

**Spiritual Life Dynamics (08)**  
**(Conquering Addictions – Part Two)**

When spiritually advancing Church Age Believers (CAB) hear this series of studies, many become interested in quitting smoking or losing weight. Having studied the **previous seven lessons** on Spiritual Life, you should now be ready to learn how to counsel other believers with these types of issues.

I will walk you through a typical counseling session on how to spiritually Quit Smoking.

**We will study four counseling steps to Conquering Addictions based on  
“setting your mind” taken from (Rom.8:5-8).**

**1. My first question: “Why do you want to quit smoking?”**

Why ask questions? It is important to know what they believe (Prov.23:7; Rom.10:17).

**Some answer, “I think it is a sin?”**

Why do think it is a sin? **What does the Bible say about smoking?**  
How do we know what is sin? (Rom.3:20; 7:7; James 4:17)

**I then would ask**, “How would I search the Scripture for the answer?” and depending on their response I would suggest that they purchase the following three items:

- A Study Bible, (if they can't afford one I'll give them mine!)
- Strong's Concordance, to search out the scriptures for themselves
- Unger's Bible Dictionary, to get clear definitions on a subject or term.

**My question to you:** What do you think they will find in their Study Bible, Strong's Concordance or Unger's Bible Dictionary about smoking?

**Some answer, “I think it will make me a better witness for Christ?”**

What does Bible Say? (John 15:25-26).

It is important not to believe a lie about spiritual issues (John 8:32, 44).

**2. My next question – “What motivated you recently to want to quit smoking?”**

**Some answer, “I think it bad for my health?”**

**What does the Bible say?** Why do you think it is bad? Even though **it isn't a hard drug**, do you think tobacco can be addictive? Do you think addiction is slavery to the lust trends of your Old Sin Nature (OSN)? (Rom.6:12-14)

**Some answer, “I think if I quit smoking I will live longer?”**

**What the Bible say?** It involves quality of life not length of life (Eccl.3:1-10; Heb.9:27). It is important not to believe a lie about spiritual issues.

**Some answer, “I have learned that my body is the temple of God (1 Cor.6:19-20).**

**What the Bible say?** Who are you in that temple? What sacrifice are you supposed to be making in there? (1 Peter 2:9) and (Romans 12:1, 1 Peter 2:4-6)

**3. My next questions: “Why do you smoke? What do you get from smoking that makes it so difficult to quit?”**

**Some answer, “It has a calming effect on me.**

Which of these things triggers your desire for a cigarette?

- When something causes me to feel very happy
- When something causes me to feel very sad or upset
- When something causes me to feel stressed
- When I complete some task that me feel good about myself

**What does the Bible say?** (Rom.8:5-8; Phil.4:6-7; Gal.5:22-23) [Inner peace]

**4. My next question: “Is addictive smoking walking by the flesh, fulfilling / gratifying your Old Sin Nature’s lust trends? (OSN)”**

**What’s the Bible say?**

**Addiction in the Christian Way of Life (CWL) – “Let no man deceive himself.” (1 Cor.3:18a)**

- It is bondage to body lust trend of OSN (Rom.6:12-14).
- It is lust of deceit of OMCD (Eph.4:22; 2 Cor.2:11; 11:3; 1 Pet.2:11).
- It is Devil’s trick by treat (Heb.11:25; 3:13; Rom.16:17-19).

**5. My final question: “What resources do you have access to overcome your need to smoke?”**

**What’s the Bible say?**

**Power over the OSN’s lust trends** is walking by means of indwelling Holy Spirit (Gal.5:16-17, 22-25).

Every time you want a cigarette **reset your mind** on the ministry of indwelling Holy Spirit!

(Rom.8:5) “For those who are according to the flesh **set their minds on the things of the flesh**, but those who are according to the Spirit, the things of the Spirit.”

**Power over the mind** is Categorical Bible Doctrine (CBD), That Word of God that pertains to the issue you are currently dealing with. The exercise is to cycle the Word of God on a daily basis by inhaling and exhaling it by faith. (2 Tim.3:16-17; James 1:21-22; Rom.15:4; 2 Cor.5:7; Col.2:6-8).

Every time you want a cigarette **reset your mind!**

(Rom.12:2) “And do not be **conformed to this world**, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” (Eph.4:23; 2 Cor.12:21; John 8:32)

Every Church Age Believer (CAB) has an Old Sin Nature (OSN) and deals daily with his / her lust trends **but they do not have to commit carnal sin or to engage in a carnal life style** (carnality) because they have access to The Indwelling Holy Spirit who, with their volitional decision will conquer their fleshly desires every time! (1 John 1:7-9; Gal.5:16-17; Col.3:5-17).

It’s a choice, a volitional decision to “reset your mind” on who you think can win over that lust trend,

**BUT REMEMBER WHAT THE BIBLE SAYS:**

(1 John 1:8) “If we say that we have no sin, **we are deceiving ourselves**, and the truth is not in us.”