, who has given all authority to His Son, Jesus Christ – and who in turn has vested authority over His kingdom in His apostles, stating, *"He who received you receives me, and he who receives me receives Him who sent me"* (Matt. 10:40.) See also Matt. 16:19; 18:18; Jn. 14:23-26; Heb. 1:1,2; Eph. 1:20-23.

Obedience to God and to His Word – and God's Word made flesh is Jesus Christ His Son – is the solution to all of the problems of mankind, and that obedience should begin when we are children. We are told to *"Remember now your creator in the days of your youth, before the evil days come and the years approach when you will say, I find no pleasure in them"* (Eccl. 12: 1). Paul told Timothy that, *"From a child you have known the holy scriptures, which are able to make you wise unto salvation through faith which is in Christ Jesus"* (II Tim. 3:15).

YOUNG PEOPLE ARE TO OBEY THEIR PARENTS

"Children, obey your parents in the Lord: for this is right. Honor your father and mother; which is the first commandment with promise; that it may be well with you, and you may live long on the earth" (Eph. 6:1-3).

JESUS OBEYED HIS EARTHLY PARENTS, THOUGH HE WAS THE SON OF GOD

"Then he went down to Nazareth with them and was obedient to them" (Lk. 2:51).

THE YOUNG ARE TO BE SUBMISSIVE TO THE OLDER, AND ALL ARE TO HAVE A HUMBLE, SUBMISSIVE SPIRIT, BOTH IN REGARD TO GOD AND OUR FELLOW MEN

"Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time" (I Pet. 5:5,6).

IT IS GOD'S COMMAND THAT WE ALL OBEY THE LAWS OF THE LAND – HONOR THOSE WHO HAVE THE RULE OVER US WHETHER SPIRITUALLY OR TEMPORALLY – THIS INCLUDES OUR TEACHERS AT SCHOOL, AND OUR BOSSES AT WORK

"Submit yourselves to every ordinance of man for the Lord's sake: whether it be to the king, as supreme; Or unto governors, as unto them that are sent by him for the punishment of evildoers, and for the praise of them that do well. For so is the will of God, that with well doing ye may put to silence the ignorance of foolish men: As free, and not using your liberty for a cloke of maliciousness, but as the servants of God. Honour all men. Love the brotherhood. Fear God. Honour the king. Servants, be subject to [your] masters with all fear; not only to the good and gentle, but also to the froward" (I Pet. 2:13-18).

"Put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work, To speak evil of no man, to be no brawlers, [but] gentle, shewing all meekness unto all men" (Tit. 3:1,2).

"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation. For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same: For he is the minister of God to thee for good. But if thou do that which is evil, be afraid; for he beareth not the sword in vain: for he is the minister of God, a revenger to execute wrath upon him that doeth evil. Wherefore ye must needs be subject, not only for wrath, but also for conscience sake. For this cause pay ye tribute also: for they are God's ministers, attending continually upon this very thing. Render therefore to all their dues: tribute to whom tribute is due; custom to whom custom; fear to whom fear; honour to whom honour" (Rom. 13:1-7).

STEALING DISHONESTY – LYING, CHEATING

All human relationships are based upon trust. This trust begins in the home, with the marriage relationship and with the trust that parents have in their children, and the children in their parents, and extends into every relationship we have and enter into with others, including our relationship with God, in whom our final, total, and supreme trust should be placed, of course. Every piece of money issued by the United States, be it a metal coin or paper money, bears this noble inscription upon it: "In God We Trust."

We can put our absolute trust in God because it is impossible for Him to lie (Tit. 1:2; Heb. 6:18). God is a God of truth, His Spirit is *"the Spirit of truth,"* His Son Jesus Christ is the embodiment of truth and is the truth (Deut. 32:4; Psa. 31:5; Jn. 14:6,17).

Satan is the father of lies (Jn. 8:44). Those who tell lies have Satan for their father (Jn. 8:44), in whom there is not truth.

