



Wisdom for Life: Understanding Alcohol's Dangers



Explore biblical wisdom on the dangers of alcohol and drunkenness through Proverbs 23:29-35, gaining insight for a godly, self-controlled life.



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Introduction

Welcome to this 3-day Bible study plan on the dangers of alcohol and drunkenness. Throughout Scripture, we find wise counsel about the use and abuse of alcohol—advice meant not to condemn but to protect and guide us toward a life marked by wisdom and self-control. Proverbs 23:29–35 paints a vivid picture of the consequences of overindulgence, warning us of the sorrow, strife, and pain that can come from drunkenness.

Why should we pay attention to such guidance? Because our choices, especially regarding substances like alcohol, directly impact our spiritual health, relationships, and witness for Christ. The Bible doesn't forbid all alcohol use but highlights the dangers when it becomes a controlling force leading to harm and regret. As you journey through these three days, you will encounter not only warnings but also encouragement to seek wisdom and self-discipline through God's grace.

Each day offers a primary Scripture to meditate on, supporting verses that reinforce the lesson, a devotional reflection to connect the truth to your life, and thoughtful questions and journaling prompts to deepen your understanding. Finally, you will find a prayer to ask for God's strength, clarity, and grace as you apply these truths.

May this time in God's Word empower you to honor Him with your choices, live wisely, and experience the liberation that comes from walking in His



truth. Let's begin this journey with open hearts and a desire to grow in wisdom! 📖 🙏





Day 1: 🍷 Warnings About Drunkenness



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Your Verse

Proverbs 23:29-35 NIV - 'Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over wine, who go to sample bowls of mixed wine.'

Supporting Scriptures

- *Ephesians 5:18 - 'Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.'*
- *1 Corinthians 6:12 - 'I have the right to do anything,' you say—but not everything is beneficial. 'I have the right to do anything'—but I will not be mastered by anything.'*



Devotional: Recognizing the Real Cost of Drunkenness

Proverbs 23:29–35 gives a striking description of the painful consequences of **drunkenness**. Woe, sorrow, strife, complaints, and physical harm are the outcomes that this passage associates with overindulgence in wine. The imagery of bloodshot eyes and bruises underscores the toll it takes on body and mind.

What is especially important here is the warning that straying into drunkenness isn't a harmless choice. It blinds judgment, fosters conflict, and can lead to a loss of self-control. Paul echoes this in Ephesians 5:18, where he contrasts being drunk with being filled with the Spirit—a call to live a life marked by God's control rather than being mastered by substances.

As believers, we are invited to consider whether our habits honor God and lead to peace and clarity or whether they bring confusion and pain.

Drunkenness can disguise itself as pleasure, but its outcome is often the very opposite.

Take this moment to honestly assess your own relationship with alcohol. Are there patterns or temptations that could lead you into the dangers described here? Remember, God's wisdom is a lamp guiding your path out of trouble and toward life and hope.



Day 1: 🍷 Warnings About Drunkenness

Reflect and Apply

1. What are some of the direct consequences of drunkenness listed in Proverbs 23:29–35? How do they affect a person's life?

2. How does being 'filled with the Spirit' compare to being drunk according to Ephesians 5:18?

3. In what ways might cultural views on alcohol conflict with biblical wisdom?



4. Have you observed or experienced the effects of drunkenness in your life or community? How did it impact relationships or personal well-being?



Day 1: 🍷 Warnings About Drunkenness

Journaling Prompts

1. Reflect on your own experiences or family history related to alcohol. What lessons emerge?

2. Write about what it means for you personally to be 'mastered' by something and how that applies to alcohol.

3. List practical steps you can take to guard yourself against the dangers highlighted today.



Day 1: 🍷 Warnings About Drunkenness

Prayer for Today

Lord, thank You for Your wisdom that warns us about the dangers of drunkenness. Help me to see clearly the effects it can have on my life and those around me. Empower me by Your Spirit to choose self-control and to avoid anything that might master me and lead me away from Your path. Give me strength to honor You with my decisions and keep me from harm. Guide me in replacing harmful habits with Your peace and presence. In Jesus' name, Amen. 🙏🍃📖





Day 2: ⚠ The Deceptive Temptation of Alcohol



Day 2: ⚠ The Deceptive Temptation of Alcohol

Your Verse

Proverbs 23:31-32 NIV – 'Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! In the end it bites like a snake and poisons like a viper.'

