

Proverbs 23:29-35

Avoid Addictions

29

Who has woe? Who has sorrow? Who has strife?
Who has complaints? Who has needless bruises?
Who has bloodshot eyes?

30

Those who linger over wine,
who go to sample bowls of mixed wine.

31

Do not gaze at the wine when it is red,
when it sparkles in the cup,
when it goes down smoothly!

32

In the end it bites like a snake
and poisons like a viper.

33

Your eyes will see strange sights
and your mind will imagine confusing things.

34

You will be like one sleeping on the high seas,
lying on top of the rigging.

35

"They hit me," you will say, "but I'm not hurt!"
"They beat me up, but I don't feel it!"
When can I wake up
so I can find another drink?"