

SOUL-WINNING MODIFICATIONS FOR
The Breathe-Free Program to Stop Smoking



CHURCH MEMBER'S TRAINING GUIDE

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Introduction

As a church member, you are essential to a successful Stop Smoking Program. With your help, many smokers who are bound to tobacco will break free from the chains that hold them enslaved to a health-destroying habit. Your support will result in saving lives by preventing coronary heart disease, lung cancer, emphysema, and other serious illnesses.

During this program, you will form close friendships with two or more community members trying to quit smoking. This program has been designed to bring you close to these smokers in a non-threatening, supportive way. During the program, you will have many opportunities to speak encouraging words and offer a prayer for these smokers. Because of your concern and caring, souls will be in the kingdom.

As you help those who are struggling with the tobacco habit, you will find yourself growing spiritually. As we impart the blessings we have received, we receive fresh tokens of love and acceptance from God our Father.

This program requires a time commitment. Be faithful in your attendance and support. Its success depends on you.

SPIRITUAL PREPARATION

Careful spiritual preparation will significantly multiply your effectiveness with the smokers we are trying to reach. Several preparation meetings will be devoted to carefully organizing this Stop Smoking Program. The first portion of each session will be dedicated to spiritual preparation and growth. A reading assignment will be given each week. Carefully read each text and passage assigned. These selections will show you how to deal with people who are weak and struggling. You will learn to comfort the discouraged, rejoice with the successful, and encourage the skeptic. As you read each assignment, look for the sentence, thought, or paragraph that gives you the most significant amount of instruction or insight on how you should relate to a person struggling with the cigarette habit. On spiritual assignment sheets, copy it on the lines provided. Writing this out will help fix the thoughts in your mind and help change you into the kind of supportive person you want to be. You may wish to formulate a brief prayer asking God to make you the type of person who will attract smokers to God's kingdom.

During the spiritual preparation part of each meeting, you will be asked to share the thoughts you found and the instructions you received with others in the group. As ideas and concepts are shared, please record them. A few lines for these notes have been provided. "Only the work which is done with much prayer and the blessings of the Holy Spirit will, in the end, be found to have been efficient for good."

PROGRAM OUTLINE

BEFORE THE PROGRAM

Four or five preparation meetings

- a. Spiritual preparation
- b. Dividing jobs among church members
- c. Doing necessary preparation

PROGRAM FORMAT

Physical plant set-up
Registration (first two nights)
Greeting at door
Ask how many smoked (2nd and subsequent nights)
Welcome
Film
Introductions
Doctor's part
Minister's part
Group interaction
Ex-smoker testimony
Control booklets
Support system
Refreshment break
Dismissal

(The parts of this program can be re-arranged so the program will run how you think will be best for your particular circumstances and audience.)

AFTER THE PROGRAM

Make appointments for follow-up visits
Visitation and finding spiritual interests
Forward data to the conference for analysis
Planning next program

SUPPORT SYSTEM

If you have volunteered to be a support person, you have the most important position in this Stop Smoking Program. Detailed directions are given below. Understand them thoroughly. Your participation in the spiritual preparation part of the program will help you be the supportive person God desires you to be.

DURING THE PROGRAM

First Night

1. Come to the program early. On the first night, many smokers show up a half hour to forty-five minutes early. Everything must be in place when the first smokers arrive. Coming early allows time for the player and last-minute instructions before the program.
2. Each support person should have an identification badge or tag with a name and phone number.
3. Put your name and telephone number on several 3 x 5 cards. Indicate on the card the best time for the smoker to contact you. At the right time, ask the smoker to write your name and phone number in the control booklet used in the Five-Day Plan.
4. The support system is announced at an appropriate time during the evening program. The public is told that church members are being used because they are all non-smokers. It is mentioned that we are sympathetic to their plight and are anxious to help them overcome the smoking habit. The church members who are going to be supporters are asked to stand. They should distribute themselves around the edge of the auditorium or in the aisles so that the smokers can easily reach them. The speaker will dismiss the group and instruct them to go to the support person standing nearest them, get the name and number of the support person, and record it in their control booklet.
5. Introduction. Warmly greet each person who comes you may and introduce yourself. After greetings, have the smoker record your name and phone number in the control booklet.
6. You have a card that summarizes this procedure on the back. It contains blanks where the smoker's names and phone numbers can be written down. There is additional space on the card to keep a record of calls you make.
7. What to Say. Smokers are very apprehensive about giving up cigarettes. It will help them be at ease if they can express some of their concerns to you. Let the smoker do most of the talking. Be a good listener. Sometimes, you need to start the conversation. A few simple questions will do it. You might ask:
 - a. Is this the first time you have tried to quit smoking?

