**WHY CHRISTIANS SHOULD ABSTAIN**

**A. THE EFFECT ON OUR BODIES...**

1. Remember what the Bible teaches

a. Our bodies are the temple of the Holy Spirit - [**1Co 6:19**](http://bible.logos.com/passage/nkjv/1Co%206.19)

b. Our bodies have been bought, and are not our own - [**1Co 6:19-20**](http://bible.logos.com/passage/nkjv/1Co%206.19-20)

c. Our bodies are to glorify God - [**1Co 6:20**](http://bible.logos.com/passage/nkjv/1Co%206.20)

d. Our bodies are instruments by which we serve God - [**Ro 12:1-2**](http://bible.logos.com/passage/nkjv/Ro%2012.1-2)**;** [**6:13**](http://bible.logos.com/passage/nkjv/Ro%206.13)**,[19](http://bible.logos.com/passage/nkjv/Ro%206.19" \t "_blank)**

2. Thus our bodies are a reflection of our stewardship

a. We are all stewards of God's manifold grace - [**1Pe 4:10**](http://bible.logos.com/passage/nkjv/1Pe%204.10)

b. Our duty is to be faithful in what has been given us - [**1Co 4:2**](http://bible.logos.com/passage/nkjv/1Co%204.2)

c. We shall be judged by how we used what has been given us

- [**Lk 16:10-12**](http://bible.logos.com/passage/nkjv/Lk%2016.10-12)

d. What if someone borrowed what is yours and misused it (e.g.,

your car)?

**-- Years cut short by tobacco are lost opportunities to serve and**

**glorify God**

**B. THE EFFECT ON OTHERS...**

1. Hurting, even killing them through second-hand smoke

2. Burdening family financially with hospitable bills left behind

3. Depriving family of your presence as spouse, parent,

grand-parent

4. Impoverishing the church and society of our talents and service

**-- Is slowly killing yourself and harming others showing love, or**

**selfishness?**

**C. THE EFFECT ON OUR INFLUENCE...**

1. We are role models, for our faith is spoken of by others - cf.

[**Ro 1:8**](http://bible.logos.com/passage/nkjv/Ro%201.8)**;** [**16:19**](http://bible.logos.com/passage/nkjv/Ro%2016.19)

2. We influence others for good or ill

3. Can we say what Paul did about following one's example? - cf.

[**Php 3:17**](http://bible.logos.com/passage/nkjv/Php%203.17)

4. Do we consider the effect it has on saving others? - cf. [**1Co 10:31-33**](http://bible.logos.com/passage/nkjv/1Co%2010.31-33)

**-- Does tobacco help or hinder our efforts to share Christ with**

**others?**

**CONCLUSION**

1. The harmful effects of tobacco have been clearly established...

a. The scientific evidence is overwhelming

b. Even our bodies tell us by the way they react to smoke

2. Christians have ample reason to abstain...

a. For health reasons

b. For spiritual reasons

For those addicted to nicotine, stopping may not be easy. But I trust

we have seen that one should make every effort to rid themselves of this

habit that can destroy both body and soul...