



72 Hours to Break Free: Overcoming Addiction Through Faith



Experience a transformative 3-day journey to break free from prescription painkiller addiction through Scripture, prayer, and reflection.

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Introduction

Welcome to this 3-day Bible study focused on finding freedom from addiction to prescription painkillers. Addiction, whether physical or emotional, can feel like an unbreakable chain. However, the Bible offers hope and a path to healing through God's power and love. Over the next 72 hours, you'll engage with Scripture and reflections designed to strengthen your spirit, renew your mind, and empower you to take steps toward freedom.

Addiction often brings feelings of isolation and despair, but remember you are not alone. God's Word reminds us that He is close to the brokenhearted and saves those crushed in spirit (Psalm 34:18). This study encourages you to lean on that promise and lean into God's grace.

Each day will focus on a specific theme: recognizing the hold addiction has, surrendering control to God, and embracing a new life empowered by the Holy Spirit. Throughout, you will be invited to reflect deeply, journal honestly, and pray fervently. This journey is not about perfection but progress and reliance on God's unfailing strength.

As you dedicate these moments to God, may you find courage to break free from the cycles of dependence and step confidently into healing and restoration. Let this be a sacred space where hope replaces hopelessness, and freedom replaces bondage.





Day 1: Facing the Chains: Recognizing Addiction's Grip



Day 1: 🌱 Facing the Chains: Recognizing Addiction's Grip

Your Verse

Psalm 34:17-18 - "The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- *John 8:36 - "So if the Son sets you free, you will be free indeed."*
- *Proverbs 3:5-6 - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*



Day 1: 🌿 Facing the Chains: Recognizing Addiction's Grip

Devotional: Acknowledging Addiction and Trusting God's Will

Facing addiction begins with acknowledging its hold on our lives. It's common to deny or minimize the struggle, but true freedom starts with honesty before God. Psalm 34:17-18 reminds us God hears the cries of the righteous and is near to those brokenhearted and crushed in spirit. If you feel weighed down by addiction to prescription painkillers, take heart that God is not distant or indifferent. He is close, ready to listen and deliver.

Many who battle addiction experience grief, shame, and isolation. These emotions can make the chains feel unbreakable. Yet, God's Word calls us to trust Him rather than our own understanding (Proverbs 3:5-6). When we lean on our own strength, we often fail, but God invites us to surrender, promising to guide our steps towards healing.

Take a moment to honestly confess your struggle to God, recognizing your need for His power to break the grip of addiction. Let today be the first step in a journey of faith, courage, and transformation.



Day 1: 🌿 Facing the Chains: Recognizing Addiction's Grip

Reflect and Apply

1. How have you experienced the hold of addiction in your life?

2. What feelings arise when you consider surrendering your struggles to God?

3. In what ways can trusting God over your own understanding bring hope today?



Day 1: 🌿 Facing the Chains: Recognizing Addiction's Grip

Journaling Prompts

1. Write honestly about how addiction has affected your life and relationships.

2. List moments when you felt God's presence even during difficult times.

3. Reflect on what surrendering control to God means for you personally.



Day 1: 🌿 Facing the Chains: Recognizing Addiction's Grip

Prayer for Today

Lord, today I come to You with a heavy heart, burdened by addiction. I confess my need for Your strength and deliverance. Help me face this truth with courage and trust that You are near to me, even in my brokenness. Please grant me wisdom to lean on You and the patience to take this journey one step at a time. Fill me with Your peace that surpasses understanding and remind me that through Jesus, I am free indeed. *Thank You for hearing my cry and never leaving me alone.*





Day 2: 🔥 Surrendering Control: Letting Go to Receive Healing



Day 2: 🔥 Surrendering Control: Letting Go to Receive Healing

Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

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.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."*
- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 2: 🔥 Surrendering Control: Letting Go to Receive Healing

Devotional: Embracing Surrender for Mind and Heart Renewal

Surrender is a powerful step in breaking free from addiction. Romans 12:2 challenges believers not to conform to worldly patterns but to be transformed by renewing the mind. Addiction distorts our thoughts, emotions, and decisions, but God promises transformation when we intentionally seek Him.

