72 Hours to Break Free from Nicotine



A focused 3-day Bible study to empower believers to overcome nicotine addiction through faith and God's strength.





Table of contents

Introduction	3
<u>Day 1: Recognizing Strongholds and Finding Strength</u>	4
Day 2: W Embracing Freedom Through the Spirit	10
Day 3: A Renewed Hope and a Transformed Life	16







Introduction

Breaking free from addiction is a journey that requires courage, strength, and hope. For those battling nicotine addiction, the first 72 hours can be the most challenging. This 3–day Bible study is designed to walk with you through this critical period, helping you rely not on your own power, but on *God's mighty strength* to overcome.

Nicotine addiction often feels overpowering, but the Bible reminds us that we are not slaves to anything when we are in Christ Jesus (Romans 6:6–7). This study will guide you through key Scriptures providing encouragement, practical wisdom, and spiritual truths to anchor your heart during this time.

Each day, you'll dive into God's Word, reflect on His promises, and discover how the Holy Spirit empowers you to break chains. You'll be reminded that victory is not about your willpower alone, but about surrendering to God and receiving His grace and strength. This is a journey of hope — hope that you can start anew and live a life free from nicotine's grip.

Prepare your heart and mind to let God lead you through this critical time. Trust that with God, all things are possible (Matthew 19:26) and that He is close to the brokenhearted, healing those who call to Him (Psalm 34:18). Let's begin this powerful journey together — one step, one Scripture, one prayer at a time.















Your Verse

1 Corinthians 10:13 - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."

Supporting Scriptures

- Romans 6:14 "For sin shall no longer be your master, because you are not under the law, but under grace."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: God Provides Strength for Temptation

Nicotine addiction often feels like an unbreakable chain, a stronghold that controls your cravings and emotions. But the Bible assures us that temptation and struggle are common to all, and *God is faithful* to provide a way out. Understanding that you are not alone in your battle can be a great comfort.

On this first day, we focus on recognizing the nature of temptation and realizing that God's strength is available to empower you. Your cravings may feel overwhelming, but God has equipped you with grace and resilience to stand firm.

Remember: sin and addiction do not have to be your master. The power of grace frees you to live a new life, empowered not by human willpower alone but through Christ. Embrace the promise that with Him, you can overcome. Pray and ask God to strengthen your spirit as your body begins to detoxify.

Take a deep breath and know today is the first step toward freedom. God's grace and power are your allies.







Reflect and Apply

	In what ways do you feel tempted or controlled by nicotine? How does knowing God offers a way out change your perspective?
2.	Have you experienced God's strength in other areas of your life? How can you lean on that strength now?
3.	What does it mean to you that you are not a slave to sin or addiction anymore?







Journaling Prompts

1.	Write about your current feelings toward quitting nicotine and what fears or hopes you have.
2.	Reflect on past times God helped you through temptation or challenge.
3.	List specific prayers or promises from Scripture you want to claim during this journey.







Prayer for Today

Heavenly Father, thank You for Your faithfulness and the promise that no temptation is beyond what I can bear with Your help. Today, I surrender my struggle with nicotine to You, asking for Your strength to stand firm and overcome. Please fill me with grace, guide my steps, and renew my spirit. Help me to rely entirely on Your power, not my own. Surround me with Your peace as I begin this journey toward freedom. *In Jesus' name, Amen.*

















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

- Romans 8:1-2 "Therefore, there is now no condemnation for those who are in Christ Jesus... because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Devotional: Living in the Freedom Christ Provides

Day two invites you to rest in the freedom Jesus offers, a freedom that goes beyond physical release from addiction to encompass spiritual liberty. Nicotine can feel like a yoke of slavery, binding your body and mind, but *Christ has set you free* to live an abundant life.

Freedom doesn't mean the struggle disappears overnight, but it means you are no longer defined by your addiction. The Spirit within you empowers you to say no to cravings and yes to life. Romans tells us there is no condemnation for those in Christ—your past habits do not dictate your future.

Today, focus on embracing this freedom. Stand firm in the truth that your identity is no longer that of a slave to nicotine but a child of God, empowered by the Spirit. When cravings arise, call on the Holy Spirit to renew your mind and strengthen your resolve. Invite God's peace to replace anxiety.

Embrace the power Jesus gives you today.







Reflect and Apply

How do you define freedom in your life? How is freedom in Christ different from what the world offers?
In what ways can you remind yourself daily that you are no longer a slave to addiction?
What role can the Holy Spirit play in your journey to break free from nicotine?







Journaling Prompts

	Describe what freedom feels like to you and how you want to experience it more fully.
2.	Write a short prayer inviting the Holy Spirit to empower and guide you through your cravings.
3.	List any areas where you feel stuck and ask God to help you stand firm in His freedom.







Prayer for Today

Lord Jesus, thank You for setting me free from the chains of addiction. I choose today to stand firm in the freedom You provide, rejecting the slavery of nicotine. Fill me with Your Spirit, renew my mind, and give me peace amid temptation. Help me remember my identity as Your child and walk boldly in victory. Keep me close to You every moment. *In Your powerful name, Amen.*

















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

- Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary."
- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."







Devotional: Hope and Renewal in Christ's New Creation

On this third day, embrace the new life God is inviting you into. Addiction often leaves us feeling broken and defeated, but Scripture promises a fresh start—a new creation in Christ. The past struggles do not define you; God's transformative power does.

Nicotine may have controlled your body and mind before, but now you have the hope of renewal. When your strength feels depleted, remember that those who hope in the Lord will receive fresh energy to continue strong.

Allow yourself to be honest with God about the struggles and moments of weakness. He is close to your broken heart and desires to heal you completely. This hope is not wishful thinking but a confident expectation rooted in God's loving promises.

Walk forward with expectation today, knowing God is rebuilding you—mind, body, and spirit. Celebrate the victories, lean into His grace, and trust that the new life He is creating will bring lasting freedom and peace.







Reflect and Apply

1.	How can you personally embrace the identity of a new creation in Christ today?
2.	What past experiences of God's faithfulness encourage you as you continue your journey?
3.	In what ways can you continue renewing your strength through hope in the Lord?







Journaling Prompts

1.	Write about what it means to be a 'new creation' for you personally.
2.	List the hopes and changes you desire to see in your life moving forward.
3.	Journal a prayer asking God to heal and renew you fully.







Prayer for Today

Gracious Father, thank You for the new life You are creating within me. I surrender my past struggles and look forward with hope. Renew my strength, heal my broken heart, and guide my steps in this new path. Help me to walk confidently as Your child, empowered and free. I trust Your promises and give You all the glory. *In Jesus' name, Amen.*









Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.