

## Lessons for Life: TOBACCO, ALCOHOL, & DRUGS

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3: 16-17 Purpose: Our bodies will give out at some point in time and we will die. There is no reason to hasten the process by using chemicals and substances that damage our bodies. These substances not only shorten life, they can make life miserable. Too many of us suffer as the result of using tobacco, alcohol, and drugs. The Lesson I don't have to tell you that hundreds of thousands die every year due to the intake of drugs, alcohol, and tobacco. The statistics are on the Internet for anyone to view. Hundreds of agencies monitor the health of folks like you and me for the effects of drug or tobacco abuse. Millions are admitted into hospital emergency rooms across our globe due to substance abuse. Ten to one you know someone who has been treated for such ailments. The Sad Thing is: ALL THE TRAUMA AND DEATH OF SUBSTANCE ABUSE IS PREVENTABLE! In my younger days I was involved with organizations dealing with youth. Have you ever seen the change in a child that has been hooked on drugs? A happy, industrious student turns into a moody, slovenly, lazy individual who has lost all traces of morals and all desire to perform daily routines. They are what we call "Out of It!" Hundreds of organizations deal with such youth on a daily basis, helping them to shake off the drug demons. One lad I worked with had gone through a terrible surge of drug addiction. I was able to work with him. He gave up drugs and helped me change the direction of other youth. He grew up to be a fine young man, giving much service to his church and friends. When I was a teenager, I would stand on the street corner and watch for the bus to arrive a block away. When it did, I started walking up the block. I knew that my adult friend, Louis, would need help getting home because he probably was drinking that day. I didn't want him to trip and fall and bash in his nose or gash his head. As I mentioned, alcohol was his problem. Louis overcome his alcoholism with time. I use to shovel the snow off his walks. One day I got home from school too late. Louis shoveled the walks and died of a heart attack. He was my dear friend but I was glad to see him go "dead sober." In Pennsylvania, I was called to the bedside of a man dying of lung failure. He had quit smoking before he died. We had become good friends and I hated to see him go. All his son and I could do was give him a blessing and say goodbye. But he knew what had to be done. He had to quit smoking. It was just that he quit too late. Find Professional Help I can't help you with an addiction problem that may concern you. I can't give counsel to you or the person that needs it. Not sitting here at my computer. But there are many sources for help probably right in your community. Give a call to the court house or to a church or to a doctor. Call the police or the hospital. And don't forget you can find local information on the Internet. You may have to pay for private counseling, but that may be the way for you to go. But, get counseling! Copyright©2005 John Taylor Jones, Ph.D.

### About the Author

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