- b. How long have you been thinking about giving up cigarettes?
 - c. What has convinced you to try to give up cigarettes at this time?
8. Juice Break. At the juice break, continue talking with the smokers you are supporting. Ask about the individual's family, his job, etc. Leave on a positive note, encouraging the smoker to return the next night. Wish him success during the next twenty-four hours.
9. Review Questionnaires. Reviewing the first night's questionnaire, you can learn a lot about the smoker. The last six or eight questions, in particular, give you insight into whether this smoker will quit. Look especially at the question, "The Longest Period the smoker has been off cigarettes before." This individual will likely have a hard time if this is only a few hours or a day or two. If the smoker was off for as long as several months or a year, he might have a relatively easy time quitting this time. Look also at the question asking whether or not the smoker sees himself as being a non-smoker two years from now. Many people who want to quit now see themselves as being smokers two years from now, and this shows a relatively low level of motivation.

Second Night

1. If your Smokers call you, don't try to rush the conversation. Encourage them to talk about how they are feeling and doing. Give them any encouragement that you can. Finish the telephone conversation positively, telling them you will see them that night at the smoking clinic. This will do a lot to get them back.
2. If your smokers have yet to contact you by early evening, attempt to call them. You may have missed their call and want to check on their progress. Please encourage them to come back to the program. If you initiate the call, it should be short and to the point. Don't press too hard on how they are doing, as they may be embarrassed by their failure. Urge them to return because there is much to learn the second night.
3. Come early to the Program. Smokers will frequently come early to make conversation and tell you what a miserable day they have had. They may want to escape a smoke-filled environment at home or work and enjoy the smokeless atmosphere of the program.
4. Pray for the program's success and for each of the smokers you are supporting. It would be nice if the supporters got together and prayed as a group before the program started.
5. Do the other tasks which have been assigned to you.

6. If there are no jobs to be performed, mix with the smokers as they come in and talk with them. Many of the same questions can be asked from day to day:
 - a. Well, how did it go today?
 - b. What was the hardest part of the day for you?
 - c. Did you drink juices today?
 - d. How does your family or fellow workers feel about you being off cigarettes?
7. Some programs may designate specific times for smokers and supporters to meet in small groups for ten or fifteen minutes of conversation and exchanging ideas.
8. Other programs may encourage conversation during the juice break. This could be prolonged from twelve to fifteen minutes, allowing for social interchange while standing around in small groups.
9. Be sure to return the intake questionnaires to the registrar or evaluation person so they won't be lost.

LAST NIGHT

1. During the program, the speakers will mention the evaluation program that is being conducted and will discuss visitation in the homes of the ex-smokers.
2. You are encouraged to maintain contact with the individuals you have been following. You are encouraged to continue telephone contact or to make arrangements to meet with one or more of your ex-smokers at various times. Mention to them that you will be seeing them for follow-up visits during the follow-up phase of the program.
3. Tell the visitation secretary the dates and hours you will be available for visitation. The first follow-up visits are during the first month after the smoking program ends.
4. It is essential to meet together as a group after last night's program to share your experiences and ask God's blessing on the smokers as they return home. The last night of the program will be the most successful, and most of the relapses will occur during the first month. The first several days at home are critical. Follow-up contacts by phone or in person may do a lot to keep people off cigarettes during this time.

AFTER THE PROGRAM

Unscheduled follow-up activities. During the Stop Smoking Program, you will come especially close to one or more of the smokers you are trying to help. After the five days of the program, you are encouraged to maintain a friendly social contact that you made during the Program. This might include continued telephone calls encouraging the person to stop smoking behavior. It could consist of social visits, shopping with the individual, or other activities of mutual interest. Socialization is encouraged. It widens your circle of friends to include those outside the church fellowship. Out of these relationships, soul-winning encounters occur.

