Greetings in the name of our Lord Jesus Christ. Welcome once again as we meditate on the precious words of our Savior. Today, I want us to look closely at a passage that holds a deeper meaning one that might be different from what we usually think.

The Bible says:

Proverbs 23:29-30 (NIV):

> “Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes?
> Those who linger over wine, who go to sample bowls of mixed wine.”

This passage from Proverbs vividly describes the destructive consequences of habitual drunkenness. The six conditions listed woe, sorrow, strife, complaints, wounds without cause, and bloodshot eyes are symptomatic of a life enslaved by excessive

alcohol use. The word "woe" (Hebrew *'oy'*) is a cry of anguish, typically signaling deep distress or calamity. These six afflictions function here as both literal and symbolic warnings, showing how indulgence in wine leads to physical, emotional, and social ruin.

Theological insight:
Wine in the Bible is not inherently evil indeed, it is a gift from God meant for celebration and joy (Psalm 104:14-15). The problem arises with *excessive* and *habitual* use that leads to loss of self-control and destruction (Ephesians 5:18). The proverb's focus on those who *"linger long over wine"* underscores the idea of persistent indulgence, not casual or moderate drinking.

When it says "woe," this expresses the anguish of someone overwhelmed by trouble, often a direct consequence of sin or suffering (Isaiah 5:11-12). "Sorrow" or "alas" signals grief that results from dire circumstances. The "strife" and "complaints" point to relational discord and inner unrest common in the life of an addict. "Wounds without cause" can be seen as self-inflicted harm whether emotional orphysical stemming from recklessbehavior. Finally, "bloodshot eyes" are a literal sign of drunkenness and its toll on the body.

The key is that these consequences do *not* usually appear in those who drink moderately. They appear in those who *"linger long"* in intoxication chronic alcoholics who lose control and fall into ruin.

A New Kind of "Wine": The Holy Spirit

While the Bible warns about the dangers of excessive alcohol, it also speaks about a *new wine* a spiritual intoxication. This wine is the presence and power of the Holy Spirit, which Christians receive to empower and transform them.

At Pentecost, the disciples were filled with the Holy Spirit. Observers mistakenly thought they were drunk:

Acts 2:12-17 (NIV):

"Amazed and perplexed, they asked one another, 'What does this mean?'

Some, however, made fun of them and said, ‘They have had too much wine.’
Then Peter stood up with the Eleven, raised his voice and said, ‘Fellow Jews and all of you who live in Jerusalem, listen carefully to me. These people are not drunk, as you suppose. It’s only nine in the morning!

No, this is what was spoken by the prophet Joel

> “In the last days, God says, I will pour out my Spirit on all people.
> Your sons and daughters will prophesy,
> your young men will see visions,
> your old men will dream dreams.”’”

This spiritual “intoxication” is entirely different from alcohol-induced drunkenness. It is a divine filling that empowers believers for holy living and service, producing transformation from within. The outpouring of the Spirit fulfills Joel’s prophecy about the *last days* the era inaugurated by Christ’s first coming, marked by the presence of God’s Spirit among His people.

The Fruit of the Spirit

What does it look like to be truly filled with the Holy Spirit? Paul describes the evidence as the *fruit of the Spirit*:

Galatians 5:22-23 (NIV):

> “But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

This fruit contrasts sharply with the destructive effects of alcohol abuse listed in Proverbs. The Spirit’s filling produces character traits that reflect Christ Himself. These qualities enable believers to live in harmony with God and others, bearing witness to God’s transforming power.

Living in the Spirit

The call is clear: just as chronic drinkers “linger long over wine,” so believers must *dwell deeply and continuously* in the presence of the Holy Spirit. This requires ongoing prayer, worship, fasting, meditation on Scripture, and fellowship with other believers. Spiritual growth is not a one-time event but a lifelong process of being “filled” and “drunk” on God’s presence and power.

We cannot expect to manifest the Spirit’s fruit or gifts if we only “sip” occasionally like attending church once a week without cultivating intimacy with God daily. The more time and space we give the Spirit in our hearts, the more His fruit will grow and overflow.

SummaryProverbs warns about the physical and spiritual ruin caused by habitual drunkenness (Proverbs 23:29-30, NIV).The *“new wine”* we drink as Christians is the Holy Spirit, who fills and empowers us for godly living (Acts 2).Being filled with the Spirit produces Christlike fruit love, joy, peace, and more (Galatians 5:22-23).We must devote ourselves to *dwelling long* in the Spirit

through prayer, worship, and obedience, so we bear lasting fruit for God.

May the Lord richly bless you.

If you’d like, I can also suggest Scripture references for prayer points or discussion questions based on this teaching. Would you like me to prepare those?

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