

ALCOHOL & DRUG ABUSE

Alcohol & Drug Abuse

Breaking Free & Staying Free

By June Hunt

He was an all-American hero. Some say he was the greatest baseball player who ever lived.¹ Mickey Mantle seemed to have it all—fame, fortune and millions of fans. The day of his graduation from high school in 1950, he signed with the world renowned New York Yankees, a decision that began his road to stardom. The statistics support his superstar status: 536 career home runs, three Most Valuable Player awards, a career batting average of .298, seven World Championships and baseball's Triple Crown, meaning he led the entire major league in the three categories of highest batting average, most home runs and most runs batted in.

However, Mickey also lived an extravagant, alcoholic lifestyle filled with various types of abuse. When he was diagnosed with liver cancer, it was evident that the years of drinking had intensified the damage. Despite his successful treatment for alcoholism, the assault to his body was too severe, and death came swiftly. During the final inning of his life, Mickey stood before the microphones at a press conference, gestured toward himself, wanting the world to know that he was no role model, and said, "Don't be like me."²

What could take the greatest switch-hitter in the game of baseball from adoration down to addiction? Why do millions of people each year take that same painful path? The Bible gives this explanation,

Prov 16:25

DEFINITIONS

A. What Is a Drug?³

A drug is a chemical substance introduced into the body that produces physical, emotional or mental changes. Some drugs are helpful and some are harmful.

Three primary ways of using drugs are . . .

- ingesting—swallowing pills, powders, liquids
- inhaling—breathing in powders, smoke, fumes and other inhalants

- injecting—inserting a substance directly into the veins, which provides a more direct effect, or injecting the drug underneath the skin (called "skin popping"), which allows the drug to be absorbed more slowly into the blood stream

Three ways of obtaining drugs are . . .

- over-the-counter (including alcohol)
- prescription (only prescribed by a medical doctor)
- illegally (The legal status of a drug varies from country to country.)

"Is it possible to abuse drugs and alcohol and not become addicted?"

Yes. Just as every drug is different, everyone's physical makeup is different. Some people become addicted after small amounts of a substance; others consume greater quantities before becoming dependent. Because of the destructive risk of addiction, using unnecessary drugs is dangerous. Substance abuse is like playing Russian roulette—it can cost you your life.

Conscientious Christians need to know that our bodies are not our own to abuse in any way—they belong to God.

1 Cor 6:19-20

B. What Is Substance Abuse?⁴

Substance abuse is the use of a chemical, legal or illegal, to the point of causing a person physical, mental or emotional harm.

There are five types of substance abusers.

- An experimental user is a person who uses a drug out of curiosity.
- A recreational user is a person who "gets high" on drugs on special occasions (parties, celebrations).
- A regular user is a person in a constant pattern of drug abuse who also attempts to live a normal lifestyle.
- A binge user is a person who uses drugs uncontrollably for a brief period of time and then abstains until the next binge.
- A dependent user is a person who is emotionally and physically hooked on drugs and whose life centers around obtaining those drugs. This person has a chemical dependency.

Regardless of the substance, the Bible describes the compulsive pattern of a person who has a chemical dependency.

Deut 29:19

"I have friends who drink heavily—sometimes to excess—and they want me to party with them. Is it okay for me to go with them, even if I am not drinking?"

There's an old saying, "You become like what you hang around with" (1 Cor 15:33). Going with those friends is not wise. Scripture clearly states,

Prov 23:20

C. What Are the Four Major Drug Classifications?5

Drugs are generally classified into four major groups depending on their effect on the body.

#1 Depressants are drugs that produce a calming effect and slow down the central nervous system.

- Prevalent types are . . . alcohol, sedatives (sleeping pills), tranquilizers (valium), barbiturates ("downers") and organic solvents (model airplane glue, gasoline and aerosols).

- Psychological symptoms are . . . poor concentration, distorted thinking, lack of judgment and aggressiveness.

- Physical effects are . . . drowsiness, slurred speech, lack of coordination, tremors, decreased energy, coma, impaired vision, decreased pulse rate and blood pressure, respiratory depression and death.

The Bible refers to those who . . .

Isa 28:7

#2 Stimulants are drugs that excite bodily functions and speed up the central nervous system.

- Prevalent types are . . . cocaine, crack, meth, and amphetamines ("speed" or "uppers").

- Psychological symptoms are . . . excitability, increased energy, exaggerated self-confidence, heightened sexual drives, temporary exhilaration, irritability, apprehension and intensification of all emotions.

- Physical effects are . . . hyperactivity, restlessness, insomnia, loss of appetite, dry mouth, bad breath, itchy nose, dilated pupils, rapid and unclear speech, perspiration, headaches, dizziness, elevated blood pressure and heart rate, psychosis and death.

The Book of Proverbs describes those who walk without wisdom, those who are victims of their own folly. Like the one who takes stimulants . . .

Prov 6:15

#3 Hallucinogens are drugs that alter and distort reality.

- Prevalent types are . . . LSD, marijuana, PCP ("angel dust") and mescaline.
- Psychological symptoms are . . . hallucinations, heightened sensitivities, anxiety attacks, lowered inhibitions and out-of-body experiences.
- Physical effects vary with the drug . . . LSD acts as a stimulant; marijuana acts as a depressant (reactions differ with each individual): sleeplessness, loss of appetite, increased energy, increased pulse rate and blood pressure, eyes fixed in a blank stare or rapid involuntary eye movements, slurred or blocked speech, higher rate of accidents and violence, disorientations and death.

Although the Bible does not directly mention hallucinogens, it does address the hallucinogenic effect of alcohol, which is frightening and disturbing.

Prov 23:33-35

#4 Narcotics are drugs that reduce pain and elevate a person's mood.

- Prevalent types are . . . opium, morphine, codeine, heroin, methadone and meperidine.
- Psychological symptoms are . . . temporary euphoria, dulled senses, lethargy and confusion.
- Physical effects are . . . relief of pain, droopy eyelids, constricted pupils, slowed reaction and motor skills, drowsiness, lack of coordination, depressed reflexes, dry mouth, constipation, scars or abscesses at injection sites and death.

When you are in pain, rather than turning only to drugs, turn to the Lord, be dependent on Him, and seek His direction for pain relief.

Ps 69:29

D. What Is the Downward Spiral of Dependency?

You may start by thinking that a drug serves you, but to think that a drug is serving you is to have a "tiger by the tail." It will inevitably turn on you. Do not be deceived: the drug that serves you today will own you tomorrow.⁶

Rom 6:12

- Intoxication occurs when the influence of a substance in your body causes changes in your behavior, including mood changes, faulty judgment, slurred speech, poor coordination, unsteady gait, sexual impropriety, aggressive behavior and impaired social functioning. Intoxication may result in your becoming comatose or even dying.

- Dorland's Medical Dictionary defines intoxication as, "poisoning; the state of being poisoned."⁷

- Interestingly, Moses said about the unfaithful Israelites,

Deut 32:32-33

- Abuse occurs when your use of drugs results in your failure to fulfill responsibilities or to maintain healthy relationships or when you put yourself or others at risk of potential harm.

- Addiction occurs when you experience these three leading indicators:

- Drug tolerance . . . you need increasingly more to obtain the same effect.

- Physical dependence . . . you suffer from withdrawal symptoms such as nausea, sweating, shaking and anxiety.

