<h3>
</h3> When you smoke, you inhale up to 4,000 toxic chemicals. After you meditate on the list below, you will hopefully consider healing and deliverance to quit smoking permanently. Acetone - paint stripper Ammonia - floor cleaner Arsenic - white ant poison Butane - lighter fluid Cadmium - used in car batteries Carbon monoxide - car exhaust emission DDT - insecticide Methanol - rocket fuel Napthalene - mothballs I began smoking cigarettes as a teenager when I was a 7th grader.

My parents smoked and several of my friends.

It looked like such an enjoyable thing to do as well as looking cool and grown-up.

Almost needless to say, a habit of 5-7 a day soon became a ritual.

As the years progressed, I got pregnant with my second child and was encouraged by my doctor to quit and I did.

Since my husband was a smoker, it begin to appeal to me again.

Admittedly, trying not to smoke once you have been a smoker and you live with a smoker is challenging at best through human efforts.

So, I started smoking again.

Another doctor encouraged me to quit since I developed high blood pressure/hypertension.

Even though I only smoked 1 cigarette a day after supper in

the restroom so my children wouldn&#65533;t see me, it was still a habit and just as difficult to quit.

This time, I prayed for the Lord to take the desire away.

As of today, I haven&#65533;t had another cigarette since.

That has been at least 15+ years ago.

For whomever may be wrestling with the smoking habit, I encourage you, my sister, brother, or future Christian, to believe the Lord will deliver you, too, if you sincerely desire to be delivered.

Signed,

Smoke-free Sister

Prayer for freedom from smoking including renouncing A biblical complete set of instructions for the smoker who is dying to give up smoking!

Why is it so difficult to stop?

Jesus said that the devil is a murderer from the beginning and cigarettes are one of his preferred methods of killing humans since it is such a slow, seductive, and finally painful process.

As we study the origins of smoking tobacco products it becomes clear that there are many spiritual roots, which hold a person in bondage to this habit. The benefit of the following teaching has been proven over several years and as readers exercise their freewill to pray and cut off the spiritual roots associated with smoking, freedom will result. Let's start with a story.

True story
When I was only about six, my older brother found a brand new packet of cigarettes beside the road and we felt very grown up as we smoked almost the whole packet between us.

By the time dad arrived home from work we both were very sick and probably looked green. When he smelt the tobacco and enquired if we had been smoking we lied at first but were questioned till the truth came out!

I am so glad, now, to have been put off smoking by that experience. Although I did experiment with cigars and a pipe in my 30s, I couldn't forget how sick I had felt as a child. I have since seen a lot of sick and spiritually bound friends who have ignored the warnings on tobacco and cigarette packets.

Out of concern for two friends who were heavy smokers, I studied the historical spiritual roots of smoking tobacco and was amazed.

Soon after finishing my research, I prayed with a taxi driver who wanted to quit smoking explained the history of tobacco etc. and he was set free of his habit of years through deliverance ministry, dealing with the various roots.

Many other friends have seen the victory, but some only partially since I have found that you must deal thoroughly with the roots of this dying habit.

In many countries the law requires that warnings be printed on cigarette and tobacco packets e.g. Smoking causes lung cancer. Smoking causes heart disease. Smoking causes fatal diseases, etc.

True story
One morning as I sat having morning tea with a friend, I asked him how he could still use cigarettes in spite of the warning on each packet that it causes fatal diseases. My friend got very upset and almost shouted, "It does not say causes!" I asked him to read what his packet said and he read aloud with amazement, "Smoking causes lung cancer." He paused, looking quite stunned. "I've never seen that word causes before!" he said quietly. The demons of addiction had blinded him to the truth.

So first, it's helpful to understand the spiritual background to smoking; and therefore, why it is so difficult to stop.
 1. Biblical roots <span

style="font-family: helvetica;">This sin is described in Deuteronomy: "There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer [one who consults the dead] or all that do these things are an abomination unto the Lord; and because of these abominations the Lord thy God doth drive them out from before thee."
Deuteronomy 18:10-12

Incense = Idolatry. Also, the burning of incense like tobacco is described as a form of idolatry in the Bible and is condemned as an abomination to God.

