



# The Bible, Substance Abuse, and the Patriarchs



## STUDY GUIDE

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CHAPTER ONE  
SUBSTANCE ABUSE



Lesson 1  
What is substance abuse?

Lesson 2  
What does the Bible teach us about how we should treat our bodies?

# The Bible, Substance Abuse, and the Patriarchs



## Lesson 1

### What is Substance Abuse?

#### Objectives:

To teach Biblical and scientific vocabulary

To teach what the Bible explains about substance abuse



#### VOCABULARY

substance abuse pg. 4  
temperate pg. 4

God created Adam and Eve in His own image. They were supposed to live eternally. When our parents fell by committing sin, everything on earth changed. All humanity was now subject to death. All types of sin entered the world including substance abuse. *Substance abuse is defined by Merriam-Webster as the excessive use of a drug (such as alcohol, narcotics, or cocaine): the use of a drug without medical justification.*

Many believe that The Bible teaches that we should be temperate in all things. *The word temperate is defined by Merriam-Webster as a means to show moderation or self-restraint.* In 1 Corinthians 6:9-10 the Bible reads as follows: “Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.” The message in the Bible is clear that the Lord does not take sin lightly. If we sin, God will forgive us if we confess and turn from our sinful ways. We can not live a sinful lifestyle and expect God to accept what we do. We must be temperate in everything. A Christian should be able to exhibit self-control in all things. In I Corinthians 9:25 the Bible reads as follows: “And every man that striveth for the mastery is temperate in all things. Now, they do it to obtain a corruptible crown; but we an incorruptible.”

# The Bible, Substance Abuse, and the Patriarchs



## ACTIVITY #1

Directions: Read I Corinthians Chapter 6 and Chapter 9. Write a paragraph explaining why it is important to be temperate in all things.

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## ACTIVITY #2

Directions: Define each vocabulary word listed at the beginning of the lesson. Write a sentence using each word.

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# The Bible, Substance Abuse, and the Patriarchs



## Homework

Use the Internet to look up and to write information about the number of pre-teens and teenagers that are substance abusers in North America.

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# The Bible, Substance Abuse, and the Patriarchs



## Lesson 2

What does the Bible teach us about how we should treat our bodies?

### Objectives:

To teach Biblical and scientific vocabulary

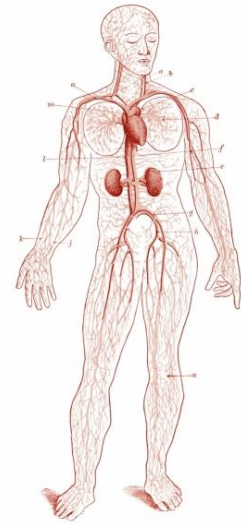
To teach the spiritual importance of our bodies

### VOCABULARY

alcohol pg. 7

illicit drugs pg. 7

When we use substances that hurt our bodies, it is sinful. In 1 Corinthians 6:19 the Bible reads as follows: “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?” Jesus died on the cross for us. Our Creator paid the price on Calvary’s cross. We belong to Christ and we need to take care of our bodies. When we abuse *alcohol (a colorless volatile flammable liquid that is the intoxicating constituent of wine, beer, spirits, and other drinks and it is also used as an industrial solvent and as fuel.)* or other *illicit drugs, (the non-medical use of a variety of drugs that are prohibited by international law)* we defile our bodies and go against God’s will.