Jesus Christ came into this world to *"bear witness unto the truth."* He said: *"Everyone who is of the truth hears my voice" (Jn. 18:37).*

Young people must cultivate the habit of "telling the truth, the whole truth, and nothing but the truth." The most important of all traits of character is integrity – honesty . . . to be honest with ourselves and with all others. "Honesty is the best policy." In the end, it is the only policy that pays off. "Our word should be as good as our bond." We want others to be honest with us. We must therefore be completely honest with all others.

KEEP YOUR WORD! If you say you will do something – DO IT! If you say you won't do something – DON'T DO IT!

PAY YOUR DEBTS! If you borrow something, PAY IT BACK!

BE TRUSTWORTHY! Dependable, reliable, "Worthy of Trust." You don't want to deal with people you can't trust. Neither do others want to deal with us if they can't trust us. Having the kind of world that God wants and that we want depends upon each one of us individually being what he should be.

BE HONEST! BE TRUTHFUL! IT IS NEVER RIGHT TO LIE!

Lying, cheating, and stealing are all but different manifestations and aspects of the same sin – dishonesty. When we cheat on an examination, we are not only taking something that isn't ours, but we are communicating the lie that it is ours . . . so we are lying, cheating, and stealing all at the same time.

The Christian is a "giver," not a "taker." Far from taking what belongs to others for himself, he gives what belongs to himself to others. We are told: *"Let him that stole steal no more: but rather let him labor, working with his hands the thing that is good, that he may have to give to him that is in need"* (Eph. 4:28).

In the Latin spoken in ancient Rome, the same word meant both "honest" and "honorable." In reality, it still does. To be honest is to be honorable; to be dishonest is to be dishonorable – a crook, a rogue, a rat.

In the Ten Commandments given by God to His ancient people Israel, all the commandments that had to do with man's relationships with his fellow man either directly or indirectly had to do with honesty (Ex. 20:12-17).

THE FIFTH COMMANDMENT: HONOR THY FATHER AND THY MOTHER – Since they are the ones who brought you into the world and took care of you and provided for you and trained you and protected you during all the years when you could not do these things for yourself, you owe them a debt you can never repay. To fail to honor them is to fail even to pay the interest on your debt to them – it is to steal from them . . . to rob them of the love and gratitude that you owe them, as a very minimal requirement of integrity and honor. Honesty demands that we honor our parents, and he who doesn't do so, is a thief!

THE SIXTH COMMANDMENT: THOU SHALT NOT KILL – To take a human life is to take what does not belong to man, but to God. Just as ranchers put brands on their cattle to make them as belonging to them, so God has put his divine mark on each human being – we are all made in his spiritual image and likeness. To rob a man of his life is to take away his most valuable possession other than his soul. Honesty demands that we not take what does not belong to us, above all, human life, our own or anyone else's; the babe in his mother's womb, or the ancient in his senility.

THE SEVENTH COMMANDMENT: THOU SHALT NOT COMMIT ADULTERY – To commit adultery is to take another person's mate, husband or wife, for one's self. It is like murder, taking what does not belong to one. It is theft – stealing a pleasure, privilege, an intimacy – a precious and sacred union – which rightfully belongs only to another person. Honesty demands that we not violate the sacred rights or conjugal ownership

established by the marriage relationship – ownership of the body of the wife by the husband and ownership of the body of the husband by the wife (I Cor. 7:1-5). The husband or wife who cheats on his or her mate is a liar, a thief – a criminal.

THE EIGHTH COMMANDMENT: THOU SHALT NOT STEAL – No explanation is necessary to show how this is a commandment to be honest.

THE NINTH COMMANDMENT: THOU SHALT NOT BEAR FALSE WITNESS – This commandment which can be paraphrased as "Thou Shalt Not Lie," is like the commandment, not to steal, simply a commandment to be honest.

THE TENTH COMMANDMENT: THOU SHALT NOT COVET – "Coveting" means wanting something that you do not have and that does not belong to you. Another way of putting it is, "Not only are you not to take what does not belong to you – you are not even to want what does not belong to you." If you do not covet or want what belongs to someone else, you certainly won't steal it. True honesty demands that we not covet what others possess.

Thus, we see that the last six Commandments of the Decalogue (the Ten Commandments), are simple commandments to be honest – absolutely honest!

