



SAVED TO SERVE
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**WHAT DOES THE BIBLE SAY ABOUT
DRUGS AND STIMULANTS?**

1. In this Sabbath School Lesson, we will study what the Bible and the Spirit of Prophecy teach about drugs and stimulants and the negative effects they have on our bodies.
 2. Based on Revelation 14:7, we are commanded to give glory to God. What is one meaning of giving glory to God?
1 Corinthians 10:31
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3. What are we told in 1 Corinthians 3:16, 17 regarding our bodies?
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4. Drugs & stimulants cover a wide range of substances including pharmaceutical drugs, street drugs, cannabis, tobacco, cigarettes, caffeinated teas, as well as coffee. Here are four reasons from scripture why we should avoid the use of drugs and stimulants.

- a) **Addictive** - Romans 6:16; 7:19, 20, 23; Matthew 4:10
 - b) **Waste of God's money** - Isaiah 55:2; 1 Corinthians 4:1, 2
 - c) **Weakens our ability to hear the Holy Spirit** - Galatians 5:16, 17; Romans 8:12-14
 - d) **Slow death/murder** - Exodus 20:13; Galatians 5:21
5. Many justify the use of substances such as cannabis (marijuana) by using the argument that God provided everything in nature to be used and if He did not want us to use it, He would not have created it. What was the condition of the earth prior to sin, and what happened after man sinned? Genesis 1:31; Genesis 3:17, 18
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"Christ never planted the seeds of death in the system. Satan planted these seeds when he tempted Adam to eat of the tree of knowledge which meant disobedience to God. Not one noxious plant was placed in the Lord's great garden, but after Adam and Eve sinned, poisonous herbs sprang up. In the parable of the sower the question was asked the master, "Didst not thou sow good seed in thy field? from whence then hath it tares?" The master answered, "An enemy hath done this" (Matthew 13:27, 28). **All tares are sown by the evil one. Every noxious herb is of his sowing, and by his ingenious methods of amalgamation he has corrupted the earth with tares.**" {2SM 288.2}

6. **Note:** Let us now transition and deal with the use of pharmaceutical drugs and street drugs.
7. What are we told in 1 Peter 2:11? _____

"Abstain from fleshly lusts, which war against the soul," is the language of the apostle Peter. **Many regard this warning as applicable only to the licentious; but it has a broader meaning. It guards against every injurious gratification of appetite or passion. It is a most forcible warning against the use of such stimulants and narcotics as tea, coffee, tobacco, alcohol, and morphine. These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character. The earlier these hurtful habits are formed, the more firmly will they hold their victim in slavery to lust, and the more certainly will they lower the standard of spirituality**".—The Review and Herald, January 25, 1881 {CD 62.5}

8. 'Witchcraft' is mentioned among the works (or lusts) of the flesh in Galatians 5:20. What does the word "witchcraft" mean? **The number for the word "witchcraft" in the Strong's Greek Concordance is 5331. The word is φαρμακεία, ας, ἡ (Pharmakeia), which means the use or the administering of drugs, medicine or spells.**
 9. What counsel are we given regarding the use of drugs? In most cases, do they cure disease?
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“Then shall physicians continue to resort to drugs, which leave a deadly evil in the system, destroying that life which Christ came to restore? Christ’s remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God. **The drugs administered to the sick do not restore, but destroy. Drugs never cure. Instead, they place in the system seeds which bear a very bitter harvest...**” {2SM 288.3}

“People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. **But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period.**” {MH 126.3}

10. What are we told lays the foundation for the use of liquor, opium, and other such destructive substances?

“By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. **Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.**” {MH 126.4}

“Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience. **Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used.**” {CH 261.2}

11. **Note:** Notice that Sister White says that “drugs need seldom be used.” There are times when pharmaceutical drugs can be used. Surgery is one example. However, the overarching theme is that we should rely upon God’s natural remedies and faith in Him to preserve our bodies in good physical, mental, and spiritual health.

12. **Note:** Two of the most commonly used stimulants, even among Seventh-day Adventists, are caffeinated teas and coffee. Many see no harm in their use, but they are destroying both body and mind. (Disclaimer: the counsels regarding tea are not referring to the **non-caffeinated**, herbal teas such as peppermint, ginger, lemongrass, chamomile, etc).

