

# Victory over Tobacco and Alcohol



How can one become completely free from addictions with God's help?

*Dear Andrew!\**

Today I want to tell you about a 39-year-old truck driver by the name of Adolf living in Munich-Germany, who wanted to kick the smoking habit. He smoked 60-70 cigarettes every day, and nothing he had tried had worked. So I asked him:

*“Would you like to know how, with the help of God, you can get free from smoking, immediately, and with no withdrawal symptoms?”*

Yes, indeed. He wanted to know.

I explained to him that I could not help him, I could only show him the way to God; the One who is more than willing and able to help. Adolf accepted God's offer and was immediately and completely delivered. 14 days later, he prayed that God would also free him from drinking beer.

At the time, he had been drinking 10–14 bottles of beer per day. God liberated him from that addiction as well, and Adolf's doctor was amazed

at the sudden improvement in his health. One year later, with the money he had saved, Adolf even took a vacation in the USA with his wife and daughters.

Many people have been freed after having spoken a simple prayer, but I wanted to give Adolf some information so he could pray with conviction. With this in mind, we read a few Bible verses.

*“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.”* (1 John 5:14 NKJV)

Here we see a promise that God answers prayers that are in harmony with His will. Let us remember this.

We read together 1 Corinthians 3:16-17 NKJV: *“Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.”* – “What do you think?” I asked, “Is smoking damaging to your health?” “Of course!” he answered. “So, is smoking a sin?” “Yes!”

[I have asked these questions to hundreds of smokers, and almost no one reacts negatively. – More than four million people die every year of diseases caused by smoking.]

\* Andrew after the biblical Andrew in John 1:40-42.  
The reason – Andrew led his brother Peter to Jesus.

Does God want us to sin? No! On the contrary: He wants us **not** to sin. Therefore it is His will that we become free from our addiction to tobacco. **This is a crucial point, because when we understand it, we know that God will certainly answer our prayer for deliverance.**

Then I told Adolf: If smoking is a sin, then it is necessary to ask God for forgiveness. He will gladly grant such a request without delay:

*“If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”* (1 John 1:9 KJV) God promises to forgive every sin that we confess.

Then I continued: “May I ask you a question? If we pray for your deliverance, would you be willing to confess your sin of smoking?” “Yes.” “In that case, God will forgive you” and we can be very grateful for that.

Of course, it would not be a good idea to repeat the same offense after receiving forgiveness. Because God does not want us to continue sinning and hurting ourselves, He is happy to liberate us when we ask Him in faith. We have His promise:

*“If therefore the Son shall make you free, you shall be free indeed.”* (John 8:36 NKJV)

Jesus is speaking here and says, if He sets us free, then we are **really** free. That means we will not want to continue in our old bad habit, and we will not need to do it anymore.

### When will He answer?

“And if we know that He hears us, whatever we ask, we know **that we have the petitions that we have asked of Him.**” (1 John 5:15 NKJV)

God hears us and answers us while we are praying, without delay. If that is true, then we can also thank Him for it in the same prayer.

I explained to Adolf that, according to the Bible, there are cases in which God hinges His promises on certain conditions. There are thousands of those in the Bible. God gave them to us so we could know His will and His requirements. The result of knowing these things is, it is easy for us to trust God. When we promise children something, they expect to receive it: in our prayer life, we may and should do the same.

[Although Adolf was actually not a believer, God answered his prayer. I assume He did that for him in order to show him His love and to help him learn to trust Him.]

**Wish or Will?** – Before we prayed, I asked Adolf a very important question: Would you **like** to stop smoking? (wishful thinking!) or do you **want** to stop smoking? (a decision of the will!) Adolf assured me: “I really want to quit.”

Then I asked: “When do you want to smoke your last cigarette?” I explained to him that it would not be appropriate to smoke his last cigarette after his prayer, if God had already delivered him. His answer: “in that case, I have already smoked my last cigarette!”

Then we discussed the content of the prayer so that he could make an informed decision as to whether he wanted to pray such a prayer or not. He confirmed his wish, but asked me to pray the prayer for him so that he could repeat it, sentence for sentence, as he did not want to forget anything. Then we knelt down together. After I had prayed for my ministry and especially

for the presence of God with us, we prayed the following prayer together: I have spoken the prayer sentence by sentence and – according to his wish – Adolf repeated it.