- Craving . . . you develop a pattern of compulsive drug use.

Other common indicators include these:

- Failing at attempts to control or decrease your substance abuse

- Spending your time targeting activities to obtain, use or recover from the effects of the substance

- Reducing or abandoning your meaningful social, work or recreational activities

- Continuing to use the substance despite recurring physical or psychological problems

- Withdrawal occurs when the distress caused by a lessening or lack of the drug severely disrupts your daily life.

The Bible describes a distressing time when . . .

Isa 24:9,11

"How can I be held responsible for my drug dependence since most drugs are addictive and actually cause the addiction?"

Your drug dependence has been created both by your choice to use drugs and by the drug itself.

Intoxication results from the makeup of the drug you use and the way it is metabolized by your body.

The only way to avoid addiction is to choose to stop abusing drugs.

1 Sam 1:14

E. What Is Codependency?

A word often associated with chemical dependency and the dysfunctional relationships that accompany drug abuse is the term codependency.

- The word codependent was first used in the 1970s to describe a family member living with someone dependent on alcohol, the alcoholic. The prefix co - means "with" or "one associated with the action of another."
- The codependent person or "enabler" enables the alcoholic to continue with the addiction without drawing and maintaining boundaries.
- The word codependency became a term describing the dysfunctional behavior of family members seeking to adapt to the alcoholic's negative behavior. The dynamic of codependency is similar to that of having an elephant in the living room that no one talks about, but everyone maneuvers around in such a way that the elephant will cause as little disruption as possible.
- Codependency is a relationship addiction. Just as the alcoholic is dependent on alcohol, the codependent is overly dependent on the relationship with the alcoholic.
- Today, the word codependent refers to anyone who is dependent on another to the point of being controlled or manipulated by that person.

"How can I know if I am being an enabler?"

You are an enabler if you perpetuate another's substance abuse by protecting that person from painful consequences that could actually serve as a motivation for change. For example, a passive parent allows the daughter's drug abuse to continue—even to the detriment of other family members. Or the codependent wife calls her husband's boss to say he has the flu, when instead he has a hangover.⁸ Ask yourself, "How many lies have I told to protect the reputation of the one I love?" The Bible has strong words about those who protect the guilty.

Prov 24:24

CHARACTERISTICS OF SUBSTANCE ABUSE

When the fans saw Mickey Mantle—a power hitter with the speed of a sprinter—they were in awe. Yet did the average fan see the symptoms of the alcoholism? Most did not, but his family did.

Mickey's children spoke of his increasing inattention to his family while they were young. He became more depressed, more irritable. When the Yankees lost a game or when Mickey struck out, the children

knew to leave their dad alone. The entire family walked on eggshells, hoping to prevent the inevitable verbal abuse. Not only was Mickey in denial about his alcoholism, but his wife also minimized the problem.

Mantle made excuses for his absences, which often included time spent with other women. His increasing use of alcohol was a desperate attempt to boost his self-esteem. More and more, alcohol was necessary for him to function during the day, then more and more it became necessary in order for him to sleep at night.

A therapist once commented, "Mickey is totally controlled by fear. He is filled with fear about everything."⁹ Mickey himself stated, "I am embarrassed by what I did when I drank: the foul language, the rudeness, having to face people the next day whom I didn't remember insulting the night before."¹⁰ No wonder he had fear.

Mickey lived out the second part of this Scripture,

1 Thess 5:7

A. What Are the Warning Signs of Substance Abuse?

Mickey Mantle showed typical symptoms of addiction, yet from time to time we all feel depressed or may be inattentive to our families. When do certain characteristics become signs of an addiction? For a substance abuser, a combination of many symptoms can be observed—symptoms that fall in all four of these categories: emotional, physical, behavioral and spiritual.

Emotional

- unpredictable mood swings
- guilt
- depression
- shame
- fear of rejection
- anger
- frustration over little things
- anxiety

Jesus gives us this warning as we face difficult trials in our lives . . .

Luke 21:34

Physical

- poor general health
- loss of sexual desire
- shaky hands
- tendency to look older
- night sweats
- weight gain or puffiness
- bloodshot eyes
- unhealthy looking complexion

Prov 23:29-30

Behavioral

- secretiveness—attempting to hide behavior
- exclusiveness—associating only with other users
- compulsiveness—responding as though the drug is absolutely necessary
- defensiveness—shifting blame to others
- denial—refusing to admit there is a problem
- dishonesty—deceiving others about frequency of use and expenditure of money
- weak/strong will—being too weak to stop/too stubborn to get help
- rebelliousness—refusing to act responsibly

The Bible describes a self-indulgent alcoholic as having the following characteristics:

Deut 21:20

Spiritual

- feeling estranged from God
- diminished prayer life
- withdrawal from church life
- aversion to Scripture

- conviction by the Holy Spirit
- lack of joy
- fear of being disciplined by God
- hardened heart

The Lord describes those who choose to turn away from Him and instead choose "new wine."

Hos 7:14

"What objective data can I give my teenager to discourage the use of alcohol or drugs?"

The Substance Abuse and Mental Health Services Administration's Summary for the year 2000 revealed that youths who use alcohol or drugs are more likely to commit suicide than youths who do not use.¹¹

- Total (users and non-users):
 - 9.4% of 12 to 13 year olds are at risk for suicide.
 - 13.7% of 14 to 17 year olds are at risk for suicide.
- With alcohol use:
 - 19.6% of youths who drink alcohol are at risk for suicide.
- With other drugs:
 - 25.4% of youths who use any illicit drug (including marijuana) are at risk for suicide.
 - 29.4% of youths who use any illicit drug except marijuana are at risk for suicide.

Be aware that the Bible says,

Prov 11:6

B. Checklist for Discovering a Chemical Dependency¹²

Had Mickey Mantle—or his family and friends—examined his drinking pattern in light of the following checklist, his addiction to alcohol would have been clearly seen and recognized years before it came to light.

Conceal

Do I ever attempt to conceal my habit from others?

Help

Do I ever think about getting help for my habit?

Employment

Do I ever have problems at my place of employment because of my habit?

Memory

Do I ever experience a loss of memory related to my habit?

Intoxicated

Do I ever become severely intoxicated?

Criticized

Do I ever feel unfairly criticized because of my habit?

Abnormal

Do I ever feel my habit is abnormal?

Lose

Do I ever lose friendships or have relationships as a result of my habit?

Lower

Do I ever lower my intake but return to my previous level of consumption?

Young

Do I ever neglect my young ones or other loved ones because of my habit?

Defensive

Do I become defensive or argumentative about my use?

Emotions

Do I fail to get in touch with my emotions because of my use?

Physical

Is my physical health affected by my use?

Enjoy

Do I enjoy only functions where alcohol or other drugs are available?

Need

Is my need for the substance affecting my finances?

Deny

Do I deny that I experience any consequences from my habit?

Evade

Do I evade difficult situations by indulging in my habit?

Need

Is my need to feed my habit affecting my relationships?

Tolerance

Is my tolerance level for the substance getting higher?

If you answered yes to five or more of the above questions, you may have a serious dependency.

If Mickey had acknowledged his alcoholism and received treatment early in his career, his title of hero to thousands of youngsters and champion of baseball would not have been marred by subsequent years of drinking.

Isa 5:22

"If I am a habitual, compulsive drinker and drug user, can I really change and permanently stop?"

