Hello My name is Hyunuk Kim.

I'm gonna tell you about why we should not drink alcohol.

I'm pretty sure that everyone in this place tried alcohol when your age are over 19.

Did you feel pleasure? feeling of relax ? headache ?

Now a days so many people drink alcohol.

Also, you will often see alcohol in dramas and movies.

Therefore, after becoming an adult, there is a culture of drinking naturally, and there is a rather critical view of having a negative opinion about drinking.

But I think we need to know objectively about the disadvantages of alcohol.

Also, we should be aware of the alcohol all the time, especially as a Christian.

There are lots of bad elements and effects of the alcohol. Here is my three objectives.

The Physical Problems and mental effects of the alcohol and the Christian view about it.

Lastly Showing some opposite opinions and summarize my speech.

First, Long term consumption of alcohol rapidly deteriorates physical health.

Kathleen Davis from Medical News Today in 2018 saids that Alcohol contributes to over 200 diseases and injury-related health conditions.

Take a look at this Chart. This chart is from NCDAS, National Centor for Drug Abuse Statisticsc.

We could see the causes of Alcohol-Related Deaths. Liver Disease 31%, Alcohol Poisoning 14%, Car Crash 7%.

It should be kept in mind that it is not just data on what disease people have, but on people who died from alcohol.

Even if you drink a little alcohol, if you drink it in the long run, the probability of getting physical illness or death increases.

Severely, It impacts on the baby if pragnent woman has drunk alcohol for a long time.

According to Mayo Clinic in 2018 saids that Alcohol interferes with the delivery of oxygen and optimal nutrition to developing baby.

Even if you feel pleasure and happy to drink for a while, there is nothing physically good in the long run.

Second, we should remember that drinking alcohol makes us mentally exhausted.

When we drink alcohol, dopamin and seratonin make our feelings better. Have you heard about dopamin and seratonin??

Dopamine is an excitatory substance that makes people feel good.

For example, dopamine is emitted when you win the lottery or score a goal in a soccer game.

And Seratonines are also work as substances for that too. Seratonin makes us happy like, eating a delicious food or taking a walk in the weekend.

However, if we keep drinking alcohol, we'll need more alcohol to get the same effects of the hormone.

David in National Library of Medicine 1997 saids that some of the most potent antidepressants are working to inhibit serotonin transporters.

This means that the more we drink alcohol, the more hormone should work.

Because the antipressants effect on our chemical system to inhibit serotonine.

Lots of chemical interactions are stimulated by alcohol moreover.

Worst case, It leads us to fall into depression or addiction to the point where we can't live without alcohol.

Third, As bible said, we should not get drunk and only be filled with the Holy Spirit.

However, As individual freedom is emphasized, the view on drinking seems to be free among Christians.

Some people compromise themselves that they can control themselves to the point where they don't get drunk even if they drink, and that they are somewhat okay.

However, if you think about your priority of life as a Christian, you can see that it is not right. And It's not the God really want us to do

Jesus said “Not to get drunk” because the alcohol prevents us from distinguish God's Way.

Romans 12:2, Do not be conformed to this world but be transformed by the renewal of your mind.

Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

What do you think about the sentence, "Do not be conformed"?

I think that Do not conforming to this world is not compromising ourselves. like, it's okay to do something that other people do.

In order to live a life of joy all the time, I think we should live a life of the Holy Spirit, not alcohol.

Conversely, alcohol has some positive things on the interaction between people.

According to NIA in 2016 said that alcohol alters our social or cognitive abilities, allowing us to perform more effectively in social circumstances.

we'll be more competitive and active when we drink a moderate amount of alcohol.

In other words, it helps us to make intimate bonds with other people in society.

In my experience, I'd rather be more speak with other people with alcohol.

Like this, we can borrow some power of alcohol to get along with other people in that situation.

Monga 2021 also said that small amount of alcohol can have psychological benefits, helping someone unwind after a hard day.

That's why we always eat chicken and beer after finishing something.

In conclusion, Alcohol assumption is physically, mentally, and religiously harmful.

Alcohol induces lots of heart-related dieseases and physical weaknesses.

Also it does not send healthy signals to the body.

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 this world, we will have to realize who is the master of our life.

We must know that the sovereignty of life belongs to God.

We must stay away from alcohol to distinguish it.

Do you want to be a good child for God? Then quit the alcohol.