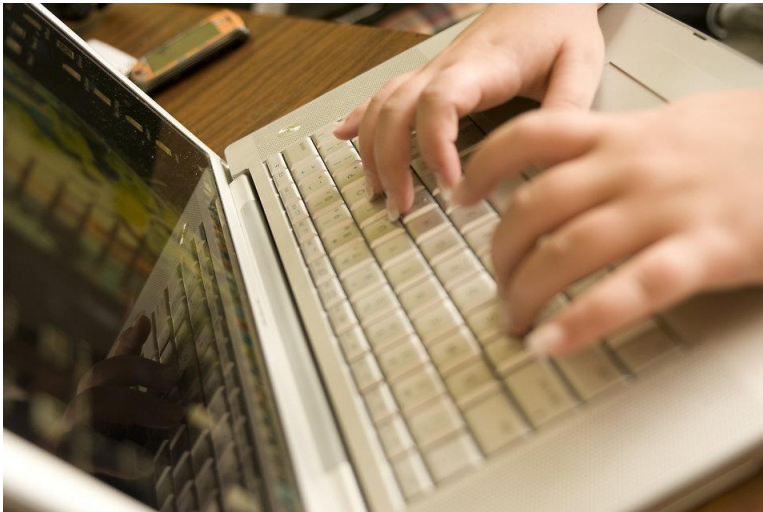


## The Bible, Substance Abuse, and the Patriarchs



### ACTIVITY #1

Directions: Create a short, anonymous survey, and then ask fellow students how many of them have used alcohol or illicit substances. Collect the survey and disaggregate the data. Share and discuss the results with classmates.



### Sample Survey

Directions: Circle the correct answer.

Age: 12-14    15-17    18-20                      Sex:    Male    Female

1.    Have you ever drunk alcohol?    Yes    No
2.    Have you ever used illicit drugs?    Yes    No
3.    Do you have any friends between the ages 12 and 20 that are substance abusers?    Yes    No



## The Bible, Substance Abuse, and the Patriarchs



### ACTIVITY # 2

Directions: Make a list of substances that people commonly abuse.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
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3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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### ACTIVITY #3

Directions: Define the vocabulary words listed at the beginning of the lesson. Write a sentence using each word.

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## Homework







## CHAPTER TWO

### NOAH



Lesson 1  
Who were the Antediluvians?

Lesson 2  
Was Noah a substance abuser?

# The Bible, Substance Abuse, and the Patriarchs



## Lesson 1

Who were the Antediluvians?

Objectives:

To teach Biblical and scientific vocabulary

To teach who the Antediluvians were



Vocabulary

Antediluvians pg. 13

covenant pg. 13

posterity pg. 13

The Antediluvians were the people that lived before the Flood. The *prefix ante means before* in Latin and the root word *diluvian means a deluge or flood*. So, the word antediluvian actually means before the flood. This group of people begins with the very first humans Adam and Eve, and it extends to Noah and his family, the only Antediluvians to survive the Flood. The Antediluvians rejected God. They committed horrible sins and caused judgment in the form of the Flood to come upon the earth. In Genesis 6:5 the Bible reads as follows: “And God saw that the wickedness of man was great in the earth and that every imagination of the thoughts of his heart was only evil continually.” When the Antediluvians turned away from God, He established a covenant with Noah. As a result of the *covenant (a promise or a pledge)*, Noah, his family, and his *posterity (the descendents from one ancestor)* were saved in the ark.

### ACTIVITY #1

Directions: Read Genesis chapters six and seven. Does the Bible state that Noah’s family was righteous? Why does the reader think that God saved Noah’s entire family? Write notes and discuss the answer with your classmates.

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## The Bible, Substance Abuse, and the Patriarchs



### Lesson 2

Was Noah a substance abuser?

#### Objectives:

To teach Biblical and scientific vocabulary

To teach about Patriarchs who suffered with substance abuse.

#### Vocabulary

patriarch pg. 15

inebriated pg. 15

Substance abuse is not something that is new. We find the first example of a *patriarch* (*the male head of a family or tribe*) who was a substance abuser in Genesis. In Genesis 9:20-21 the Bible reads as follows: “And Noah began to be an husbandman, and he planted a vineyard: And he drank of the wine and was drunken; . . .” Noah suffered from a disease that many hide. Substance abuse has led to people being assaulted, people hurting others, and people hurting themselves, among other tragedies. There is never a positive outcome when people are *inebriated* (*to make drunk or intoxicate*). Even the patriarch Noah, who was chosen of God, suffered as the result of substance abuse.

The Bible shows us that although the patriarchs were just like us, they repented of their sins and were saved in God’s kingdom. That gives us hope that no matter what has been done in the past, God can save any individual if he gives his heart to Him.



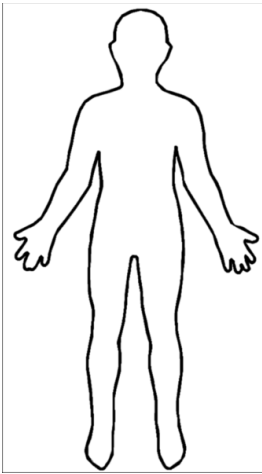
## The Bible, Substance Abuse, and the Patriarchs



### ACTIVITY #1

When a person is inebriated, he is unable to function properly or think clearly. If we allow ourselves to get in this state, we allow Satan to negatively influence our minds.

