



Alcohol/Smoking

Session Guide and Review Notes

Alcohol/Smoking

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Alcohol/Smoking

- Alcohol and nicotine are highly addictive substances that reinforce each other, like a “bad habit glue.”
- Alcohol irritates the stomach, increasing ulcers and pancreatitis. It increases the risk for cancers of mouth, throat, breast, colon, and liver.
- Smaller amounts of alcohol can damage the brain, especially the frontal lobe. *Clinical Psychology Review* 2014;(34):531–550
- Alcohol plays a “considerable role” in the alarming obesity epidemic.
- “Don’t look at the wine when it is red, when it sparkles in the cup...In the end, it bites like a snake, and poisons like a viper.” Proverbs 23:31-32
- Tobacco kills about 1300 people every day—equivalent to four Boeing plane crashes a day.
- Work closely with your healthcare team and support group.
- **Four-step Starter Plan**
 - Admit you have a problem. Romans 5:8.
 - Get help—see a health care provider, counselor, pastor, friend.
 - Fight Smart. Make healthy lifestyle choices.
 - You can’t, but God can. “All things are possible, only believe.” Mark 9:23.

10 min Discussion Time 1: What are your thoughts?

- ✓ What are some practical tools for **Living Free** from addiction?
- ✓ Discuss first steps to **Live Free** from addiction?

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** God has engineered you for spiritual renewal, mental restoration, and physical recovery.
- **Recalculate:** Courage, hope, sympathy, faith, and love promote health.
- **Reframe:** “Be anxious for nothing, but in everything by prayer...with thanksgiving, let your requests be made known to God.” Philippians 4:6.
- **Remember:** Trust Jesus with your life and circumstances. “And the peace of God which passes all understanding will guard your hearts and minds through Christ Jesus. Philippians 4:7

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Focus on healthy food choices, daily exercise, adequate sleep, and drinking plenty of water.
- **Create an Environment:** Create a positive internal environment in how you think. What are you thinking and doing differently that is working for you? Record your positive choices in your **Better Way Journal**.
- **Create a Connection:** Locate a Bible promise to memorize and repeat several times each day. Record it in your **Better Way Journal**. Seek out someone to help or encourage daily.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Lifestyle Links** will be your focus?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Alcohol: Why Not and/or Up in Smoke