



Empower your Congregation

**WITH CONQUERING NICOTINE
2025**

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Empower Your Congregation with Conquering Nicotine: A Faith-Based Free from Nicotine Group

Dear Pastor/Wellness Ministry Leader,

The tobacco industry's predatory marketing tactics and neighborhoods saturated with alcohol and tobacco retailers make overcoming tobacco use and vaping difficult. Psalms 37 says, "Fret not thyself because of evildoers." We believe in the power of faith and fellowship in overcoming nicotine and alcohol. Conquering Nicotine is a faith-based group that offers a unique, life-changing experience for African American congregants seeking to break free from the grip of nicotine use. Rooted in Christian principles and grounded in the scripture, "In all these things, we are more than conquerors through him who loved us" (Romans 8:37), this program empowers congregants to reclaim their health, their finances, and their spiritual well-being.

What is Conquering Nicotine?

Conquering Nicotine is a 7-week group program that integrates biblical wisdom with proven techniques. Unlike traditional cessation programs that focus merely on quitting, Conquering Nicotine reframes this journey as an act of love for one's self, God, family, and community—an intentional, faith-led process of Just as Christ came to free us from the law, this group frees congregants from the tobacco industry's deceitful marketing and the chains of nicotine oppression.

Why Bring Conquering Nicotine to Your Church?

As shepherds of our communities, pastors and wellness ministries are crucial in promoting holistic health, mind, and spirit. Conquering Nicotine allows your church to experience a powerful, supportive, and transformative experience that aligns with our Christian call to care for our bodies as temples of the Holy Spirit (1 Corinthians 6:19-20). This program is more than a liberation effort; it is a spiritual renewal and self-empowerment journey.

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Key Benefits for Your Congregation:

- **Faith-Centered Approach:** Grounded in scripture, the program uses biblical metaphors and stories to inspire courage, commitment, and transformation. Each week, participants engage in faith-based discussions, activities, and prayer to deepen their spiritual connection while learning practical skills to overcome nicotine dependence.
- **Community and Fellowship:** Participants find strength and encouragement in a supportive group setting, fostering a sense of belonging and shared purpose. Through mutual support and spiritual growth, this group helps build a stronger, healthier congregation.
- **Holistic Wellness:** The program addresses the spiritual, emotional, and physical dimensions of health, helping members not only to quit nicotine but to thrive in every aspect of their lives. By promoting health and wellness, Conquering Nicotine also decreases stress and improves overall well-being in your church community.

Free and Accessible: As a ministry outreach, Conquering Nicotine is offered at no cost, making it accessible to all members of your congregation. It's an excellent way to serve the community, embodying Christ's love, and care for His people.

How Can Your Church Get Involved?

We invite you to partner with us by bringing Conquering Nicotine to your congregation. Let's work together to inspire, uplift, and transform lives by helping individuals break free from nicotine and embrace a new freedom from lifestyle. Whether you have a vibrant wellness ministry or want to start one, this program provides a ready-made, comprehensive solution that aligns with your service mission.

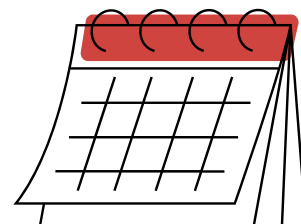
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Join us:

Join us in this impactful ministry to support healthier, happier lives for our brothers and sisters in Christ. For more information or to schedule a conversation about bringing Conquering Nicotine to your church, please contact me at drbeard@amplify.love. Together, let's help our community conquer nicotine and walk in the fullness of life that God has promised.

**Blessings,
Dr. Karen J Beard
Amplify!**



Weekly Journey Outline:

Each week, we dive into scripture and practical activities that build resolve to live free from nicotine. Here's what congregants experience:

1. **Week 1:** Claiming Your Identity in Christ - Understand your identity as a conqueror in Christ. (Romans 8:37)
2. **Week 2:** Transforming Your Mind and Spirit - Renew your mind with faith-based affirmations and strategies. (Romans 12:2)
3. **Week 3:** Casting Down Strongholds - Learn to replace old habits with new, healthy behaviors. (2 Corinthians 10:4-5)
4. **Week 4:** Walking in the Spirit of Freedom - Discover practical steps to maintain a nicotine-free life. (Galatians 5:1)
5. **Week 5:** Building a New Community - Engage with others and strengthen your support network. (Hebrews 10:24-25)
6. **Week 6:** Finding Strength in Weakness - Rely on God's strength in moments of temptation. (2 Corinthians 12:9)
7. **Week 7:** Celebrating Victory and New Beginnings - Rejoice in your progress and prepare for continued growth. (Psalm 118:24)