

**General Topics :: Smoking****Smoking - posted by Martyr (), on: 2012/9/10 13:40**

Hello! For the past few months I have been under heavy conviction to quit smoking. I have been growing by leaps and bounds in my Spiritual Walk since my conversion two years ago and the need to quit has grown substantially. I just really seem to lack the strength, and the sad thing is I can't tell if its the physical addiction or, even worse, I still like the "image" of smoking...Autumn brings this out really bad.

I'm torn on the inside. This past week I decided to take a solo week long camping trip to be alone with God and away from the temptation of smoking...but the Lord closed that door! This makes me think that maybe it doesn't matter if I smoke, and yet I don't want to do it anymore, I don't want to look like the world.

My Friend and I, also a Child of God, made an agreement to quit together; but to my shame I have not held up my end of the bargain.

Could someone point towards a sermon to help me in this matter? And prayers are desperately needed. It's like I'm holding on to one last piece of the world and I'm having trouble letting.

Thank you all very much!

**Re: Smoking - posted by neemia (), on: 2012/9/10 13:44**

If you really feel like quitting smoking, then know that it is God calling you to do so. God gives us His Holy Spirit so that it would guide us through the way.

I do not know a sermon right now that talks about smoking, but what I can advise you to do is, fast and pray. Take a day and just fast, pray, read the Bible, talk to God, and be happy. Some things cannot be done without fasting and praying.

God bless you, brother!

**Re: Smoking, on: 2012/9/10 14:50**

Hey brother,

Here is my story about smoking. I got saved at the age of 27 and by that time I was two packs a day, I liked smoking. Yet, after getting saved, I came under conviction, just like yourself. It was not because I was being hounded by people to quit, because I was not. And in light of my previous addictions that the Lord instantly delivered me from, I suppose it could have been rationalized that smoking was not that big a deal.

Yet, in my heart, I certainly did not like the idea of being a smoker. I tried to quit a couple of times but failed miserably. When I went to church or home-group, I would get in my car afterwards, and wait until I was out of sight and then light up. There was no question that I was ashamed of it and knew it to be a bad witness. And all the time the Lord was silent on the subject. One night, out of the blue, the Lord spoke to my heart.

He said " Frank, I want you to imagine tomorrow without a cigarette." That was all He said. I began to picture the following day. From the moment I awoke, to breakfast, the ride to work, work, lunch, work, riding home, dinner, early evening, coffee, before bed. It was abundantly clear to me that not only was I an addict, but this addiction was a part of every part of my day. Then the Lord spoke to me again and He said this " If you do not smoke again tonight, you will never smoke again."

I stayed up till 2am, I did not smoke, and I have never smoked since, that was 19 years ago. What it is brother, its clearly a decision. You make the decision and God will enable and honor that decision. It may be hard or it may not be ( I had zero withdrawals, an absolute miracle) but once the decision is made before God then we know there is no turning back. Thats how close you are to freedom from this brother and what you would probably never do in the flesh, you can now do in the Spirit. I look forward to hearing your testimony of victory in this and we shall praise the Lord Jesus together for it.  
.....bro Frank

**Re: - posted by SkepticGuy, on: 2012/9/10 14:53**

bles u my friend. i know the struggle that goes along with quitting smoking. seems the lord has put the desire inside u t o quit. he will not quit for u, but he will give u the strength to quit. move to ny where smokes r sumwhere around \$10 a pack. that will help u quit!

now if christians would get the same desire about the food and amount of food they eat. there are more christians dying of heart disease and obesity then there are of lung cancer.

**Re: Smoking - posted by Yeshuasboy (), on: 2012/9/10 19:08**

Jesus is your Salvation brother. That's beautiful that's beautiful that He is giving you convicting grace to quit. Keep beating your body & making it your slave, instead of being a slave to your body. Don't give up, no matter how many times you fall. Confess it to him always, & His Blood will cleanse you from all unrighteousness. He desires to make you cleansed brother, without spot nor wrinkle. Press on dear friend, & continue to fight the good fight of faith. Our old nature is our enemy - crucify it. Plead the precious promises of the Savior whom is Mighty to save. I see sparks of grace in your words; may God continue to fan them into a burning flame. Without Him, we can do nothing. May God give you victory, that you give Him all the glory.

