

# **PRAYERS FOR DELIVERY FROM ADDICTION TO TOBACCO**

## **Prayer Group/Circle**

### ***For the Smoker***

A group from the congregation gathers in a circle around the person who needs prayer support in order to quit. The smoker describes his or her feelings about smoking and the difficulties in trying to quit. The focus then shifts and the smoker is asked to create a vision of what wellness (non-addiction) would be and to write down that vision in the form of an affirmative prayer. Each member of the church's prayer circle affirms the smoker's prayer and adds additional prayers and affirmations. The members of the prayer circle continue to pray individually and as a group for the person's improved health and well-being.

### ***For the Congregation***

A group comes together to pray for the members of the church family to be more understanding of the challenges that an addicted person faces in trying to become free of any addiction, including tobacco, and less judgmental of people who continue to smoke despite health problems and promises to quit. Prayers are lifted that church members practice love and patience instead of criticism so that smokers in the church family, the families of church members and the larger community can feel that they can confess their smoking openly before the congregation without fear of condemnation and benefit from the love and support of the congregation in achieving health and well-being uncompromised by tobacco use.

## **Prayer List**

Individuals within the church community who smoke and want to quit can opt to have their names listed in the church bulletin with a request that members of the congregation pray for them to be successful in their quit attempts. Members of the congregation can also place the names of smokers in a prayer box asking that the church's prayer group offer prayers. If persons in the congregation know or suspect that friends and relatives are "secret smokers," those individuals can be encouraged to come forward so that they can receive the blessings of prayer from the church family.

## **Prayers During Church Service**

The pastor or deacon may wish to offer a special prayer for the delivery of smokers from their addiction. This can be part of an altar call or a prayer in which the names are raised by members of the congregation to ask God's help and assistance. As part of this prayer, members of the congregation can be asked to show love and support to those among them going through this struggle.