



Healthy and Happy Seminar 11



Got Any Demons? Seven Tips to Conquer Them!

Today, young people face serious challenges! Some of these are poverty, failing schools, unemployment, low income, high crime rate, racial discrimination, police shootings, and imprisonment! In order to cope with these issues, many try to get help from exciting sources! But later they discover that their Helpers are really Demons!

1. Who are some of these demons? And what are their dangers?

Choose the right words: lung, sudden, unclear, liver.

- (a) **Marijuana** causes one to feel “happy,” relaxed, detached from reality.
But it causes dizziness, drowsiness, _____ thinking, slow reaction time.
- (b) **Tobacco** aids socializing and relaxation, and helps kids look mature.
But it damages the heart, causes _____ cancer, and 1,200 deaths daily!
- (c) **Alcohol** relaxes us, removes reality, lessens tension, makes us feel good.
But it damages brain cells, harms the _____, causes accidents and death.
- (d) **Cocaine** elevates mood and gives a sense of energy and alertness!
But it can cause a heart attack, kidney failure and _____ death.

2. The first tip to quit is: *Make up your mind!* True or False?

- T F 1. Find a compelling motive and make a firm decision to quit.
- T F 2. The brain has 10 billion neurons that are ready for action!
- T F 3. Your mind is powerful! Whatever it can conceive, it can achieve!



3. Second, Do adequate preparation for this life-changing action.

- Set an early date for quitting, and focus on that date.
- Do a behavior analysis: When do I do it? Where? With whom?
- Then create a strategy to cope with these habits.
- Tell family and friends, and use them as a support system.

4. Our third tip is: Identify and avoid the triggers.

Choose the right words: clothes, persons, venues.

- (a) Triggers are things, places or _____ that encourage the activity.
- (b) Avoid meeting trigger friends, and stay away from trigger _____.
- (c) Wash _____ from scents of the substance, and use a freshener.

5. Fourthly, Prepare for withdrawal symptoms!

Since these substances are addictive, withdrawing produces strong cravings causing irritability, nervousness, poor concentration, insomnia, tremors and upset stomach. Withdrawal symptoms can last for days and even weeks!

6. Our fifth tip is: Use distraction techniques. True or False?

- T F 1. Tell yourself, "I'll hold off for the next ten minutes!"
- T F 2. Put something in your mouth: mint or gum, carrot or celery.
- T F 3. Do something with your hand: Squeeze a ball or hold a pencil.
- T F 4. Do an activity. Play a game! Call a friend! Take a walk.

7. Here's tip number six. If needed, get professional help.

- In severe cases, use the services of a Christian therapist.
- Cognitive Behavior Therapy helps one discover reasons for the behavior.
- Then it aids the person to develop skills to cope with those issues.

8. The seventh tip is: Ask God for help.

Ephesians 6:12, Matthew 6:6; 4:4. Choose: Scripture, warfare, all, prayer.

- (a) The struggle to give up any harmful habit is spiritual _____!
(b) Spend time in secret _____, as well as in the moment of temptation.
(c) Commit _____ to memory and repeat them when the urge comes.
(d) Claim the promise, "I can do _____ things through Christ." Phil. 4:13.

9. When Christ comes again, what will happen to all four of these demons?

2 Peter 3:10. They "will be _____."

10. There will be only two groups! What will happen to the people of God?

1 Thessalonians 4:16, 17. Revelation 20:4. True or False?

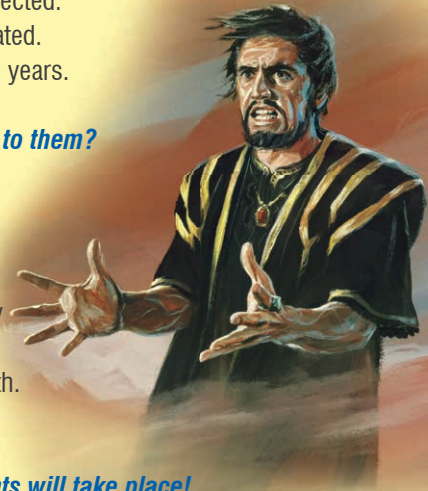
1. Saints who died will travel from heaven back to earth.
 2. God's people who are dead will be resurrected.
 3. God's people who are alive will be translated.
 4. They all will go to heaven to spend 1,000 years.

11. Then there are Satan's people! What happens to them?

2 Thessalonians 1:9, Revelation 20:5, 1-3.

Choose the right words: prison, living, dead.

- (a) Satan's people _____ will fall dead, destroyed by Christ's glory.
(b) Satan's people _____ will stay dead for another thousand years.
(c) Satan will be in the _____ of earth. He will have no one to tempt.



12. At the end of the millennium, some awful events will take place!

Revelation 20:7-10. True or False?

1. Satan's people will be resurrected, but he will still be bound.
 2. The devil will marshal his forces to capture the descending city.
 3. Fire will fall from heaven and destroy Satan and his people.

13. Group Activity. The fire will burn forever! What does "forever" mean?

Daniel 6:21. How long was that "forever?" _____.

Jonah 2:6. How long was that "forever?" _____.

1 Samuel 1:22, 28. How long was that "forever?" _____.

So "forever" means as long as _____. When fuel is finished, fire is over!

14. But if "God is love," why would He destroy sinners anyway?

Matthew 25:41. Fire is prepared for the _____ and his _____."

But if a person clings to Satan and sin, God has no choice but to destroy the sinner with sin and Satan. But while sinners are burning, God is weeping!



15. The worst part of Hell is the anguish of being separated from God!

But no one needs to experience that agony! Because on the Cross, Christ experienced that anguish for you and me! That is why He cried:

Matthew 27:46. “My God, My God, why have You forsaken Me?”

16. After the fire has destroyed Satan and sin, the New Jerusalem will complete its descent (Rev. 21:1, 2). What will Jesus say to His people?

Matthew 25:34. “Come... inherit the kingdom prepared for you.”

Hell is “prepared for the devil and his angels.” Heaven is “prepared for you!”

My Choice.

- I will use, and will help our youth to use the seven tips to beat addictions.
- I refuse to go to Hell with Satan. I choose to go to Heaven with Jesus.
- I'll walk with Jesus in the city then. I'll walk with Him in the water now.

Check Your Answers. 2. 1T, 2F [100 billion], 3T. 6. 1T, 2T, 3T, 4T. 10. 1F, 2T, 3T, 4T. 12. 1F [be loosed], 2T, 3T. 13. As long as possible.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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