"He that killeth an ox [is as if] he slew a man; he that sacrificeth a lamb, [as if] he cut off a dog's neck; he that offereth an oblation, [as if he offered] swine's blood; he that burneth incense, [as if] he blessed an idol. Yea, they have chosen their own ways, and their soul delighteth in their abominations. I also will choose their delusions, and will bring their fears upon them; because when I called, none did answer; when I spake, they did not hear: but they did evil before mine eyes, and chose [that] in which I delighted not." Isaiah 66:3 - 4

Because ye have burned incense, and because ye have sinned against the Lord, and have not obeyed the voice of the Lord, nor walked in his law, nor in his statutes, nor in his testimonies; therefore this evil is happened unto you, as at this day.
Jeremiah 44:23

"A people that provoketh me to anger continually to my face; that sacrificeth in gardens, and burneth incense upon altars of brick; Which remain among the graves, and lodge in the monuments, which eat swine's flesh, and broth of abominable [things is in] their vessels; Which say, Stand by thyself, come not near to me; for I am holier than thou.

These [are] a smoke in my nose, a fire that burneth all the day. Behold, [it is] written before me: I will not keep silence, but will recompense, even recompense into their bosom, Your iniquities, and the iniquities of your fathers together, saith the Lord, which have burned incense upon the mountains, and blasphemed me upon the hills: therefore will I measure their former work into their bosom." [Lungs?]
Isaiah 65:3 -7

The incense that we should burn is prayer; Let my prayer be set forth before thee [as] incense; [and] the lifting up of my hands [as] the evening sacrifice.
Psalm 141:2

Next, the great Spanish explorer, Christopher Columbus, had to smoke the Indians peace pipe of tobacco before he would be accepted by the North American Indian tribes. So now we can see the typical.

2. Emotional roots | Most smokers will acknowledge that they have taken up the habit through fear of rejection by their peer group who were experimenting with smoking and thought it was cool. When they are rejected, people seek a comforter and tobacco smoking, like over-eating, masturbation, drug taking, even expressing violence can be the false comforter they turn to.

Christopher Columbus took the tobacco curse back with him to Europe in the 16th century, where one of its early uses was as a medicine, and from where its use spread throughout the world.

3. Chemical roots | The tobacco plant [nicotiana tabacum] is a member of the group of plants described as the solanaceae group. Solanaceae means comforter and nicotine is renowned for the sense of false comfort that it gives to the addict, yet nicotine is used as an agricultural insecticide. This group of plants includes the potato and the deadly nightshade or belladonna plant.

4. Bodily roots/effects | Nicotine causes disorders of the respiratory system, dizziness, increased blood pressure, and disturbances of hearing and vision.

It seems that the first thing that the spirits behind smoking do, is to mask the

true taste of the tobacco. The taste, which is disgusting to a non-smoker, becomes attractive to a smoker.

A simple prayer asking the Holy Spirit to reveal the true taste of the tobacco is sometimes enough to cause a smoker to seek to be free of the habit. However, without prayer, and once hooked, smokers usually carry on smoking even though the smell rejects non-smokers.

True story
One of my nephews was a smoker, a drinker and loved rock music. However, we loved him enough to pray for him as a family one day; binding satan, all spirits of addiction to nicotine through smoking, alcohol and rock music, in intercessory prayer. He was not present! We prayed that God would let him see these things for what they are, to taste the true taste and to help him to find the real Comforter, God's Holy Spirit. Only two weeks later he became a Christian and his testimony was that he had tried to drink a Bacardi and Coke but it tasted like poison.

He reached for a cigarette but couldn't smoke it as it tasted disgusting, and that when he looked at his rock music posters in his bedroom, he saw how evil they were for the first time. So, he got down on his knees and prayed and asked Jesus to come into his life and; "Boy, did He come!" He testified to us.

"While smoking tobacco directly destroys the lungs, nicotine slowly damages the arteries and the heart. In its pure form nicotine is one of the most powerful poisons known. A direct link between lung cancer and tobacco was established in 1950." [Penguin Hutchinson Reference Library.]

Having achieved his end to slowly kill the unaware smoker, satan then offers those who want to try to give up, his alternative remedies. These often only lead to greater bondage eventually. Products like nicotine patches [the poison without the pong!], a program named after an Egyptian false god, i.e. the Isis program, and Hypnosis.

Hence, many people get out of the frying pan and into the fire. The real cure = cut out the roots of this multiple bondage til the tree falls over.

Perhaps you need to repent of:

1) the fear of rejection by [a peer group];
2) lying [to anyone like parents];
3) rebellion against [anyone like parents];
4) self-will;
5) lack of self-control; and,
6) seeking false comforters.

