

Hello. /Today, we will begin our fifth lecture on Christian ethics. /Today's topic is smoking. /Smoking is a big problem in today's society. /Many developed countries have no smoking policies in public facilities.

/Government agencies prohibit smoking in places like schools and hospitals. /Trains, buses, and subways are also taking on no smoking policies.

/Developed countries prohibit smoking in streets or sports fields where many people gather. /Korea also has no smoking policies in certain locations.

/Countries like Singapore heavily fine smokers who throw away their cigarette buds. /Some countries categorize cigarettes as drugs. /Such countries or societies hold negative views on cigarettes.

/This may be why many smokers are trying to quit smoking. /Some large corporations, although a small portion, give negative points to smoking employees when considering promotions.

/These workers are seen to have little self-control and self-management, and they are assessed as unfit for being responsible for a company's important work. /Countries, societies, and corporations are against smoking. What happens when we Christians smoke?

/There will be negative results when Christians smoke. /Some people claim that the Bible does not forbid smoking, so why should we?

/Every country has a different history of cigarettes. When the Bible was written, cigarettes were not a universal commodity. /However, when we see the teachings in the Bible, we Christians in today's society must not smoke.

/There are several reasons for this. /First, we must not smoke for the glory of God. /What is our true purpose in life? /Paul teaches us a lesson. /1 Corinthians 10:31

/Whenever we eat or drink, we must do it for God's glory. /Today, countries, societies, firms, and public offices are pessimistic about smoking, launching campaigns against smoking. If Christians smoke, it does not bring glory to God.

/Non-believers are practicing non-smoking, and when believers smoke, we cloud the glory of God. /Also, non-believers know that Christians do not smoke.

/It is obvious that we blur God's glory Christians smoke. /When the question of eating meat or not eating meat came up, the apostle Paul said it was better to not eat meat if eating meat caused problems.

/We must not dispute about whether we are allowed to smoke or not, but must not smoke because of smoking's bad effects. /We as believers must do things that make God happy and refrain from doing things that makes God unhappy.

/God hates his glory being clouded. /The third commandment in the Ten Commandments says we must not take God's name in vain. /There is a second important reason why Christians must not smoke.

/The reason is that smoking harms our bodies. /The government does not actively encourage non-smoking for religious reasons. /The government targets not only believers, but non-believers in their campaign against smoking.

/Smoking brings about fatal results concerning health. /A cigarette has about four thousand kinds of chemical particles.

/Out of the chemicals, there are many tens of poisonous particles that damage the human body.

/Harmful particles in cigarette smoke cause lung and respiratory diseases, cardiovascular diseases, and cancer. /There are many diseases caused by smoking.

/Many of the diseases we catch have a close relationship with smoking—smoking causes disease. /They say it takes about seven seconds for inhaled cigarette smoke to travel to the brain.

/It takes a short time to enter, but it takes three whole days for the nicotine substances to exit the body. /The harmful substances pile up within the body and give rise to disease.

/Respiratory disease is common example of a disease caused by smoking. /Smoking continuously for a period of time stimulates the respiratory tract to form infections. /Because smoking causes coughing and phlegm to form, people are prone to coughing and spitting.

/Also, the walls of the respiratory tract contract and weaken respiratory functions. /As lung capacity decreases, it becomes more difficult to breathe, particularly when exercising.

/People who have smoked for a long time have phlegm building up in the bottom of their lungs, and they make weird noises because of it. /If the conditions stated above continue, a smoker may develop lung cancer. The chance of a smoker dying of lung cancer is ten times higher than that of a non-smoker.

/About 30-40% of all cancer types are caused by smoking. /If smoking ceased to exist, we would see a 30-40% fall in cancer cases.

/Smoke from cigarettes contains cancer-causing agents, and one of out three people who dies from cancer is a smoker. /87% of all lung cancer cases are known to be caused by smoking.

/It is incredible to see that eight out of ten people who die from lung cancer are smokers. / That is why they say a smoker is ten times more likely to get lung cancer than a non-smoker.