In surrendering control, you may feel vulnerable, but remember Paul's words in 2 Corinthians 12:9 where God's power is perfected in weakness. Your weakness is not a barrier but a bridge to His strength. You don't have to carry this burden alone.

Jesus invites all who are weary and burdened to come to Him for rest (Matthew 11:28). Today, practice surrender by releasing control over your addiction to God, asking Him to renew your mind and empower your steps forward. It's not about willpower alone but embracing His grace and strength.

Let this surrender open the door to healing as you lean into Jesus' rest and renewing power.



Day 2: 🔥 Surrendering Control: Letting Go to Receive Healing

Reflect and Apply

1. What does surrendering control look like for you in your addiction journey?

2. How have you experienced God's strength in your moments of weakness?

3. What thoughts or patterns need renewing in order to move toward freedom?



Day 2: 🔥 Surrendering Control: Letting Go to Receive Healing

Journaling Prompts

1. Describe what it feels like to release control to God over your addiction.

2. Record any fears or hopes that arise when thinking about surrender.

3. Write a prayer inviting Jesus to renew your mind and give you rest.



Day 2: 🔥 Surrendering Control: Letting Go to Receive Healing

Prayer for Today

Gracious God, I bring my brokenness and weakness before You today. I surrender my struggle with addiction into Your loving hands. Renew my mind and transform my heart so I may walk in Your will, free from old patterns. Help me rest in Your promises and lean into Your grace. When I feel burdened, remind me that Your power is made perfect in my weakness. Thank You for never abandoning me and for being my refuge and strength.





Day 3: ✨ Walking in Freedom: Empowered by the Holy Spirit



Day 3: ✨ Walking in Freedom: Empowered by the Holy Spirit

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 14:26 - "But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."*
- *Ephesians 3:16 - "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."*



Day 3: ✨ Walking in Freedom: Empowered by the Holy Spirit

Devotional: Living Empowered in the Spirit's Freedom

Freedom from addiction is not only possible but promised through Christ. Galatians 5:1 is a powerful reminder that Jesus has set us free so we can live without the slavery of our past chains. Today is a day to stand firm in that freedom, consciously choosing to walk in the new life God offers.

The Holy Spirit is our Helper and Guide, sent to teach, comfort, and empower us (John 14:26). When addiction tries to pull us back, the Spirit reminds us of God's truth and equips us with strength beyond ourselves.

Paul's prayer in Ephesians 3:16 encourages us to receive inner power through the Spirit. This power sustains us daily, renewing our resolve to live free and full lives.

As you conclude this 3-day study, embrace a lifestyle of dependence on the Spirit's guidance. Celebrate each small victory and remember that freedom is a journey, walked one step at a time in faith and perseverance.



Day 3: ✨ Walking in Freedom: Empowered by the Holy Spirit

Reflect and Apply

1. What does freedom in Christ mean to you after this study?

2. How can you rely more fully on the Holy Spirit in your daily battles?

3. What steps can you take to stand firm and not return to old patterns?



Day 3: ✨ Walking in Freedom: Empowered by the Holy Spirit

Journaling Prompts

1. Write about a moment you sensed freedom or strength from the Holy Spirit.

2. List practical ways to invite the Spirit's guidance throughout your day.

3. Set goals for how you will maintain your freedom moving forward.



Day 3: ✨ Walking in Freedom: Empowered by the Holy Spirit

Prayer for Today

Holy Spirit, thank You for the freedom You bring through Christ. Empower me each day to stand firm against temptation and the yoke of addiction. Remind me of God's truth and strengthen my inner being with Your power. Help me walk confidently in my new life, leaning on You for guidance, courage, and peace. May Your presence be my daily source of hope and freedom. Amen.





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