

*Because by one sacrifice
he has made perfect
forever those who
are being made holy.*

Hebrews 10:14

Are you a cigarette smoker? Why not consider **quitting smoking for good** as your sacrifice for Lent? Or, if you have a loved one who smokes, encourage them to quit for Lent...and for life.

WHAT IS LENT?

Lent is the six-week Christian holiday preceding Easter when we are asked to sacrifice something meaningful, just as Jesus sacrificed himself for our sins. It is the time leading up to the commemoration of his death and resurrection, and a perfect time to evaluate your lifestyle and consider a better way of living.

THE POWER OF PRAYER

If you'd like to quit smoking for Lent, pray with friends and family and allow them to provide you with support and encouragement.



**Need help quitting?
We CAN Help!**

Call 1-877-LTN-QUIT or go to www.LTNQuitSmoking.com to obtain information on all of these great resources designed to help you quit:

- * Access to the PA Free Quitline where you can **speak with a counselor.**
- * Information about the churches in your area that are hosting programs and **classes to help smokers quit.**
- * Self-help literature specifically designed to **help African American smokers quit.**
- * Information on how you can **help a loved one quit smoking.**

You can also speak with one of the pastors at your church, or someone with the church's health ministry, about ways you can be supported within your congregation.