Create a step-by-step diagram with quotes on what happens to the body after a person has become inebriated.





# The Bible, Substance Abuse, and the Patriarchs



## ACTIVITY # 2 Brain Puzzle

Directions: Utilizing the two words from the vocabulary in this lesson, create a word-search puzzle.



## ACTIVITY #3

Directions: Define each vocabulary word listed at the beginning of the lesson. Write a sentence using each word.

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## CHAPTER THREE

### THE CHILDREN OF ISRAEL



[www.123FreeVectors.com](http://www.123FreeVectors.com)

#### Lesson 1

Did the Children of Israel engage in substance abuse?

#### Lesson 2

How can we learn from the experiences of the Children of Israel?

## The Bible, Substance Abuse, and the Patriarchs



### Lesson 1

Did the Children of Israel engage in substance abuse?

#### Objectives:

To teach Biblical and scientific vocabulary

To teach how the Children of Israel mirror the struggles of Christians today

#### Vocabulary

covenant pg. 20



In Exodus Chapter 32, the story is told about how the Children of Israel corrupted themselves by worshipping a golden calf. Moses went up to Mount Sinai to receive instruction from the Lord. After he had received instruction, the Lord told him to go down to the people. Exodus 32:6-7 reads as follows: “And they rose up early on the morrow, and offered burnt offerings, and brought peace offerings; and the people sat down to eat and to drink, and rose up to play. And the Lord said unto Moses, Go, get thee down, for thy people, which thou broughtest out of the land of Egypt, have corrupted themselves.”

During the time of Moses, idol worship involved the worshippers performing illicit acts, over-eating and becoming inebriated by drinking. Not only were the Children of Israel intemperate, but they were also breaking their *covenant* (*pledge or promise*) with God. Although we feel that better

## The Bible, Substance Abuse, and the Patriarchs



decisions would be made today, when we disobey God, the same sins are committed. When we willingly abuse substances, we make a choice to follow Satan and to turn away from God. The Devil targets Christian youth. He is a thief that places temptations in front of us because he wants to kill, to steal, and to destroy. In John 10:10 the Bible reads as follows: “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.” Jesus saves. If we cling to Him, He will provide a way of escape from all temptation. First Corinthians 10:13 reads as follows: “There hath no temptation taken you but such as is common to man; but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”

### ACTIVITY #1

Directions: Fill in the blanks.

“There hath no \_\_\_\_\_ taken you but such as is \_\_\_\_\_ to man; but God is \_\_\_\_\_, who will not suffer you to be tempted above that ye are \_\_\_\_\_; but will with the temptation also make a way to \_\_\_\_\_, that ye may be able to \_\_\_\_\_.”



### ACTIVITY #2

## The Bible, Substance Abuse, and the Patriarchs



Directions: Create a song or a rhyme that will teach I Corinthians 10:13.

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### ACTIVITY #3

Directions: Define the vocabulary word listed at the beginning of the lesson. Write a sentence using the word.

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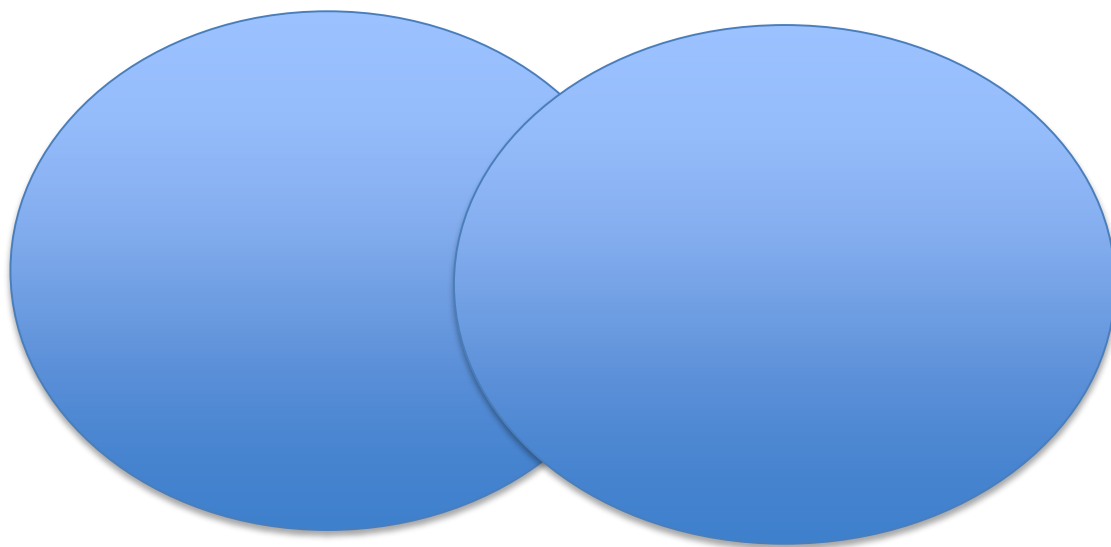
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### Homework:

Make a Venn diagram to compare and to contrast the Children of Israel with Christians today.

# The Bible, Substance Abuse, and the Patriarchs



Extension Lesson:

Have a class discussion on the topic—Is Sin Ever Unavoidable?

Notes:

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# The Bible, Substance Abuse, and the Patriarchs



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## Lesson 2

How can we learn from the experiences of the Children of Israel?

Objectives:

- To teach Biblical and scientific vocabulary
- To teach how to avoid the pitfalls of the devil

Vocabulary

eternal pg. 24







## The Bible, Substance Abuse, and the Patriarchs



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### ACTIVITY #2

Directions: Define the vocabulary word listed at the beginning of the lesson. Write a sentence using the word.

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Homework: Write a teen contract in which students promise to stay away from alcohol and illicit drugs.

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# The Bible, Substance Abuse, and the Patriarchs



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## Extension Lesson:

Discuss various ways to resist alcohol and illicit drugs. Make a list of 10 ways.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## The Bible, Substance Abuse, and the Patriarchs



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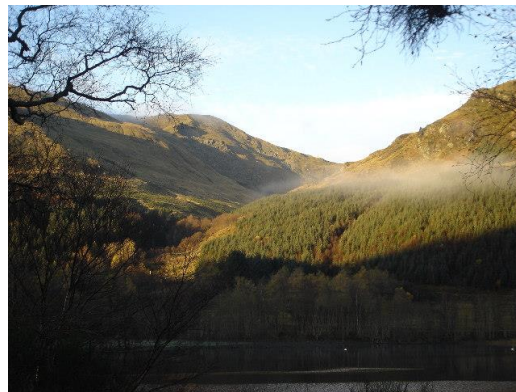
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## CHAPTER FOUR

### LOT

# The Bible, Substance Abuse, and the Patriarchs



## Lesson 1

Was Lot manipulated by his daughters?

## Lesson 2

Is there a connection between sexual abuse and substance abuse?

## Lesson #1

Was Lot manipulated by his daughters?

Objectives:

## The Bible, Substance Abuse, and the Patriarchs



To teach Biblical and scientific vocabulary  
To teach the importance of learning from biblical lessons

### VOCABULARY

deleterious pg. 29  
incestuous pg. 29  
prevalent pg. 29



Lot was another patriarch who suffered because he was a substance abuser. Lot had to leave the wicked city of Sodom and eventually go into the caves in the mountains with his daughters. Living in the city of Sodom had a *deleterious (injurious)* effect on Lot's daughters. Lot's daughters gave their father strong drink until he passed out, and his daughters took advantage of him in his drunken state by having an *incestuous (intimate)* relationship with him. Genesis 19:32 reads as follows: "Come, let us make our father drink wine, and we will lie with him, that we may preserve seed of our father."

When we open ourselves up to substance abuse, other sins follow suit. The devil only wants an opening in our armor so that he can lead us down a deadly path of immorality, pain, disease, and death. It takes a total commitment to God to stay away from the snares of the devil. We are living in the last days and Jesus is soon to come. In Luke 17:26-30 it reads as follows:

"And as it was in the days of Noe, so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all. Likewise as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all. Even thus shall it be in the day when the Son of man is revealed. "

The same sins that were *prevalent (commonplace)* during Noah's time and Lot's time are taking place today.

### ACTIVITY #1

Directions: Lot's daughters gave birth to the Moabites and the Ammonites. They used strong drink to plot and to plan and they gave birth to nations that became enemies of God. Is there ever a time that we are wiser than the counsel of God? Explain.



