

Affirmations and Statements of Validation

These can help Christian believers overcome addiction to cigarettes and other tobacco products. If you are a smoker, why not choose from one of the affirmations below or create a new one of your own. Then repeat it whenever you feel yourself challenged by urges to smoke.

When I trust completely in God, I can deal with everything as it happens. I have no need for cigarettes. I am no longer a slave to this addiction. I can do all things through Christ who strengthens me.

When grounded in prayer, I can work calmly and confidently. My mind will not wander. My self-confidence will not be bothered by small mistakes. I can meet all obstacles and overcome all challenges with total confidence in my Lord, who walks with me through the deepest valleys and helps me to climb the highest mountains. My trust is in Jesus and not in man-made creations like cigarettes.

I respect my body as a temple of the Holy Spirit. Therefore I will not pollute it with the toxins and poisons that are contained in cigarettes. I wish to live a clean life so that I can present myself to others with respect and dignity. I can maintain this purity of body with the help of God who rules the universe and who sent His son to save and to heal.

Through devout prayer, I know I can remain calm, relaxed, and composed in any situation. I have no need for cigarettes to calm my stresses. Through my faith in God, I can be quiet and still. Through prayer, I can be healed of my addiction and have peace of mind.

If persons in your Love Thy Neighbor classes or prayer groups create new affirmations and validation statements that they wish to share with the rest of the LTN family, please send them to the Love Thy Neighbor listserv at lovethyneighbor@brownpartnersmm.com.