If we truly love our fellow man, we will be honest with him because we want him to be honest with us. Just as love is the fulfilling of the law, so is honesty a fulfilling of the Law. Just as love demands that we be honest, honesty demands that we love. *"For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, Namely, Thou shalt love thy neighbor as thyself. Love works no ill to his neighbor: Therefore, love is the fulfilling of the Law" (Rom. 13:9,10).*

PROFANITY, OBSCENITY

One of the greatest gifts and blessings that God has given us is the ability to speak. We will be held accountable on the Judgment Day for how we have used this precious gift. Jesus said: *"O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh. A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things. But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned" (Matt. 12:34-37).*

We are commanded to be *"pure in heart" (Matt. 5:8)*. Since our words are simply expressions of what is in our hearts, it follows that if our hearts are pure and holy, our speech will be also.

The Third Commandment of the Ten Commandment was: *"Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless who takes his name in vain" (Ex. 20:7).*

To *"take God's name in vain"* means to use it in a light, flippant or superficial fashion, as a "by-word" or curse word. It is to be used only in prayer and worship, and in serious conversation which communicates meaning. To profane and blaspheme the Holy Name of the Almighty is a serious sin, indeed. Jesus commanded: *"But I say unto you, Swear*

not at all; neither by heaven; for it is God's throne: Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil" (Matt. 5:34-37).

We must control our tongues. James said: *"If any man among you seem to be religious, and bridles not his tongue, but deceives his own heart, this man's religion is vain" (Jas. 1:26).*

In the Third Chapter of James, we have one of the strongest teachings in the scriptures about controlling our tongues (Jas. 3:1-13). It should be read and discussed.

LAZINESS, INDOLENCE, IRRESPONSIBILITY, LACK OF DEPENDABILITY

Every single thing that has ever been accomplished by God or man has been accomplished by work! In six consecutive periods of time, or days of Creation, God worked to bring into being everything that is (Gen. 2:1-3). God placed man upon the earth to work and to *"subdue the earth, and to have dominion over the fish of the sea, and the fowl of the air, and over every living thing that moves on the earth" (Gen. 1:28)*, and put man in the garden *"to dress it and to keep it" (Gen. 2:15).*

Jesus Christ, God's Son, came into this world to work! He said, *"I must work the works of him that sent me, while it is day: the night comes, when no man can work" (Jn. 9:4).* When he came to the end of his brief life of thirty three years on this earth, Jesus could say to the Father – *"I have glorified thee on the earth: I have finished the work which thou gavest me to do" (Jn. 17:4).*

THE IMPORTANCE OF EXCELLENCE HAVING GOALS AND A DIRECTION FOR ONE'S LIFE DOING THE BEST AND BEING THE BEST THAT ONE CAN DO AND BE

When the great apostle Paul came to the end of his life, he was able to say: *"For I am now ready to be offered, and the time of my departure is at hand. Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing" (II Tim. 4:6-8).*

It should be noted here that Paul had a certain race-course to be run, a certain battle to be fought and won, a certain faith to keep – a certain definite goal before him – throughout his life's work. So should each one of us.

Jesus came into this world to do a certain definite work and to accomplish a certain definitely set forth set of goals which God, the Father had given him. He said: *"My meat is to do the will of him that sent me, and to finish his work" (Jn. 4:34).* On the cross, he was able to say, *"It is finished"* – referring to that work.

Of course, the fixed goal for each one of us, towards which every effort of our lives should be directed, is heaven above. All that we say and do should be shaped and directed by that goal and pointed towards that objective.

No one is going to heaven accidentally. If we make it through the pearly gates, it will be because we strove earnestly, consistently, patiently, and throughout our lives, to get there.

It is essential that we live our Christian lives with fervor and enthusiasm, that we be zealous and whole-hearted, earnest and sincere in all that we do. The Lord hates a tepid, lukewarm heart and life, and says that he will spew the lukewarm out of his mouth (Rev. 3:15, 16). We are commanded to be *"Not slothful in business; fervent in spirit; serving the Lord"* (Rom. 12:11). Solomon of old advised, *"Whatsoever thy hand findeth to do, do it with all they might . . ."* (Eccl. 9:10).