“It is through the social relations that Christianity comes in contact with the world. Every man or woman has received the divine illumination to shed light on the dark pathway of those who are unacquainted with the better way. Social power, sanctified by the Spirit of Christ, must be improved in bringing souls to the Savior. Christ is not be hidden away solely by the possessor. We are to have Christ in us as a well of water springing up into everlasting life, refreshing all who come in contact with us.” MH 496 (emphasis supplied)

Formal follow-up visits are scheduled at intervals of one month, two months, six months, and a year. Most relapses back to smoking occur within the first two or three months following the Stop Smoking Program, so frequent visits during this time are important. Although the expressed purpose of follow-up visitation is to obtain information about the quality of the program and its effectiveness, visitation affords a unique opportunity for spiritual follow-up.

Home visitation is encouraged rather than a group follow-up meeting because the interview is one-to-one, and the person being contacted can freely express his feelings about his success or failure. A free exchange of ideas and concepts is more likely to occur in the privacy of the person’s home than at a central follow-up meeting place.

Follow-up Questionnaire. The follow-up questionnaire provides the reason for contacting the person in his home. As soon as the questionnaire is completed, the obvious reason for the visit has been completed; one can now relax and continue a social or spiritual conversation for a while.

Spiritual Inquiry. During this time of social interaction following completion of the questionnaire, a specific spiritual inquiry should be made relative to the smoking habit. The spiritual inquiry should not be doctrinal. It should be specific and directed towards cigarette smoking. Often, three questions are asked. These are: “How are you doing physically concerning cigarette smoking?” For the ex-smoker, the response is usually very positive. The individual can breathe easier and has less coughing but may have gained weight. Food tastes and smells better. The next question is, “How are you doing mentally concerning quitting?” Here, the response is usually positive for ex-smokers. They report cravings are less frequent and less intense than they were. They begin to

feel as if they have the problem licked and have at last become ex-smokers rather than simply being smokers who have lost their cigarettes. The next question is, "How are you doing spiritually concerning smoking?" If they say, "Oh, fine, fine," that indicates that they probably do not want to discuss the situation further and that the subject should be changed. If there is a reluctance to discuss spiritual matters relative to cigarette smoking, the issue should not be pressed. The individual benefited from your program. If you are not threatening him in any way, he will return to future programs, and the opportunity to reach him spiritually will continue. If, however, the individual says, "Without the Lord's help, I never would have made it," you know this individual has developed a relationship with the Lord relative to his cigarette smoking, and this conversation should be continued, talking about how the Lord helped them overcome. If there is interest in spiritual matters. It will be expressed at this point. If it appears the conversation can be directed into spiritual lines, this should be encouraged and developed to its maximum possible extent.

Alternative Follow-up Programs

Other Health Programs. If the church conducts other health programs, those who attend the Stop Smoking Program may want to improve their health further by attending other programs. A mailing list should be maintained, and people should be invited to participate in subsequent programs.

Vegetarian Dinner. Some programs conclude with a vegetarian dinner, which provides an opportunity for further interaction. However, the group setting is not conducive to the individualized spiritual follow-up outlined above. This activity should be encouraged, but it should not replace door-to-door visitation.

Regular Alumni Meetings. In some places, regularly scheduled monthly meetings are held for alums of smoking programs. These follow-up meetings are often poorly attended and do not provide the opportunity for the individualized spiritual follow-up outlined above. Regular follow-up meetings should be different from a home-to-home visitation program.

THE BREATHEFREE 2 PLAN TO STOP SMOKING

Follow-up Questionnaire

NAME _____ DATE _____

HOME ADDRESS

Home 1 Phone 3
Business 2 Other 4

PHONE _____ INTERVIEW SITUATION

1. Are you now a cigarette smoker? _____ No _____ Yes

IF NOT SMOKING, ASK:

2. If you have stopped smoking, when did you quit?

Cut down first 1
Stopped all at once 2
Other (Please explain) 3

If you have stopped smoking, how did you quit?