**Re: , on: 2012/9/10 19:39**

Taking Franks lead here, it's not quite the decision to stop smoking persay, rather when the time comes when God speaks will you heed to it?

If it was a clear cut decision on our part to stop a thing, we'd all be victorious, but it never is that way, it always comes when we seek Him regarding a particular habit and we may light up still but God is going to speak that is the guarantee that He has said in His word, "Call unto me and I will answer you".

But it's in Him speaking to us and for us to react in obedience or disobedience. Frank was desperate and wanted to stop smoking but he couldn't until the day God enabled Him the power to overcome through obedience. As He obeyed, God was working behind the scenes binding and loosening and setting the captive free.

Don't fall into the trap of doing this on your own. Since you and your friend are in agreement, seek God together and when the opportunity arises for you to obey Him, don't buck against Him, obey and your deliverance will come. But if you don't seek Him or act casual towards it, then God will act casual towards it as well. It's only when we get so sick of it and we want God to intervene is when salvation comes on the scene.

**Re: , on: 2012/9/10 21:28**

I agree wholeheartedly with Approved, with one caveat. I am not sure I would throw out the decision part altogether, although I do agree that nothing in your own strength is going to work ( although many people of the world quit smoking) I think it all goes hand in hand. For instance, if I had convinced myself that there was nothing wrong with cigarettes then I am pretty sure I would have had to resist the Spirit within me. I dont believe the Holy Spirit allows His children to be ignorant when it comes to these issues. There is a part in us that has to reckon things to be so, that has to be diligent, that does have to be obedient. I am sure Approved and I are agreeing 100% and words may be getting in the road. So I guess in summation I am saying that the Spirit is always working in us and at some point it can bubble up into a clear direction which we then can ignore or we can be obedient and find freedom.....bro Frank

**Re: Smoking - posted by ginnyrose (), on: 2012/9/10 21:41**

Martyr, while you are grappling with a decision this may be of interest to you.

I had an uncle who smoked. One day he met the LORD, accepted him as LORD and Savior. In doing so, the LORD removed his desire for tobacco completely. He told me he has met others who struggle with this habit, trying to quit. He does not know why the LORD dealt with him in this way but not with others. In any case, he never had the desire for it since.

Wishing you God's enabling grace, power to quit.

ginnyrose

**Re: , on: 2012/9/10 21:51**

I remember a brother who had died of lung cancer a few years ago due to smoking. (Not meant to scare you, just sharing a story).

This brother was a genuine believer, but he had this thing in his life, that, at one time sought God for deliverance but never got it. The reason why he did not get his deliverance is because he saw nothing wrong with smoking. To him it was more of it didn't 'look good' as a Christian. So he continued on smoking even when he learned he got lung cancer. God sent me to him as a young believer and I learned much about humility and the mercy of God through this brother. I overlooked his habit because of the settled peace that I saw in him which I lacked as a young believer at that time. He was confident in God and I marvelled at that. In the end, he died of the thing that he saw nothing wrong in. To him it wasn't a sin, but it marred his testimony. Everyone would say that he was a wise man, gifted in spiritual understanding and especially the ways of God, but this one thing nagged at people.

But don't let this habit mar your testimony. Make the decision to stop and allow God to work His work through you.

**Re: , on: 2012/9/10 22:02**

I've often wondered that too Ginny. I see people instantly delivered at the 'Altar', and I point my finger at the person and at God at the same time with a question mark.

I think it has to do with our makeup. The majority of us who fall into this category no doubt need to have something strengthened in us that we may go further with God. I wished that my deliverance was instant too, but noooooooooooooo, it has to go on and on and on. Even when I was so sick of it and prayed and sought and still nothing. When I gave up, THEN, God starts moving. He reminds me almost daily, "Your flesh will not glory in my presence".

I have found that those who are instantly delivered at the 'Altar' (wherever that altar is), slide right into ministry quickly. Those of us who struggle on, there seems to be a delay for us backward folk.

But to be honest, I haven't a clue why God does this for one person and another for another and so forth, I am only speculating.

