

Susan: QUIT instantly



I sold betel nut to put food on the table. I'm married and have three children.

I started smoking when I was thirteen years old and I would smoke three to four packets of cigarettes a day.

- AGE STARTED: **13 YRS**
- AGE QUIT: **34 YRS**
- CIGARETTES A DAY: **3 - 4 PACKETS**
- HARD TO QUIT: **NO**
- WITHDRAWALS: **NEVER**
- TIME SINCE LAST SMOKE: **2 YRS**

I got baptised, received the Holy Spirit and stopped smoking the same day. I feel very different after receiving the Holy Spirit and I am happier and feel much healthier.

I praise the Lord and enjoy my salvation.

Sister Susan Ilia · Port Moresby, PNG