IF STILL SMOKING, ASK:

3. If you are still smoking, how many cigarettes do you smoke per day?

4. Did you quit smoking at any time during or since the Five-Day Plan?
_____ Yes _____ No If yes, for how long?

5. Did you try to make any changes in your smoking habits during or since the Five-Day Plan? (Circle all that apply)

Yes, tried to quit	1	Yes, smoked cigarette less far down	4
Yes, tried to cut down	2	Yes, inhaled less	5
Yes, changed brands	3	No	6

ASK EVERYONE:

7. What have you decided to do about your cigarette smoking NOW?

Quit (or continue to stay off cigarettes)	1
Cut down (or continue to stay at a lower rate than before)	2
Undecided	3
Make no change	4

8. What have you decided to do about your cigarette smoking DURING THE NEXT FEW MONTHS?

Quit (or continue to stay off cigarettes)	1
Cut down (or continue to stay at a lower rate than before)	2
Undecided	3
Make no change	4

9. Do you ask God to help you quit smoking?

Frequently, several times a day	1	Rarely	4
Often – about once a day	2	Never	5
Occasionally – once or twice a week	3		

10. Would you say it is morally wrong to smoke?

Definitely is	1	Probably not	4
Probably is	2	Definitely not	5
No opinion	3		

WHEN YOU WANT TO BREAK YOUR HABIT, TRY GOD!

It's often challenging to quit smoking. Although 35 million Americans have successfully given up the habit, there are many millions more who have not succeeded despite many tries. Of the 54 million Americans currently smoking cigarettes, 64 percent have tried to quit one or more times, and another 25 percent say they would quit if there were an easy way.

Almost all smokers know that cigarette smoking causes disease and death from lung cancer, coronary heart disease, emphysema, etc. Knowledge alone, unfortunately, does not necessarily bring about behavior change. Despite many resolutions and repeated efforts, many smokers feel it's impossible to quit. Some have attended stop-smoking clinics, submitted to painful injections or hypnosis, and still aren't able to stop.

But there's hope! Even those who have tried many times and in many ways can still get off cigarettes. The good news is that God helps smokers quit. Try quitting God's way, and you will experience success when you've met the only failure before.

God wants us to know Him. He is concerned about our health and inspires us to become better people. He prompted the desire to quit smoking, prompted by motivations of self-improvement and preservation of health. God wants us to realize we're dependent upon Him for success. His ideal for us is greater than we know. In cooperation with Him, we may achieve victory over habits we've failed to overcome.

God's help is available under certain conditions. Fortunately, His requirements are reasonable and not difficult to meet.

First, God wants us to acknowledge that it may be impossible for us to quit smoking without Him. Smokers who have tried many times to quit are usually willing to admit they can't quit on their own. If you were to stop smoking today, even though you know you can't do it on your own, then you would know your success was a gift from God. If God were to help people who are confident they can quit on their own, then these ex-smokers would be less likely to trust God in the future because their confidence in their ability would be increased, even though it was God who helped them.

Next, God asks us to give Him credit for our success. This is reasonable. God is anxious that other smokers learn that help is available through Him. If you are unwilling to acknowledge the true source of your help, then God can't help you. We should give credit where credit is due.

The third step in receiving help from God is asking for help. Many smokers think about quitting, and many wish God would help them quit. But God can help only those who ask for help. This does not need to be a formal prayer, but it should be a serious request. You may want to write it down as a record of your commitment and desire for

help. It's enough simply to say, "God, cigarettes are killing me. I can't quit without Your help. I will give You credit for any success I have. Save me from cigarettes."

After you've done this, you'll probably not feel any different. However, you may be relieved that you are finally sharing your problem with someone who cares. It would be best if you were optimistic and confident of success. God is willing to help even the skeptic who wants to wait and see what will happen.

The fourth step requires some action on your part. You must act like a nonsmoker. Throw away all your smoking materials. It's cheating to keep an emergency smoke tucked away somewhere. All cigarettes, pipes, and cigars must go. Get rid of your ashtrays. Discard your cigarette lighter and matches. You may have done all of this before without success. Putting distance between you and cigarettes will give you time to think before deciding again to smoke. There will be time to change your mind while you are driving to the corner store to buy some cigarettes. Going through these motions will not make you a nonsmoker, but if God is going to help you quit smoking, you must act like a nonsmoker.

God has never snatched a burning cigarette from the lips of a smoker. He has never jammed a cigarette machine to prevent someone who wants to quit from purchasing cigarettes. He never had a salesperson refuse to sell cigarettes to someone who wanted to buy them. He will not blow out the flame on your match or cigarette lighter if you are determined to smoke. Getting rid of your smoking materials may be an insufficient step to get you off cigarettes, but it's one of God's requirements, and it's something you can do.