## The Bible, Substance Abuse, and the Patriarchs



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### ACTIVITY #3

Directions: Define each vocabulary word and write a sentence to illustrate the use of each word.

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### Homework

How were the participants at the feast of Belshazzar influenced by drinking wine?



## The Bible, Substance Abuse, and the Patriarchs



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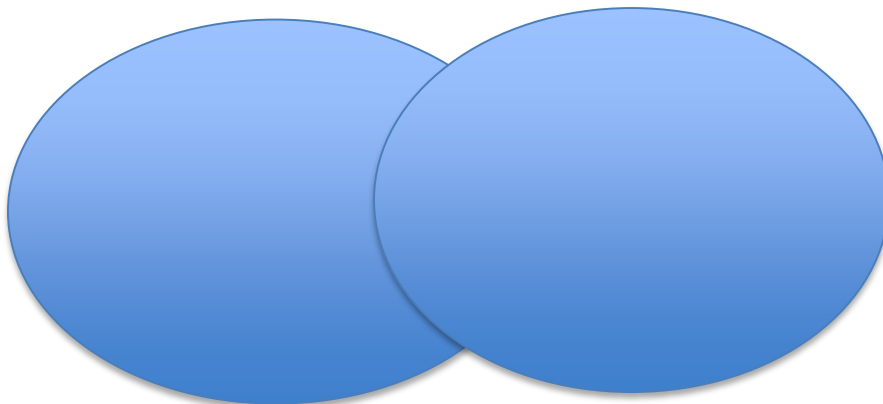
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Extension Lesson:  
Create a Venn diagram that compares and contrasts Noah and Lot.



### Lesson 2

Is there a connection between substance abuse and sexual abuse?

## The Bible, Substance Abuse, and the Patriarchs



### Objectives:

To teach Biblical and scientific vocabulary

To teach the relationship between substance abuse and sexual abuse



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### VOCABULARY

prone pg. 33

imbibe pg. 33

Research shows that teenagers are more likely to be sexually abused when they use illicit substances. Adolescent and young adult females were especially *prone (more likely)* to violence and sexual abuse after having *imbibed (to drink, consume or digest) alcohol and drugs*. According to the University of Notre Dame's McDonald Center for Student Well-Being, there are approximately 97,000 young adults between the ages of 18 and 24 that have been sexually assaulted due to alcohol-related or drug related activities. Alcohol is the most prevalent drug associated with the sexual assault of teens and young adults.

The University Health Services at Berkely University gave the following statistics:

“Approximately 70% of college students admit to having engaged in sexual activity primarily as a result of being under the influence of alcohol, or to having sex that they would not have had if they had been sober.

One in 12 college males admit to having committed acts that met the legal definition of rape.

60% of college women who are infected with STD's, including genital herpes and HIV, report that they were under the influence of alcohol at the time that they had intercourse with the infected person.

One in five college students abandoned safer sex practices when they are drunk, even if they always protected themselves when sober.”

High school students need to know this information before they attend college.



# The Bible, Substance Abuse, and the Patriarchs

The devil is out to kill, to steal and to destroy. In a combined study of government and educational entities, several facts were given about alcohol, drug use, and the correlation with sexual activities in teens.

“Teens who become involved with tobacco and alcohol at a young age are more likely to associate with friends that have sexually permissive attitudes and behaviors.

Compared to both males and females with no drug history, the risk for early sex is higher for those reporting prior use of alcohol and cigarettes, and other illicit drugs.

Nationally, 28% of students said that they used alcohol or drugs at last sexual intercourse.

Male students (33%) are significantly more likely than female students (17%) to report that they used alcohol or drugs at last sexual intercourse.

Among sexually active adolescents, substance use has been associated with increased sexual risk taking at the time of first intercourse ever and at first intercourse with a new partner.

Nearly one-third or 30% of students who have used drugs have had sexual intercourse with four or more partners and did not use a condom.

Young men involved in a pregnancy reported more cigarette, alcohol, and cocaine use, and were more likely to drink while driving than young men who had not been involved in a pregnancy.

In spite of the dangers to both mother and baby, many pregnant adolescents continue to use tobacco, alcohol, and other substances.”

## ACTIVITY #1

Directions: Which statistic is most surprising to you? Explain.