[This small remark is for those who do not believe in God or are uncertain about it: Please pray before the basic prayer additionally the following short prayer – if you like this:]

“Almighty God in heaven, I do not know if You exist. But if You do exist, then please answer my prayer and grant my request for deliverance, so that I may know that You are here and that You care about me.”

\*\*\*

“Father in heaven, I thank You that I may come to You with my problem. I confess that I have damaged my body with my smoking. I am so glad that You forgive me for this sin, because I am confessing it to You. You have promised in Your Word: If we confess our sins, You will forgive us. Thank You that You have already forgiven me. But Father, I have another problem. I am addicted to smoking and cannot get free. I have often tried to quit, but have not succeeded. Now I ask You with all my heart to take away my desire and taste for tobacco – completely, because You have promised: So if the Son of Man [Jesus Christ] sets you free, you will really be free. And since Your Word also says that You grant every request that is according to Your will and that we already have the things we have asked of You, I thank You now that You have already set me free. With Your help, I will never smoke again. I thank You and praise You for Your gracious help. Amen.”

Prayer

When we stood up I hugged him and congratulated Adolf on the great victory that God had given him. From that prayer on, he no longer had any desire or taste for tobacco, and no withdrawal symptoms – he never smoked again.

After that, I counseled him on how he could help cleanse his body from toxins by drinking lots of water, getting plenty of exercise in fresh air, etc. Some people put hazelnuts (nerve food) or juniper berries (blood cleanser) in the spot where their cigarettes used to be, so when their hand goes through the old, well-practiced motions, it will find something good there. It is also a good idea to avoid smokers, since they often try to reconvert ex-smokers back to their old habits.

Adolf did not notice any difference immediately after the prayer – we must receive such answers to **prayer in faith**. However, when he still had no desire to smoke several hours later, the answer to his prayer became very obvious and **practical**.

Starting the next day, Adolf did something completely new. He took 15 minutes every morning to read in the Bible and pray. It strengthened him in his decision to remain free from all addictions.

After two weeks, Adolf asked me to visit him again and help him with another problem: his daily consumption of beer was at 10–14 bottles, and he wanted to be free of that too. So we prayed for deliverance from alcohol just as we had for tobacco. [We can use the same Bible verses to pray for deliverance from all forms of sinful bondage.] In this case also, God gave him immediate victory, without any problems.

One week later, I visited Adolf with the intention of helping him, if he so wished, to develop a personal relationship with God.

Together we read the pamphlet “Seize Life,” which sparked his interest in beginning a personal relationship with Jesus Christ, and he was willing to pray the prayer he had read in that leaflet:

“Lord Jesus Christ, I want to thank You that You died and rose again for me. I am a sinner, please forgive me. Please come into my life now. I can’t save myself. I can’t earn eternal life. That is why I trust You. Free me from the power of evil. Give me strength to follow You. I surrender myself to You with everything I have and am. I accept eternal life. I haven’t earned it; but I thank You for this gift. Amen.”

## Suggested Prayer

We carefully read the prayer twice before we actually prayed. That way, Adolf could be sure he agreed with it. Then we knelt down with the little booklet open in our hands and prayed together out loud. I explained to him that this prayer of dedication to Jesus Christ could be compared

with an engagement. Getting engaged is a private event, which is followed by a time of getting to know each other better, which then leads up to the wedding.

So, after this prayer, there would also be a time of getting to know Jesus better by spending time reading the Word of God and praying, maybe joining a Bible study group, going to church, etc.

The wedding, which follows the engagement at the right time, can be compared with baptism, as it is described in the Bible.

Adolf has followed that path and is so happy for the forgiveness of all his sins, for deliverance from the bondage of his addictions, for God’s rich blessings in his life, for fellowship with likeminded Christians, for the assurance that the love of God surrounds him completely and for the hope of eternal life in the presence of God.

May you be encouraged and blessed by this experience.

Warm greetings from

*Helmut*

*Of course, one can also walk this path alone, but Adolf did not know the way and was looking for help. If you would also like assistance, please call:*

**Helmut Haubeil**, Rosenheimer Str. 4,  
D-83043 Bad Aibling (Germany)  
Email: [helmut@haubeil.net](mailto:helmut@haubeil.net)



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