It might have something to do with, and I am only guessing, that those who are more spiritual may be a strength to the weak. Or that those who have a feeble mind that they be an encouragement to them. Perhaps God wants them to be longsuffering, gentle, to show love to the unlovable. Again, all conjecture.

**Re: - posted by wayneman (), on: 2012/9/11 2:13**

Here is a letter that Norman Grubb wrote to a Christian lady who couldn't/wouldn't quit and felt condemned about it:

My dear Nancy:

My dear, your problem is really very simple. The smoking "bondage" is to "force" you to see that you are still holding on to a false self-image in which you think you are a Nancy-self who shouldn't smoke; and so you struggle against self-condemnation in your smoking, and pray and "believe", and nothing happens!

You see this is the final form of the self-affirming self we got tricked into believing in at the Fall by the Enemy Deceiver. We there partook of the "tree" of knowledge of good and evil", and not just what we usually call evil. So really the worst evil (to which we were blinded) is that we can and should be "good" selves -just a final form of self-loving and self-affirming self. This is the final struggling "self" of Romans 7. In our spirit centers we are the redeemed who "delight in the law of God in the inward man," but we still don't recognize that our human self was never an independent, self-relying self, but only a slave and vessel and branch of Satan, that "spirit of error". But he "kidded" (deceived) us into thinking we were independent selves who could be good selves; though in that bondage to him our "good" self was just another Satanic form of self-loving self (which can take all kinds of forms of good works).

Because of this Romans 7 deceit, we are still blind to the fact that the moment we were delivered from Satan indwelling us and expressing his self-loving self by us, at the time of our faith union with Christ in his death (Paul's "I am crucified with Christ" of Galatians 2:20), we were immediately in that same faith-union "married" to our Other Husband (Romans 7:1-6). Instead of the Romans 7 lie of apparent independent self, we have

**General Topics :: Smoking**

become slaves, branches, vessels of and in Him.

The law was given to expose this lie of self-relying self and expose us to ourselves as slaves and expressers of Satan (John 8:44). We first saw that in our committed sins, and found our deliverance from guilt and wrath in His shed blood. But then, as redeemed ones, we have to move on to recognize the final lie of an apparent independent, self-relying self, which holds on to its supposed goodness. This is the final form of Satan deceiving us, because the lie of independent self really means we are still in self-bondage to the god of self-loving self (that is Paul's "I am carnal, sold under sin" of Romans 7:14). There the law still says to us, "you ought"; and of course that independent self can't stop doing its self-loving things, as with your smoking. So the law has its final Romans 7 use in exposing to us this lie of being independent selves who "ought" to be good and do good, and resist any forms of self-indulgences or self-reactions, including self-esteem.

And so, at last, we are brought to the final discovery of Romans 7, that we are "dead to the law" in the dead body of Christ (7:4). Finally we see that there is no such thing as an independent self on which the law can lay its demands; for that lie of independent self was really my self enslaved to Satan, (Mr. Self-loving Self), and just fulfilling his "lusts". But now my same self has changed husbands and "bosses", and instead of believing this lie of independence, I see that I am the vessel, branch, and wife of Christ, the Spirit of truth and when I know that, and cease to respond to life by fussing about my own self-improvements and self-bondages, not only do we cease to listen to the laws of "you ought, you ought not" to which we are "dead", but we settle by this same faith into the fixed consciousness of we being Christ in our redeemed human forms (the second phrase of Galatians 2:20 - "I live, no not I, but Christ lives in me").

Knowing this - we recognize the former temptations to try to improve ourselves or to take guilt and condemnation for our failures. And instead of resisting such temptations, we now accept them as mere temptations, and replace them by affirming and knowing Christ in us as us. We recognize deliverances can only be HE expressing His delivering Self by us in any way he pleases.

Thus, love, with your smoking. You recognize and accept (without resisting) your desire and enjoyment of smoking. You don't try to change yourself or stop smoking. You simply say, "Christ, you in me, will do the stopping in your own way and time. I take that for granted by faith." If then, the habit grabs you again and you smoke, you don't take condemnation (Romans 8:1), but again just reaffirm that He is the real you, and that He will easily and naturally cut off the smoking in HIS own way and time. Then go ahead with your daily living - without condemnation, but with faith. It looks daring, and looks like license, but turns out to be the only permanent liberty - HIS freeing HIS temple in the way HE pleases and does it.