Renounce:

1) All historic roots;
2) Communication with familiar spirits (even in ignorance);
3) challenging or worshipping death;
4) burning incense, therefore Idolatry; and,
5) damaging the temple of the Holy Spirit. Your body is where the Holy Spirit dwells.

Renounce the ungodly lie
"Man, this is living."
Then believe, speak and confess the truth
Smoking is death in disguise

Renounce the ungodly lie
"I'll be accepted."
Then believe, speak and confess the truth
"Cigarettes make you stink."

Renounce the ungodly lie
"Smoking just comforts me."
Then believe, speak and confess the truth
"Smoking is an addiction."

Renounce the ungodly lie
"Cigarettes tastes great."
Then believe, speak and confess the truth
"Cigarettes taste like poison."

An excellent way to help you quit the habit is to put a small New Testament Bible in the pocket where you would normally keep

your smokes. Then you have three choices when the habit to reach for a smoke nudges you.

1st choice: Read God's Word, which is health and medicine to all your flesh. Proverbs 4:20-22

2nd choice: Read God's Word, and smoke, or

3rd choice: Smoke and ignore God's medicine. Die young!

However, don't let the devil make you feel condemned if you can't immediately quit a long-standing addictive habit. Ask Jesus to help you one day at a time. Perhaps hum the tune when you feel like a smoke! "One day at a time, sweet Jesus, that's all I'm asking of you." Pray!

The following steps will help you to freedom. These are based on the principle of drawing nigh to God, resisting the devil and then, God&#65533;s Word promises that, he shall flee from you!

1. So call on the Lord and ask Jesus to help you one day at a time. Remember that His Holy Spirit is The Helper.

2. Throw away all items associated with smoking, even ashtrays, and all eastern incense and idols.

3. Tell every spirit associated with your addiction to leave you and never to return, in Jesus' name!

A true testimony

"After 17 years of smoking, I have stopped!" I didn't just give up - I just got on a winning team. Jesus did the work for me. This testimony is not a condemnation of smokers - I pray it will help someone, somewhere. During the 17 years that I was chained to nicotine I tried all sorts of methods to give up - hypnosis, Isis, patches, cold turkey, cutting down, etc. -- and contrary to advertising myths, you don't get your money back.

I was amazed at how I could do without practically everything else except my beloved cigarettes [my best friend]. I would even choose buying a packet of cigarettes over something my baby needed. And when I was really desperate, you guessed it, I rolled those butts up! After failing so many times and everyone sick of hearing I'm giving up smoking' song - I sought deliverance prayer.

First I had to pray about praying - to learn what might be behind my bondage. This led me to remembering that I had enticed others into smoking when I was a kid, so I needed to apologize to God for this and ask His forgiveness as well as for deliverance from the spiritual bondage.

I believe, because I had been baptized in the Holy Spirit, prayer was able to release me from the cravings. Although this was just the beginning, it marked the start of the battle. The sword had been drawn - my job was to determine who, or which side, I was giving the sword to. The choice was mine.

Here's what I mean. Every time a trigger set my mind off about smoking I started to think praise and worship thoughts towards Jesus - thanking Him for setting me free and breaking the chains of bondage. I would just keep doing this until the thoughts of smoking were no longer there. Initially I was doing this a dozen times a day, maybe two or three times in a row. It was a battle, but one I was allowing Jesus to fight for me.

Three times I was lazy and allowed my mind to entertain the smoking triggers - three times after receiving prayer I had a cigarette. Although it's important to point out that I didn't crave nicotine, but I had entered the trap. I had allowed the thoughts to penetrate and lead to no good.

Over a year later, I still get the occasional trigger and each time I thank Jesus for continuing to break those chains. I can't believe I haven't smoked for so long and neither can members of my family. They honestly thought that I was so spiritually attached to it that I would be smoking until the day I died. In fact the very experience has spoken volumes to my grandmother who has strengthened her own faith through this and also my sister who has given her heart to the Lord because she has seen through this just how real He is. How real Jesus is! This testimony is written by Awhina Leca,

but belongs to God. Please feel free to copy it and share it.

Another young woman named Juliana writes after being delivered of her smoking habit." It was a miracle! I could not resist smoking before, and now, there I was, throwing the lighter away over the hill." "Coises! These Christians are getting free! Soon there'll be no houses' left for us demons!"

