

## NEWSTART + 6 – Temperance (Part 3)

### Tobacco: The Harmful Effects & How to Kick the Habit

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

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

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected.” Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” {MH 127.1}

“Pure air, sunlight, abstemiousness, rest, exercise, PROPER DIET, the use of water, trust in divine power-- these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...Become more intelligent in regard to the laws of life. . . .” {11MR 187.3}

#### **EDUCATE IN REGARD TO THE LAWS OF LIFE:**

“...Educate people in regard to the laws of life...” {GCDB, January 30, 1893 par. 2}

#### **WHY?**

“...so that they may know how to preserve health...” {MM 259.3}

“It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws.” {CD 17.3}

“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...” (MH 128.1)

“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind...” (7T 137.1)

“You are to apply the laws of life and health to your own case. In violating the laws of health...you misrepresent your maker...” {KC 20.4}

#### **BIBLE:**

“And every man that striveth for the mastery is TEMPERATE IN ALL THINGS...” (1 Corinthians 9:25)

**\*\*\*Temperance is one of the fruits of the Spirit.** (Galatians 5:22-23, 1 Cor. 6:19-20 and 1 Cor. 3:16-17)

## SOP:

“God's people are to learn the meaning of temperance in all things. They are to practice temperance in eating and drinking and dressing...” {Te 138.5}

## WHAT IS TEMPERANCE?

“...True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful...” (Te 138.2)

## WHO INVENTED TOBACCO?

“...But here, see, the devil had invented it...” {1SAT 258.2-.3}

## WHY WAS TOBACCO INVENTED?

“...the devil had invented it. What for? To consume money so that the poor should not be clothed; so that the needy and the distressed might suffer for the want of food and care and house; so that the gospel should not be carried to all parts of our world.” {1SAT 258.2-.3}

## TOUCH NOT:

“...TOUCH NOT, TASTE NOT, HANDLE NOT, tea, coffee, wines, TOBACCO, opium, and alcoholic drinks...The only perfectly safe course to pursue is to stand firmly on the side of temperance and not venture in the path of danger.” {3T 488.1}

Tea, coffee, and TOBACCO are all STIMULATING, and CONTAIN POISONS... {CD 420.2}

## EXPLAIN ITS HARMFUL EFFECTS:

“...explain the injurious effect of...TOBACCO...on the digestive organs and the brain.” {CH 463.1}

- **1<sup>st</sup> Hand Smoke** – When a person smokes cigarettes, cigars, etc.
- **2<sup>nd</sup> Hand Smoke** – when a person is around smoke or someone who smokes
- **3<sup>rd</sup> Hand Smoke** – Smelling tobacco on clothing, in curtains, in a room

“Abstain from fleshly lusts, which war against the soul,” is the language of the apostle Peter. Many regard this warning as applicable only to the licentious; but it has a broader meaning. It guards against every injurious gratification of appetite or passion. It is a most forcible warning against the use of such stimulants and narcotics as tea, coffee, TOBACCO, alcohol, and morphine. These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character...” {CD 62.5}

## WHY?

### ILL EFFECTS ON THE MORAL AND SPIRITUAL:

- Animal passions bear sway (CD 269)
- God insulted (1BC 1111)
- Human nature brutified (CG 404)
- Injures the soul (CD 425.3)
- Morals debased (CG 404)
- Pernicious influence exerted on moral character (CD 63)
- Sense of sacred things is perverted (CD 428-429)
- Soul defiled (SL 31)
- Will power overcome (Te 60-61)
- Worship of God hindered (CD 426)

