

# Lessons From I Timothy

---

## A Little Grape Juice For The Stomach's Sake

(I Ti 5:23)

### INTRODUCTION

1. Good Evening,
  - a. Greetings...
2. Series of "Lessons From I Timothy."
  - a. Last week we examined "Keeping Peace In The Church."
    - i. **I Ti 5:21-22**
  - b. This week we will be looking into "A Little Grape Juice For Your Stomach's Sake."
    - i. **I Ti 5:23**
3. Paul having just explained how to keep peace in the church, by not putting unqualified men in as elders or partaking in such, he now moves on to an issue Timothy was having.
  - a. It is clear that Timothy struggled with preaching boldly without worry concerning what would happen.
    - i. **II Ti 1:7-8; II Ti 4:2; I Ti 5:23**
  - b. This isn't something new to preachers.
    - i. This is a struggle for most, if not all, to some degree.
    - ii. However what makes the preacher is whether or not he overcomes those fears and preaches what needs to be preached anyway.
4. Timothy, it appears, is struggling with the great responsibility of appointing more elders there in Ephesus.
  - a. Remember the church there already had elders by the time this letter was written.
    - i. **Ac 20:17**
  - b. We could speculate all day long but we are not told why this was the case.
    - i. It could be because Paul had prophesied that there would eventually be some elders there in Ephesus that would become wolves in sheep skin.
      1. **Ac 20:28-29**
    - ii. It could be the sheer magnitude of making sure faithful men are appointed.
      1. **I Ti 5:17-25**
5. Paul, understanding Timothy's struggle, encourages him to...
  - a. "Drink a little grape juice for his stomach's sake."
6. Today we are going to deal with the erroneous errors that have sprung forth from this text over the years.
  - a. With this in mind let us look at our lesson for today.

### I. Paul Tells Timothy To Drink Alcoholic Wine

- A. Some have suggested that Paul encourages social drinking here
  1. The argument goes basically like this "Paul needed Timothy to relax so he told him to have a little alcoholic wine to sooth his nerves."
    - i. This is the most ridiculous argument for social drinking there is because the context is all wrong.
      - a. Yes nerves are an issue but the upset stomach is the main problem.
      - b. Why does that matter, because alcohol does not help stomach aches it only makes it worse.

## Lessons From I Timothy

---

1. “Alcohol can irritate the stomach to the point of inducing gastritis (inflammation of the stomach lining), ulcers and acid reflux. Prolonged exposure to alcohol can erode the stomach lining and cause chronic blood seepage into the stomach. If the individual is particularly unlucky, a vessel can rupture and cause major bleeding.”<sup>1</sup>
- B. Some have suggested that Paul had to be referring to alcoholic wine
  1. The argument goes basically like this, “We know Paul’s use of the Greek word “oinos” in **I Ti 3:8** was dealing with alcoholic wine therefore Paul, to be consistent, would have to be talking about alcoholic wine here.”
    - i. This argument is based off of a complete lack of understanding concerning language in general especially the Greek language at this time.
      - a. The Greek word “oinos” can mean either grape juice or alcoholic wine.
        1. Notice Josephus’ use of the word “oinos” in his writings on the fruit of the vine “for he let him know that God bestows the fruit of the vine upon men for good; which wine is poured out to him, and is the pledge of fidelity and mutual confidence among men; and puts an end to their quarrels, takes away passion and grief out of the minds of them that use it, and makes them cheerful. “Thou sayest that thou didst squeeze this wine from three clusters of grapes with thine hands, and that the king received it...”<sup>2</sup>
        2. We already agreed that “oinos” in **I Ti 3:8** deal with alcoholic wine.
      - b. Therefore context determines whether or not the word “oinos” is alcoholic or not.
        - ii. Thus this argument is flawed and void of any logic.
  - C. Some have suggested that Paul is encouraging alcoholic wine for medicinal purposes
    1. The argument goes like this, “Paul is telling Timothy to drink alcoholic wine because, inspired, he knows the medical benefits of drinking a glass of wine a day as the doctors say today.”
      - i. “If” this were the case by context alone it would rule out this verse being used as a proof text for social drinking.
        - a. However this too is false.
    2. You used to hear all these doctors telling people to drink a glass of red wine a day for their heart.
      - i. I personally have not heard this being pushed near as much as it used to be a few years back.
        - a. There is a really good reason for that...it was simply not true at least not like what the doctors were portraying.

