






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



A powerful 3-day plan to find freedom from
inhalant addiction through Scripture, prayer, and
reflection.

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Introduction

Welcome to this transformative 3-day Bible study focused on breaking free from inhalant addiction. Addiction, especially to inhalants, can feel overwhelming and isolating. Yet, through God's Word, we find hope, strength, and a clear path to liberty. Over the next 72 hours, you will engage deeply with Scripture that reassures you that you are not alone, and that freedom is possible through God's power.

Inhalants can deeply impact the mind and body, creating bonds that often seem unbreakable. But the Bible reminds us that no chain is too strong for God to break when we surrender our struggles to Him. This plan centers on God's promises of deliverance, renewal, and the gift of self-control.

Each day offers focused Scripture readings, reflections, and prayers to support your journey. You will be invited to ponder key questions and journal your thoughts — important tools for internalizing God's truth and helping you walk confidently away from addiction.

Remember, **this is a journey of grace and courage.** God sees your pain, He hears your prayers, and He provides the strength needed to overcome. As you embrace these 72 hours, lean into His presence and allow His Word to cleanse and renew your spirit. 🌿





Day 1: Freedom Begins: Recognizing God's Power to Deliver



Day 1: 🚫 Freedom Begins: Recognizing God's Power to Deliver

Your Verse

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

Supporting Scriptures

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



Day 1:  Freedom Begins: Recognizing God's Power to Deliver

Devotional: Hope Through God's Power to Deliver

Day 1 invites us to embrace hope. Addiction can make us feel trapped and powerless, but the Bible assures us that God hears every cry and is ready to deliver us. Psalm 34:17 reminds us that when we call on Him, He doesn't turn away; He comes to our rescue.

Recognizing our weakness is not defeat but an opportunity for God's strength to shine through. Paul's words in 2 Corinthians teach us that God's grace is enough to sustain us in our struggles. Even in moments of despair, God's power is perfected in our frailty.

Isaiah 41:10 comforts us by reminding us that fear need not control us. God is our constant presence, offering courage and peace, especially when facing the hard work of breaking free.

Today, surrender your feelings of helplessness to God. Open your heart to His power to liberate you from inhalants. Freedom starts with the belief that God is stronger than any chain that binds you.



Day 1:  Freedom Begins: Recognizing God's Power to Deliver

Reflect and Apply

1. In what areas do you feel powerless, and how might God's strength fill those gaps?

2. How can recognizing your weakness open the door to receive God's grace?

3. What fears might be holding you back from asking God for help?



Day 1:  Freedom Begins: Recognizing God's Power to Deliver

Journaling Prompts

1. Write about a time when you felt God's strength in a difficult situation.

2. List specific fears related to breaking free from inhalants and pray over them.

3. Describe what freedom looks like for you and your life.



Day 1: 🔓 Freedom Begins: Recognizing God's Power to Deliver

Prayer for Today

Dear Lord, thank You for hearing my cries and offering me hope in the midst of my struggles. I acknowledge my weakness and invite Your strength to fill me. Help me to trust that You are with me, even when I feel afraid or overwhelmed. Teach me to rely on Your grace each moment as I begin this journey to freedom. *Grant me courage, peace, and unwavering faith.* In Jesus' name, Amen. 🙏🌿💪✨





Day 2: Strength for the Battle: Renewing Your Mind and Spirit



Day 2:  Strength for the Battle: Renewing Your Mind and Spirit

Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- *Galatians 5:22-23 - "The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."*
- *Ephesians 6:11 - "Put on the full armor of God, so that you can take your stand against the devil's schemes."*



Day 2:  Strength for the Battle: Renewing Your Mind and Spirit

Devotional: Renewing Mind and Spirit for Lasting Victory

Day 2 focuses on inner transformation and spiritual strength. Addiction does not just affect the body but also the mind and spirit. Paul's exhortation in Romans 12:2 reminds us that true change comes when God renews our minds, helping us reject old harmful patterns and embrace new life.