Supporting Scriptures

- *James 1:14-15 – 'But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.'*
- *Galatians 5:22-23 – 'But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.'*



Devotional: Seeing Beyond the Allure of Alcohol's Brightness

In Proverbs 23:31–32, we are cautioned not to be deceived by the enticing appearance of wine. The passage vividly warns that though wine may sparkle attractively and seem pleasant, it ultimately bites like a snake and poisons like a viper. This metaphor communicates the danger hidden beneath what seems enjoyable and harmless.

Temptation often comes disguised as something good or pleasurable, enticing us to indulge. James reminds us that temptation starts quietly, appealing to our desires, and if unchecked, leads to sin and ultimately death. This teaches us the importance of discernment and vigilance over the desires that lure us.

But the good news is that the Spirit of God within us produces fruit—such as self-control—that empowers us to resist such temptations and choose what is truly life-giving. Galatians 5:22–23 paints this beautiful picture of the character God wants to develop in us.

When confronted with temptation, such as the appeal of alcohol, ask yourself: Am I seeing the reality underneath the sparkle? Am I guided by the Spirit and His fruit? This discernment rooted in God's Word protects our hearts and minds from harm.



Day 2: ⚠️ The Deceptive Temptation of Alcohol

Reflect and Apply

1. What does the imagery of a snake and a viper suggest about the nature of temptation?

2. How does James describe the process and progression of temptation to sin?

3. What role does the fruit of the Spirit, especially self-control, play in resisting temptation?



4. Can you identify other areas in your life where something attractive might conceal harm?



Day 2: ⚠️ The Deceptive Temptation of Alcohol

Journaling Prompts

1. Write about a time when you were tempted by something that seemed pleasurable but led to negative consequences.

2. List the fruits of the Spirit and reflect on which ones you especially need to cultivate to resist temptation.

3. Describe practical ways you can 'not gaze' at or avoid tempting situations or influences.



Day 2: ⚠️ The Deceptive Temptation of Alcohol

Prayer for Today

Father, thank You for Your Word that exposes the hidden dangers beneath tempting pleasures. Help me to see clearly beyond the sparkle and to resist the allure of harmful desires, especially regarding alcohol. Fill me with Your Spirit and the fruit of self-control, so I may stand firm against temptation. Strengthen my resolve and guide my steps each day. In Jesus' name, Amen.





Day 3: 🌿 Choosing Wisdom and Self-Control



Your Verse

Proverbs 23:33 NIV - 'Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!'

Supporting Scriptures

- *Proverbs 3:5-6 - 'Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.'*
- *Titus 2:11-12 - 'For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.'*



Devotional: Embracing God's Grace for Self-Control and Wisdom

Proverbs 23:33 challenges us to avoid fixating on the enticing appearance of wine. The wisdom here calls us not simply to manage our actions but to guard our sights and desires—to choose what we focus on. This practice helps us avoid slipping into harmful habits.

Trusting God completely, as Proverbs 3:5–6 encourages, means we submit our understanding and inclinations to His guidance. In doing so, He will direct our paths away from danger and into safety.

Titus 2:11–12 reminds us that God's grace isn't just about forgiveness but also teaches us to renounce ungodliness and to live with self-control and uprightness. This is the power God offers to overcome temptation and to live wisely according to His design.

As you reflect on the dangers of alcohol and drunkenness, remember that your strength to resist comes from God's grace and the daily choice to follow Him. By relying less on your own strength and more on His guidance, you can walk in freedom and wisdom.



Reflect and Apply

1. What does it mean to 'not gaze' at something tempting, and how can this be practiced in daily life?

2. How does trusting God influence your decisions about what to focus on or avoid?

3. In what ways does God's grace empower believers to live self-controlled and godly lives?



4. How can you practically submit your desires and choices to God's direction in your circumstances?



Journaling Prompts

1. Write about what trusting God more fully looks like in your struggles with temptation.

2. Reflect on ways God's grace has taught or empowered you toward self-control.

3. Plan specific actions you can take to avoid situations that entrench temptation.



Day 3: 🌿 Choosing Wisdom and Self-Control

Prayer for Today

Gracious Father, thank You for the gift of Your grace that teaches and empowers me to live self-controlled and wise lives. Help me fix my eyes on You rather than on fleeting pleasures. Enable me to trust You completely and submit my desires to Your guiding hand. May Your Spirit strengthen me each day to choose Your path over temptation. In the powerful name of Jesus, I pray, Amen. 🙏🌟📖





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