



72 Hours to Break Free from OxyContin Addiction



A focused 3-day Bible study to find strength, hope,
and freedom from OxyContin addiction through
God's Word and grace.

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Introduction

Welcome to this 3-day Bible study designed specifically for those ready to break free from the grip of OxyContin addiction. Addiction is a powerful struggle that affects both body and spirit, leaving many feeling trapped, hopeless, and alone. But Scripture offers us a lifeline—a path to freedom through God’s love, strength, and restoration.

Over the next 72 hours, you will immerse yourself in God’s promises and truths that remind you that you are not defined by your addiction, but by the new life available in Christ. These days focus on understanding your worth in God’s eyes, relying on His strength when yours is dwindling, and embracing the hope of a transformed future.

During withdrawal and the early stages of recovery, it can be overwhelming and isolating. This study offers practical spiritual support as you face the physical and emotional challenges ahead. Each day includes Scripture passages, devotional reflections, reflection questions, journaling prompts, and prayers to encourage you to lean into God’s presence throughout this journey.

Remember: God is faithful and compassionate, and He promises never to leave you or forsake you—even in the darkest moments. May these 72 hours be a turning point where you begin to experience His healing power and freedom.



Let's begin this journey together, with hope and courage.





Day 1: Facing the Battle: God Is Your Strength



Day 1:  Facing the Battle: God Is Your Strength

Your Verse

Psalms 34:17 – “The righteous cry out, and the LORD hears them; he delivers them from all their troubles.”

Supporting Scriptures

- *Isaiah 41:10 – “So do not fear, for I am with you; do not be dismayed, for I am your God.”*
- *2 Corinthians 12:9 – “My grace is sufficient for you, for my power is made perfect in weakness.”*



Devotional: God Provides Strength in Your Weakness

Beginning your journey to break free from OxyContin addiction takes immense courage. Day one focuses on recognizing the battle you face and the strength God provides. Addiction can make you feel weak, defeated, and powerless—but God's Word reminds you that you are not alone in this struggle.

Psalm 34:17 assures us that when we cry out, God hears us and delivers us from our troubles. This promise invites you to openly bring your fears, pains, and cravings before Him today. No matter how deep the addiction seems, God's power can break chains.

Isaiah 41:10 encourages you not to fear because God is with you, offering His strength to carry you through the difficult moments. When withdrawal symptoms arise or temptation feels overwhelming, lean on this truth. Weakness is not failure; it is an opportunity for God's grace to manifest.

Paul's words in 2 Corinthians remind us that God's power is most evident when we feel weak. Do not be discouraged by your limitations—allow God to work through them. Today, take your first step by surrendering control and asking God to be your strength.



Day 1:  Facing the Battle: God Is Your Strength

Reflect and Apply

1. What fears or feelings of powerlessness are you currently experiencing in your addiction battle?

2. In what ways have you already seen God's strength in your life during difficult moments?

3. How can surrendering your weakness open the door to experiencing God's grace?



Day 1:  Facing the Battle: God Is Your Strength

Journaling Prompts

1. Write about the moment you realized you needed God's help with your addiction.

2. List areas where you feel weak and invite God to meet you there.

3. Describe what it means to you to rely on God's strength instead of your own.



Day 1: 🛡️ Facing the Battle: God Is Your Strength

Prayer for Today

Father, I come before You feeling weak and overwhelmed by this addiction. Today, I surrender my fears and ask for Your strength to carry me. Help me to remember that I am not alone and that Your grace is enough for me. When temptation comes, remind me that Your power is made perfect in my weakness. Please stand with me in this battle and lead me toward freedom. Thank You for hearing my cries and delivering me from my troubles. *In Jesus' name, Amen.*





Day 2: ✨ Embracing Hope: Healing Begins Today



Day 2: ✨ Embracing Hope: Healing Begins Today

Your Verse

Jeremiah 29:11 – “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Supporting Scriptures

- *Romans 15:13 – “May the God of hope fill you with all joy and peace as you trust in him.”*
- *1 Peter 5:10 – “After you have suffered a little while, the God of all grace, who has called you to his eternal glory, will himself restore you.”*



Day 2: ✨ Embracing Hope: Healing Begins Today

Devotional: Hope and Healing Are Fully Yours Today

The journey of breaking free from addiction can seem endless, but God's promise of hope shines brightly through your darkest moments. Today is about embracing the healing that begins when you place your trust in Him.