### ILL EFFECTS ON THE MIND:

- Brain affected (CH 81)
- Brain beclouded (MH 328)
- Brain benumbed (Fe 428)
- Brain confused (Te 62)
- Brain injured (CD 463)
- Brain powers destroyed (9T 12)
- Brain sensibility paralyzed (CG 404)
- Clear perceptions destroyed (Te 58)
- Inability to control thoughts (Te 279)
- Intellect paralyzed (MH 329)
- Mental degeneracy (CH 49)
- Mental power ruined (MM 222)
- Mental sensibilities deadened (CH 84)
- Mind beclouded (Ed 202)
- Mind enfeebled (Te 58)
- Mind of youth decayed (Te 62)
- Mind unbalanced (9T 12)
- Nerve power of brain weakened (Te 69)
- Reasoning powers perverted (Te 36)
- Senses perverted (4T 257)

\*\*\*REMEMBER: It's with the mind (brain) that we are to serve the law of God. (Romans 7:25)

### ILL EFFECTS ON THE BODY:

- Blood corrupted (5T 440)
- Body impaired (1T 548-549)
- Body of young boys dwarfed (MH 329)
- Cancer
- Digestive organs injured (CH 463)
- Diseases of every kind produced (CD 421)
- Emphysema
- Hardening of the Arteries
- Heart Disease
- High blood pressure
- Irritability (Te 60-61)
- Lips and Chin stained (4aSG-127)
- Lung problems
- Man's spark of vitality extinguished (CD 423)
- More difficult to eradicate from the system than those of intoxicating drink (MH 328)
- Nerve irritant (CD 421-422)
- Nerves excited and paralyzed (MH 228)
- Nerves trembling (Te 60-61)
- Nervous system weakened (Te 172)
- The appetite for intoxicating liquor fostered (Te 58/3T 488-489)
- The appetite for stronger stimulants fostered (Te 228-229)
- Vital force lessened (Te 64)
- **And much more**

### PEOPLE WILL BE ACCOUNTABLE FOR SPENDING MONEY ON TOBACCO:

“No human being needs tobacco, but multitudes are perishing for want of the means that by its use is worse than wasted. Have you not been misappropriating the Lord's goods? Have you not been guilty of robbery toward God and your fellow men...?” {MH 330.1}

### TOBACCO IS CONSIDERED A NARCOTIC:

“Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee and the narcotics, opium, and TOBACCO. These hurtful indulgences must be given up, not only one, but all...” (MM 222.3)

### REMEDY FOR ADDICTION:

“The Lord has a remedy for every man who is beset by a strong appetite for strong drink or TOBACCO, or any other hurtful thing which destroys the brain power and defiles the body. He bids us come out from among them and be separate, and touch not the unclean thing. We are to set an example of Christian temperance. We are to do all in our power by self-denial and self-sacrifice, to control the appetite. And having done all, He bids us stand,--stand in His strength. He desires us to be victorious in every conflict with the enemy of our souls. He desires us to act understandingly, as wise generals in an army, as men who have perfect control over themselves.” 1905 {Te 119.3}

### MORE INFORMATION REGARDING TOBACCO:

- Alcohol and tobacco are twin evils (Te 72)
- Determine not to use (Te 103)
- Never spend a penny for (Fe 319)
- Coffee fosters appetite for tobacco (3T 563)
- Condiments and Spices foster a taste for Tobacco (Te 57)
- More difficult to overcome than the liquor habit (3T 562)
- Poisons atmosphere (CH 83)
- Considered self-murder (Te 65)
- Whole man defiled (Te 62)

“...The Redeemer of the world came from heaven to help man in his weakness, that, in the power which Jesus came to bring him, he might become strong to overcome appetite and passion, and might be victor on every point.” {3T 488.2}

### WHEN GETTING READY TO QUIT, DO THE FOLLOWING:

#### 1: PRAY

- Pray every time a craving comes on.
- Claim the promises found in Psalms 50:15 and 1 Corinthians 10:13

