

This book gives Christians eight persuasive reasons to avoid alcohol. The author's long-time ministry as an assistant chaplain in a jail adds authenticity to real life problems which can develop from social drinking habits.

**Be Sober, Be Wise:
Why Christians Should Ditch Alcohol**
By Linda L. Jinkens

**Order the book from the publisher [Booklocker.com](https://booklocker.com)
<https://booklocker.com/books/14752.html?s=pdf>
or from your favorite neighborhood
or online bookstore.**

Be Sober, Be Wise

Why Christians Should Ditch Alcohol



Linda L. Jinkens

Copyright © 2026 Linda L. Jinkens

Print ISBN: 978-1-961267-61-9

Ebook ISBN: 979-8-88532-510-3

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

BookLocker.com, Inc.

2026

First Edition

Library of Congress Cataloging in Publication Data

Jinkens, Linda L.

Be Sober, Be Wise: Why Christians Should Ditch Alcohol by Linda L. Jinkens

Library of Congress Control Number: 2026908059

Be Sober, Be Wise

Why Christians Should Ditch Alcohol

Table of Contents

Introduction.....	1
Chapter One: The Truth About Alcohol and Your Body	9
Chapter Two: No One Plans to Become an Alcoholic.....	35
Chapter Three: Hell-Bound?.....	55
Chapter Four: Fetal Alcohol Syndrome and Your Child.....	77
Chapter Five: Alcohol’s Disastrous Effects on Society.....	89
Chapter Six: Your Body is the Temple of the Holy Spirit.....	109
Chapter Seven: Jesus Did Not Make Alcohol at the Cana Wedding	135
Chapter Eight: Christians Backed Prohibition.....	167

Be Sober, Be Wise

Appendix A: How to become a child of God.....	205
Appendix B: Helpful Bible Verses.....	211
Notes	221

Introduction

What made me decide to write about alcohol, a topic that most church-going Christians ignore or gloss over today? Haven't we all decided that taking a stand against alcohol is legalism? And what could be worse than a legalistic Christian?

I will tell you right up front that I am not a drinker. You could call me that old-fashioned term, a "teetotaler." I've only had one sip in my entire life, and I'm embarrassed to admit I was talked into that. I've always had strong feelings about alcohol. I've been turned off by it all of my life. So I never thought I'd spend time writing about it.

But then several things happened.

First, I spent sixteen and a half years serving in jail ministry.

I volunteered as a Christian jail ministry worker and then later became an assistant chaplain to the women in a large county correctional center. I joined the staff in the chaplain's office under the head chaplain, who later

became my husband. (We had both lost our spouses.) That ministry opened my eyes big time.

For one thing, I learned that almost everyone in jail who was struggling with a drug addiction was also struggling with an alcohol addiction. Many were struggling with alcohol addictions only. It soon became obvious to me that the inmates had ongoing painful battles that they were not winning, despite the multitude of treatment and rehab programs for drugs and alcohol that were offered or required upon release. Consequently, they were booked into jail so often that we called many “frequent flyers.” The ministry workers got to know them well over the years.

But here was the deal. None of them started out planning to acquire addictions or to wind up in jail. Nope. Not one had sat in his or her kindergarten class, raised a hand, and said, “Teacher, I want to be an alcoholic or a drug addict when I grow up!” It was certain, though, that each alcoholic I met had begun as a social drinker. I gradually learned this through long talks with hundreds of inmates whom I came to love and care about.

Why Christians Should Ditch Alcohol

Second, outside the jail, I was hearing an increasing number of stories of members of churches who were drinking alcohol and thought it was fine. They kept insisting they had “Christian liberty.” This was a startling change from my memory of decades in various churches where drinking was unacceptable.

A worship leader at a large local church invited other women on social media to join her in a “pub crawl” through the town’s establishments.

A church mailed us an advertisement announcing the opening of a “brewpub.”

A missionary candidate we supported discussed his “beer and pizza nights” in his emails.

A popular pastor at a local church brought a can of beer to the pulpit and told the young audience to bring “the good stuff, not the cheap stuff” to an upcoming church event. This was later followed by one of the leaders of that church ending up in our jail because of drinking. I was shocked to see his mugshot on my computer. He served time for a month.

A Sunday School teacher invited her young adult students to her home. A table featured pitchers of lemonade, but also a bottle of vodka.