This transformation is not something we can accomplish alone. The Holy Spirit's fruit, especially self-control, empowers us daily to resist temptation and cultivate healthy habits. Galatians reminds us that these qualities are the marks of a life lived in God's strength.

Moreover, Ephesians calls us to equip ourselves fully with God's armor. This spiritual protection—truth, righteousness, faith, and prayer—guards us against the enemy's attempts to pull us back into addiction.

Commit today to renewing your mind through prayer, Scripture, and seeking God's Spirit. Let each thought and action reflect your identity as a child of God, empowered and victorious.



Day 2:  Strength for the Battle: Renewing Your Mind and Spirit

Reflect and Apply

1. What thought patterns do you need to surrender to God for renewal?

2. How does the fruit of the Spirit relate to overcoming addiction?

3. What spiritual 'armor' could strengthen you daily?



Day 2:  Strength for the Battle: Renewing Your Mind and Spirit

Journaling Prompts

1. Identify triggers that lead to inhalant use and write a prayer breaking their power.

2. Reflect on which fruit of the Spirit you want to grow stronger in and why.

3. List ways you can put on God's armor each morning as a daily habit.



Day 2: 🛡️ Strength for the Battle: Renewing Your Mind and Spirit

Prayer for Today

Father, thank You for the promise to transform my mind and renew my spirit. Help me to recognize negative patterns and to embrace Your truth instead. Fill me with Your Spirit so that I may bear the fruit of self-control and walk boldly in Your armor. Strengthen me in moments of temptation and guide my steps toward lasting victory. In Jesus' name, Amen. ✨ 🛡️ 🙏 🧠





Day 3: New Beginnings: Walking Forward in Freedom and Hope



Day 3: 🌅 New Beginnings: Walking Forward in Freedom and Hope

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

- *Philippians 3:13 – "Forgetting what is behind and straining toward what is ahead."*
- *John 8:36 – "So if the Son sets you free, you will be free indeed."*



Day 3: 🌅 New Beginnings: Walking Forward in Freedom and Hope

Devotional: Embracing New Life and Lasting Freedom

On this final day, we celebrate the new life that God offers. Addiction does not define you—God’s redemptive power does. 2 Corinthians 5:17 reassures us that in Christ, the old life of bondage falls away and a fresh start emerges.

This new beginning involves intentionally looking forward. Philippians encourages us to let go of past setbacks and press on toward the hope God has placed before us. Each step away from addiction is a step into God’s promised freedom and purpose.

Jesus’ own words in John 8:36 declare the fullness of that freedom. When He sets us free, no chain remains. Today, embrace that liberty as your reality, and walk boldly into your God-designed future.

Remember, freedom is a journey lived one day at a time. Lean on God constantly, celebrate progress, and know He is with you always. Your 72-hour breakthrough is only the beginning of a life filled with grace, hope, and restoration. *You are free indeed!*



Day 3: 🌅 New Beginnings: Walking Forward in Freedom and Hope

Reflect and Apply

1. What old habits or guilt do you need to leave behind to move forward?

2. How can you actively live out the freedom Christ has given you?

3. What hope does God's promise of new creation bring to your future?



Day 3: 🌅 New Beginnings: Walking Forward in Freedom and Hope

Journaling Prompts

1. Write a letter to yourself celebrating your progress and new beginning.

2. List practical steps you will take to maintain freedom from inhalants.

3. Describe your vision for life free from addiction, supported by God's promises.



Day 3: 🌅 New Beginnings: Walking Forward in Freedom and Hope

Prayer for Today

Lord Jesus, thank You for making me a new creation and breaking every chain of addiction. Help me to forget the past and press forward into the future You have planned for me. Fill me with hope, courage, and a firm resolve to walk daily in Your freedom. Let Your peace guard my heart and Your power sustain me always. I am grateful to be free indeed. Amen. ✨🌄🕊️🙏





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