

You CAN do it! Believe it! We can do ALL things through Christ as Philippians 4:13 says, and I greatly look forward to seeing each and every one of you prove it to be true. It is a great feeling to give them up for good and leave them at the foot of the cross. No more guilt, no more fear that you'll never be able to quit, no more shame... only the joy of victory. Have faith! Pray specifically for deliverance and the strength to get rid of them and for Him to teach you how to turn to Him for comfort. And BELIEVE that He can and will do these things!

Do you believe that He can set you free? I hope so. Let me know. Remember that you can email me at anytime, I am here to help. I'm no expert, just one who found freedom in Christ from habitual smoking. And my one burning desire is for you to find it too.

grace, Chad Degenhart
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Resources:

Breath of Life Interactive Course

http://www.settingcaptivesfree.com/breath_life/

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Tips for dealing with nicotine

http://www.settingcaptivesfree.com/breath_life/Withdrawal_tips.doc

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Newsletter "Panting After God"

<http://www.settingcaptivesfree.com/mailman/listinfo/pantingaftergodtitled>

Providing Christ-Centered Hope And Freedom



Setting Captives Free exists to offer Christ-centered Hope and Freedom to those in the grip of sin through accountability to Bible-based Truth resulting in the true enjoyment of Life in and for the Glory of God.



Are you captive to sin? We are here to help set you free from your captivity! If you find yourself enslaved to one of the following areas of habitual sin, then don't hesitate, **Enroll today!**

www.SettingCaptivesFree.com



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Does smoking really satisfy?

By admitting that smoking does not permanently satisfy you, that you have to "drink" of it again and again, you are ready to discover what will satisfy. Permanently!

Tobacco, in its essential allurements, promises to quench our thirst. In other words, it promises satisfaction. You only need to glance at a few advertisements for cigarettes to see this. The men and women in the ads are so *HAPPY!* Their life is great and part of that great life is their cigarettes. And honestly, they do satisfy - but only for a time. Pretty soon we discover that we are "thirsty" again, and as the years go by we find that we are really never genuinely satisfied. Right? That is because sin never purely satisfies! It depletes us not fulfills us.

Welcome! My name is Chad Degenhart, and although I was once a compulsive cigarette smoker, I am NOT a recovering addict. As Jesus said in John

8:36, "Therefore if the Son makes you free, you shall be free indeed." I found **REAL FREEDOM** from not only my compulsive smoking habit, but from other sins that once mastered me as well. Looking back, my life was much like the man who was delivered of a legion of demons in Luke 8:26-39. Like the chains that the townspeople tried to restrain this man with, none of the many methods and teachings that friends and "experts" tried to help me with had any lasting success. Perhaps you've experienced this as well. If so, don't be discouraged!

Man-made methods, philosophies and techniques are no match for the pull of sin, but I found something that is, the grace of Jesus Christ. Now, like that man who was freed from the many demons that controlled his life, I too want to give Christ the glory for what He has done in my life and obey His instructions to go and tell "all the wonderful things God has done for you." (Luke 8:39) That is why Mike Cleveland (Founder and President of Setting Captives Free) and I have written this sixty-day Bible study called **Breath Of Life**. Throughout this course we'll learn about how to find freedom from nicotine addiction and live in Christian liberty by becoming accountable to Bible-based truth. I'll share with you from my own experience how God enabled me to do that, as well as insights from others who have done the same.

This course is not as much about giving up cigarettes as it is about gaining that which God wants you to enjoy, things that cigarettes are keeping you from enjoying. Consider for a moment all the

things that you are giving up by continuing to smoke. We must choose to give up good health, and even years of life (smoking shortens your life expectancy by about seven years!). Even more importantly than that, we give up the spiritual blessings that come from living under the control of the Holy Spirit, not our flesh. Galatians 5:22-23 states that when the Holy Spirit controls our life, we will bear the fruits of the Spirit, one of which is self-control. Have you given up the opportunity to experience the Spirit-given blessing of self-control? For most of my life, the fruit of self-control was conspicuously absent. This course is about gaining all the spiritual blessings that we chose to give up by becoming enslaved to nicotine. We hope this course will be a blessing to you, not only in helping you gain control of your strong desires to smoke that may have been established over many years, but also to help you learn how to truly enjoy the Lord and His **Breath Of Life**.

~ Chad Degenhart & Family



Friend, if we set out on this course to stop smoking for any other reason but to glorify God we cannot expect God's assistance. Since God is the greatest good, He sets out to work all things for His own glory, and if

we seek to stop smoking for any reason but to give Him glory we are in opposition to God. He will not share His glory with another (Isaiah 48:11).

Course member Jeri writes: "Transformation can only come upon realization that the reasons for wanting to change cannot be self-centered, but only for the glory of God. The Spirit of God is the key to transformation for the glory of God, and the person of Jesus Christ is God's radiant glory. It all makes sense to me, why other methods haven't been successful. I have struggled in areas of faith and prayer that have come a long way by choosing to trust God. Smoking is another one of those areas where I have to choose to trust God. God doesn't magically, mysteriously make my desire to smoke disappear, but instead allows my faith to take root in His promises."

Another course member writes: "This course showed me how only God can give me victory over smoking. The lessons taught me about how God wants me to be free from smoking and how I could go about putting God's plan into place. Best of all, this course taught me how to deepen my relationship with God so that I could draw upon his grace to quit smoking and replace it with something better. I am so grateful to God for freeing me from my addiction so that I no longer have to be a slave to tobacco. "

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