Another pastor in our area compared the Christian's walk in life to a "good glass of wine" in his sermon.

Finally, in searching Google, I saw that there were many inquiries from people (who identified as "Christians") as to whether or not drinking was a sin. Some asked if it would send them to Hell. The answers from various sources were all over the map.

You may be thinking, "Well, I know you've been a chaplain and worked with people in jail with problems, but I'm not in jail, and I don't think I have a problem. I only drink a little wine here and there. That should be OK, right?"

I hope to answer your questions from a Christian point of view, backed by the Bible. You picked up this book to get some feedback on the issue of Christians and alcohol. I want to try to persuade you to not start drinking—or to quit if you are a drinker.

I emphasize the word "persuade."

Why Christians Should Ditch Alcohol

A prophet in the Old Testament tells us, “*Come now, and let us reason together; saith the Lord. Isaiah 1:18.* Let’s reason over this issue in a polite and friendly way. Reasoning is good. Critical, constructive thinking is good. Sometimes in life, we may change our minds if the reasoning is presented clearly. I have changed my mind on a number of issues over the years.

This book is the result of eight years of reading and research. I have to tell you I personally learned a lot. The research benefited me greatly.

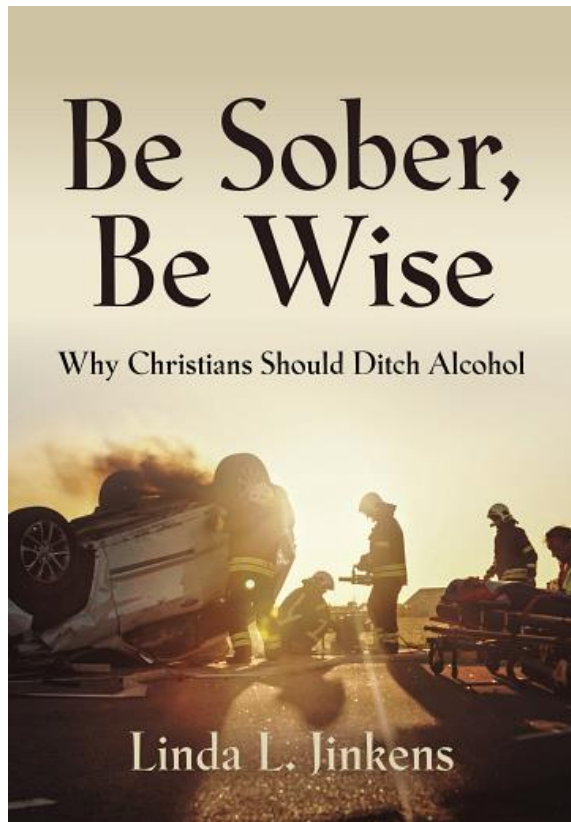
I selected eight good reasons for avoiding alcohol as a Christian. Certainly, there are many more reasons that could be added! I was also curious as to why millions of Christians and most churches in the United States voted to boot out alcohol and even amend the Constitution a hundred years ago. That era lasted thirteen years! Things certainly changed, though, didn’t they? What was the story behind that? Taken together, these eight chapters present a solid foundation for answering the growing chorus of Christians who say it is fine and OK to imbibe.

Be Sober, Be Wise

Above all, I hope to make you think hard about your walk with the Lord in this particular area. Will drinking alcoholic beverages build and strengthen your witness to others about Jesus Christ? Will it make you a holier person? Or will it hinder your witness and put a stumbling block in the way of trying to lead people to Him? Will it even harm someone, such as your child or a friend?

Believe me, if you're persuaded not to drink, you won't appear in a mugshot on a jail officer's or chaplain's screen because of a DUI, or because of domestic violence, or because of creating a disturbance in a public place, or, God forbid, because you accidentally hit a car and killed someone. And that's a good thing!

Linda Jinkens



This book gives Christians eight persuasive reasons to avoid alcohol. The author's long-time ministry as an assistant chaplain in a jail adds authenticity to real life problems which can develop from social drinking habits.

**Be Sober, Be Wise:
Why Christians Should Ditch Alcohol**
By Linda L. Jinkens

**Order the book from the publisher [Booklocker.com](https://booklocker.com)
<https://booklocker.com/books/14752.html?s=pdf>
or from your favorite neighborhood
or online bookstore.**