

God's Plan for Victory over Smoking

There are three steps to claiming God's victory over smoking (or other habits!):

- 1. 1 Corinthians 15:57** reminds us, "But thanks be to God, which *giveth* us the victory through our Lord Jesus Christ." Don't forget – God has *given* you victory over this habit. No struggling, no trying – it's already over, because God *gave* it to you!
- 2. Romans 6:11** tells us, "Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord." Because the Bible says that you are dead to sin through Christ, and because you can count on God's promises, believe that you are dead to cigarette smoking. It's over, because God *says so*.
- 3. Romans 13:14** says, "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lust thereof." Your part in this plan is to *not plan to fail*. If God says you're dead to smoking, you don't need your cigarettes, ashtrays, etc. They're useless to a non-smoker! Get rid of everything associated with smoking so God can work a miracle.

Remember what happened to Peter. (Matt. 14:22-29). Jesus called him to walk on water. That's humanly impossible! Yet Peter believed what God said and then Jesus did the rest – Peter actually walked on water! Believe and the victory is yours!

Practical help to make life easier

- Quit drinking caffeine – it's a poison that's related to nicotine.
- Drink *lots* of liquid (especially fruit juice) to help flush out your system.
- Get *lots* of fresh air by walking and breathing deeply.
- Bathe often – several times a day for the first couple of weeks.
- Take up chewing gum if you need something for your mouth to do!

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