

Whole Man Ministries Church
Health Ministry, October 2016

Bible Verses For Encouragement To Kick An Addiction

1. Philippians 4:13

I can do all things through Christ who strengthens me.

2. Matthew 19:26

But Jesus looked at *them* and said to them, “With men this is impossible, but with God all things are possible.”

3. 1 Corinthians 6:12

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

4. Ecclesiastes 4:9-10

Two *are* better than one, Because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him *who is* alone when he falls, For *he has* no one to help him up.

5. James 5:16

Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

6. 1 Corinthians 10:13

No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

7. Philippians 2:4

Let each of you look out not only for his own interests, but also for the interests of others.

8. James 4:12

There is one Lawgiver, who is able to save and to destroy. Who are you to judge another?

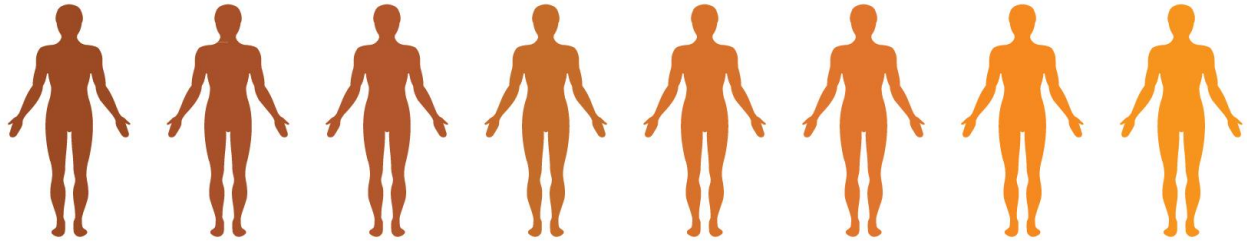
If you think you have been smoking too long and it is too late for you to benefit from quitting, think again. The human body begins to recover quickly.

Within 20 Minutes:
Blood Pressure and Heart Rate Decrease

2 Weeks to 3 Months:
Improved Circulation and Lung Function

1 year:
Risk of Coronary Heart Disease is Cut in Half

10 Years:
Risk of Cancer Reduced;
Risk of Lung Cancer is Cut in Half



8-12 Hours:
Carbon monoxide Drops,
Blood Oxygen Returns to Normal

1-9 Months:
Lungs Begin to Regain Normal Function,
Including Ability to Clean and Fight Infection

5-15 Years:
Risk of Stroke Reduced to that of Non-Smoker

15 Years:
Risk of Coronary Heart Disease is Similar to Non-Smoker

Source: myquit.ca/learn

DISEASES CAUSED BY SECOND-HAND SMOKE

CHILDREN

Brain tumours*

Middle ear disease

Lymphoma*

Respiratory symptoms,
Impaired lung function

Asthma*

Sudden Infant Death Syndrome (SIDS)

Leukemia*

Lower respiratory illness

ADULTS

Stroke*

Nasal irritation,
Nasal sinus cancer*

Breast cancer*

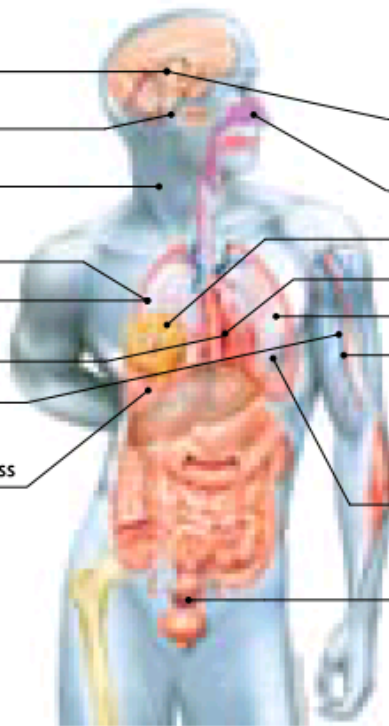
Coronary heart disease

Lung cancer

Atherosclerosis*

Chronic obstructive pulmonary disease (COPD)*, Chronic respiratory symptoms*, Asthma*, Impaired lung function*

Reproductive effects in women: Low birth weight; Pre-term delivery*



* Evidence of causation: suggestive
Evidence of causation: sufficient

Source: U.S. Department of Health and Human Services. *The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General*. Atlanta, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 (<http://www.surgeongeneral.gov/library/secondhandsmoke/report/fullreport.pdf>, accessed 5 December 2007).