

How I quit smoking - Sun Myung Moon's teachings have the power to change you

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Sun Myung Moon's teachings have the power to change you and cleanse you from sins!

I thank God for helping me quit smoking. God did it in the most remarkable way. I was actually attending a religious workshop class with the Unification Church. I didn't know that smoking is not allowed so I took two packets of cigarettes with me and when I got to the workshop site I was told that I should not smoke while in the workshop, I respected their rules and accepted. On this particular day, one of the lectures was about the value of human beings, that human beings were created to be the center of the universe and lords over all creation, and the body is the dwelling place of God.

The lecture was intense and so inspiring, I couldn't help but excuse myself and went into the deep woods to have a smoke. After I smoked I felt deep guilt for breaking my word. I crushed the packet of

cigarettes with both hands and threw the full packet into the woods and return to the class. A day later, after another intense lecture on the Fall of Man and the forbidden fruit that Adam and Eve were ordered by God not to eat, once again, I had to excuse myself and went to same place and had a smoke, but this time I felt strong guilt again, and I crushed the full packet like I did the day before and threw the last packed in the thick woods.

Yet again, on the 3rd day of workshop, the lecture was about Jesus. And it was so powerful, I cried my heart out for Jesus. And again, I had to have a smoke, but this time it was so difficult, I was dying to have a smoke. So I went to the place where I threw the packets of cigarettes. I refused to go the next lecture until I find one the packets I threw away the previous days. I was running up and down like a mad dog, looking for those packets of cigarettes. I could hear people calling me to come to the lecture but I refused to answer them until I find one of the packets and have a smoke.

After about 20 minutes I find the packet. The cigarettes were broken in 3 bits. Also on this particular day it was drizzling with rain. I went and hid under a think tree and frantically started to light the cigarette, but the cigarette couldn't catch the fire because it was wet. I must have gone through 10 time match sticks, almost running out of matches.

Finally, as the cigarette caught fire and I took my first inhale, a loud voice spoke within me and said.. "look at you! A man so called, temple of God, lord of all creation. Yet a dirty little cigarette controlled you! " You are just a dog, you are just a dog." That was the last time I smoked. I never miss it or craved. This was 40 years ago.

Thank you God and thank you Reverend Sun Myung Moon!