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## ACTIVITY # 2

## The Bible, Substance Abuse, and the Patriarchs



Directions: Create a PowerPoint presentation that teaches other teens about the dangers of alcohol and drugs.

Rubric:

There should be at least 25 slides.

Place a picture on each slide.

Place animation on each slide.

Put transitions in the PowerPoint presentations.

### ACTIVITY # 3

Directions: Define the vocabulary words listed at the beginning of the lesson. Write sentences using the words.

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Homework:

Write a short report about cigarette use among teenagers in the United States.

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## CHAPTER FIVE

### THE PITFALLS OF SUBSTANCE ABUSE



#### Lesson 1

How can Christian adolescents avoid the pitfalls of substance abuse?

#### Lesson 2

How can Christian adolescents make a difference with others and how can they reduce alcohol and drug use among Christian teens?

## The Bible, Substance Abuse, and the Patriarchs



### Lesson 1

How can Christian adolescents avoid the pitfalls of substance abuse?

#### Objectives:

To teach Biblical and scientific vocabulary

To teach the connection between depression, various forms of other abuses and substance abuse

To teach how to lessen depression and avoid substance abuse

#### VOCABULARY

susceptible pg. 39

depression pg. 39



Substance abuse has reached epidemic proportions among adolescents. There are several root causes of substance abuse. In the biblical stories of both Noah and Lot, both patriarchs had suffered a major stressful incident and it looked as though they fell into *depression* (*feeling sad, blue, unhappy, miserable, or down*).

Noah lived through the trauma of the entire world being disrupted during the Flood. Everything from the landscape to the climate changed within a short span of time. Every human, plant and animal on the face of the earth died with the exception of the occupants of the ark.

Lot lost his home, his possessions, his wife and his sons-in-law. He and his daughters had to flee Sodom, and later they even had to leave the smaller city of Zoar and flee into the mountains.

When people go through trials and tribulations, they are more *susceptible* (*likely to*) to turn to alcohol and drugs to dull their emotional pain. As it was in the day of Noah, it is today. When people are armed with the knowledge that depression makes one more likely to turn to drugs, they then know that, it is time for them to call on the Lord. The Bible tells us that Jesus is our refuge and strength. In the 46th division of the Psalm verses one and two, the Bible reads as follows:

“God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and through the mountains be carried into the midst of the sea;”

At the time when we need the Lord the most, we are assured by His word that He is there for us.



# The Bible, Substance Abuse, and the Patriarchs



## ACTIVITY #1

Directions: Use the Internet to research the top reasons for adolescent depression. Write a brief definition for the top ten reasons.

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## ACTIVITY #2 Brain Puzzle

Directions: Fill in the letters of the word puzzle below.



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## ACTIVITY #3

Directions: Define the vocabulary words listed at the beginning of the lesson. Write sentences using the words.

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# The Bible, Substance Abuse, and the Patriarchs



## Homework:

Create a poster that shows the top ten reasons for depression in adolescents.

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## The Bible, Substance Abuse, and the Patriarchs



### ACTIVITY #2

Directions: Create a pamphlet that can be given to teenagers who are at risk to dissuade them from trying alcohol and drugs.



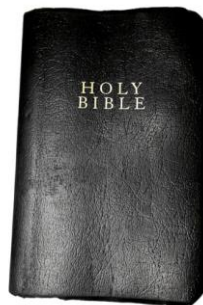




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CHAPTER SIX  
CONCLUSIONS



Lesson 1

How do we know that God expects us to take care of our bodies?

Lesson 2

What are some of the warnings that the Bible gives us about substance abuse?

# The Bible, Substance Abuse, and the Patriarchs



## Lesson 1

How do we know that God expects us to take care of our bodies?

### VOCABULARY

ingest pg. 47

superlative pg. 47

In 1 Corinthians 6:19-20, the Bible reads as follows: “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?” God expects for us to take care of our bodies. He has given us instructions in the Bible on how we should take care of ourselves. We have instructions on what we should eat, how the food should be prepared, what we should not *ingest (take into our bodies)*, how we should dress and the list goes on and on. Our temples are prized by God and it is our responsibility to keep our temples in *superlative (the best)* shape. Genesis 1:27 reads as follows: “So God created man in his own image, in the image of God created he him; male and female created he them.”

