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Alcohol, Stupid Choice Of Your Life

Some people never have drunk alcohol, but none have drunk it only once. This means that alcohol stimulates human instincts and creates fake happiness by making them feel good. Then, how dangerous is alcohol? NIAAA (National Institution of Alcohol Abuse and Alcoholism) (2022) said that an estimated 95,000 individuals die each year from alcohol-related causes in the United States, making it the third-leading cause of mortality. It is necessary to know about the harmful effects of alcohol in order not to be deceived by this. Alcohol is the primary factor causing chronic diseases in the body, mental damage, and disturbing us to listen from God.

Long-term consumption of alcohol rapidly deteriorates physical health. If you've drunk alcohol ever in your 20s when you're physically healthy, you may have experienced rapid deterioration. For example, you felt out of breath faster than you didn't drink alcohol. Feeling unhealthy is not just your feeling. There exist related research results. In the long run, drinking alcohol can lead to high blood pressure and various heart diseases, deteriorating bone health, and hindering brain growth (Kathleen Davis, 2018). Perhaps the opportunity cost of drinking alcohol accounts for more than others. This is because of the death rate from an alcohol-related accidents. Furthermore, intaking alcohol increases the probability of physical defects in the baby. Mary L. Gavin (2018) said, "the problems when babies are expanded to alcohol are grouped and called fetal alcohol spectrum disorder." Likewise, alcohol accelerates our body to a bad condition. Then, what are the mental effects?

The more you intake alcohol, the more your chemical balance will be broken. When we drink alcohol, dopamine and serotonin make our feelings better. But if you keep drinking, you'll need more alcohol to get the same number of the hormone. David M.Lovinger (1997) claims that some of the most potent antidepressants work by inhibiting serotonin transporters, allowing the neurotransmitter to last longer. Lots of chemical interactions can be stimulated by alcohol. If this mechanism is invoked by an unnatural signal, our body can't adjust to the right way. Also, thinking systems are seriously damaged aspects of decision-making. For example, drunk driving, sexual harassment, etc. You can't make rational judgments. Intaking alcohol collapses the brain's chemical balance and leads to an unintentional instinctive accident. Another point of view is how should we think about alcohol as Christian?

God tells us not to get drunk and only be filled with the Holy Spirit. However, many Christians do not seem to think drinking alcohol is terrible nowadays. For example, they interpreted the Bible themselves through only one side of history. As Jesus drank wine at the banquet hall, they are not prohibited from drinking alcohol. But it's not the God really wants to tell us. He said not to get drunk because the alcohol prevents him from distinguishing God's way. That is why Christians need to know the explicit purpose of living in this world. The reason for living in this world is to spread the gospel of God and live a life of joyfulness. We must discern between the world and his speech to achieve this goal. The Bible says that "Do not be conformed to this world but be transformed by the renewal of your mind. By testing, you may discern what the will of God is, what is good and acceptable and perfect" (Romans 12:2, English Standard Version). Christians should realize that it's not a matter of how much alcohol they drink. They must know that alcohol leads them to the opposite side of God's work.

Although alcohol has many minus effects on humans, it is universally adopted in society. Alcohol still has some positive things on the interaction between people. One idea is that alcohol alters our social or cognitive abilities, allowing us to perform more effectively in social circumstances. (Dumber et al. 2016). You'll be more competitive and active when you drink a moderate amount of alcohol. In other words, it helps us to make intimate bonds with other people in society. Furthermore, Small amounts of alcohol can also have social and psychological benefits, such as aiding digestion or helping someone unwind after a hard day (Monga, 2021). Many people drank beer after they finished their jobs or working. It's easier to talk about their feelings and share the moment borrowing the power of alcohol. To sum up, alcohol helps people engage more socially and temporarily relieves stress.

In conclusion, Alcohol assumption is physically, mentally, and religiously harmful. Alcohol induces lots of heart-related diseases and physical weaknesses. Also, it does not send healthy signals to the body. It intentionally secretes chemicals and increases the probability of being unbalanced. Plus, alcohol hinders rational decision-making by failing to have proper cognitive skills. Lastly, it makes us live instinctively without hearing what God is trying to say to us. We were born with nothing, and as God chose us to send us to this world, we will have to realize who is the master of our life. You must know that the sovereignty of life belongs to God. You must stay away from alcohol to distinguish it. Do you really want to be a good child for God? Then quit the alcohol.

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