

Table 2: Elements of Quitting: Man’s part and God’s part

Man’s part: Like Smoking Cessation	God’s part: Spiritual Deliverance
1. Self-monitoring	
a. Cutting back	a. Word of God and prayer habits
2. Social Support	
a. Telling people your plan	a. Accountability
b. Snitch software	b. Prayer: Romans 7
3. Fences	
a. Getting rid (Sweep and clear)	a. Search the heart for footholds
b. Software blockade	b. Any “real” underlying problems? (e.g., depression)
c. No hidden triggers left	
4. Defenses	
a. “Dopamine replacement therapy”	a. Memorized meditation verses
b. Coping with urges	b. Grace “there is no condemnation” ¹
i. Mindfulness	
ii. Acceptance and commitment	
iii. “Urge surfing”	
iv. Delay and decide	
c. Being willing to suffer	c. Suffering as a means of growth
5. Offense	
a. Motivation must be positive	a. Positive spirituality
i. A firm commitment to quit	i. Sanctification by grace: “know/consider/present.” ²
ii. Rooted in core values	ii. Identity in Christ: “create in me a clean heart” ³
iii. Benefits of quitting	iii. Spiritual benefits
b. Active coping	b. Ministry: fruitful is the new spiritual
c. Relaxation	c. Fellowship
d. Pleasant events	

¹ Romans 8:1

² Romans 5-7

³ Psalm 51:10