



## You CAN Quit!

In Matthew 22:39, Christ teaches—in response to the question of what represents the greatest of all commandments—that we should “*love thy neighbor as we would ourselves.*” Conquering your addiction to cigarettes is a huge step in strengthening that self-love and submission to the Lord.

Here are some helpful hints to better prepare you for a successful quit day  
On the night before your quit day:

- \* **Throw out all your cigarettes, every last one!** Get them out of hiding places like pockets, handbags, and glove compartments.
- \* **Get rid of lighters, matches, and ashtrays.** Make sure there is nothing around that reminds you of cigarettes.
- \* **If you plan to use cessation aids to help you quit (patches, gums, prescription drugs), make sure you know how to use them.** Ask your doctor or pharmacist if you have questions.
- \* **Stock up on sugar-free gum and mints, carrots, celery, or cloves,** so you always have something to reach for instead of a cigarette.
- \* **Pray for strength.** Talk to your family and friends, and ask that they pray with and for you as well. (Psalms 68:35, Matthew 19:26, 2 Cor 6:2))

For help, call the Pennsylvania Free Quitline as soon as possible at 1-877-LTN-QUIT. When you call the Quitline, be sure to mention “Love thy Neighbor.” That way, you can be given special resources designed to help African American smokers—like the *Pathways to Freedom* quit smoking guide.

Speak with one of the pastors or someone with your church’s health ministry about ways you can be supported within this congregation or community in your attempt to quit smoking. Join with us in Love Thy Neighbor to save lives.

*I can do all things through Christ which strengtheneth me.* Philippians 4:13

**Do you smoke? See other side.**



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God’s Word tells us we should be concerned about the well-being of others. *(A new command I give you: Love one another. As I have loved you, so must you love one another. John 13:34)* One way that we can do that is to help those around us triumph over the addiction of smoking.

Here are some of the loving ways non-smokers can help those we love quit smoking and live longer, healthier lives.

- \* **Be extra understanding.** Don’t lecture smokers who are thinking about quitting. Instead, be patient, supportive and loving—especially during the first 48 hours of a quit attempt, when most smokers experience serious withdrawal symptoms.
- \* **Don’t expect overnight success.** Quitting an addiction like smoking is a complicated process and relapses back to smoking happen more often than we’d like. The good news is the more quit attempts a person makes, the more likely he or she is to quit permanently one day. So the key is to keep trying—and that’s a lot easier with your support.
- \* **Spread the word about the services available in Pennsylvania,** including the Pennsylvania Free Quitline that operates 24 hours a day at **1-877-LTN-QUIT**. When you call the Quitline, be sure to mention “Love Thy Neighbor.” That way, you can be given special resources designed to help African American smokers—like the *Pathways to Freedom* quit smoking guide.
- \* **Encourage loved ones who still smoke to talk with their physicians.** Doctors now know more about the dangers of smoking and have more ways to help smokers quit.
- \* **Pray with and for the person who is trying to quit smoking.** Prayer truly makes a difference. (James 5:16, Philippians 1:19)

If a loved one is struggling with an addiction to cigarettes, you can provide support and love. Urge the smokers in your life to call the Pennsylvania Free Quitline as soon as possible at **1-877-LTN-QUIT**. Also, speak with one of the pastors or someone with your church’s health ministry about ways you can be supported within this congregation or community. Join with us in Love Thy Neighbor to save lives.

*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2*

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