/Smoking also causes oral cancer /as well as larynx cancer.

/A smoker also feels more fatigue than a non-smoker does. /They also experience more insomnia. /They are likely to catch the cold, but are slow to heal from it. /They oftentimes miss work.

/When it comes to a detailed project, companies do not prefer using smokers. /Smoking causes gum disease and bad breath. /Smokers age more quickly and lose sexual desire. /Also, they are prone to indigestion.

/Due to their low lung capacity, smokers are unfit for exercise or hiking. /Furthermore, their surroundings become unclean.

/Youth smoking is a huge problem. /The following points list the problems of adolescent smoking. /First, smoking at an early age brings about addiction to smoking that is difficult to quit.

/Not only does youth smoking create the habit of smoking that is difficult to stop, but it increases the chances of smoking after quitting for a while.

/For youths who have a difficulty controlling their impulses, quitting smoking is not an easy task. /Second, youth smoking is closely related to indecent behavior.

/Acts of crime among other wrong behavior can spring from smoking. /The smoking rate of juvenile delinquents is much higher than that of normal adolescents. Unexcused absences, runaways from home, and violence happen after a youth starts smoking.

/Third, adolescents are in more danger of health damages than adults are. /In its early phases, the harmful effects of smoking are small, but youths face the harmful consequences.

/Adolescents are undergoing growth in their cells, including their brain cells, but smoking prevents the growth of the body's organs. /The central nerves that boost aging lose their functions as a result of smoking. Motor skills also lose functionality.

/Compared to adults, adolescents have lower detoxification capabilities, which can lead to lung cancer and other adult diseases.

/Fourth, smoking adolescents are more likely to use drugs that are stronger than cigarettes. /When comparing two groups, one that does smoke and one that does not, the smoking group was two times more likely to abuse other drugs.

/To prevent drug abuse, we must have diverse, systematic education programs for smoking prevention. /Now, we will observe the effects of secondhand smoking.

/Secondhand smoking is the inhalation of smoke by non-smokers that has the same effect as smoking a cigarette.

/For example, when a husband smokes, his wife and children inhale the smoke in what is called secondhand smoking. /These situations occur frequently in our social lives.

/When we go to work and our co-worker is smoking, we unwillingly inhale the smoke and suffer from its effects.

/There are two types of secondhand smoking: one is the inhalation of smoke that is exiting the smoker's lungs, and one is the smoke coming off of a burning cigarette.

/The smoke from a burning cigarette is unfiltered, so it releases poisonous substances that cause cancer. /When cigarette smoke was measured indoors, 75% of the smoke was unfiltered smoke that contained 3 times the amount of nicotine, 3.5 times the amount of tar, and 5 times the amount of carbon monoxide of filtered smoke.

/Most of the smoke inhaled secondhand are diluted in the air, but out of the people sensitive to cigarette smoke, 69% experienced eye irritation, 32% experience headache, 20% experienced nasal irritation, and 25% experienced coughing.

/According to a study in the U.S., 3000-4000 non-smokers die of lung cancer each year because of secondhand smoking. /Secondhand smoking causes hepatitis in 200,000 people a year and asthma in 100,000 children each year.

/Therefore, we must never smoke when a child is nearby. /We must not smoke in children's facilities as well as in our workplace or public spaces.

/Our bodies are a temple of God. /We must take good care of our bodies for God to use us and to keep our faith in Him. /If we happen to smoke, we are open to scary diseases and see our health deteriorate. This does not please God.

/Also, Isaiah 55:2 says this: / "Why spend money on what is not bread?..." /God does not want us to harm our bodies with something we do not need, nor does He want us to use money to sin.

/Smoking makes other people uncomfortable. /It also damages their health. /Christians must help others and give them joy.

/Smoking does not give joy, but does damages. /Therefore, we must not smoke.

/This concludes our fifth lecture on Christian ethics. /Thank you.