“What power can the tobacco devotee have to stay the progress of intemperance? **There must be a revolution upon the subject of tobacco before the ax will be laid at the root of the tree. Tea, coffee, and tobacco, as well as alcoholic drinks, are different degrees in the scale of artificial stimulants.**” {CTBH 34.1}

“**The effect of tea and coffee, as heretofore shown, tends in the same direction as that of wine and cider, liquor and tobacco.**” {CTBH 34.2}

“**Tea is a stimulant, and to a certain extent produces intoxication. It gradually impairs the energy of body and mind. Its first effect is exhilarating, because it quickens the motions of the living machinery; and the tea-drinker thinks that it is doing him great service. But this is a mistake. When its influence is gone, the unnatural force abates, and the result is languor and debility corresponding to the artificial vivacity imparted. The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils.**” {CTBH 34.3}

“**Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the after-effect is exhaustion, prostration, paralysis of the mental, moral, and physical powers. The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is permanently lessened.**” {CTBH 34.4}

“**All these nerve irritants are wearing away the life-forces, and the restlessness caused by shattered nerves, the impatience, the mental feebleness, become a warring element, antagonizing to spiritual progress.** Then should not those who advocate temperance and reform be awake to counteract the evils of these injurious drinks? **In some cases it is as difficult to break up the tea-and-coffee habit as it is for the inebriate to discontinue the use of liquor.** The money expended for tea and coffee is worse than wasted. They do the user only harm, and that continually. **Those who use tea, coffee, opium, and alcohol, may sometimes live to old age, but this fact is no argument in favor of the use of these stimulants. What these persons might have accomplished, but failed to do because of their intemperate habits, the great day of God alone will reveal.**” {CTBH 34.5}

For further counsel, read Christian Temperance and Bible Hygiene, p. 34-40

13. According to science, caffeine is consumed by 80-90% of Americans in some form on a daily basis. Caffeine is categorized in a group of psychoactive drugs called stimulants. Although it is a lower level stimulant drug, notice what other drugs it is grouped with.

The Different Types of Psychoactive Drugs

Examples of stimulants include caffeine, nicotine, amphetamines, and cocaine. Examples of the effects of excessive use of cocaine may include irritability, mood swings, hallucination, heart palpitations, chest pain, and even death.

<https://www.verywellmind.com/what-is-psychoactive-22500>

14. In what ways is caffeine consumed?

- *Coffea Arabica* (used for coffee)
- *Thea sinensis* (used for tea)
- *Cola acuminata* (used as a nut, tea or in soft drinks)
- *Theobroma cacao* (used in cocoa and chocolate)
- *Paullinia cupana* (used as guarana in snack bars and energy drinks).

Effects of caffeine on Your Body

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.

<https://adf.org.au/drug-facts/caffeine/>

15. Here is another article detailing the list of effects caffeine has on the body.

The Effects of Caffeine on Your Body

- Alert brain
- Decreased suicide risk
- Rapid heartbeat
- Muscle aches
- Diarrhea
- Fertility issues
- Pregnancy issues
- Increased blood pressure
- Confusion
- Headaches
- Irritability
- Decreased risk of oral cancer
- Heartburn
- Nausea and vomiting
- Prevents calcium absorption in the bones
- Increased urination
- Jitters

<https://www.healthline.com/health/caffeine-effects-on-body>

16. As we close, what hope does God leave with us, and what practical things can someone do to overcome the use of drugs and their addiction to stimulants? Matthew 17:21; 1 Corinthians 10:13; Mark 10:27; Philippians 4:13

(a) Change your daily routine. In the morning, drink some lemon water to help detoxify your body and give you a boost of Vitamin C.

(b) For an energy boost, substitute the caffeinated beverages and food products with fruit smoothies.

(c) Uphold God's 8 Laws of Health

- N - nutrition
- E - exercise
- W - water
- S - sunlight
- T - temperance
- A - air
- R - rest**
- T - trust in God

“Those who have received instruction regarding the evils of the use of flesh foods, tea and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people.” {CD 36.4}

“...Temptation once resisted will give power to more firmly resist the second time; every new victory gained over self will smooth the way for higher and nobler triumphs. Every victory is a seed sown to eternal life.” {5T 120.3}