So, love, you see your problem is not the smoking, but the false Romans 7 concept that you should not be a smoker and you should be rid of it. So it is God's good way of the final exposure of the lie of the self-affirming self of Romans 7 - the final form of sin which still gives Satan his ways of a temporary grab on us. I've loved talking this over with you, my dear, and let's keep talking. So I shall await the next line from you. Ever loving you, Norman

**Re: - posted by SkepticGuy, on: 2012/9/11 8:26**

Quote:  
-----I've often wondered that too Ginny. I see people instantly delivered at the 'Altar', and I point my finger at the person and at God at the same time with a question mark.  
-----

do u think that perhaps its becuz in sum cases god knows the person will not have the fortitude or perseverance it takes to quit, so he just removes it all together in one shot? or maybe god has sumthing else he wants that person to be doing other than struggling with an addiction like that?

i do wonder why christians get more concerned about tobacco than they do food, which kills more americans a year than all other unhealthy habits combined. for our own health we should not smoke, but abusing food goes ignored, and is actually encouraged at some churches. i refuse to go to any of the dinners they have at my church. nothing but fried food and heavily sugared food.

**Re: - posted by MaryJane, on: 2012/9/11 8:46**

SkepticGuy wrote:i do wonder why christians get more concerned about tobacco than they do food, which kills more americans a year than all other unhealthy habits combined. for our own health we should not smoke, but abusing food goes ignored, and is actually encouraged at some churches. i refuse to go to any of the dinners they have at my church. nothing but fried food and heavily sugared food.

---

I think its tragic that the topic of gluttony and food obsession is not taught on more. There is much need for encouragement and admonishing one another in the body where this sin is concerned. GOD healed me of my bulimic sin but it was not easy. With other addictions a person can go cold turkey, its difficult but their lives do not depend on them every using again. With someone who is a glutton or obsessing about food its more complicated. No one can just stop eating(believe me I tried that to, doesn't work out so well) So there is no way to dye to this sin and just go cold turkey with the addiction. A person still has to eat some amounts of food in order to live. This is where complete trust and reliance in CHRIST is so vital. I do wish there were more teaching on the subject but you are right from some of today's religious teachers there does seem to be silence on this topic.

I do want to offer my prayers for the person who wrote the original post. I will be praying for you and that JESUS will be your strength.

God Bless  
maryjane

**Re: - posted by Tears\_of\_joy, on: 2012/9/11 9:23**

Quote:  
-----i do wonder why christians get more concerned about tobacco than they do food, which kills more americans a year than all other unhealthy habits combined. for our own health we should not smoke, but abusing food goes ignored, and is actually encouraged at some churches. i refuse to go to any of the dinners they have at my church. nothing but fried food and heavily sugared food.  
-----

Exactly. I believe tobacco is way less dangerous than eating things like margarines, Hydrogenated Vegetable Oils, MSG, Aspartame, GMO and much more man created chemicals sold as foods. Or I believe refined sugar addiction is more dangerous than tobacco. The absurdity to be at full length, some time ago millions of american christians were lining up in a fast food chain to get a portion of MSG, and new agers and followers of other religion noted that and laughed at the stupidity of so called christians, here is the example:

[http://www.naturalnews.com/036653\\_Chick-fil-A\\_anti-boycott\\_ingredients.html#ixzz22OOIMmLH](http://www.naturalnews.com/036653_Chick-fil-A_anti-boycott_ingredients.html#ixzz22OOIMmLH)

Dear Martyr, I don't think you need sermon to quit smoking. Get inform in real whole foods that God created, start to investigate, get some juicer and make some juice, make some fresh salads with fresh locally grown vegetables, get some locally grown fruits, buy grain mill and mill fresh flour and make some whole grain bread, make some yogurt and kefir, start to know and love the real things, you will forget smoking, because you will don't need it. Your body will reject it, when you fill it with good stuff. There are so many things you will discover that you will be astonished and amazed by God's goodness in His creation and care for us.