Jeremiah 29:11 offers a profound promise: God knows the plans He has for your life—plans filled with hope, restoration, and a future not defined by addiction. This message invites you to believe that your past does not dictate your destiny.

Romans 15:13 reminds us that God is the source of true joy and peace, even amid struggle. As you trust Him today, ask Him to fill your heart with this joy and peace, which the world can neither give nor take away.

1 Peter 5:10 encourages you by affirming that although you've suffered, God's grace will restore and strengthen you fully in His perfect timing. Healing is a process, and every small victory brings you closer to freedom. Receive God's restorative grace and hold onto hope, no matter how challenging the road ahead feels.



Day 2: ✨ Embracing Hope: Healing Begins Today

Reflect and Apply

1. How does knowing God has plans for your hope and future impact your recovery mindset?

2. What areas of your heart need God's joy and peace right now?

3. In what ways have you experienced God's restoration in past difficulties?



Day 2: ✨ Embracing Hope: Healing Begins Today

Journaling Prompts

1. Write about your hopes for the future now that you are seeking freedom.

2. Describe how trusting God changes your feelings about addiction.

3. List signs of God's healing grace you sense in your life today.



Day 2: ✨ Embracing Hope: Healing Begins Today

Prayer for Today

Lord, thank You for the hope You offer me in this journey. Help me to hold tightly to the promise that You have plans to prosper me and give me a hopeful future. Fill my heart with joy and peace as I trust in You through the challenges ahead. Restore my soul with Your grace and remind me that healing is possible because of Your love. May Your presence bring strength and encouragement all day long. *In Jesus' name, Amen.*





Day 3: 🏆 Victory Through Christ: Freedom Awaits



Your Verse

Romans 8:37 – “No, in all these things we are more than conquerors through him who loved us.”

Supporting Scriptures

- *Galatians 5:1 – “It is for freedom that Christ has set us free.”*
- *John 8:36 – “So if the Son sets you free, you will be free indeed.”*



Devotional: Living in Freedom as More Than Conquerors

On this final day, the focus is on victory and freedom—the core promise of the Gospel. Addiction can feel like a prison, but through Christ, you are called to walk in freedom and new life.

Romans 8:37 declares that through Christ's love, you are more than a conqueror. This truth empowers you to rise above the chains of addiction, not by your own strength but through the power of His love and sacrifice.

Galatians 5:1 boldly states that Christ has set us free so that we may live in liberty. Freedom is a gift already won on the cross, and today, you can begin to fully embrace it.

John 8:36 emphasizes the completeness of freedom found in Jesus—you will be free indeed. Freedom does not mean the absence of struggle but the presence of Christ who fights for you and gives you victory over every temptation and bondage.

Let this day mark a new chapter of hope, faith, and victory. Walk knowing that freedom is yours by God's grace.



Reflect and Apply

1. What does being "more than a conqueror" through Christ mean to you personally?

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

3. What steps can you take to maintain your victory over addiction?



Journaling Prompts

1. Write about what freedom from addiction looks like for you in daily life.

2. Reflect on fears or doubts you have about living free and how God can help.

3. List ways you can rely on Christ's love to stay strong in your recovery.



Day 3: 🏆 Victory Through Christ: Freedom Awaits

Prayer for Today

Heavenly Father, thank You for the victory You have won through Jesus. Today, I claim the freedom You offer and step into a new life as a conqueror through Your love. Help me to walk confidently, resisting every temptation and bondage. Strengthen my faith so that I may live fully in the liberty You provide. May Your Spirit guide me daily and remind me that freedom is not just a dream but my reality through Christ. *In Jesus' name, Amen.*





Where God's Word Meets Your Daily Life

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