

ENSIGN & NEW ERA

"...substances such as caffeine... [have] been linked to disease."

Ensign - July 2008

"[Caffeine]... even in small doses, can be detrimental to good health."

New Era - Jan. 1997

"We know caffeine is not wholesome nor prudent for the use of our bodies. It is only sound judgment to conclude that... caffeine... should not be used."

New Era - Oct. 1975

Known Caffeine Negative Effects

- ADHD
- Agitation
- Depression
- Headaches
- Congestive Heart Failure
- Rage
- PMDD
- Anxiety
- Death

Ensign - Dec. 2008

"Although caffeine is not listed specifically in the Word of Wisdom, we would be wise to understand that there are risks associated with the consumption of this stimulant."

Ensign - Feb. 2014

"Caffeine is a central nervous system stimulant that can lead to addiction. Any addictive behavior, whatever the source, can lead to a loss of spiritual health and freedom."

Ensign - Dec. 2008

PROPHETS

Heber J. Grant

"I am not going to give any command, but... [t]here are plenty of other things you can get at the soda fountains without drinking that which is injurious. The Lord does not want you to use any drug that creates an appetite for itself" (Conference Report, April 1922)

Gordon B. Hinckley

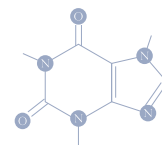
"No to caffeine, coffee, and tea." (Larry King Live - Sept. 8, 1988)

Spencer W. Kimball

"I never drink any of the [caffeine] drinks and my personal hope would be that no one would. However, they are not included in the Word of Wisdom in its technical application. I quote from a letter from the secretary to the First Presidency, 'But the spirit of the Word of Wisdom would be violated by the drinking or eating of anything that contained a habit-forming drug.' " (Teachings of Spencer W. Kimball)

Official Statement From LDS Church

"...[W]e do now specifically advise, against the use of any drink containing harmful habit-forming drugs..." (Priesthood Bulletin, Feb. 1972, p. 4) (Repeated in the D&C student manual p. 209.)



CONCLUSION

Not a Commandment (Just Wise)

"...While some substances such as caffeine... are not specifically included in the commandment, they can nevertheless inflict much harm to a person..." (Providentliving.LDS.org - 2018)

"For behold, it is not meet that I should command in all things; for he that is compelled in all things, the same is a slothful and not a wise servant..." (D&C 58:26)

Drugs are Medical Miracles

While in the hospital, you might be given morphine. We all appreciate this miracle drug. But, what if morphine was added to a leisure beverage like soda? Ask yourself, "Would it be okay if I drank this drug all of the time?" Caffeine can also have a medical application when used correctly. Caffeine is found in some headache medicine to make the pill more effective. Caffeine can be a medical benefit in our lives. Problems occur when medical use turns into casual.



Do Not Judge

To those who do NOT drink caffeine, please remember that everyone has not yet made this decision. Caffeine is not part of the Word of Wisdom. Give others around you the freedom to grow. Contention is of the devil.

To those who drink caffeine, please remember that those who don't drink caffeine are not judging you. Give others around you the freedom to strive to be righteous without feeling alienated. Contention is of the devil.