All habits, compulsions and addictions are highly resistant and are therefore very difficult to change, yet not impossibly so. Repeating actions actually alters the brain, making it more difficult to change a pattern of choices. New patterns of behavior, however, can be learned. If you are a true believer, you have His Word to change your way of thinking, His church with specialized community groups to support your life change, and His Spirit to empower you from within to follow through to stop drinking.

Phil 2:13

C. What Clues Come from Chemically Dependent Kids?13

If you observe 50 percent or more of the following signs and symptoms of drug use in your teenager, it is likely that your teen is involved in harmful substance abuse—typically with friends. Pray for wisdom to recognize whether your teenager is in trouble, and tell your teen . . .

Num 32:23

School

- drop in grades
- drowsiness/sleeping in class
- tardiness, skipping classes, truancy
- forging parents' signature on excuses
- breaking the rules/breaking the law
- in-school suspensions, alternative school referral
- shortened attention span, difficulty concentrating
- new set of friends in school or out of school
- dropping out of once valued extra curricular activities

Personal

- moody, irritable
- agitated, angry, hostile
- short or long-term memory loss
- unmotivated, lethargic, undisciplined
- change in appearance, posture, grooming
- change in appetite, eating more but consistently losing weight
- looking unhealthy, bloodshot eyes, enlarged pupils, nagging cough
- experiencing frequent skin and respiratory infections
- sexually promiscuous, irregular menstrual cycles

Home

- withdrawn, indifferent
- argumentative, disrespectful, rude
- using obscene or profane language
- quiet and defensive about new friends

- taking money and valuables from house
- using air fresheners to cover up drug odors
- decorating bedroom with posters of rock groups and drug related slogans
- collecting pipes, small containers, cigarette papers or other drug related items
- leaving peculiar smelling cigarette butts, seeds, leaves in ashtrays or pant pockets

The Bible gives this general warning to young people who walk without wisdom.

Prov 5:23

Note: If either you or your son

or daughter is experiencing these symptoms,

be sure to consult your health care professional.

"What should I do? Recently my teenage daughter swore me to secrecy before telling me that my son-in-law had offered her illegal drugs. Although she refused the drugs, she is adamant about my not saying anything because she doesn't want to 'cause a problem."

You already have a problem! Right now, you must consider what is in the best interest of your daughter. She should be protected by relatives, not tempted by them. Tell your daughter that you don't have the peace of God about keeping this confidence because your son-in-law's actions have betrayed the family bond. Let her know that you must confront him because, instead of violating family boundaries, he needs to respect them. Explain to your daughter that confronting the truth could open his eyes and ultimately save his life.

Prov 14:25

CAUSES FOR BEING CHEMICALLY DEPENDENT

Baseball great Mickey Mantle, who was both cheered and booed, once said, "Baseball didn't turn me into a drunk. I drank because I thought we were having fun. It was part of the camaraderie, the male bonding thing."¹⁴

While there can be numerous causes for a person's becoming an alcoholic, what could possibly contribute to the greatest switch hitter (one who batted both left-handed and right-handed) becoming addicted to alcohol? Mickey's father died of Hodgkin's disease at the young age of forty, and three other relatives succumbed to the same disease before their fortieth birthdays. For that reason, Mickey believed he also would die young, and the fear of dying gave him the impetus to "party hard" when he was young.

Mickey also remarked on the ready availability of alcohol in the sports world. Fans sent drinks to his table; hotel management sent complimentary bottles of wine to his room. Drinking helped fill the boredom of the frequent times of waiting, such as flying on planes and sitting around hotels. Mantle said, "In those days, how well you could hold your liquor was, for many of us, a measure of being a man."¹⁵

Little did Mantle know that his "measure of manhood" would poison his system and ultimately cause his death. Little did he know the caution given in the Word of God.

Prov 23:31-32

A. How Does a Chemical Dependency Develop?

People do not start their lives being dependent on substances, but they become dependent through repetition, by repeatedly using something to satisfy some need or longing.

While childhood sexual abuse and chronic bedwetting had been a part of his past, Mickey Mantle's addiction developed after the death of his father as he drank to help deal with depression, guilt and fear.

Once drug use is established, a cycle develops that is common among those who abuse drugs. It is a vicious cycle that entraps and enslaves . . . but it is a cycle that can be broken!

· Pain from the past . . . provocation

Prov 14:13

— mood-altering drugs

Prov 14:12

— addiction

Rom 6:20-21

— violating values

Prov 12:19

— guilt

Ps 38:4

— shame

Ps 44:15

"Is there any objective data apart from the Bible or cultural morality that supports a case against drinking alcohol?"

Yes, while numbers can change from year to year, the following statistics from 1993 taken within the United States prove to be quite sobering.¹⁶

- 25% of American families have problems because of alcohol.
- 33% of marriage failures are alcohol related.
- 25-40% of people receiving hospital treatment do so as a result of alcohol.
- 41% of all auto fatalities are alcohol related (US Department of Transportation USDOT).¹⁷
- 50-67% of all murders and major assaults involve alcohol.

If you are trying to quit drinking, consider reading the following passage every day to strengthen your stand and to reinforce your resolve.

Prov 20:1

"What could possibly discourage someone from smoking cigarettes or using other tobacco products?"¹⁸

Tobacco smoke contains more than 200 known poisons. Those who smoke two packs a day shorten their life expectancy by eight years.

Tobacco . . .

- is the most common cause of lung cancer
- causes emphysema, making breathing very taxing, which in turn causes death
- is a major cause of hardening of the arteries, which in turn causes strokes and most heart attacks
- is a major contributor in mouth and throat cancers, which can disfigure a person for life
- produces chemicals that erode the lining of the stomach, which in turn causes gastric ulcers
- increases the risk of bladder cancer
- produces carbon monoxide and retards the growth of a fetus in a mother who smokes, which also increases the risk of premature birth and infant death
- is the leading cause of death in men

1 Cor 10:23

B. What Are the Most Influential Factors?

No two people have exactly the same story about what contributed to their developing a drug dependency. But no matter how many factors are involved in becoming chemically dependent, they all fit into one of two categories: external or internal influences.

· External Influences . . . family and social

— family environment

Were you raised in a family that accepts social drinking?

— dysfunctional family

Have you used drugs to relieve emotional pain?

— physical problems

Are you dependent on medication for backaches, headaches, sleeplessness, dieting?

— social acceptance

Have you been served alcohol at most social functions?

— peer pressure

Are you seeking social acceptance by those who use drugs?

— cultural endorsement

Have you been continuously exposed to alcohol through TV, movies, advertisements and magazines?

Rom 12:2

"Without offending them, how can I say no to my friends who drink heavily and offer me drinks?"

A simple "No thank you," or "Thank you, I'm not interested," should suffice. Most people do not like drinking or doing drugs alone, but most will also respect—if not envy—someone who is strong enough to not follow the crowd. If they are offended, that is a reflection on their own insecurity, not on your convictions.

