

INSTRUCTIONS:

1. *Read all these instructions carefully before doing anything.*
2. This file will make two tri-fold prayer brochures.
3. Print the page with the picture first, and then, on the reverse side of it, print the page with the text.
4. Cut the completed page in half, horizontally, to make two 8½" by 5½" sections.
5. Fold each section into three panels.

I began this website out of devotion to the Immaculate Heart of Mary, and I continue it out of sorrow for the wounds inflicted on the Sacred Heart of Jesus by ignorance of—and disdain for—the true Faith. But I am just one person with no staff. No one pays me for the thousands and tens of thousands of dollars of labor I have put—and continue to put—into this website. I have done all the writing, all the design, and all the programming without assistance and without a sponsor. And, in all of this, I refuse to obscure simple truth with advertising.

I have made everything on this website available to anyone anywhere in the world, without having to purchase anything. You haven't had to pay a thing for my work, but if it has been of benefit to you, then perhaps you might want to make a freewill offering from your heart, of your own free will, in proportion to your own resources, out of gratitude for what you have received here. A \$5 donation is about the cost of a cup of fancy coffee, a \$10 donation is less than the cost of a CD, and even a \$20 donation is but a fraction of the cost of a psychotherapy session.

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www.chastitysf.com/donations.htm

HAIL, HOLY QUEEN

HAIL, holy Queen, Mother of mercy; hail, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious Advocate, thine eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

PRAYER TO ST. MICHAEL THE ARCHANGEL

SAINT Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray: and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the wicked spirits who prowl about the world seeking the ruin of souls. Amen.

Most sacred heart of Jesus, have mercy upon us. (*Thrice repeated.*)

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COPING WITH CRAVINGS

Whenever you feel a craving to smoke, say the following prayer:

○ MARY, conceived without sin, pray for us who have recourse to thee. Through the grace of your purity, may this unclean habit cease.

FROM the stench of smoke, the foul taste in my mouth, the stains on my hands and teeth, pray for my release.

Hail Mary ...

FROM coughing and phlegm, from polluted blood, from heart and lung disease, pray for my release.

Hail Mary ...

FROM habit and slavery, pray for my release.

Hail Mary ...

FROM tension, fear, and anxiety, pray for my release.

Hail Mary ...

FOR health and calm and peace, pray for me.

Hail Mary ...

Pray for us, O holy Mother of God, that, by Christ redeemed, we will choose to live in purity.
Amen.

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STOPPING SMOKING

THROUGH FAITH AND PRAYER



THE CATHOLIC WAY

RAYMOND LLOYD RICHMOND, PH.D.

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THE CATHOLIC WAY

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SMOKING CESSATION THROUGH FAITH AND PRAYER

If you are addicted to any substance, you “love” the addiction more than you love God, so you will not be able to love God as Christ commanded us: *You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind* (Matthew 22:37). Any addiction can be cured, then, if only you love God more than you love the addiction.

To stop smoking, therefore, you must do two things: you must overcome the *addiction* to nicotine and you must overcome the *habit* of reaching for a cigarette (either as a behavioral reward or as a means to relieve anxiety) instead of always turning to God in prayer.

To overcome the addiction to nicotine, you have three choices. You can gradually reduce the number of cigarettes that you smoke. Or you can use nicotine patches to put nicotine into your system (while you refrain from smoking) as you gradually reduce the dosage of the patches. Or you can just quit “cold turkey”—nicotine withdrawal is unpleasant, but short-lived.

To overcome the habit of constantly reaching for a cigarette, you must teach yourself to act in new ways. Use the following visualization and prayer technique to help you learn these new ways.

SMOKING CESSATION THROUGH FAITH AND PRAYER

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VISUALIZATION AND PRAYER TECHNIQUE

In general, changing unwanted behavior involves three basic steps:

1. You must know how ugly the behavior is and how much damage it causes to yourself and to others.
2. You must regret the damage caused by the behavior.
3. You must know the benefits of new and different behavior.

It will not be sufficient, however, that you “know” these things intellectually; you must know them by feeling them in the depths of your heart. So here is a way to do that.

First, enter a state of relaxation. Here, you can simply sit (or kneel) quietly and say some of your favorite prayers. This is important because the next two steps (if done properly) will arouse considerable anxiety, and you need to be able to reduce that anxiety again.

Second, create a negative mood state in which you visualize the harmful and disgusting effects of the unwanted behavior. For example, smell the stench of the smoke on your clothes and body; see the stains on your fingers and teeth; notice your shortness of breath and coughing; visualize the poisons coating your lungs and your other internal organs. Then say a *Hail Mary*.

Third, contemplate how miserable and wretched your life will be if you do not change your behavior. For example, see yourself wheezing for breath and dying of lung disease. Imagine your children suffering from their own addictions

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Third, contemplate how miserable and wretched your life will be if you do not change your behavior. For example, see yourself wheezing for breath and dying of lung disease. Imagine your children suffering from their own addictions

because of your negative influence. Then say a *Hail Mary*.

Fourth, create a positive mood state in which you visualize the beneficial effects of new, healthy behavior, all the while your anxiety from the previous step begins to dissolve. For example, see yourself as calm and confident in your faith, breathing freely, relaxed and able to concentrate, free of frustration and tension, a positive influence on others. Then say a *Hail Mary*.

Fifth, reinforce your positive mood with prayers of supplication. Create your own prayers, or select some from the following examples.

- Help me, Lord, to ground my life in prayer, not in addictions. In You, my self-confidence is not affected by small mistakes; in You, I can overcome all obstacles with total confidence.
- When I trust in You, Lord, I do not need to soothe myself with cigarettes. Through Your grace, I am no longer a slave to impulses and addiction.
- Give me the grace, Lord, to respect my own body as a temple of the Holy Spirit and to present myself to others with respect and dignity.
- Help me, Lord; give me the courage to remain relaxed, calm, and composed in any situation.
- Lord, let Your calmness and patience reflect through me to shine upon others as compassion and sensitive understanding.
- You, Lord, give me an experience of peace and calm that cannot be threatened by anything outside myself. I thank you, Lord; I wish peace and good to all.
- Lord, help me to remember that in You there are no “bad” days or “good” days; there is only love.

Sixth, conclude with a simple closure to the session. Say the prayers on the back cover.

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