We sometimes tend to think that our Christian duty only has to do with going to church services, but it covers the totality of our lives, including our jobs and secular careers. Whatever we are doing, we are doing it as Christians and as serving the Lord in doing it. *"And whatsoever you do, do it wholeheartedly as to the Lord, and not unto men; knowing that of the Lord you shall receive the reward of the inheritance: for you serve the Lord, Jesus Christ"* (Col. 3:23,24).

Every person is going to be judged according to the work that he did while on this earth, and he will be rewarded according to the quality and quantity of that work, as is made plain in many passages in the scriptures, but especially I Corinthians 3:9-15. In Revelation, the curtain of time is pulled back for a moment, and we are given a glimpse of the last judgment, at which time every man will be judged *"according to his works"* (Rev. 20:12,13). Finally, the Lord Jesus concludes the Bible by saying – *"And behold, I come quickly; and my reward is with me, to give every man according as his work shall be"* (Rev. 22:12).

The apostle Paul commanded, in writing to the Church at Thessalonica: *"For even when we were with you, this we commanded you, that if any would not WORK, neither should he eat"* (II Thess. 3:10).

The sluggard, or lazy and indolent person is doomed to poverty and misery and is of no use to God or man. (See Prov. 6:6; 13:4; 15:19; 19:24; 20:4; 21:25; 26:16).

It has been truthfully said, *"An idle mind is the devil's workshop, and idle hands are the devil's tools."* **God uses busy men; the Devil uses idle ones.**

SELFISHNESS, ANGER, JEALOUSY, ENVY

The above flaws of character and behavior which prevent so many of us from being what we should be, are the result of our living a self-centered, rather than a Christ-centered life. When the Holy Spirit fills us, then all malice and ill-will, selfishness, anger, jealousy, and envy, flee . . . and we are commanded to be *"filled with the Spirit"* (Eph. 5:18). We are told in the Bible: *"Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told [you] in time past, that they which do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. And they that are Christ's have crucified the flesh with the affections and lusts. If we live in the Spirit, let us also walk in the Spirit. Let us not be desirous of vain glory, provoking one another, envying one another"* (Gal. 5:19-26).

CONCLUSION

The solution and the only solution to all the problems facing today's young people, and facing the human race, is obedience to Christ whom God has given all authority in heaven and on earth!

After his resurrection from the dead, Jesus appeared to his disciples and said: *"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the father and of the son and of the holy spirit, and teaching them to obey everything I have commanded you. And surely I will be with you always, to the very end of the age"* (Matt. 28:18-20).

We must repent of our sins and of our sinfulness, and be baptized for the remission of our sins into Christ and into the church of Christ, which is His body (embodiment), which is filled with His Spirit, and which is the spiritual organism and organization of which He is the head and which He died to save.

It is the Holy Spirit within us – the Spirit of God and of Christ – which gives us spiritual life, and the power to overcome sin and Satan, death and hell. God gives us His Spirit when we obey Him. *"We are witnesses of these things, and so is the Holy Spirit, whom God has given to those who obey him"* (Acts 5:32).

On the Day of Pentecost after the crucifixion and resurrection of Christ, the apostles received a special measure and outpouring of the Holy Spirit. When the Jews who had crucified Jesus wanted to know what to do to get forgiveness and obtain salvation, Peter said to them: *"Repent and be baptized, every one of you, in the name of Jesus Christ so that your sins may be forgiven. And you will receive the gift of the Holy Spirit"* (Acts 2:38).

The solution to the sin-problem that God gave through the apostles to the Jews on Pentecost is the same solution that he gives us today, whether we are young or old, white or black, rich or poor, wise or foolish . . . believe, repent, be baptized, live a Christian life . . . and *"And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers"* (Acts 2:42).

The wise man of old, in the closing words of Ecclesiastes, put it this way: *"Let us hear the conclusion of the whole matter. Fear God, and keep his commandments: for this is the whole duty of man. For God will bring every work into judgment, with every secret thing, whether it be good, or whether it be evil"* (Eccl. 12:13-24).

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Contact:

**Fort Hill Christian Youth Camp
13500 Fort Hill Road
Hillsboro, Ohio 45133
www.forthillcamp.org**

