

# FALL BIBLE STUDY SERIES:

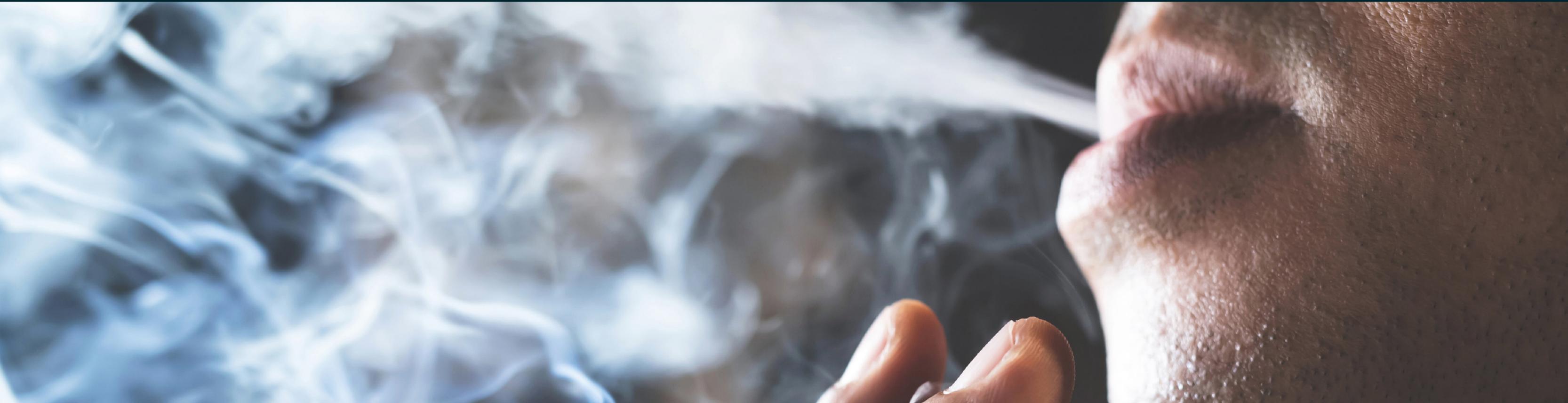
DEVELOPING HEALTHY HABITS  
(MAKING BETTER LIFE DECISIONS)

