

# 7 STEPS TO VICTORY

1. **Victory is a Gift** - (1Cor 15:57) It does not come by trying. Jesus said "Without Me, you can do nothing". (John 15:5)
2. **Ask for the Victory** - (Matt 7:7) Jesus invites you to
3. **Have Confidence "IN HIM", not yourself** - (1John 5:14-15) Asking for victory over sin is obviously "According to His will".
4. **Claim His promises** - (2Peter 1:4) There are appropriate promises in scripture (see bottom of page)
5. **"RECKON" it done** - (Romans 6:10-12) If God promised it, it's a "done Deal". So think: "I am past that now". "I'm dead to that"
6. **THANK GOD for the victory before you see or feel it** - (John 11:41-44; Isa 65:24) At Jericho, there was no evidence of cracks in the walls before they shouted the victory.
7. **MAKE NO PROVISION FOR GOING BACK** - (Romans 13:14) Many do well up to here, only to fail at this step. They allow an escape clause—"Just in case". {For Example: If the ex-smoker keeps cigarettes hidden somewhere, he's really saying, "I don't really have the victory" - why else keep them.}

**Jeremiah 29:11 / Phillipians 1:6 / 1 Cor. 10:13**

**Philp. 2:13, 4:8,9,13 / Jude 24 / Eph. 3:20 / Matt. 1:21**

**Rom. 8:37 / 2 Peter 2:9 / 1 John 2:1, 3:6 / 2 Cor. 6:16, 10:4-5**

## Stop Smoking

### Information Booklet



## Instructions to Stop Smoking

- N**utrition - Eat only fruit the first 24 hours.  
No meat or spicy food / Do not linger at the table
- E**xercise - Exercise 1/2 hour each day. Choose something you enjoy and vary it.  
Go for a walk after each meal
- W**ater - Make water your only beverage. Drink a least 10 cups a day - add lemon to it (Opt)  
Bathe twice each day - end with cold water
- S**unshine- Spend some time in the sunshine each day
- T**emperance - Keep life simply, avoid stress and big changes  
Stay away from smoking friends  
No caffeine (Coffee, tea, cola, etc...)  
No alcohol / No sugar / Do not overeat
- A**ir - Take deep breaths during the day ,when you have an urge to smoke - take 3 deep breaths  
Have a window open in the room you are in
- R**est - Don't over work (or be lazy) Avoid idle time  
Go to bed early (by 10pm)
- T**rust in God - Ask God for help. Give your will to Him and He will strengthen it.  
Say out loud "I choose not to smoke"  
Phone your buddy  
Claim bible promises - Phil 4:13 / 1 Cor 6:19, 20  
Isa 40:29 / PS 121:1, 2 / 1 Cor 10:31 / Matt 21:22  
Prov 16:3 / Jude 24

**If you have smoked, don't be discouraged, just try again. With God's help you can do it.**

## Sixteen Weapons to Kill the Urge

1. Pray, ask God for the victory
2. Take 3 deep breaths
3. Repeat, "I choose not to smoke"
4. Keep sipping water through a straw. Keep your water with you
5. Take a walk, or do stretching and relaxation exercises
6. Look at your watch and postpone the urge for one minute, then for another
7. Count backwards from 100
8. Work on a hobby or do something else
9. Brush your teeth with mint toothpaste
10. Take a shower and end with cold water. Rub briskly with a wash cloth
11. Do not linger at the table after a meal
12. Go for a walk after each meal
13. Chew on toothpick. Do not replace your cigarettes with food
14. Deny yourself, just say "NO"
15. Phone your buddy or friends
16. Claim a bible promise

### STOP SMOKING URGE RECIPE

3/4 cup fresh lemon juice  
1/4 cup honey  
1/3 tsp peppermint oil  
Combine ingredients  
Take 1 teaspoon whenever you get a craving

**\*\*Also try eating brazil nuts - these have been shown too help with cravings**