72 Hours to Break Free from Fentanyl: A 3-Day Bible Study



Discover God's strength and freedom as you journey through 72 hours of healing from addiction to fentanyl with focused Scripture and devotions.





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Introduction

Breaking free from addiction is a profound journey, often filled with struggle, hope, and divine encounter. This 3-day Bible study is designed specifically for those facing the intense challenge of fentanyl addiction, offering spiritual sustenance and encouragement as you seek liberation and healing in just 72 hours.

Fentanyl addiction can feel overpowering, like an unyielding chain binding body, mind, and spirit. The pain of withdrawal and the battle for self-control might at times seem impossible. Yet God's Word reminds us **that no bondage** is too strong for God's power to break.

Over these next three days, we will explore key Scriptures focused on God's strength in weakness, His peace that overcomes anxiety, and the freedom Christ offers to all who trust Him. *Each day includes a primary passage, supporting Scriptures, devotional content aimed at embracing hope and transformation, reflection questions for deep personal insight, journaling prompts to facilitate healing, and a prayer to carry you through your journey.*

As you commit to these 72 hours, remember: **you are not alone.** God is with you every step, ready to empower you through the withdrawal process, renew your mind, and restore your spirit. Let this time be a sacred space of surrender and strength, where God's grace breaks strongholds.







Take this time seriously, be gentle with yourself, and allow God's Word to breathe freedom into every part of your being.















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

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Devotional: Finding Strength in Divine Grace

On this first day of your journey, we focus on God's strength that meets us in our weakest moments. The withdrawal from fentanyl can be physically and emotionally debilitating. You may feel powerless and vulnerable, but God promises a different reality—His grace is sufficient, and His power is made perfect in your weakness.

2 Corinthians 12:9 reminds us that acknowledging our weaknesses is not a defeat but an invitation for Christ's power to rest upon us. It is in these moments of surrender that God's strength can rise within us to overcome the chains of addiction.

Today, let your focus be on leaning fully into God's grace. When the struggle feels overwhelming, call out to Him as your refuge and strength (Psalm 46:1). God equips the weary with endurance and sustains those who feel weak (Isaiah 40:29).

Step into this day with confidence that although your body and mind are frail, God is mighty to save and sustain you through every craving and trial.







Reflect and Apply

	What areas of weakness or struggle are you willing to surrender to God's grace today?
2.	How have you experienced God's strength in difficult moments before?
	What fears or doubts arise when you think about breaking free from addiction?







Journaling Prompts

1.	Describe how addiction has made you feel weak or powerless.
2.	Write a prayer asking God to reveal His strength in your struggles.
	List ways you have relied on your own strength and how releasing control might change your healing journey.







Prayer for Today

Lord, in my weakness, I need Your strength more than ever. Please flood me with Your grace as I face these difficult hours. Help me surrender control and trust in Your mighty power to break the chains of addiction in my life. Let Your presence be my refuge in moments of pain and temptation. Renew my spirit and remind me I am not alone. May Your strength be made perfect in my weakness. *In Jesus' name, Amen.* \bigwedge \bigcirc \bigcirc

















Day 2: K Finding Peace Beyond Anxiety

Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







Day 2: K Finding Peace Beyond Anxiety

Devotional: Receiving God's Peace in the Storm

Withdrawal can bring waves of anxiety, fear, and unrest that seem impossible to calm. Today's Scripture reminds us that God offers a peace that surpasses all human understanding.

Philippians 4:6-7 encourages us not to be overwhelmed by anxiety but to cast our cares on God through prayer, petition, and a heart of gratitude. This act of surrender unlocks His supernatural peace that will guard your heart and mind through this intense time.

Jesus promised a peace unlike any the world can give (John 14:27). Even when your body is arguing for relief through fentanyl, God invites you to rest in the quiet confidence of His unshakable presence. Remember, He draws near to those who feel crushed and broken (Psalm 34:18)—no pain or despair is beyond His comfort.

So today, lean into prayer and thanksgiving, and receive the peace God longs to fill you with—even amidst turmoil.







Day 2: 💰 Finding Peace Beyond Anxiety

Reflect and Apply

1.	What anxieties and fears are most present in your heart right now?
	How does bringing your worries to God in prayer impact your feelings of peace?
	In what ways can you remind yourself of God's presence during moments of intense craving or distress?







Day 2: 💰 Finding Peace Beyond Anxiety

Journaling Prompts

1.	Write about a time God brought peace in a seemingly hopeless situation.
2.	List things you are grateful for today despite your challenges.
3.	Describe what it feels like to release anxiety into God's hands.







Day 2:
Kinding Peace Beyond Anxiety

Prayer for Today

Father, my heart is heavy with anxiety and fear. I bring every worry and craving before You, trusting You will guard my heart and mind with Your perfect peace. Help me rest in Your promises and feel Your calming presence as I face these moments of struggle. Thank You for never leaving me alone and for drawing near when I am brokenhearted. Fill me with Your peace that surpasses all understanding. *In Jesus' name, Amen.* \bigwedge

















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."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Devotional: Claiming True Freedom in Christ

The final day of your 72-hour journey focuses on the freedom Christ offers—freedom that breaks addiction's chains forever. Galatians 5:1 is a powerful reminder that Christ's sacrifice has made you free, not to return to slavery under addiction or shame.

Freedom is both a gift and a daily choice. As you stand firm on the promises of God, remember that Christ's freedom is true freedom—deep, lasting, and holistic (John 8:36).

There is no condemnation for those who trust Jesus (Romans 8:1). Your past does not define you; your identity is now in Christ, who redeems and restores. Addiction does not have the final word.

Today, embrace this freedom by claiming God's promises and rejecting the lies that keep you bound. Live boldly in the newness of life God offers. Celebrate the victory Christ has won for you, and look forward with hope and determination.







Reflect and Apply

1.	What does freedom from addiction mean to you at this moment?
	How can standing firm in Christ's promises strengthen your commitment to healing?
	What lies or fears might you need to reject to fully embrace your freedom?







Journaling Prompts

1.	Write about how your life can change when you live free from addiction.
2.	List scriptures or truths about freedom you want to remember daily.
3.	Describe how you can support yourself and others in walking in freedom







Prayer for Today

Jesus, thank You for setting me free from addiction's chains. Help me stand firm in this freedom and not turn back to old burdens. Remind me daily of the victory I have in You and the new life I am called to live. Fill me with Your Spirit to walk boldly, free from shame and condemnation. May I live fully in the promise of freedom You won for me. *In Your holy name, Amen.* \bigwedge







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