

# Mel: QUIT immediately



**I had involved myself heavily in smoking cigarettes from the age of twenty.**

I was so addicted that I couldn't quit for almost 7 years. It was very difficult for me to quit smoking I had made many promises to stop the addiction but it was really difficult to keep my promises in stopping.

- AGE STARTED: **20 YRS**
- AGE QUIT: **27 YRS**
- CIGARETTES A DAY: **1 - 2 PACKETS**
- HARD TO QUIT: **NO**
- WITHDRAWALS: **NONE**
- TIME SINCE LAST SMOKE: **6 YRS**

Praise the Lord! I repented, got baptized by full immersion and receive the Holy Spirit on 13th April 2003, with the evidence of speaking in tongues. Today I am very happy and rejoice in the Lord because I had followed the truth and the truth set me free from these addictions. Now I am enjoying my salvation and looking forward to the Lord Jesus Christ's soon return to take the chosen ones, who are filled by the Holy Spirit to His eternal kingdom.

*Brother Mel · Port Moresby, PNG*