What about cravings? God can remove all desire for cigarettes. A few ex-smokers have told me that God has done this for them. When they threw their cigarettes away, they never had a desire to smoke again. I hope this will be your experience. Most of those trying to give up cigarettes find the cravings for tobacco still intense and frequent. God will help you quit smoking, but there may yet be a battle to fight.

Some cravings are mild. You can handle many of these weak temptations without needing God's intervention. God expects you to do what you can with such cravings. Sooner or later, however, you'll be faced with an overwhelming desire for tobacco, which you cannot withstand. Somewhere short of this failure point, God will step in. He'll decrease your desire for cigarettes and provide you with the strength to say NO. After you do all you can, God will do all you can't. God may not remove all cravings for tobacco, but He does make the difference between success and failure.

Why does God allow us to suffer cravings when we ask Him for help and are trying to quit? The willingness with which we resist the desire for tobacco and the efforts we make on our behalf indicate or measure our willingness to receive help. The sincerity with which we want God's help is proportionate to the intensity of effort we are willing to exert on our behalf. Of course, our efforts are not sufficient to bring us success.

Inadequate as our efforts may be, God uses them to test our willingness to cooperate with Him.

Fortunately, cravings fade with time. Successfully resisting the urge to smoke on one occasion makes it easier to resist on the next. The victory is complete once you have successfully lived through all of life's situations without a cigarette. Quitting smoking is a process that requires time and effort with God's help.

Anyone can try the above formula and find it to work. Your first day without cigarettes should make you thankful for God's help. Although you may still face cravings in the future, one day of success is the promise of additional days of success. Life with God is a series of uninterrupted successes. Once God has helped you quit smoking, He is ready to help you lose weight and be a more loving and concerned individual, a model of success that others can copy. Give God a try. You won't be disappointed.

THE BREATHEFREE 2 PLAN TO STOP SMOKING

Changes Following Smoking Cessation

- The pulse rate (heartbeat) will decrease to the person's normal rate within twenty minutes.
- Blood pressure will decrease to the person's normal reading within twenty minutes after the last cigarette.
- The body temperature of the extremities (hands and feet) will increase to the person's average temperature within twenty minutes.
- The blood carbon monoxide level will decrease to the person's average level within eight hours, and the blood will carry the person's normal amount of oxygen within eight hours.
- The person's chances of a heart attack will decrease within 24 hours.
- The never-ending cough will start to grow back within two days (48 hours) after smoking is stopped completely. The person will smell and taste things better.
- After three days (72 hours), the bronchial tubes will start to relax. The person will breathe better, air will come in easier, and lung capacity will increase.
- The cilia will grow back within six to nine months. This allows the person to help handle the mucous, clean out the lungs, and improve breathing, lung function, infection reduction, and energy.
- A cough, sinus congestion, fatigue, and shortness of breath will all be reduced within one to nine months.
- Replacement of precancerous cells takes ten years. The lung cancer death rate for the average smoker (one pack a day) is 137 per 100,000. After stopping for five to nine years, the rate drops almost one-half, down to 72 per 100,000, and stopping smoking for ten or more years drops it down to 12, almost to the level of a non-smoker.
- Reduction of other cancers caused by smoking, such as mouth (lips and tongue), larynx, esophagus, bladder, kidney, and pancreas. There are more than 30 chemicals in tobacco smoke that are known to cause cancer.
- Reduction of smoke irritations that lead to stomach ulcers, indigestion, upset stomach, vomiting, etc. Swallowing the poisons in tobacco smoke irritates the stomach lining, and therefore, smokers have more stomach ulcers and more stomach ulcer deaths.

THE BREATHEFREE 2.0 PLAN TO STOP SMOKING

<u>JOB</u>	<u>NAME</u>	<u>PHONE NUMBER</u>
A. Program Coordinator	_____	_____
B. Pastor's Part	_____	_____
C Health Professional's Part	_____	_____
DATES		
_____	_____	_____
_____	_____	_____
_____	_____	_____
D. Evaluation – Coordinator:	_____	_____
1. Keeper of Blank Forms	_____	_____
2. Registrar	_____	_____
3. Helpers	_____	_____
	_____	_____
4. Keeper of Completed Forms	_____	_____
5. 5. Appointment Secretary for	_____	_____
6. 6. Follow-up Visits	_____	_____
Advertising:		
E. - Radio	_____	_____
- Television	_____	_____
- Posters	_____	_____
- Handbills	_____	_____
- Newspaper Ad	_____	_____
- Newspaper Article	_____	_____
- Direct Mail	_____	_____

