

Seven Steps in Helping People Quit Smoking

1. **Recognize that smoking is a sin** against your body and your God.

“I beseech you therefore brethren to present your bodies as a living sacrifice unto God which is your reasonable service” (*Romans 12:1*)

2. **Acknowledge your weakness and inability to quit on your own.** Like the woman with the “issue of blood” in scripture, you may have sought help for years. Or like the man by the Pool of Bethesda for 38 years, you may be desperate in your attempt to stop smoking (*see John 5:5-8*). Admit that you are weak. Acknowledge you cannot do it on your own. “Without me you can do nothing” (*John 15:5*).
3. **By faith believe that although you are weak, He is strong.** Although you cannot do it, He is all powerful. When we choose to surrender our weak, wavering will to His all powerful will, all the power in the universe is at our disposal (*Phil. 4:13; 1John 5:14, 15*).
4. **Surrender yourself and all of your tobacco to God** (*Joshua 24:15; 2 Corinthians 6:2*).
5. **Believe that victory is yours now and thank God right now** for giving you victory over smoking (*1 Corinthians 15:57; Matthew 7:7; 1 John 5:4*).

You may have a craving to smoke as the result of the physiological effect of nicotine deposited in the cell system. But you need not smoke. Smoking is a choice. There is a difference between the craving and the victory. The victory is yours by faith in Jesus.

6. **Destroy all of your tobacco.** Throw it away. Don't leave any around. Submit yourself unto God and resist the devil (*James 4:7,8*).
7. Believe that victory is yours now. To sustain the victory, thank God for it! **Praise Him you are delivered and follow the physical habits listed below** to rid your body of nicotine.
 - When you get a craving take slow deep breaths repeatedly until the craving passes
 - Drink 10-12 glasses of water a day for the next five days.
 - Relax in a warm (*not hot*) bath before going to bed.
 - Plan to get at least eight hours of sleep a night.
 - Avoid all coffee and alcohol.
 - Take two 30-minute walks each day.Continually praise God that His power is greater than tobacco (*1John 4:4*).