# 72 Hours to Break Free from Adderall Addiction



A focused 3-day Bible study to find spiritual strength and freedom from Adderall addiction.





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#### Introduction

Welcome to this 3-day journey designed specifically for those battling Adderall addiction. Addiction can feel like an overpowering force that controls, confines, and consumes. Yet, through Scripture, we discover a powerful message of hope, resilience, and freedom. Over the next 72 hours, this study will guide you to lean deeply into God's promises and His unchanging love to overcome addiction.

Adderall addiction impacts not only the body and mind but also the spirit. Many who struggle feel trapped in cycles of dependence, shame, and discouragement. But **God's Word** offers a lifeline. The Bible is filled with stories of restoration and renewal, reminding us that no situation is beyond God's ability to heal.

During this study, you will explore key passages that speak courage, courage to face temptation, and courage to seek freedom. Each day is crafted to encourage deep reflection, honest prayer, and empowered action steps. The goal is not only to break free from addiction but also to establish a lasting relationship with God, our ultimate source of strength.

**Remember:** Breaking free is a process, but you are not alone. God is with you every step, ready to renew your mind, restore your heart, and give you a spirit of power, love, and self-discipline. Let this time be a sacred commitment to yourself and to God, as together you pursue lasting freedom and peace.















#### Your Verse

Psalm 34:17 – "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you..."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







### Devotional: Finding Strength in God's Faithful Presence

When addiction feels overwhelming, the first step is to turn your eyes toward a God who hears you. Psalm 34:17 reminds us that when we cry out — even from the depths of despair and helplessness — God listens and acts. It's not about how strong you are; it's about recognizing your need for divine help.

Admitting your struggle is an act of courage and faith. Rather than trying to face this battle alone, you are invited into intimate reliance on God's strength. Isaiah reassures us to cast off fear because God is with us, mighty and faithful. The battle isn't fought by human effort alone but by partnership with the Spirit who strengthens.

Today, embrace the truth that your pain and addiction are known to God, and He desires to deliver you strongly. Confess your dependence on Him and allow your heart to rest in His care. The process begins with trust, and trust grows with prayer, honesty, and surrender.

**Remember**: Each small step of faith plants the seeds for lasting healing. You are not alone — God is with you now, ready to begin the work of restoration.







#### Reflect and Apply

1.	What fears or doubts do you need to surrender to God today?
2.	How can you remind yourself that God listens to your cries?
3.	In what areas are you trying to carry the burden alone?







#### **Journaling Prompts**

	Write about your current feelings regarding your addiction and your hopes for freedom.
2.	List ways God has helped you in the past to instill confidence for today.
3.	Describe what it means to you to 'cast your anxiety on the Lord.'







#### Prayer for Today

**Lord, today I come to You burdened and weak,** but ready to trust Your strength. Help me to release my fears and anxieties into Your caring hands. Remind me that I am not alone in this struggle and that Your power is made perfect in my weakness. Fill me with Your peace and courage to face the coming days, knowing You will never forsake me. I surrender my addiction into Your loving care. In Jesus' name, Amen.















#### Your Verse

Ephesians 6:11 – "Put on the full armor of God, so that you can take your stand against the devil's schemes."

#### **Supporting Scriptures**

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- 1 Corinthians 10:13 "No temptation has overtaken you except what is common to mankind..."







## Devotional: Equipped to Stand Strong Against Temptation

**Temptation to return to addiction can feel relentless.** But God has not left you defenseless. Ephesians 6 calls believers to put on the full armor of God — a spiritual protection to withstand the enemy's attacks on your mind and heart.

Each piece of this armor represents a vital defense: truth to guard your mind, righteousness protecting your heart, readiness from the gospel to stand firm, faith as your shield, salvation as your helmet, and the Word of God as your sword.

When urges arise, remember you are called to actively resist temptation. James assures us that if we submit to God, the source of evil's power diminishes. And 1 Corinthians gives hope that temptation will not overwhelm us beyond what we can endure — God provides a way out.

Equip yourself today in prayer and Scripture memorization. Call upon God's armor before moments of weakness. This battle is real, but victory is assured when your defense is rooted in God.







#### Reflect and Apply

hat strategies can help you resist temptation more effectively?
ow can submitting to God change your response to urges?







#### **Journaling Prompts**

	Describe how you currently face temptation and what has helped or hindered you.
2.	List Scripture verses that bring you strength and memorize one today.
3.	Write a personal prayer asking God for specific strength in moments of temptation.







#### Prayer for Today

Heavenly Father, equip me with Your armor today. Help me to stand firm when temptation comes knocking. Teach me to rely on Your truth and faithfulness to resist urges and schemes that try to pull me back. Grant me discernment to see the enemy's tactics and the courage to submit fully to You. Thank You for being my strength and shield in this fight for freedom. In Jesus' mighty name, Amen.















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Romans 12:2 "Be transformed by the renewing of your mind..."
- Galatians 5:1 "It is for freedom that Christ has set us free."







#### Devotional: Living in the Freedom Christ Provides

**Victory over addiction is not just about stopping habits**; it's about embracing a transformed life in Christ. 2 Corinthians 5:17 reminds us that when we surrender to Jesus, we become new creations — the addiction no longer defines us.

This process includes renewed thinking, new values, and a fresh purpose. Romans encourages us to be transformed by renewing our minds, replacing old thought patterns with God's truth. Freedom isn't a one-time event but a daily decision to live according to God's Spirit, not our past chains.

Galatians celebrates the freedom Christ has provided — freedom to choose life, joy, and healing. This freedom empowers you not only to break free from Adderall addiction but also to walk forward with hope and strength, wrapped in God's grace.

As you complete these 72 hours, commit to living each day in this freedom. Surround yourself with community, God's Word, and continuous prayer. Your story is being rewritten as a testimony of God's redeeming power.







#### Reflect and Apply

1.	How can you embrace your identity as a new creation in Christ today?
2.	What changes do you need to make in your mind and daily habits?
3.	How will you pursue freedom continually beyond these 3 days?







#### **Journaling Prompts**

1.	Write about what 'new life in Christ' means personally to you.
2.	List practical steps for renewing your mind and habits going forward.
3.	Write a commitment prayer to live in freedom daily and trust God.







#### Prayer for Today

Father God, thank You for making me new. Help me fully embrace the freedom You offer through Jesus. Transform my mind and fill me with Your Spirit to live daily in victory over addiction. Guide me to surround myself with support and Your truth to sustain this path of renewal. May my life be a testimony to Your grace and power. I commit myself to walk free in You. In Jesus' name, Amen. 🙌 🛠 📞







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