

**Message of the Week**  
**Let's Take a Stand Against Smoking, Be Free from Trap**

Let's take a stand against smoking, be free from trap  
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The Church and Health Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul. 3 John 1:2

The church is called by Christ to model a healthy lifestyle. A healthy lifestyle is more than keeping a set of moral codes but includes the stewardship of our personal bodies. Christians are to be just as concerned about their diet and other lifestyle choices as they are about their soul. In other words, we cannot deny the importance of the temporal as it relates to spiritual growth and maturity in Christ. It is a joy to see churches promoting and maintaining health initiatives as a means for effective praise. Today we stand hand and hand and we sing together, "We can overcome nicotine if we stop smoking today." We stand with people regardless of their ethnicity or religious preference who struggle with tobacco and say, "you, too, can drop the butts in your life." We encourage the social scientists and the whole medical community to find ways that we can remove this social ill from among us. We submit to government to restrict some personal freedoms to ensure that public facilities are free from the clouds of nicotine. We salute educators for informing our youth of the disadvantage of smoking. We realize that smoking is not an easy habit to break but the worst boss of all bosses is a bad habit. As a faith community, we express our love for life and the quality of life. Therefore, we stand as cheerleaders for our friends and families, as they struggle to stop smoking. As Barnabas encouraged Paul and John Mark, we stand ready to encourage those who are victims of smoking. The human body is the temple of strength. It is where ideas are birthed, in hope of being manifested by the hands of the conceiver. If you are a smoker, put down the butts before the butts put out your dream. The psalmist says, "Let everything that has breath praise the Lord." We ask you to join in with us as we praise our Savior for the strength to overcome nicotine. We pray for the day when smoking will not be a cause for death. As a Christian, I realize there will always be a Judas' spirit, but it does not need to be nicotine. It has been exposed. Stop smoking and choose life.