You and you alone are accountable for the boundaries you set for your life. Anyone can give in to peer pressure, but only those who have strength of character will resist the pressure. Be aware that your enticers are walking on dangerous ground. The Bible says,

Hab 2:15

- Internal Influences . . . genetic and psychological
- inherited inclination from family

Were you born to an alcoholic parent, or do you have close relatives who are alcoholics? (The risk for alcohol dependence is three to four times higher for those who have close relatives with a dependence on alcohol.¹⁹)

- inherited vulnerability from an ethnic group

Were you born within an ethnic group that has a high rate of alcoholism? (Scandinavians, Northern Europeans and the Irish are more susceptible, whereas Asians are less susceptible. "The low prevalence rates among Asians appear to relate to a deficiency, in perhaps 50% of Japanese, Chinese and Korean individuals, of the form of aldehyde dehydrogenase that eliminates low levels of the first breakdown product of alcohol, acetaldehyde."²⁰)

Alcoholics process alcohol in a way that sustains and reinforces their addiction. Unlike nonalcoholics, it is difficult for them to process a chemical in alcohol metabolism called acetaldehyde, creating collateral addictive chemical compounds that interfere with the brain's process and create an opiate-like addiction.²¹

- psychological makeup

Are you prone to seek drugs as a relief from anxiety or stress?

Alcohol soothes underlying nerves and thus calms the intense responses to stress such as perspiring palms, skin flushing and increased heart rate and blood pressure.

- habits and compulsions

Do you have habits that are resistant to change? (Repetitive actions alter the brain itself where connections between neurons are slowly modified, thus making it more difficult to make different choices.)

No matter the reason for any enslaving habit that has mastery over us, God says we can change masters.

2 Peter 2:19

"Is alcoholism an inherited disease over which I have no control?"

Medical professionals continue to debate whether or not alcoholism is a disease. Because of the strong and lasting changes alcohol can have on the brain and other organs, many consider it a disease. Others take the position that it is more behavioral.

A disease is an abnormal condition of the body caused by . . .²²

- infection (for example, catching the flu or smallpox from outside the body)
- genetic defect (for example, being born with diabetes or with a genetic makeup where alcohol is not processed normally)
- environmental factors (for example, being exposed to toxins and pollutants; developing cirrhosis of the liver where excessive alcohol has caused so much stress on the liver that it no longer functions properly)

While alcoholism can be influenced by genetics and by chemical alterations, the vital fact to remember is that you do have control over whether you succumb to alcoholism or whether you are restored from alcoholism. Your family background and genetics can make you more susceptible to alcoholism; however, these influences can be resisted.

By preplanning to exercise self-control, you can set boundaries and protect yourself from problems with alcohol.

1 Peter 1:13

C. What Excuses Do People Give?23

No one has to be taught the art of justifying behavior, but all of us manage to somehow learn it. People who are chemically dependent become proficient at rattling off reason after reason for using their drug of choice, but ultimately, there is no valid justification, only excuses. In the final analysis, they are persuaded that they genuinely need it, or they feel entitled just because they want it.

"I need it . . .

. . . to pick me up."

. . . to quiet me down."

. . . to relieve my pain."

. . . to be more sociable."

. . . to forget my failures."

. . . to satisfy my cravings."

"I want it . . .

. . . to relax."

. . . to feel good."

. . . to have more fun."

. . . to relieve my stress."

. . . to be more accepted."

. . . to escape my situation."

Prov 16:2

"If alcoholism can be both inherited and a disease, how can it be a sin? Since I'm an alcoholic, isn't it beyond my control?"

It is not a sin for you to be a nondrinking alcoholic, but it is a sin for you to be a drunk alcoholic. Drunkenness is listed with other sins that we are commanded to avoid. While alcoholism may be a disease over which you have no control, drunkenness is clearly a sin over which you do have control. Choosing not to drink is setting a boundary for your life that will break the power of sin over you.

Rom 6:12

D. What Is the Root Cause?

Initially people take drugs for two reasons: either to treat a legitimate medical problem or to feel a pleasurable sensation. Those who are trying to feel different typically begin drinking or using other drugs because of peer pressure or to satisfy their curiosity. But they continue in order to satisfy their perceived needs. Substance abuse occurs when the substance moves from being a need-meeter to becoming the need itself. For example, instead of needing and using a substance to relieve stress in the body, the mere absence of the substance in the body causes stress.

God designed you with legitimate needs—physical, emotional and spiritual—and a part of His design is for you to come to Him and to be dependent on Him to be your true Need-Meeter.

Phil 4:19

Wrong Belief:

"I don't have a chemical dependency. I just enjoy (alcohol and/or any other drug(s) of choice). I could stop at anytime, but drinking/using helps me cope with my difficult situations and eases my painful emotions."

Right Belief:

I realize that what I depend on in my life will have control of my life. I choose not to let any chemical have control over me. Instead, I choose to give Christ control of every area and to depend on Him to satisfy my needs.

Isa 58:11

"How do I evaluate whether I should drink or not? I'm a new Christian and want to do what pleases God."

While the Bible does not prohibit the consumption of all alcohol, it does speak to the dangers of wine, beer and strong alcoholic drinks. Prov 20:1. But for many people, the most persuasive argument for abstinence is "the stumbling argument": the concern that someone might stumble because of your questionable example.

Since people tend to be followers, if you drink alcohol—or do drugs—those who follow your example could stumble, and their lives could be harmed because of following in your footsteps.

Rom 14:21

STEPS TO SOLUTION

For anyone to break free of an addiction, first must come a recognition of the problem, then the willingness to face it and seek healing. For Mickey Mantle, an early wake-up call was the illness and subsequent death of his son, which resulted in part from a chemical dependency.

As Mickey agonized over the helplessness of watching his son die, then seeing the destruction of his family, he recognized that all four of his sons had a drinking problem and floundered as adults. Finally he realized that his approach to life wasn't working. Mickey admitted, "I couldn't go on the way I was living, drunk and sick and depressed, covering up with lies, trying to remember where I was going or where I had been."²⁴

Despite his enormous fears of having to be open before others and to let others really know him, Mickey Mantle entered the Betty Ford Center and began the long, painful process of recovery. His son Mickey Jr. said, "Out of all the things he did, the World Series teams he starred on, the home runs he hit, the records he broke, his induction into the Hall of Fame, what I admired him for the most was getting sober."²⁵

Mickey hit a home run in regard to his recovery. As he rounded the bases touching each of his three remaining sons—beginning a new relationship with each of them—he headed for "home" when he began treating his estranged wife differently. No more verbal abuse. No more emotional distancing. He found that he liked being sober, and he started telling his family he was proud of them. What a difference his changed life meant to his family and to himself! If only long ago he had known . . .

Prov 15:32

A. Key Verse to Memorize

Isa 41:13

B. Key Passage to Read and Reread

Ten Truths about Temptation from 1 Corinthians chapter 10

- #1 If you think you're standing firm, be careful you don't fall—1 Cor 10:12
- #2 If you think your trial is unique, clearly it is not—1 Cor 10:13
- #3 God won't let you be tempted beyond what you can bear—1 Cor 10:13
- #4 God will provide a way for you to withstand the test—1 Cor 10:13
- #5 Everything is permissible—not everything is beneficial or constructive—1 Cor 10:23
- #6 Don't focus on yourself, but rather on the good of others—1 Cor 10:24
- #7 Don't violate the conscience of others; curb your freedom for their sake—1 Cor 10:29
- #8 Whatever you eat or drink, do it all for the glory of God—1 Cor 10:31
- #9 Do not cause anyone to stumble by your actions—1 Cor 10:32
- #10 Seek the good of others so that they might be truly saved—1 Cor 10:33

"Does the Bible condemn drinking alcohol as sin?"