### ACTIVITY #1

Directions: Fill in the blanks with the missing words.

So 1. \_\_\_\_\_ 2. \_\_\_\_\_ man in his own 3. \_\_\_\_\_, in the image of God created he him; 4. \_\_\_\_\_ and 5. \_\_\_\_\_ created he them.





# The Bible, Substance Abuse, and the Patriarchs



## ACTIVITY #2 Brain Puzzle

Directions: Utilize the clues given below to figure out the message.

\_\_\_\_ \_  
Opposite of my \_\_\_\_\_ odby \_\_\_\_\_ eye r+1

per- J-2 5 Dwelling place of the Lord \_\_\_\_\_ 0 3x2  
pen-  
dicular

\_\_\_\_ \_  
Cross f+2 5 \_\_\_\_\_ 8 0 1 why? 7 e+3 owe less-l u-1

## ACTIVITY #3

Directions: Define the vocabulary words listed at the beginning of the lesson. Write sentences using the words.

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## The Bible, Substance Abuse, and the Patriarchs



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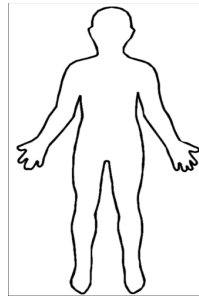
Homework:

Create a poster that shows the difference between clean and unclean foods.





## The Bible, Substance Abuse, and the Patriarchs



### Lesson 2

What are some of the warnings that the Bible gives us about substance abuse?



### VOCABULARY

glutton pg. 51

injurious pg. 51

The Holy Bible is the instruction manual for man. It is full of warnings about what we should and should not imbibe. In Proverbs 23:21 it reads as follows: “For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.” The word *glutton is defined as an excessively greedy eater*. Ephesians 5:18 reads as follows: “And be not drunk with wine wherein is excess; but be filled with the Spirit;” Proverbs 20:1 reads as follows: “Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.” There are several other verses in the Bible that associate drunkenness and substance abuse as something that is *injurious (dangerous)*. God expects us to hold up a higher standard. He expects us to be light bearers and examples to others because we are supposed to represent Him.

When we understand who we are and whose we are, we can never feel that it is acceptable to pollute our temples by becoming substance abusers. The Bible calls us a royal priesthood and a holy nation. First Peter 2:9 reads as follows: “But ye are a chosen generation a royal priesthood, an holy nation a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light:” Jesus died for us. John 3:16 reads as follows: “For God so loved the world that he gave his only begotten son that whosoever believeth in him will not perish, but have everlasting life.”

# The Bible, Substance Abuse, and the Patriarchs



## ACTIVITY #1

Directions: Write your interpretation of Ephesians 5:18 and Proverbs 20:1 in modern language.

Ephesians 5:18 reads as follows: “And be not drunk with wine wherein is excess; but be filled with the Spirit;”

Proverbs 20:1 reads as follows: “Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.”

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## The Bible, Substance Abuse, and the Patriarchs



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### ACTIVITY #2 Brain Puzzle

Directions: Unscramble and separate the letters written below to reveal a message.

iWensiakmcoredantrsnoginrdksiginrag.

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### ACTIVITY #3

Directions: Create a podcast. Discuss the four major substances that are most commonly abused. Articulate how you as students can avoid the pitfalls of substance abuse. Give inspirational, biblical verses.

1. Alcohol

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# The Bible, Substance Abuse, and the Patriarchs



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## Bible Verse

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### 2. Cigarettes

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## Bible Verse

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### 3. Marijuana

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## Bible Verse

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### 4. Food

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# The Bible, Substance Abuse, and the Patriarchs



## Bible Verse

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## ACTIVITY #4

Define the vocabulary words listed at the beginning of the lesson. Write sentences utilizing the words.

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## ACTIVITY #5

Research and write about the effects of heroin on the body.

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## The Bible, Substance Abuse, and the Patriarchs



1. \_ \_ \_ \_ \_

clhoahl

2. \_ \_ \_ \_ \_

srudg



### HOMEWORK:

Write an expository essay that gives at least three reasons why no one should abuse alcohol or drugs. Include an outline for the paper.

#### Outline

I.

II.

III.

IV.

V.





## The Bible, Substance Abuse, and the Patriarchs



### Works Cited

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## The Bible, Substance Abuse, and the Patriarchs