#### 2: GET RID OF ALL ASHTRAYS, LIGHTERS, CIGARETTE BOXES, ETC.

#### 3: STAY AWAY FROM OTHER SMOKERS

#### 4: STAY AWAY FROM TOBACCO SMOKE FILLED PLACES

### NATURAL REMEDIES TO HELP A PERSON QUIT TOBACCO:

#### 1: WATER:

- **Drink lots of water whenever there is a craving** and be sure to add lemon juice to the water. This will help flush out the nicotine from the body very quickly. **SUCKING ON LEMONS IS GREAT TOO.**
- **STEAM BATH** – Sit in a tub that is filling up. Use a thermometer and when the temperature reaches 95 degrees, sit in this for 20 minutes. Be sure to drink plenty of water before, during, and after, and keep a cold rag on the head at all times. You may need a bowl of cold water on the side to dip the head rag into when it gets hot. Rinse off in cool water. Do not friction dry your body. Pat dry, then lay down for about 30 minutes if possible.

**\*\*DIABETICS and those with HEART DISEASE or blocked or hardened arteries should not do the Steam Bath.**  
**OR**

- **A COLD SHEET WRAP** (this is good for those who can't do the steam bath). Dip a queen size sheet in a bucket of cool water, wring out well, then wrap the body completely in this sheet while in the nude (have the person standing in the bathtub while doing this). Then wrap with a blanket and lay down for 30 minutes. This will draw toxins out of the body.

## 2: **RED CLOVER TOPS TEA:**

- Drink one 8 oz. cup/3 x day  
Take 2 t. of the herb and put into a coffee mug. Cover with boiling water and steep x 20 minutes.  
**Red Clover cleanses the blood, removing the nicotine, making quitting much easier.**

## **OR MAY USE LOBELIA TINCTURE**

- 1 dropperful 2 x's per day.

## 3: **STOP SMOKING URGE REMEDY**

- ¼ c. fresh lemon juice
- ¼ c. honey
- 1/3 t. peppermint oil (be sure to get INTERNAL USE...use Young Living Oils)

**\*\*\*Combine all ingredients and take 1 teaspoon when you have the urge.**

## **ANOTHER STOP SMOKING REMEDY** (from Mamon Wilson)

### **Smokers Tea and Gum:**

- ½ c. honey
- ⅓ t. cayenne pepper
- The juice of ½ a lemon
- ⅓ t. peppermint oil (Spearmint oil if they smoked menthol cigarettes)
- ½ t. liquid smoke (this is a lesser of two evils...this gives the brain the signal that smoking is happening)
- 1 t. Black cherry concentrate(may get from Trader Joe's)
- 2 T. apple juice

**\*\*\*Mix well and then take ½ tsp. as often as needed.**

## 4: **EAT FOODS HIGH IN NIACIN**

- Asparagus
- Avocado
- Barley
- Bell Peppers
- Bran
- Brown Rice
- Carrots

- Corn
- Green peas
- Greens
- Nuts
- Peanuts
- Potatoes
- Seeds
- Sun-dried tomatoes
- Sunflower seeds
- Tomatoes
- Wheat Germ

#### 5: **READ:**

- 'You Can Quit Tobacco'
- Natural Remedies Encyclopedia (5<sup>th</sup> Edition) pages 208, 607, 773
- Natural Remedies Encyclopedia (7<sup>th</sup> Edition) pages 880, 821, 231(right side of page)

#### 6: **DEEP BREATHING EXERCISES:**

- Do 5 sets of these every time a craving comes on  
Inhale (through the nose)  
Hold to the count of 10  
Exhale (through the mouth)
- Cravings usually only last about 60 seconds

#### 7: **WALK:**

- Get in a minimum of 3-4 miles per day  
You may do four 20 minute sets  
One set after each meal and  
One set for walking your dog if you have one  
One set before bedtime  
**OR**  
You can do two ½ hour segments + one 10 minute segment

#### 8: **TAKE CHARCOAL IF STOMACH GETS UPSET FROM WITHDRAWALS:**

- 2-3 T. in 20 oz. of water
- Take every 4-6 hrs. as needed
- Make sure if a person is on medicine, this is given 2 hours before or after they have taken the medicine