While the Bible does speak of medical benefits of wine (1 Tim 5:23) and Jesus provided wine at a wedding (John 2:1-11), the Bible clearly condemns both drunkenness and addiction to alcohol as sinful.

God does not want you to lose control because of the influence of alcohol, but rather to yield to the controlling influence of the Holy Spirit. Addiction to alcohol or any other drug makes you a slave to that controlling substance. God wants you to be filled with the Holy Spirit and to be free.

Eph 5:18

C. Deliverance from Dependency²⁶

Just as chemical dependency does not develop overnight, neither does deliverance from dependency occur overnight. There is a sequence of events that leads people into bondage and another sequence that leads people into freedom.

At the moment of your salvation, you were delivered from the penalty of sin (eternal death), and through the enablement of the indwelling Holy Spirit, you can experience being delivered from the power of destruction. But you must realize that freedom from the power of dependency is a process

that requires focused active participation on your part. You must choose to believe and practice the truth about yourself and God.

#1 Admit you are powerless over your dependency.

"I am unable to manage my life—I cannot control my life."

- Accept your dependent condition and your vulnerability to chemical addiction.
- Acknowledge your inability to manage your life and to overcome your drug dependency.
- Articulate to God your total inadequacy and your great need of His power in your life.

2 Cor 1:9

#2 Realize that the God who made you has the power to restore you.

"I am asking Christ to be my Redeemer, to restore every area of my life."

- Accept the Lordship of Christ Jesus in your life as your Master, Ruler and Owner.
- Acknowledge your need for God to comfort you and to restore you to wholeness.
- Articulate your gratitude to God for His saving power operating within your mind, will and emotions, and thank Him for what He plans to do in and through your life.

Ps 71:20-21

#3 Yield your will to the will of the Lord.

"I am asking Christ to take control of my life."

- Accept the fact that your sinful nature died on the cross with Jesus and that sin (your addiction) is to no longer rule your life.
- Acknowledge the devastation that has resulted from your self-willed living in the past.
- Articulate your determination to stop your self-willed living and your decision to yield your will to the Lord.

Matt 16:24-25

#4 Face reality—face your true self.

"I will look honestly at my life, asking God to uncover my sins and character flaws."

- Accept the truth that you have deceived yourself about your chemical dependency and your desperate need for help.

- Acknowledge your reluctance in the past to face the truth about your sinful choices and patterns.
- Articulate to God and to others your willingness to know the truth about yourself and your commitment to honestly evaluate your life, your strengths and your weaknesses.

Ps 139:23-24

#5 Admit your struggle with sin, both to God and to someone else.

"May I see my sin as God sees it and hate my sin as God hates it."

- Accept the depth and the duration of your struggle with chemical dependency.
- Acknowledge to a supportive person the power that the bondage to drugs has had over you, and confirm your present commitment to freedom.
- Articulate to both God and a friend your desire to overcome your chemical dependency and to live in the victory Jesus secured for you at Calvary.

1 John 1:8

#6 Humbly accept God's help to change your patterns of the past.

"I will commit my life into the care of Christ."

- Accept your limitations and your need for help in changing your unhealthy patterns of dealing with life.
- Acknowledge your frailty and the feebleness of your willpower and self-effort to effect change.
- Articulate to God your helplessness and your pledge to cooperate with Him as He changes you from the inside out.

1 Peter 5:6-7

#7 Confess your defects and daily failings.

"I'm willing to see myself as God sees me."

- Accept that you are not perfect and that you will fail at times despite your good intentions.
- Acknowledge your failures immediately and confess them to God and to those you have offended. Then correct your course.
- Articulate any sins and shortcomings to God on a daily basis, and claim His forgiveness and cleansing.

Ps 51:10-12

#8 Ask forgiveness of those offended.

"I will find those whom I've hurt and from my heart ask forgiveness."

- Accept your need to ask forgiveness of anyone you offend, even though you may have been offended yourself.
- Acknowledge your great need of God's mercy and grace and your resolve to extend mercy and grace to others.
- Articulate to both God and those you have offended your grief and regret and your resolve to change in the areas where you need to change.

Matt 5:23-24

#9 Make restitution where you have wronged others.

"I will make amends and go to do so with the help of God."

- Accept your obligation to do whatever is within your power in order to right your wrongs.
- Acknowledge to God and to those whom you have wronged your desire to make amends in any way possible.
- Articulate your responsibility to make restitution and your commitment to repay whatever debt you owe, whether it's money or labor, correcting a lie, showing respect or extending love.

Ezek 33:15-16

#10 Keep a clean slate when you realize you have been wrong.

"Each day I will take responsibility for my irresponsibility."

- Accept your charge to keep a clean slate before God and every person.
- Acknowledge each and every failure in order to live as God would have you to live.
- Articulate each failure to God on a moment by moment basis, making no excuses, but recommit to living a self-controlled, Spirit-empowered life.

Titus 2:11-12

#11 Pray and know God's path for your life.

"I want to be led by the Lord and to be put only on His path."

- Accept your new dependence on God and your vital need to communicate with Him through Bible study and prayer.

- Acknowledge your need to have the prayer support of others to know God's truths and God's ways.
- Articulate to God your desire to be what He wants you to be and to do what He leads you to do.

Ps 25:4-5

#12 Reach out to others with your hand and your heart.

"I will care for those who need care and will help with a heart of compassion."

- Accept your need of others and their need of you.
- Acknowledge your giftedness from God and His mandate to use your God-given gifts to serve others in tangible, practical ways.
- Articulate ways God may be leading you to minister to others and ask for His confirmation and for the guidance of mature Christians who can help you to reach out to others.

Gal 6:2

D. Seven Don'ts for Deliverance²⁷

As you go through the process of deliverance from dependency, knowing what not to do can be just as helpful as knowing what to do.

#1 Don't fight addiction on your own. Participate in a legitimate drug recovery program.

Eccl 4:9-10

#2 Don't be blind about your ability to lie to yourself and to others!

Jer 17:9

#3 Don't socialize with those who encourage your habit.

1 Cor 15:33

#4 Don't worry about the future. Walk with God one day at a time.

Matt 6:34

#5 Don't give up if you relapse. It is never too late for you to get back on track.

1 John 1:9

#6 Don't become prideful as you succeed in the recovery process.

Prov 16:18

#7 Don't be surprised at temptation!

1 Cor 10:13

"When I became a Christian a year ago, I kicked cocaine and marijuana for eight months. But now I'm back on marijuana with no motivation to quit. How can I overcome this habit?"

Motivation is a vital factor in overcoming any addiction. The more you realize that you are not only causing great harm to yourself, but also grieving the heart of God, the more you will have "good guilt," which can produce the motivation you lack. The Bible says we are changed by the renewing of our minds, which is another key to overcoming a destructive habit. You previously relied on the power of Christ within you, but along the way your focus changed, and you left your power source. Rather than focusing on what you should do, focus on being conformed to the character of Christ. Repent from doing what merely pleases you, and do the things you did when you were first saved.

Rev 2:4-5

E. Ten Spiritual Tips for Recovery²⁸

Your freedom must first be gained in the spiritual realm before it can be experienced in the physical and emotional realms. Take to heart the following tips as you walk down the road to recovery.

#1 The time to begin your recovery is today.