**100423 BIBLE STUDY**



**LESSON FOUR:  
NO IFS, AND, OR BUTTS  
(IS SMOKING A SIN?)**

**WOULD JESUS USE TOBACCO?**



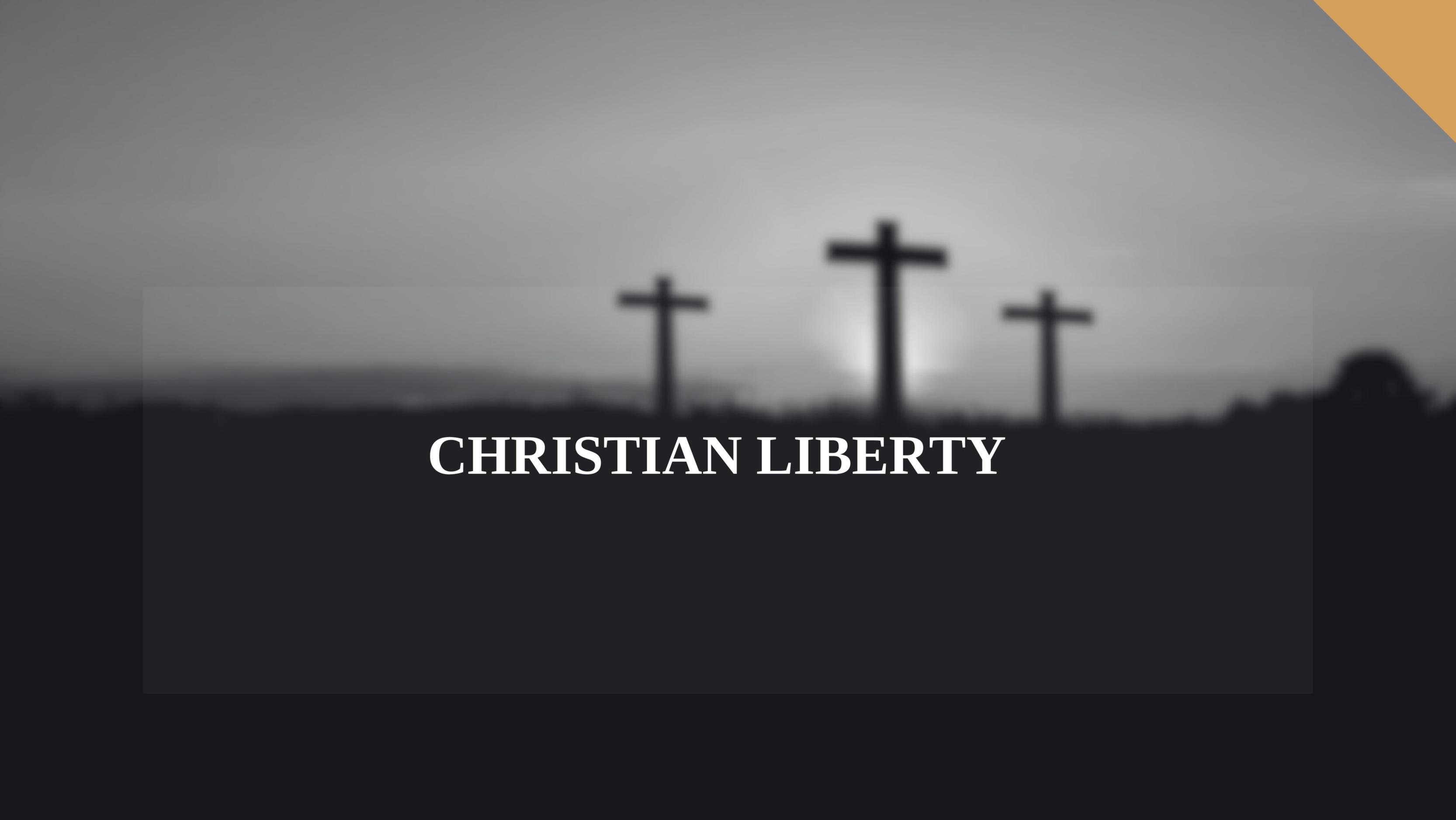
# IMPACT OF SMOKING ON HEALTH



# ROMANS 6:16-18, 22

Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey, whether of sin leading to death, or of obedience leading to righteousness? But God be thanked that though you were slaves of sin, yet you obeyed from the heart that form of doctrine to which you were delivered. And having been set free from sin, you became slaves of righteousness. But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life.





# CHRISTIAN LIBERTY

***Success from smoking addiction will begin  
when our desire to please God becomes  
stronger than the craving to smoke.***

# WHAT DOES THE BIBLE SAY ABOUT SMOKING?





**YOU ARE NOT YOUR OWN**



## I CORINTHIANS 6:19-20

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore, glorify God in your body.



**LOVE OUR NEIGHBORS**

***Love your neighbor as yourself.***  
***Matthew 22:39***



**THE MORAL RESPONSIBILITY**

# I CORINTHIANS 6:12

All things are lawful for me, but all things are not helpful [or "profitable"]. All things are lawful for me, but I will not be brought under the power of any.



***"You can smoke and still go to heaven . . . in fact, you may even get there quicker if you do!"***

# WHAT ABOUT OCCASIONAL SMOKING?



# HOW TO STOP SMOKING



**PREPARE TO QUIT**





# **SAMPLE ACTION**

## **PLAN:**

- 1. Pray about it and ask God to help you.**
- 2. Know Why You're Quitting.**
- 3. Before you quit, it's important to know why you're doing it.**

***Do you want to be healthier? Save money?  
Keep your family safe? If you're not sure, ask  
yourself these questions:***

- ★ a. What do I dislike about smoking?
- ★ b. What do I miss out on when I smoke?
- ★ c. How is smoking affecting my health?
- ★ d. What will happen to me and my family if I keep smoking?
- ★ e. How will my life get better when I quit?



***Support is one of the keys to successfully  
quit smoking.***

***“The easiest way to let go of a bad habit is to give time and attention to developing a good one.”***

# BIBLE STUDY FOLLOW UP

## CHAT QUESTIONS:

1. What is God's mind about smoking?
2. Is it okay for a Christian to smoke?
3. Why is smoking a bad personal habit?
4. Why is it important to take care of your body (God's property)?
5. List ways that smoking is harmful toward one's family.
6. Why would others consider a professing Christian who smokes as a hypocrite?
7. What can you take away from today's lesson?