---

<sup>1</sup> <http://www.bloodalcohol.info/how-alcohol-affects-your-body.php#alcohol-stomach>

<sup>2</sup> Josephus, F., & Whiston, W. (1987). The works of Josephus: complete and unabridged. Peabody: Hendrickson.

## Lessons From I Timothy

---

3. The American Heart Association wrote, “No direct comparison trials have been done to determine the specific effect of wine or other alcohol on the risk of developing heart disease or stroke.”<sup>3</sup>
  - i. What does that mean?
    - a. It means there have been little study to determine the negative side of drink alcohol everyday they have mostly just studied the positive side of it.
      1. Seems pretty bias to me!!!
  - ii. One study showed that half of all stomach and esophagus cancer was linked to alcohol consumption in fact.<sup>4</sup>
    - a. So basically you help your heart but give yourself a 50% better chance of getting stomach and esophagus cancer.
  - iii. Here is something else to consider, to get the heart benefits from the alcoholic wine one must become drunk.
    - a. Jane Freedman MD of Georgetown University wrote, “Wine only prevents blood from clotting (when it’s consumed) at levels high enough to declare someone legally drunk.”<sup>5</sup>
    - b. John Folts Ph.D of the University of Wisconsin wrote, “With grape juice, you can drink enough to get the benefit without worrying about becoming intoxicated.”<sup>6</sup>

### II. Paul Tells Timothy To Drink Grape Juice

- A. No matter which way one tries to splice it, it has to be grape juice
  1. Why is this so important?
    - i. Because Paul is not telling Timothy to rely on alcohol for strength when he is worried and struggling to do the right thing, in this case appoint sound men as elders.
  2. God has never asked His children to rely on anything or anyone other than Him.
    - i. **Ph 4:6-7**
    - ii. **II Ti 1:5-12**
- B. We must put our strength in God...
  1. If we want to be what God would have us to be as His children.

### CONCLUSION

1. Brethren let us not get caught up in the elementary arguments defending social drinking and its ilk.
  - a. Rather let us mature to the proper knowledge of God not being ignorant of His Word but rather full of it.
2. Question: Are you looking into text for selfish gain or are you looking into text for truth?
  - a. If for truth continue therein and grow thereby.
  - b. If for selfish gain than make the change now, repent, and start anew.

---

<sup>3</sup> <http://www.americanheart.org/presenter.jhtml?identifier=4422>

<sup>4</sup> <http://www.reuters.com/article/2008/11/17/us-cancer-drinking-idUSTRE4AG5Q220081117>

<sup>5</sup> [http://www.lightplanet.com/mormons/daily/health/wow\\_grape.htm](http://www.lightplanet.com/mormons/daily/health/wow_grape.htm)

<sup>6</sup> Ibid

## Lessons From I Timothy

---

### 3. Invitation

- a. For those that are Christians but are not living for Christ repent by confessing your sins to God that He may forgive you and dedicate your life/time back to Him.
  - i. **I Jn 1:7, 9** "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin...9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
- b. For those that are not Christians or for those that think they are Christians and want to know for sure notice what is required to become a child of God or Christian according to God and God only.
  - i. Hear/Study **Rom 10:17; II Tim 2:15**
  - ii. Have Faith In Jesus **Jn 3:16; 14:15**
  - iii. Repent/Turn To God **Ac 17:30; Lk 24:47**
  - iv. Confess Jesus As Lord **Mt 10:32; Rom 10:9**
  - v. Immersed For The Forgiveness of Sins **Ac 22:16; I Pt 3:21; Ro 6:3-5**
  - vi. Live A Faithful Life **I Jn 1:7; Eph 5:8**