72 Hours to Break Free from Alcohol Dependency



A focused 3-day Bible study to find strength and freedom from alcohol addiction through Scripture and prayer.





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Introduction

Welcome to this transformative 3-day Bible Study on breaking free from alcohol dependency. Struggling with addiction can feel overwhelming, but the good news is that through God's power and guidance, freedom is possible. Over the next 72 hours, we will dive deeply into Scriptures that encourage strength, healing, and renewal. *This plan is not just about understanding addiction—it's about experiencing liberation through faith.*

Alcohol addiction often brings feelings of shame, weakness, and isolation. Yet the Bible reminds us that no one is beyond God's reach. Through His Spirit, chains can be broken and new life begins. Each day we will explore powerful passages to strengthen your resolve, renew your mind, and transform your heart.

We will focus on: God's faithfulness when you're weak, the power of surrender, and embracing a new identity in Christ free from bondage. Whether you're taking the first step or are in the midst of the battle, these Scripture-based reflections and prayers will provide the spiritual tools you need to move forward.

Remember, recovery is a process that involves God's grace and your commitment. Take time each day to meditate, journal, and pray. Let the Holy Spirit work deeply as you immerse yourself in His Word. May these 72 hours







mark the beginning of your journey towards wholeness and lasting freedom.



















Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Finding Strength in God's Nearness to the Broken

Beginning the journey to break free starts with deeply recognizing our need and turning to God. Addiction often leaves us feeling broken and overwhelmed. Psalm 34:18 reminds us that God is especially close to those who are crushed in spirit. This is an invitation to come as you are, with all your pain and struggles.

Acknowledging your need for help is not weakness—it's a courageous first step of faith. Sometimes we try to hide our weaknesses, but God says He is near. Isaiah 41:10 encourages us not to fear, because God is with us every step of the way. His strength supports us when our own resolve is not enough.

Paul's words in 2 Corinthians 12:9 reinforce this truth: God's grace is enough, and His power shines brightest in our weakness. Let today be about surrendering your burdens to Him, trusting that His presence can bring healing and restoration. The road ahead may be tough, but you do not walk it alone.







Reflect and Apply

1.	In what ways do you currently feel broken or crushed by addiction?
	How does knowing God is close to the brokenhearted change your view of your struggle?
3.	What fears keep you from fully surrendering your addiction to God?







Journaling Prompts

1.	Write about the moment you realized you needed help with alcohol dependency.
2.	List the emotions that come up when you think about breaking free.
3.	Describe what it means to you that God's grace is sufficient in your weakness.







Prayer for Today

Heavenly Father, thank You for being near when I feel broken and weak. I surrender my addiction to You now, trusting that Your grace will carry me through these difficult moments. Help me overcome fear and fill me with Your peace and strength. I lean on Your promises and ask for Your healing touch. Lead me in the path of freedom. In Jesus' name, Amen. \triangle















Your Verse

Romans 8:37 - "In all these things we are more than conquerors through him who loved us."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Galatians 5:1 "It is for freedom that Christ has set us free."







Devotional: Empowered by Christ to Conquer Addiction

Yesterday, we acknowledged our need for God's help; today, we focus on His power to bring victory. Addiction can feel like a strong hold, but through Christ, you are more than a conqueror (Romans 8:37). This means you don't just endure—you triumph.

It's important to remember that strength doesn't come from willpower alone but through God's empowerment. Philippians 4:13 is a powerful reminder that we can face every challenge by relying on the strength Christ provides.

Galatians 5:1 highlights the freedom Christ gives—He wants you free from every bondage, including alcohol dependency. Freedom is not just future hope; it's available now through His Spirit.

Today, remind yourself that your identity is not defined by your struggles but by Christ's victory. Say 'no' to the chains of addiction and 'yes' to the freedom Jesus offers. Take heart; empowerment flows to those who turn to Him fully.







Reflect and Apply

1.	What does it mean to be "more than a conqueror" in your current struggle?
2.	How can you rely on Christ's strength when your own feels insufficient?
3.	What freedom do you hope to experience by embracing God's power today?







Journaling Prompts

1.	Reflect on times you have experienced God's strength before.
2.	Write down what freedom in Christ looks like in your life.
3.	Make a list of lies addiction tells you and counter them with God's truths.







Prayer for Today

Lord Jesus, thank You for conquering sin and setting me free. I receive Your power to overcome alcohol dependency. Help me lean on Your strength each moment and reject the bonds that hold me. Fill me with hope and courage to walk this path of freedom. May Your love guide every decision today. Amen.



















Day 3: A Walking Forward in Freedom

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

- Ephesians 4:22–24 "...put off your old self...and put on the new self, created to be like God in true righteousness and holiness."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Day 3: A Walking Forward in Freedom

Devotional: Living Daily as a New Creation in Christ

Today is about embracing the new life and identity you have through Christ. Addiction attempts to define you by past mistakes or current struggles, but 2 Corinthians 5:17 promises that anyone in Christ is a new creation. The old self, with its chains, is gone. A transformed life is here.

This transformation requires intentional daily choices to live in freedom. Ephesians 4:22–24 encourages us to put off the old self and clothe ourselves with a new self that reflects God's holiness and righteousness.

Jesus said in John 8:36 that if He sets you free, you are truly free. This freedom is not simply absence of addiction, but living with purpose, joy, and restoration.

As you complete this 3-day journey, commit to walking forward in this new identity. Surround yourself with support, lean on God's Word, and celebrate the victories—big and small. Freedom is a daily choice empowered by a faithful God who loves you deeply.







Day 3: 🙆 Walking Forward in Freedom

Reflect and Apply

1.	What does being a new creation mean to you personally?
2.	How will you practically "put off" your old self each day?
3.	What steps can you take to maintain freedom beyond these 72 hours?







Day 3: 🙆 Walking Forward in Freedom

Journaling Prompts

1.	Describe your new identity in Christ in your own words.
2.	Write about the changes you want to see in your lifestyle moving forward
3.	List the supports and habits that will help you walk in freedom.







Day 3: A Walking Forward in Freedom

Prayer for Today

Gracious God, thank You for making me new in Christ. Help me to live out this freedom daily and reject the old chains that held me. Strengthen my commitment to follow You and embrace the abundant life You offer. Guide my steps and surround me with Your love and encouragement. In Jesus' powerful name I pray, Amen. \triangle







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