



HOW TO QUIT SMOKING FOR JESUS NOW

By Mark A. Fox

1. Recognize it is a sin against God. If it is not right it is wrong.
2. Acknowledge your need of help from Jesus. Do you want Jesus to help you?
3. Believe that Jesus will give you the strength. Do you believe Jesus?
4. Realize that Jesus will not take the cigarettes away from you, but rather you must throw them away—now. Go ahead take the challenge and throw them out for Jesus.
5. Make a decision of the will to not cut down on this sinful practice but to repent and forsake it now. Not cut down but cut out!
6. Don't give Satan room to work by delaying this decision. Does Jesus want you to delay?
7. Don't make a half-hearted decision. Be determined that this is it! No more smoking.
8. Do it for Jesus. Do what is pleasing to Him.
9. Don't make any excuses. Do you really want to change for the better?
10. Don't talk yourself out of quitting. Be silent and let God work.
11. Remember we are lost unless we surrender fully to Jesus. Don't compromise with any sin. Jesus saves us from sin not in sin (see Matt.1:21).
12. Don't cherish the sin confess and forsake it. Are you willing to obey Jesus?
13. Believe that Jesus will help you one day at a time. Don't be overwhelmed, believe.
14. Drink lots of water to cleanse your body as fast as possible of all the toxins.
15. Don't dwell on it. Keep your mind busy with other things.
16. Realize your body belongs to God. It is the temple of the Holy Spirit (see 1 Corinthians 3:16,17).
17. Realize Jesus is with you and you would not want to smoke in front of your Best Friend who died that He might redeem you from sin.
18. Tell others you quit.
19. Don't say you cannot quit. Instead say "I can do all things through Christ who strengthens me." Phil. 4:13. Do you believe this promise? Accept Jesus.
20. "What things soever ye desire when ye pray believe that ye receive them and ye shall have them." Mark 11:24. Believe you have the victory.
21. When tempted to smoke, call upon the name of Jesus. Pray your way through the temptation claiming victory. Declare the victory out loud. Go ahead say it: Victory.
22. RESIST THE DEVIL. James 4:7. Ask Jesus to help you resist. Do not give up. Resist.
23. Focus upon the power of the promises of God. The promises of God give you the power to say NO to temptation (See Psalms 119:9-11; 2 Peter 1:3,4).
24. When you are stressed and tempted to smoke, say the name of JESUS.
25. Do a lot of walking. Walk away your cravings. Walk away the stress. Walk.