Heb 3:15

#2 Realize that recovery is a lifelong process, not a onetime event.

Phil 3:12

#3 Pray daily for victory! It is through prayer that God protects you.

Matt 26:41

#4 Read your Bible every day in order to get strength from God.

Ps 119:28

#5 Meditate on Scripture to fight against falling into sin.

Ps 119:11

#6 Attend church every week to worship God and to grow with others.

Heb 10:24-25

#7 Share your struggles with caring loved ones.

James 5:16

#8 Have confidence in God! Prioritize growing in your relationship with Him.

Matt 6:33

#9 Depend on Christ's strength to stay drug free.

Phil 4:13

#10 Know that permanent change is possible.

Luke 1:37

"I am a recovering addict but I've continued to relapse. Recently, I've become a Christian, and now I feel that God has delivered me. Is that possible?"

Some Christians do receive a supernatural deliverance from drugs, while others do not. No matter which is true in your case, by accepting Jesus Christ as your personal Lord and Savior, there is good news for you. When you received authentic salvation, you not only were saved from the penalty of sin, but were also saved from the power of sin. Drugs are no longer your master—Jesus is now your "Master." Through the power of Christ living in you, you can rely on His supernatural power for deliverance over your addiction.

Rom 6:6,14

F. Set Beneficial Boundaries . . . with the One Addicted

Boundaries are barriers that protect from external harm and guard against internal harm. Those involved with someone struggling with a chemical dependency need to learn how to set appropriate limits on what they do for their loved one. These boundaries will help prevent you from taking on excessive responsibilities that belong to your loved one. Boundaries serve to keep the addict's problem from becoming your problem.

Prov 4:23

· Give up all expectations of the addict.

Ps 62:5

· Learn to detach from the addict's problem, and take control of your life.

Ps 25:15

- Shift your focus from the addict's behavior to your responses.

Lam 3:40

- Learn all you can about drug abuse.

Prov 16:16

- Stop acts that are enabling (making excuses, protecting).

Ps 50:21

- Let the addict know the effects of the addiction on you and on others.

Eph 4:25

- Pray for and expect God to bring consequences into the addict's life.

Prov 5:21-23

"When my husband drinks too much, he gets angry and physically abusive. What should I do to protect myself and my children and still remain Biblically submissive to my husband?"

The Bible never says that a wife—in the name of submission—is to submit to domestic violence. A husband's substance abuse never gives him the right to dole out physical abuse. Conversely, the Bible says not to associate with people who are easily angered (Prov 22:24). Therefore, communicate your boundaries. Tell him that if he is abusive again, you will call the police . . . he can no longer live at home . . . you will leave with the children. Then follow through if he again violates the boundary.

Prov 19:19

G. Conduct a Crisis Intervention . . . with the One Addicted²⁹

Most often, the most powerful act on behalf of a substance abuser is a crisis intervention—it is effective 80 percent of the time. And the most powerful aspect of a crisis intervention is the group dynamic—there is power in numbers! Typically a family member will seek to stop the addict's behavior, but sadly the appeal falls on deaf ears. In privacy, others state their concern, but one by one each plea is dismissed. As individuals they are powerless—as a group they are dynamite. In fact, a group can be empowered by God to move the immovable. God's Word lays out the blueprint for such an intervention.

Matt 18:15-16

Ezek 3:18-19.

- Pray for wisdom and understanding from the Lord.

Prov 2:6

- Educate yourself regarding crisis intervention programs. Attend meetings on chemical dependency (for example, Overcomers Outreach, Alcoholics Anonymous, Al-Anon and Narcotics Anonymous). Read materials on intervention and visit treatment facilities.

Prov 3:13-14

- Call a counseling office to refer you to a Christian leader trained in intervention procedures.

Prov 15:22

- If possible, meet with an intervention specialist to plan the approach. Discussion needs to include treatment program options, preadmission plans, procedures, insurance and the impact of treatment on the addict's employment.

Prov 19:20

- Enlist the aid of key people who have been affected by the addict's harmful behavior and are willing to confront (caring family, friends, doctor, employer, coworkers, spiritual leader).

Prov 14:25

- In absolute confidentiality and without the addict present, hold a first meeting in which these key people rehearse (if possible with the trained leader) what they will say, how they will say it and the order in which they will speak when confronting.

Prov 27:5-6

- Hold a second meeting with the addict present where one at a time each key confronter communicates genuine care for the addict and shares the rehearsed confrontations (The Four P's of an Appeal).

Prov 12:18

The Four P's of an Appeal³⁰

#1 The Personal

- Affirm rather than attack.

— "I want you to know how much I care about you (or love you), and I am terribly concerned about you."

Eph 4:29

#2 The Past

- Give a recent, specific example describing the addict's negative behavior and the personal impact it had on you.

- "Last night when you slurred your speech in front of my friend, I was so humiliated."

Prov 12:17

- Be brief, keeping examples to three or four sentences.

Prov 17:27

#3 The Pain

- Emphasize the painful impact the addict's behavior has had on you. Use "I" statements.

- "I was devastated and deeply hurt because of the way you yelled at me."

Prov 16:23

#4 The Plea

- Make a personal plea for your loved one to receive treatment.

- "I plead with you to get the help you need to overcome your addiction. If you are willing, you will have my deepest respect."

Prov 18:21

- Be prepared to implement an immediate plan if treatment is agreed on.

- "Your bags have been packed, and you have been accepted into the treatment program at _____."

Prov 24:11-12

- If treatment is refused, detail the repercussions.

- "We cannot allow you to come home or to be with our family until you have been clean and sober for (name a specific period of time)."

Prov 15:10

The Don'ts of Dialogue³¹

We can be on the side of right, yet our actions can be wrong. Many times we can influence a person to want to change, not by what we say but by how we say it. The Word of God says, "If someone is caught in a sin, you who are spiritual should restore him gently" (Gal 6:1).

- Don't involve yourself in name-calling, preaching or being judgmental.

— "Last night you were a jerk. Who wants to be with a drunk!"

Prov 11:12

· Don't come to the defense of the addict when others are confronting.

— "He really didn't mean to hurt you."

Eccl 3:1,7

· Don't argue if your facts are disputed.

— "You may be right, but what I've read is different."

2 Tim 2:24-26

· Don't over react—keep your emotions under control.

— If verbally attacked, calmly state your position, and if again opposed, calmly repeat the same words again . . . and again. "This is in your best interest."

James 1:19-20

· Don't give ultimatums unless you are prepared to follow through with them.

— If your loved one, who has been away for only a short time, says, "I promise not to do it anymore; just let me come back this one time," say "No, you cannot come back until you have completed treatment."

James 5:12

· Don't shield your loved one from facing the consequences of addiction.

— "I will not lie to your boss again!"

Gal 6:7

· Don't accept promises with no commitment for immediate action.

— "I can't go now, but I promise to go next month."

Prov 14:15

This second meeting concludes with the addict either immediately entering a treatment program or experiencing the consequences of refusing treatment.

Prov 28:23

H. Realize the Power of Prayer . . . on Behalf of the One Addicted

Prayer is accessing God. Prayer is bringing all that He is into this situation. Through prayer, ask that His power and peace be your power and peace.

2 Peter 1:3-4

- Pray with thanksgiving for what God has done for you.

Phil 4:6-7

- Pray for God to reveal your harmful responses.