#### 9: **FOLLOW ALL THE LAWS OF HEALTH:**

- Bathe
- Lots of sunshine
- Proper rest/going to bed at the right time
- Read your Bible
- Trust in God

#### **HOPE FOR THE ADDICTED:**

**“Put away every indulgence that would hinder you in the work of overcoming. Ask for the prayers of those who can comprehend your need of help.”** {CD 484.3}

There was a time when I was in a situation similar in some respects to yours. I had indulged the desire for vinegar. But **I resolved with the help of God to overcome this appetite.** I fought the temptation, determined not to be mastered by this habit.” {CD 485.1}

**For weeks I was very sick;** but I kept saying over and over, The Lord knows all about it. **If I die, I die; but I will not yield to this desire. The struggle continued, and I was sorely afflicted for many weeks.** All thought that it was impossible for me to live. You may be sure **we sought the Lord very earnestly.** The most fervent prayers were offered for my recovery. **I continued to resist the desire for vinegar, and at last I conquered. Now I have no inclination to taste anything of the kind.** This experience has been of great value to me in many ways. **I obtained a complete victory.”** {CD 485.2}

**PLEASE SEE CTBH 223-224**

**“Is a man a tobacco user, a tea-and-coffee drinker, a meat eater, taking his three meals? Let him begin with tobacco, and put that away. Then let him leave off the use of tea and coffee, eat less meat, and make his third meal very light.** He will find this a heavy tax upon his system. He may all the time feel worse; but what of that? There is a glorious victory ahead. Soon he can **dispense with flesh-meats altogether.** His appetite will become natural, and he can **take simple, healthful food** with a keen relish. Next, he **leaves off the third meal...”** {1890 JW, BHY 223.4}

**\*\*\*Questions on next page\*\*\***

**Links to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/09/newstart-6-temperance-part-3-tobacco.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/04/newstart-6-temperance-part-3-tobacco.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/08/newstart-6-temperance-part-3-tobacco.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/01/newstart-6-temperance-part-3-tobacco.html>

**NEWSTART + 6 Temperance (Part 3) Tobacco**  
**(Questions)**

1. Please list 2 Bible references that would suggest people should not smoke

1. \_\_\_\_\_
2. \_\_\_\_\_

2. God's people are to learn the meaning of temperance in \_\_\_\_ things

3. Are God's people to touch, taste, or handle tobacco? YES or NO

4. Does tobacco contain poisons? YES or NO

5. What is 1<sup>st</sup> Hand Smoke? \_\_\_\_\_

6. What is 2<sup>nd</sup> Hand Smoke? \_\_\_\_\_

7. What is 3<sup>rd</sup> Hand Smoke? \_\_\_\_\_

8. Is tobacco considered a narcotic? YES or NO

9. Please list 10 ill effects that tobacco has on the moral and spiritual:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

10. Please list the 20 ill effects that tobacco has upon the mind:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

11. With which part of the body are we to serve the law of God? The \_\_\_\_\_

12. Please list 22 other ill effects that tobacco has on the body:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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7. \_\_\_\_\_
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18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_

13. Will people be held accountable for spending money on tobacco? YES or NO

14. Is there a remedy God has to help people quit tobacco? YES or NO

15. Alcohol and tobacco are twin \_\_\_\_\_.

16. What fosters an appetite for tobacco? \_\_\_\_\_

17. Do condiments foster a taste for tobacco? YES or NO

18. Do spices foster a taste for tobacco? YES or NO

19. Is smoking tobacco considered self-murder? YES or NO

20. What are the 4 things a person should do when getting ready to quit tobacco?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

21. What are the 10 remedies for quitting smoking?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

22. List 3 Water treatments:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

23. Which foods are high in Niacin? \_\_\_\_\_  
\_\_\_\_\_

24. What is the very first thing to help someone get off of when you put them on a program? \_\_\_\_\_