**Re: - posted by MaryJane, on: 2012/9/11 9:54**

Tears\_of\_joy wrote:I believe tobacco is way less dangerous than eating things like margarines, Hydrogenated Vegetable Oils, MSG, Aspartame, GMO and much more man created chemicals sold as foods. Or I believe refined sugar addiction is more dangerous than tobacco.

---

Having watched my dad die slowly of lung cancer I don't think I would say that tobacco is "less" dangerous. Having a hamburger and fries once in awhile is not going to kill you(unless you have a particular health issue already) but tobacco products can and do lead to cancer which does kill you.

**General Topics :: Smoking**

I think GOD is all about balance and our view of food needs to be brought into line with HIS view. Food is to nourish our bodies so that we will have strength and energy to be about HIS KINGDOM and we not be ruled by our appetites. Obsessing about food, be it health food or junk food can become a sin. I think balance, submitting to CHRIST, and foods in moderation is the key.

God bless  
mj

Edit: just wanted to say sorry for going so far off topic. Again my prayers are with Martyr as you seek to make JESUS LORD of all your life.

**Re: Smoking - posted by Lysa (), on: 2012/9/11 10:09**

Quote:  
-----I'm torn on the inside. This past week I decided to take a solo week long camping trip to be alone with God and away from the temptation of smoking...but the Lord closed that door! This makes me think that maybe it doesn't matter if I smoke, and yet I don't want to do it anymore, I don't want to look like the world.  
-----

Brother,

Maybe it wasn't the Lord at all but just the circumstances of the day and the hour that closed that door. You need to know that the Lord will love you whether you smoke or not but He will also love you and help you through the sicknesses that come from smoking as well too. I've seen Him do this with my own family.

It's not that the Lord wants to take away one of our few pleasures in this life but that I believe He desires us to live longer to be a witness for Him in this land. When I smoked I loved smoking but really, what smoker doesn't? LOLOL We have too in order to put up with all that coughing!! But I praise His holy name today because I sure don't miss all that coughing!

One of the things the Lord told me upon my decision to quit smoking was to throw away my lighter. I already threw my cigarettes out the window but why the lighter? When I argued that I had just bought it, He spoke to me (not audibly but I knew it was Him), 'all the times you've tried to quit before, you never threw away your lighter.' So I rolled down the passenger window and tossed out my lighter on I-75. And praise His Holy Name, I haven't smoked since but HE gets all the glory, b/c if He hadn't spoke to me I wouldn't have thrown any of it away.

Have you ever thrown away your lighters too? I'll pray for you that you hear clearly from the Lord on this matter!

God bless,  
Lisa

**Re: - posted by mguldner (), on: 2012/9/11 10:31**

Sister Lisa that's awesome and it lines right up with scripture!

Jesus said if your eye causes you to sin pluck it out or if your hand cause you to sin cut it off. To me this shows to extremes God is asking us to go to not sin. Of course God doesn't want us to have to get to this point Jesus is talking in extremes to make his point. But If your lighter is causing you to sin throw it out the window on I-75 (litterbug ;) lol

To me Christ is saying if you are sinning because there is opportunity to sin then remove that opportunity. For men it's wise to have their parental controls on their computers set to high. Why? because it gives them a better chance of using their computer without running into an inappropriate image that may cause them to stumble.

God Bless,  
Matthew

**Re: - posted by Martyr (), on: 2012/9/12 11:16**

Wow, you guys are awesome! Thank you!

In response to Lisa, its funny, I was walking the other night and felt conviction to throw out my two zippos. I still haven't "quit" but I have severely cut back and have decided to just seek the Lord, being fully assured that this issue will be resolved by Him. And even now I can feel the desire to smoke falling off of me.

The past few weeks, even before I really got serious about quitting, the verse "Not by might, nor by power, but by my spirit, saith the LORD of hosts," has been constantly going through my head. And in all this I can clearly see the Lord teaching me humility. I CAN'T quit. I am far too weak and easily distracted for that. I'm just waiting now for the Lord to take this away from me. And I trust He will.

Thanks again, I got a lot of confirmation from the posts in this thread regarding the things the Lord has been telling me. I'll be sure to let you all know when this addiction is taken away from me.

God Bless!