Ps 51:6

- Pray for more love for the offender.

John 15:12

- Pray for strongholds to be broken.

2 Cor 10:4-5

- Pray for faith that, with God, lasting change is possible.

Mark 10:27

- Pray for the addicted person.

Col 1:9-11

- Pray with consistence and persistence.

1 Thess 5:17

Ps 100:4-5

Never Give Up Hope

Mickey Mantle's story was one of success as he gained control over the unmanageability of his life. But there was still something missing.³²

When Mickey was diagnosed with liver cancer, he knew he was facing death. He called his longtime friend and former teammate, second baseman Bobby Richardson. Knowing that Bobby was a committed Christian, Mickey asked him to pray for him over the telephone. As the cancer progressed to an even more critical stage, Mickey's death seemed imminent, and the family once again called Bobby Richardson. As he entered Mantle's hospital room, Bobby remembered the many times he had talked to Mickey about the Lord and once again made the appeal, "Mickey, I love you, and I want you to spend

eternity in heaven with me." Mantle smiled and said, "Bobby, I've been wanting to tell you that I have trusted Jesus Christ as my Savior."³³

At Mickey's funeral, Bobby Richardson told the audience that there are only two kinds of people: those who say "yes" to Christ and those who say "no." And since none of us knows how much time we still have on earth, saying "maybe" is really the same as saying "no."

Before Mickey's death, he made this poignant statement: "It's hard to look back. But you learn from it. . . . I want to make a difference, not because I hit home runs, but because I changed my life. If I can, anyone can. It is never too late."³⁴

If you have never seriously considered where you would spend eternity, or if you have always thought you had plenty of time to decide, make today the day of decision. Just as Mickey Mantle realized near the end of his life that he needed to be forgiven of his sins, you may feel the Lord leading you to the same conclusion. If your desire is to live in a right relationship with the Lord, you can pray for Him to enter your heart and take control of your life, no matter how unmanageable it may have become.

Prayer of Salvation

"God, I need You in my life. I admit that I have sinned,

and You have said that my sin deserves death.

Many times I've gone my own way instead of Your way.

Please forgive me for all my sins.

Thank You, Jesus, for dying on the cross to pay the penalty for my sins.

Come into my life to be my Lord and Savior.

Take control of my life and make me the person You want me to be.

Thank You, Jesus, for what You will do

in me, to me and through me.

In Your holy name I pray, Amen."

Don't Give Up Hope!

Bobby Richardson never gave up on Mickey Mantle. How blessed was the Mick to have a faithful friend who consistently shared Christ with him. Bobby represented the heart of these two verses.

James 5:19-20

Bobby knew that in the last inning of his life, Mickey had passed over death to life because Jesus said,

John 5:24

DON'T DO DRUGS!35

Young people are under increasing pressure to try tobacco, alcohol and other drugs. Unfortunately, the vast majority of teenagers do experiment with these substances, and many suffer the devastating effects of addiction. We adults often think that drug abuse and its terrible traumas will never touch our children, much less us. Facts tell us otherwise. Facts tell us that NO ONE is safe from drugs.

Both we and our young people must become aware of the perils of drugs before being enticed and experiencing their deadly dangers. Adults who care about kids are willing to tell them the truth.

Prov 16:23

Alcohol

booze, juice, sauce, brew, vino

Classification

Depressant

Desired Effect

Intoxication, sensory alteration, anxiety reduction

Damaging Result

Toxic psychosis; brain, stomach and liver damage; fetal alcohol syndrome; dependency, blackouts, aggression or depression

Marijuana [cannabis]

pot, grass, dope, weed, homegrown, sinsemilla, Maie-Wowie, reefer, J, Thai sticks, joint, herb, roaches, indica, smoke, Mary Jane, bugs, bag, dime, quarter, Acapulco Gold, THC, concentrated resin called hash or hashish

Classification

Depressant, hallucinogen

Desired Effect

Intoxication, sensory alteration, anxiety reduction

Damaging Result

Cancer, bronchitis, conjunctivitis, possible birth defects, destroys brain cells, gateway to heavier drug use, damages immune system, severely strains cardiovascular system, alters mood, inhibits motivation, reduces short-term memory, hampers concentration, dependency

Amphetamines

uppers, ups, speed, crank, white crosses, dexies, bennies, crystals, prescription diet pills

Classification

Stimulant

Desired Effect

Alertness, activeness

Damaging Result

Dependency, malnutrition, stroke, delusions, hallucinations, paranoia, toxic psychosis, violence, depression, skin disorders, ulcers

Methamphetamine

crystal, crystal meth, chalk, crank, tweak, speed, dope, raw

Classification

Stimulant

Desired Effect

Euphoria, alertness, loss of appetite

Damaging Result

Irritability due to sleeplessness, illness due to weakening of the immune system, tooth loss, sexual compulsion, seizures, stroke, narcolepsy

Nonprescription stimulants

speed, uppers, ups

Classification

Stimulant, decongestant, appetite suppressant

Desired Effect

Alertness, activeness, weight loss

Damaging Result

Like amphetamines, hypertension, stroke, heart problems, anxiety, headaches, dependency

Cocaine

coke, rock, toot, blow, snow, pearl, flake, girl, doing a line, lady, baseball, crank

Classification

Local or topical anesthesia

Desired Effect

Stimulation, excitation, euphoria (subtle)

Damaging Result

Malnutrition, depression, violence, convulsions, nasal injury, heart attack, seizure, psychosis, stroke, brain damage, dependency

Cocaine freebase

base, freebase, crack, rock, C., dynamite, snorting

Classification

Local or topical anesthesia

Desired Effect

Shorter and intensified cocaine effects

Damaging Result

Weight loss, depression, agitation, hypertension, hallucinations, psychosis, chronic cough, tremors

Barbiturates

bluebirds, barbs, tooies, yellow jackets, blues, downers

Classification

Sedative hypnotic

Desired Effect

Anxiety reduction, euphoria

Damaging Result

Severe withdrawal, dependency, possible convulsions, toxic psychosis, birth defects

Methaqualone

ludes, 714 S, sopors, blue/red devils, yellows, candy, rainbows, Q's, downs

Classification

Sedative hypnotic

Desired Effect

Euphoria, aphrodisiac

Damaging Result

Coma, convulsions, insomnia, severe anxiety, dependency

Heroin

H, junk, smack, China White, black tar, harry, horse, brown

Classification

Narcotic (opiate) analgesic

Desired Effect

Euphoria

Damaging Result

Addiction, constipation, loss of appetite, heart disease, congested lungs

Analogs of synthetic narcotics

China White, synthetic heroin, MPTP, MPPP, PEPAP, ecstasy, MDA, MDMA, Eve, MMDA, MDEA, XTC, TMA, STP, PMA, DOB

Classification

Narcotic (opiate) analgesic

Desired Effect

Euphoria, exhilaration

Damaging Result

Addiction, MPTP-induced Parkinsonism [uncontrollable tremors, drooling, impaired speech, paralysis], permanent brain damage