F. Refreshments

- Coordinator _____
- Fruit bags (1st night) _____
- Helper _____
- Helper _____
- Helper _____
- Other _____

G. Physical Plant

- Large Outdoor Sign _____
- Inside Signs _____
- P.A. System-Music _____
- Tables & Chairs (Furnishings) _____
- Registration _____
- Blackboard or Screen _____
- Seating _____
- Lighting _____

H. Audio Visual

- 16 mm Movie Projector _____
- 35 mm Slide Projector _____
- Overhead Projector _____
- Cassette Player _____

I. Supplies

- Films _____
- Pamphlets _____
- Conference Supplies _____
- Voluntary Agency Supplies _____

J. Greeters

- Parking Lot Attendants

_____	_____
_____	_____

- Greeters

_____	_____
_____	_____

K. Vegetarian Dinner

- Coordinator

_____	_____
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- Helper

_____	_____
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- Helper

_____	_____
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L. Support System

- Support System Coordinator

_____	_____
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- Supporters

_____	_____
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(If there are many support persons, they should be divided into bands of 5 or 10, each with its coordinator, so that the head coordinator's responsibility will be manageable.)

THE BREATHEFREE 2 PLAN TO STOP SMOKING

DAILY OBJECTIVES

DAY 1

Participant's needs/feelings:

1. Fear of Program
2. Desire to quit
3. Easy way to quit
4. Fears of failure
5. Pressure to quit
6. Concern for health, damage and reversibility
7. To know quitting processes
8. To express feelings
9. Multiple non-smoking problems
10. Unexpressed spiritual needs

Strategies to meet needs/feelings:

1. To create a climate of reassurance and ease
2. To provide personalized support and control booklet
3. To inform on damages and reversibility
4. To lead to decision making and commitment
5. To listen, share and support
6. To provide a framework with Strategies and understanding of the nature of the habit, association traps and cravings.
7. To lead to owning one's decision and provide motivational development
8. To provide personal caring

DAY 2

Needs/Feelings:

1. Dealing with hard (difficult) times
2. Understanding withdrawal symptoms
3. Fear of failure
4. Support the quitting process
5. Concern for health: damage and reversibility
6. Spiritual needs
7. Multiple nonsmoking problems
8. Assurance of normality

Strategies:

1. Owing decision strengthening commitment
2. Instructor's manual — what might happened deal passively
3. Substitution strategies
4. Positive psychological/physiological information
5. Listen, share, support

DAY 3

Needs/Feelings:

1. Grief
2. Image of nonsmoker

Strategies:

1. Grief process
2. Owing decision, commitment,

psychological exercise

3. High craving
4. Spiritual needs
5. Motivation
6. Confront with rationalization
7. Support the quitting process
8. Multiple nonsmoking problems

3. Activities
4. Spiritual strategies
5. Psychological exercise
6. Psychological exercise
7. Positive, physiological information
8. Listen, share, support

DAY 4

Needs/Feelings:

1. To maintain decision
(why not feeling better)
2. Stress
3. Reinforce
4. Positive self-image
5. Support the quitting process
6. Spiritual needs

Strategies:

1. Owing decision, commitment
2. Psychological/Physiological exercise
3. Action
4. Psychological exercise
5. Positive psychological/physiological information
6. Listen, share, support

7. Multiple nonsmoking problems

DAY 5

Needs/Feelings:

1. Positive self-image
2. Long-range strategies
3. Weight gain
4. Helping others to quit
5. Extending decisions
6. Support the quitting process
7. Multiple nonsmoking problems
8. Future spiritual support

Strategies:

1. Psychological decision
2. Activities
3. Information
4. Action
5. Positive psychological/physiological information
6. Listen, share, support
7. Psychological exercise
8. Introduce follow-up

THE BREATHEFREE 2 PLAN TO STOP SMOKING

Study Assignment

Date: _____ Church: _____

Study Assignment:

Key Thought I Discovered on Page:

Thoughtfully Copy the Passage:

My Prayer:

Notes:

