



72 Hours to Break Free from Crack Cocaine



A focused 3-day Bible study empowering freedom
from addiction through Scripture, prayer, and
reflection.



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Introduction

Welcome to this transformative 3-day Bible study focused on breaking free from the chains of crack cocaine addiction. Addiction is a powerful and destructive force that can deeply impact every area of a person's life. But the Bible offers hope, healing, and freedom through the grace and power of God.

Over the next 72 hours, we will journey through Scripture, prayer, and self-reflection designed specifically to encourage and strengthen those battling addiction. Each day will highlight God's promises alongside practical spiritual truths that empower believers to experience liberty and restoration.

Remember, breaking free is a process requiring commitment, honesty, and reliance on God's strength rather than your own. Addiction often thrives in isolation and shame, but God's Word invites us into deep healing community and the wisdom of His Spirit.

As you engage with each day's passage and devotional, open your heart to receive God's love and power at work within you. Let His Word remind you that freedom is possible, that healing is near, and that you are not alone in this battle. Lean on God daily, and trust Him to be your refuge and deliverer.

Let us begin this journey of hope, healing, and a new life in Christ.





Day 1: 🛡️ God's Strength in Our Weakness



Your Verse

2 Corinthians 12:9 – But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

Supporting Scriptures

- *Philippians 4:13 – I can do all this through him who gives me strength.*
- *Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God.*



Devotional: Strength in Weakness: Surrender to God's Power

Starting the journey to freedom often feels overwhelming. Addiction can leave us feeling powerless and alone. Yet, God's Word reminds us that *His grace is sufficient* in our weakness. In 2 Corinthians 12:9, Paul shares that God's power is revealed most deeply when we admit our limitations and lean into Him.

Crack cocaine addiction thrives on feelings of control, but genuine freedom begins when we surrender control to God. The first step is acknowledging that our own strength is not enough and trusting that God provides the power required to overcome.

Today, focus on the truth that Christ's power rests on those who admit their need. Philippians 4:13 encourages us that through Christ, we can endure and overcome every challenge, including addiction. Fear and shame may try to chain you, but Isaiah 41:10 reminds you that God is with you, providing strength and courage.

Lean on His strength rather than your own efforts today. Admit your weakness and ask God to fill you with His power, allowing His grace to carry you through each moment of temptation.



Day 1:  God's Strength in Our Weakness

Reflect and Apply

1. In what areas do you feel your own strength is insufficient in battling addiction?

2. How can surrendering your weakness to God change your approach to recovery?

3. What fears or doubts do you need to release to trust God's power fully?



Day 1:  God's Strength in Our Weakness

Journaling Prompts

1. Write about a time when God's strength helped you during a difficult moment.

2. Describe your current feelings about your addiction and surrendering control to God.

3. List practical ways you can remind yourself daily of God's presence and power.



Day 1: 🛡️ God's Strength in Our Weakness

Prayer for Today

Father God, thank You that Your grace is enough for me today and every day. Help me to release the burden of trying to fight this addiction on my own. I ask for Your strength to fill my heart where I am weak. Teach me to trust You fully and lean on Your power, especially when I feel overwhelmed or tempted. Surround me with Your peace and remind me that I am never alone in this battle. Guide my steps as I take this first day toward freedom and healing. In Jesus' name, Amen. 🙏💪🕊️❤️





Day 2: 🔥 Renewing the Mind to Resist



Day 2: 🔥 Renewing the Mind to Resist

Your Verse

Romans 12:2 – Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Supporting Scriptures

- *Ephesians 4:22-24 – You were taught...to put off your old self...and to be made new in the attitude of your minds.*
- *James 1:5 – If any of you lacks wisdom, you should ask God.*



Day 2: 🔥 Renewing the Mind to Resist

Devotional: Transform Your Thinking to Break Addiction

Addiction not only affects our bodies but also our thoughts and perspectives. The Bible teaches that transformation begins with the renewing of the mind (Romans 12:2). Changing harmful thought patterns is essential to breaking the cycle of addiction.

Today, consider the influence of worldly habits and lies that feed addiction. These can be negative self-talk, false promises of comfort, or distorted views of worth. God calls us to leave those patterns behind and embrace His truth.

Ephesians 4:22-24 encourages us to put off our old self and take on a new, godly mindset. This isn't a quick fix but a daily process of renewing the way you think by meditating on Scripture and seeking God's wisdom. If you feel unsure where to begin, James 1:5 invites you to ask God for wisdom — He generously gives it to all who seek sincerely.

Commit to rejecting lies and filling your mind with truth today. Your mind is a battlefield, and God's Word is a powerful weapon for change. Resist temptation by focusing on God's promises and inviting His Spirit to transform your inner world step by step.



Day 2: 🔥 Renewing the Mind to Resist

Reflect and Apply

1. What false beliefs or thoughts have supported your addiction?

2. How can daily renewal of your mind change your behavior and choices?

3. What specific Scriptures or truths can you meditate on when tempted?



Day 2: 🔥 Renewing the Mind to Resist

Journaling Prompts

1. Identify lies you may believe about yourself or your addiction; counter them with God's truth.

2. Write a prayer asking God to renew your mind and give you wisdom.

3. Describe practical ways to guard your thoughts and replace negative patterns.



Day 2: 🔥 Renewing the Mind to Resist

Prayer for Today

Lord, I ask You to renew my mind and transform my thoughts today. Help me to reject the lies that feed this addiction and instead fill my heart with Your truth and wisdom. Guide me daily as I seek Your will and strength to resist temptation. Teach me to rely on Your Word and Spirit to change me from the inside out. Thank You for Your patient love and the new life You offer. In Jesus' name, Amen. 📖 🧠 ✨ 🙏





Day 3: 🌿 Walking in Freedom and New Life



Day 3: 🌿 Walking in Freedom and New Life

Your Verse

Galatians 5:1 – It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Supporting Scriptures

- *John 8:36 – So if the Son sets you free, you will be free indeed.*
- *Psalms 34:18 – The Lord is close to the brokenhearted and saves those who are crushed in spirit.*



Devotional: Embrace and Stand Firm in Freedom

After surrendering your weakness and renewing your mind, it's time to **embrace the freedom Jesus offers through His sacrifice**. Galatians 5:1 emphatically declares that Christ has set us free — not partially, not temporarily, but completely.

Freedom from crack cocaine addiction is possible because Jesus breaks the chains of slavery, and His love restores what addiction sought to destroy. However, standing firm in that freedom requires ongoing faith and vigilance. We must consciously reject any return to old habits or burdens that enslave.

John 8:36 reminds us, “If the Son sets you free, you are free indeed.” This freedom impacts your spirit, mind, and body. When struggles arise, take heart that God is near, especially to the brokenhearted (Psalm 34:18). Healing may be gradual, but God's steadfast support is unwavering.

Today, commit to walking in this freedom and leaning on God for continued strength. Celebrate the victory Jesus won for you. Share your story with someone trustworthy, and build a support network grounded in faith as you move forward.



Reflect and Apply

1. What does true freedom in Christ mean to you personally?

2. How can you guard yourself against returning to old patterns of addiction?

3. Who can you reach out to for support and accountability in your freedom journey?



Day 3: 🌿 Walking in Freedom and New Life

Journaling Prompts

1. Write about how Christ's freedom changes your identity and hope for the future.

2. List practical steps to take when faced with temptation to relapse.

3. Reflect on who God has placed in your life to help you stay strong.



Day 3: 🌿 Walking in Freedom and New Life

Prayer for Today

Jesus, thank You for setting me free from the chains of addiction. Help me to stand firm in the liberty You provide and not return to bondage. Surround me with Your presence when I feel weak or tempted, and remind me that You are my refuge and strength. Give me courage to walk boldly in new life, sharing my journey with others who uplift me. I trust in Your enduring love and power to keep me free. In Your name, Amen. ✚ 🌿 🙏 💖





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