



72 Hours to Break Free from Marijuana Addiction



A focused 3-day devotional to empower spiritual freedom from marijuana addiction through God's Word and prayer.

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Introduction

Welcome to this transformative 3-day journey designed to help you break free from marijuana addiction. Addiction can feel overwhelming, but God's Word offers hope, power, and deliverance. Over the next 72 hours, we will explore Scripture that brings freedom, restoration, and strength for a new beginning.

Addiction is not just a physical struggle; it deeply impacts our hearts, minds, and spirits. The Bible reminds us in *1 Corinthians 10:13* that temptation is common to all, but God provides a way out. This study invites you to lean into God's grace and power, replacing chains with victory.

Each day we will focus on a key aspect of breaking free – acknowledgment, renewal, and empowerment. Through prayer, reflection, and Scripture, you will be equipped to face cravings, heal from past wounds, and walk boldly into freedom. Remember, you are not alone; the Lord is with you every step of the way. ❤️ 🙏





Day 1: Facing the Truth: Acknowledging the Struggle



Day 1:  Facing the Truth: Acknowledging the Struggle

Your Verse

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

Supporting Scriptures

- *1 Corinthians 10:13 - "No temptation has overtaken you except what is common to mankind."*
- *James 5:16 - "Therefore confess your sins to each other and pray for each other so that you may be healed."*



Day 1:  Facing the Truth: Acknowledging the Struggle

Devotional: Honest Confession Leads to Healing

Today we begin by **honestly acknowledging the hold marijuana addiction has on your life**. The first step toward freedom is facing the reality without shame because God is near to your broken places. *Psalms 34:18* reminds us that when our spirit feels crushed, the Lord draws close to comfort and save us.

It can be difficult to admit where we struggle, but God does not condemn us. He desires healing and restoration. *1 Corinthians 10:13* reassures you that the temptation you're facing is not unique – others have been tempted, and God faithfully provides a way out. You don't have to go through it alone.

James 5:16 encourages confession and accountability, powerful steps in breaking addiction's grip. Today, bring your struggle before God with honesty and openness, trusting that He welcomes you in love. Reflect on where addiction has affected your heart and make a commitment to start this journey toward freedom.



Day 1:  Facing the Truth: Acknowledging the Struggle

Reflect and Apply

1. What feelings arise when you honestly admit your addiction to God?

2. How does knowing God is close to the brokenhearted change your perspective?

3. Who can you trust to share your struggle with for support and prayer?



Day 1:  Facing the Truth: Acknowledging the Struggle

Journaling Prompts

1. Write about the moment you realized addiction was a problem.

2. List any fears or doubts you have about breaking free.

3. Describe how you want your life to be different after these 72 hours.



Day 1: 🛑 Facing the Truth: Acknowledging the Struggle

Prayer for Today

Lord, today I come before You with an open heart. I confess my addiction honestly and ask for Your healing touch. Help me to feel Your closeness in my brokenness. Strengthen me to face temptation and show me the way to freedom. Surround me with Your love and faithful support. May Your presence bring peace to my spirit today and always. *In Jesus' name, amen.*





Day 2: 🌱 Renewing the Mind: Filling the Void



Day 2: 🌱 Renewing the Mind: Filling the Void

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

- *Philippians 4:8 – “Whatever is true, noble, right, pure, lovely, admirable—think about such things.”*
- *2 Corinthians 5:17 – “If anyone is in Christ, the new creation has come.”*



Day 2: 🌱 Renewing the Mind: Filling the Void

Devotional: Transformation Through Renewed Thinking

Breaking free from addiction requires a deep renewal of your mind and spirit. *Romans 12:2* challenges you to resist worldly patterns and allow God to transform your thoughts and desires. Addiction often fills an empty place, but God desires to fill that space with truth, hope, and healing.

Philippians 4:8 guides us to focus on things that uplift and purify, replacing cravings with godly thoughts. Concentrating on positive, pure things can break negative cycles and redirect your heart towards God's promises.

As a new creation in Christ (2 Corinthians 5:17), you have the power to change. Every moment offers a fresh start to choose life, not addiction. Today, practice renewing your mind through prayer, Scripture reading, and meditating on God's goodness. Identify triggers and replace them with God-honoring memories and thoughts.



Day 2: 🌱 Renewing the Mind: Filling the Void

Reflect and Apply

1. What thoughts tend to trigger your desire to use marijuana?

2. How can focusing on God's truth help you resist temptation?

3. In what practical ways can you renew your mind daily?



Day 2: 🌱 Renewing the Mind: Filling the Void

Journaling Prompts

1. Write down positive Scriptures you can meditate on when tempted.

2. Describe moments when God's renewal has already begun in your life.

3. List new habits or activities you want to develop as part of your transformation.



Day 2: 🌱 Renewing the Mind: Filling the Void

Prayer for Today

Father, please renew my mind and help me to focus on Your truth. Replace my old patterns with Your ways and guide me in transforming my thoughts. When temptation comes, remind me of Your promises and fill the empty places in my heart. Teach me to think on what is pure and lovely. Strengthen me to walk as a new creation, fully free in You. *In Jesus' name, amen.*





Day 3: 🔥 Empowered for Freedom: Living in Victory



Day 3: 🔥 Empowered for Freedom: Living in Victory

Your Verse

Galatians 5:1 – “It is for freedom that Christ has set us free.”

Supporting Scriptures

- *2 Timothy 1:7 – “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*
- *John 8:36 – “So if the Son sets you free, you will be free indeed.”*



Day 3: 🔥 Empowered for Freedom: Living in Victory

Devotional: Walk Boldly in Christ's Freedom

Today is about embracing the freedom Christ provides and walking boldly in victory. *Galatians 5:1* reminds us that Jesus has set us free from slavery to sin and addiction. This freedom is not just a future promise but a present reality.

God has equipped you with His Spirit who gives power, love, and self-discipline (*2 Timothy 1:7*). You are not left to rely on willpower alone. His Spirit empowers you to overcome cravings and maintain self-control.

John 8:36 assures that true freedom only comes through Jesus. Today, celebrate this new identity. Commit to walking daily in His strength and rejecting anything that tries to control you. Freedom is a gift—receive it, live it, and share your testimony to encourage others.



Day 3: 🔥 Empowered for Freedom: Living in Victory

Reflect and Apply

1. How does knowing Christ has already set you free affect your confidence?

2. In what ways have you experienced God's power and love during this journey?

3. What steps will you take to maintain freedom beyond these 72 hours?



Day 3: 🔥 Empowered for Freedom: Living in Victory

Journaling Prompts

1. Write a letter to your future self encouraging perseverance.

2. List specific ways God has empowered you in this process.

3. Describe what living free looks like for you day-to-day.



Day 3: 🔥 Empowered for Freedom: Living in Victory

Prayer for Today

Lord Jesus, thank You for setting me free. Help me to live in the fullness of this freedom every day. Fill me with Your Spirit's power, love, and discipline so I can resist temptation and walk confidently in Your victory. Remind me that I am free indeed because of You. Use my story to inspire others who struggle. I surrender all control to You, trusting Your strength and grace. *In Your mighty name, amen.*





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