

QUIT SMOKING ADVICE FOR NONSMOKERS

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 nonsmokers 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 smokers who want to quit.** [*This is a place to provide site-specific information about quitlines and cessation resources locally as well as the availability of the Pathways to Freedom guide that contains information for smokers and nonsmokers.*]
- **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. Speak with the pastor or someone with your church's health ministry about ways that smokers trying to quit can be supported within this congregation. Becoming involved in activities that help smokers quit saves lives.

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