Morphine

white stuff, M, morf

Classification

Narcotic (opiate) analgesic

Desired Effect

Euphoria

Damaging Result

Addiction, constipation, loss of appetite, nausea, organ damage

Codeine

schoolboy

Classification

Narcotic (opiate) analgesic

Desired Effect

Euphoria

Damaging Result

Addiction, constipation, loss of appetite, nausea, organ damage

Methadone

dolly

Classification

Narcotic (opiate) analgesic

Desired Effect

Euphoria, opiate withdrawal prevention

Damaging Result

Addiction, constipation, loss of appetite, nausea, organ damage

Inhalants

solvents, glue, transmission fluid, correction fluid

Classification

None

Desired Effect

Intoxication

Damaging Result

Impaired perception, coordination and judgment, dependency, heart failure, suffocation, toxicity

Nitrous Oxide [laughing gas]

gases, whippits, nitrous, blue bottle

Classification

Inhalation anesthetic

Desired Effect

Euphoria, relaxation

Damaging Result

Kidney or liver damage, peripheral neuropathy, spontaneous abortion, violence, nausea, vomiting

Amyl and butyl nitrite

liquid incense, poppers, room deodorizer, rush, locker room, snappers

Classification

Vasodilator

Desired Effect

Exhilaration

Damaging Result

Damage to heart and blood vessels, may aggravate heart problems

LSD

acid, LSD-25, blotter acid, windowpane, named after pictures on paper, mesc

Classification

Hallucinogen

Desired Effect

Insight, distortion of senses exhilaration, mystical/religious experience

Damaging Result

Intensify existing psychosis, panic, confusion, suspiciousness, flashbacks, possible brain damage, strong psychological reaction, impaired judgment

Mescaline [peyote cactus]

(mesc, peyote, peyote buttons

Classification

Hallucinogen (milder than LSD)

Desired Effect

Same as LSD

Damaging Result

Same as LSD, extreme mood swings, distortion of senses and perceptions, deep depression

MDA, MDE, MDMA, MMDA

love drug, ecstasy, STC, X, Adam

Classification

Amphetamine-based hallucinogen

Desired Effect

Same as LSD

Damaging Result

Neurotoxic, same as LSD, sense of distance and estrangement, anxiety, catatonic syndrome, paranoia

Psilocybin

magic mushrooms, shrooms

Classification

Hallucinogen (milder than LSD)

Desired Effect

Same as LSD

Damaging Result

Same as LSD, sleeplessness, tremors, heart and lung failure

PCP

Crystal, tea, THC, angel dust

Classification

Dissociative anesthetic

Desired Effect

Distortion of senses, stimulant

Damaging Result

Psychotic behavior, violence, coma, terror, psychosis, convulsions, impaired judgment, dependency

Tobacco

cigs, smokes, butts, cancer sticks, chew, coffin nails, puff, snuff

Classification

Toxin

Desired Effect

Relaxation

Damaging Result

Loss of appetite, addictive, cancer [lung, jaw, mouth], effects on fetus, increased blood pressure and heart rate, dependency

Ps 143:10

NOTES

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2. Mantle, et al., *Hero All His Life*, 34.
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6. For the following sections see American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders, 4 th ed., text revision* (Washington, DC: American Psychiatric Association, 2000), 191-209.
7. Elizabeth J. Taylor, ed., *Dorland's Illustrated Medical Dictionary*, 27 th ed. (Philadelphia, PA: W. B. Saunders, 1988), 848.
8. Collette Shaughnessy, *Reachout, Q & A Columns*, March 1999, Lowe Family Foundation, www.lowefamily.org/reachout/mar99.html
9. Mantle, et al., *Hero All His Life*, 98.
10. Mantle, et al., *Hero All His Life*, 19.
11. For the following sections see Substance Abuse and Mental Health Services Administration, "Summary of Findings from the 2000 National Household Survey on Drug Abuse (NHSDA Series: H-13, DHHS Publication No. SMA 01-3549)," 2001, U.S. Department of Health and Human Services, www.samhsa.gov/oas/2k2/suicide/suicide.pdf.
12. For this section see Ronald Rogers and Chandler Scott McMillin, *Under Your Own Power: A Guide to Recovery for Nonbelievers . . . and the Ones Who Love Them* (New York: G. P. Putnam's Sons, 1992), 140-43.
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14. Mantle, et al., *Hero All His Life*, 16.
15. Mantle, et al., *Hero All His Life*, 5.

16. For the following section see Institute for Health Policy, Brandeis University, "Substance Abuse: The Nation's Number One Health Problem; Key Indicators for Policy," October 1993, The Robert Wood Johnson Foundation, [said.dol.gov/htree13](http://www.dol.gov/htree13).
17. U.S. Department of Transportation, National Highway Traffic Safety Administration, "Traffic Safety Facts 2001: A Compilation of Motor Vehicle Crash Data from the Fatality Analysis Reporting System and the General Estimates System," 2001, <http://www-nrd.nhtsa.dot.gov/pdf/nrd-30/NCSA/TSFAnn/TSF2001.pdf>.
18. For the following section see The World's Best Anatomical Charts: Diseases and Disorders (Skokie, IL: Anatomical Chart Company, 2000), 29.
19. American Psychiatric Association, DSM-IV TR, 221.
20. American Psychiatric Association, DSM-IV TR, 219.
21. See James R. Milam and Katherine Ketcham, *Under the Influence* (New York: Bantam, 1983), 34-37. Quoted in Bustanoby, *When Your Child Is on Drugs or Alcohol*, 19.
22. See American Heritage Electronic Dictionary (Houghton Mifflin, 1992).
23. For this section see VanVonderen, *Good News for the Chemically Dependent and Those Who Love Them*, 31-32.
24. Mantle, et al., *Hero All His Life*, 26.
25. Mantle, et al., *Hero All His Life*, 153.
26. For this section see Robert S. McGee, Pat Springle, and Susan Joiner, *Rapha's Twelve-Step Program for Overcoming Chemical Dependency: with Support Materials from The Search for Significance.*, 2nd ed. (Houston, TX: Rapha, 1990); Van Cleave, Byrd, and Revell, *Counseling for Substance Abuse and Addiction*, 103-10.
27. For this section see Van Cleave, Byrd, and Revell, *Counseling for Substance Abuse and Addiction*, 116-17.
28. For this section see Van Cleave, Byrd, and Revell, *Counseling for Substance Abuse and Addiction*, 116-17.
29. For this section see Van Cleave, Byrd, and Revell, *Counseling for Substance Abuse and Addiction*, 83-6; Carolyn Johnson, *Understanding Alcoholism* (Grand Rapids: Zondervan, 1991), 145-50; Christina B. Parker, *When Someone You Love Drinks Too Much: A Christian Guide to Addiction, Codependence, & Recovery* (New York: Harper & Row, 1990), 55-56.
30. For this section see Van Cleave, Byrd, and Revell, *Counseling for Substance Abuse and Addiction*, 87.

31. For this section see Van Cleave, Byrd, and Revell, *Counseling for Substance Abuse and Addiction*, 86-87; Parker, *When Someone You Love Drinks Too Much*, 54-55.
32. For this section see Cheek, Mickey Mantle.
33. Cheek, Mickey Mantle.
34. Mantle, et al., *Hero All His Life*, 8.
35. See Jay Johnson, Jane Carlisle Maxwell, and Marian Leitnerschmidt, *A Dictionary of Slang Drug Terms, Trade Names, and Pharmacological Effects and Uses* (Austin, TX: Texas Commission on Alcohol and Drug Abuse, 1997), www.tcada.state.tx.us/research/slang/terms.pdf.

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