

Overcome Your Nicotine Addiction With the Gift of Tongues

“No temptation has taken you except what is common to man. God is faithful, and He will not permit you to be tempted above what you can endure, but will with the temptation also make a way to escape, that you may be able to bear it” (1 Cor. 10:13).

You’ve heard of many ways to deal with the spirit of addiction, but not this one! I’ll share how I overcame, and it didn’t involve casting out a demon.

I used to be a chain-smoker. First thing in the morning, I’d find a nice sunny spot and light one up.

I smoked when I was nervous; after a full meal; during my lunch break; and if I had a tough day, I’d light up two in a row. The spirit of addiction called me by name. It wasn’t just a pull, it was a craving that made me angry and unpleasant if I didn’t satisfy it.

When the Lord called me to ministry, I smoked a pack of Marlboro Menthols a day. I loved the Lord and knew I would have to quit one day, but I didn’t know how.

He didn’t condemn me for having a nicotine addiction. And so, I made up my mind— would stop when God asked me to stop. For a long time, He didn’t ask.

Until He did.

It was Sunday afternoon, and I was in my 2001 Nissan Maxima, right outside my father’s house. Church was over, and I popped by the corner store, using my last \$5 on a pack of Marlboro Menthols. I cranked the window down and lit one up.

Finally, a moment of quiet. Every inhale calmed my spirit. I hadn't gotten many puffs in, when I heard the Holy Spirit—like a good friend—knocking at my half-opened door, “If you don't quit smoking now, this is how you will die.”

Silence.

Five minutes later, still puffing away, “But I can't stop. You know me. My will is weak, and I won't stand.”

“I will help you.”

He didn't have to say much. I knew if I didn't take His offer right then, the same measure of grace wouldn't be there tomorrow. So before I could change my mind, I crushed the box of Marlboros and leapt off the spiritual cliff: “OK.”

I have not smoked a cigarette since that day 12 years ago. However, my story isn't about an immediate deliverance and how I lived happily ever after.

He said He would help me. He never said He would take away the addiction. Instead, He gave me the gift of tongues to help me face my bully.

Every time the spirit of addiction called my name, I would find a private space and speak in tongues until the temptation lifted. On Day One, I spoke in tongues every 30 minutes. I promise you, many days and weeks after that, I thought every day would be the day I caved. However, the Holy Spirit always came through and gave me just enough grace to survive another temptation.

I had to fight, but as the days passed, it got easier. Until one day, the craving was gone. It took me just three weeks to overcome the spirit of addiction.

Many get delivered by casting out a demon. Sometimes the Holy Spirit brings deliverance, and the taste is gone! For others like me, He teams up with them, and we overcome together. He

didn't cast out a demon. He didn't take away the craving. He just had me fill it with Himself through the gift of tongues until He displaced the spirit of addiction.

What's your addiction? Shopping? Food? Sex? You can break the chains of addiction today! Grab hold of the gift of tongues. Counseling someone with addiction? When they have submitted to the Lord, equip them to resist the devil, and he will flee.

Today the Lord stands before you with arms outstretched. He says, "I will help you." {eoa}

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