Other scriptures relevant to smoking

John 8:44
... you belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. [NIV]

John 8:44
For you are the children of your father the devil and you love to do the evil things he does. He was a murderer from the beginning and a hater of truth -- there is not an iota of truth in him. When he lies, it is perfectly normal; for he is the father of liars. [TLB]

John 8:45
And so when I tell the truth, you just naturally don't believe it! [TLB]

Deuteronomy 18:10-13
Let no one be found among you who sacrifices his son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, or casts spells, or who is a medium or spiritist or who consults the dead. Anyone who does these things is detestable to the Lord, and because of these detestable practices the Lord your God will drive out those nations before you. You must be blameless before the Lord your God. [NIV]

Deuteronomy 18:10-13
For example, any Israeli who presents his child to be burned to death as a sacrifice to heathen gods must be killed. No Israeli may practice black magic, or call on the evil spirits for aid, or be a fortune teller, or be a serpent charmer, medium, or wizard, or call forth the spirits of the dead. Anyone doing these things is an object of horror and disgust to the Lord, and it is because the nations do these things that the Lord your God will displace them. You must walk blamelessly before the Lord your God. [TLB]

Isaiah 66:3-4
But whoever sacrifices a bull is like one who kills a man, and whoever offers a lamb, like one who breaks a dog's neck; whoever makes a grain offering is like one who presents pig's blood, and whoever burns memorial incense, like one who worships an idol. They have chosen their own ways, and their souls delight in their abominations; so I also will choose harsh treatment for them and will bring upon them what they dread. For when I called, no one answered, when I spoke, no one listened. They did evil in my sight and chose what displeases me." [NIV]

Isaiah 66:3-4
"But those who choose their own ways, delighting in their sins, are cursed. God will not accept their offerings. When such men sacrifice an ox on the altar of God, it is no more acceptable to him than human sacrifice. If they sacrifice a lamb or bring an offering of grain, it is as loathsome to God as putting a dog or the blood of a swine on his altar! <span style="font-family:

tahoma,arial,helvetica,sans-serif;">When they burn incense to him, he counts it the same as though they blessed an idol. I will send great troubles upon them -- all the things they feared, for when I called them, they refused to answer, and when I spoke to them, they would not hear. Instead, they did wrong before my eyes and chose what they knew I despised." [TLB]

Isaiah 65:3-7
A people who continually provoke me to my very face, offering sacrifices in gardens and burning incense on altars of brick; who sit among the graves and spend their nights keeping secret vigil; who eat the flesh of pigs, and whose pots hold broth of unclean meat; who say, 'Keep away; don't come near me, for I am too sacred for you!' Such people are smoke in my nostrils, a fire that keeps burning all day. "See, it stands written before me: I will not keep silent but will pay back in full; I will pay it back into their laps; both your sins and the sins of your fathers," says the Lord. "Because they burned sacrifices on the mountains and defied me on the hills, I will measure into their laps the full payment for their former deeds." [NIV]

Isaiah 65:3-7
All day long they insult me to my face by worshiping idols in many gardens and burning incense on the rooftops of their homes. At night they go out among the graves and caves to worship evil spirits, and they eat pork and other forbidden foods. Yet they say to one another, 'Don't come too close, you'll defile me! For I am holier than you!' They stifle me. Day in and day out they infuriate me. "See, here is my decree all written out before me: I will not stand silent; I will repay. Yes, I will repay them not only for their own sins but for those of their fathers too,' says the Lord, 'for they also burned incense on the mountains and insulted me upon the hills. I will pay them back in full. [TLB]

Jeremiah 44:23
The very reason all these terrible things have befallen you is because you have burned incense and sinned against the Lord and refused to obey him." [TLB]

Psalm 141:2
Regard my prayer as my evening sacrifice and as incense wafting up to you. [TLB]

Proverbs 4:20-22
Listen, son of mine, to what I say. Listen carefully. Keep these thoughts ever in mind; let them penetrate deep within your heart, for they will mean real life for you and radiant health. [TLB]

Miracle prayer

Lord Jesus, I come before you just as I am. I am sorry for my sins, I repent of my sins, please forgive me. In your name I forgive all others for what they have done against me. I renounce satan and his evil spirits and all their works. I give you my entire self, Lord Jesus, now and forever. I believe that God the Father raised you from death and that you are alive to save me right now. I invite you into my life, Jesus, and I accept you as my Lord God and Saviour. Heal me, change me, strengthen me in body, soul and spirit. Come, Lord Jesus, cover me with your precious blood and fill me with your Holy Spirit. I love you, Lord Jesus. I praise you, Lord Jesus. I thank you, Lord Jesus. shall follow you every day of my life. Amen.

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