72 Hours to Break Free: Overcoming Addiction Through God



A focused 3-day Bible study guiding those seeking freedom from crack cocaine addiction through Scripture and prayer.





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Introduction

Welcome to this transformative 3-day Bible study designed specifically for those battling crack cocaine addiction. Within 72 hours, you will embark on a spiritual journey of breaking free through the power of God's Word and prayer. Addiction can often make us feel trapped, hopeless, and distant from God, but Scripture reminds us repeatedly of God's unfailing love and deliverance.

The next three days focus on understanding the nature of addiction, seeking God's strength for victory, and embracing lasting freedom through Jesus Christ. Each day is anchored in Scripture, offering you both encouragement and practical spiritual tools to help you draw closer to God while resisting temptation. You will be challenged to reflect deeply and journal your thoughts as part of this healing process.

Remember, this journey requires courage and faith, but you are not alone. God sees your struggle and invites you into His grace and restoration. May these days mark a new beginning toward liberation. Let's turn to the Bible together and find hope and strength for the road ahead.















Your Verse

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

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."







Devotional: Begin Freedom by Calling on God's Deliverance

Day 1 begins with an honest admission of struggle. Addiction often feels like an inescapable trap, but God's Word reminds us that He hears every cry for help. Psalm 34:17 offers assurance that the LORD is attentive to your prayers and desires to deliver you.

Recognizing your need for God's intervention is the first step toward breaking free. This humility opens the door to healing because it turns your focus from self-reliance to dependence on God's strength. John 8:36 reminds us that true freedom is only found in Jesus. No matter how long addiction has held you captive, His power to set you free is greater.

This day invites you to trust God beyond your own understanding and submit your path to Him, knowing He will guide you through this journey. You don't have to carry the burden alone; call upon your Heavenly Father to begin unlocking the chains that bind you.







Reflect and Apply

1.	What chains of addiction have you been holding onto that you need to surrender to God today?
	How does knowing that God hears your cries change your perspective on your situation?
	In what ways can you start trusting God even when your own understanding feels limited?







Journaling Prompts

	Write about a moment when you felt trapped by addiction and what you wish you could tell God right now.
	List any fears or doubts that arise when you think about seeking help from God.
3.	Describe what 'freedom' would look like in your life after breaking free.







Prayer for Today

Heavenly Father, I come before You burdened and in need of Your deliverance. *Thank You that You hear my cries and see my struggle.* Please give me the courage to surrender my addiction wholly to You. Help me to trust Your guidance even when the path seems uncertain. Strengthen me to begin this journey of breaking free, and remind me daily that true freedom is found only in Jesus. Surround me with Your peace and empower my heart to walk in victory. In Jesus' name, Amen.















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

- Ephesians 6:10-11 "Be strong in the Lord and in his mighty power. Put on the full armor of God..."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Devotional: Put on God's Armor and Resist Temptation

Day 2 focuses on the battles you face and how to stand firm. Temptation to return to addiction can feel overwhelming, but God promises that you won't be tempted beyond your ability to resist.

1 Corinthians 10:13 assures you of God's faithfulness, reminding you that help is available in moments of testing. It's crucial to intentionally strengthen your spirit and guard your heart. Ephesians 6 calls believers to put on God's full armor—truth, righteousness, peace, faith, salvation, and the Word of God. These are your weapons against the enemy's lies and temptations.

James reminds us that submission to God opens the door to victory: by resisting the devil with God's strength, the enemy must flee. This day encourages you to cultivate spiritual habits—prayer, Scripture reading, and reliance on God's power—that build resilience and break addiction's grip.







Reflect and Apply

1.	What spiritual 'armor' do you feel is currently weakest in your life?
2.	How can submitting to God daily change your response to temptation?
3.	In moments of craving or weakness, how can you remind yourself of God's faithfulness?







Journaling Prompts

1.	Write about a recent time you felt tempted and how you responded.
2.	Identify which pieces of the 'full armor of God' you want to focus on strengthening.
	Make a plan for spiritual activities you will do to resist temptation going forward.







Prayer for Today

Lord God, thank You for Your promise not to abandon me when I face temptation. *Equip me with Your armor and fill me with Your strength.* Help me to submit completely to You and resist the enemy's lies that seek to pull me back into addiction. Grant me wisdom, perseverance, and a spirit of victory today and every day. May Your Word be a lamp to my feet and guard over my heart, guiding me away from destructive paths. In Jesus' powerful name, Amen.









Day 3: Embracing New Life and Sustained Freedom









Day 3: BEmbracing New Life and Sustained Freedom

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

- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- 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."







Day 3: BEmbracing New Life and Sustained Freedom

Devotional: Walk in Freedom by Renewing Your Mind

On Day 3, you are encouraged to embrace the new life that God offers beyond addiction. Breaking free is not only about removing chains but also about transformation by renewing your mind and heart in Christ.

Romans 12:2 invites you to step away from worldly patterns that enslave and allow God's truth to change your thinking. This renewal empowers lasting change, helping you to sustain freedom despite challenges.

2 Corinthians 5:17 reminds you that in Christ, you are a new creation—the old habits and bondage have passed away. Galatians encourages you to stand firm in this freedom, refusing to return to slavery under addiction.

Reflect on the hope and identity you find in Christ alone. This day calls you to commit to living in that freedom daily, leaning on God's power to maintain your path of healing and victory.







Day 3: 💋 Embracing New Life and Sustained Freedom

Reflect and Apply

	What old patterns are you still tempted to return to, and how can you resist them?
2.	How does seeing yourself as a 'new creation' affect your self-worth?
3.	What practical steps can you take to continue renewing your mind daily?







Day 3: 💋 Embracing New Life and Sustained Freedom

Journaling Prompts

1.	Describe what it means for you to be transformed by God.
2.	Write about a positive change you hope to see in your life moving forward.
3.	List support systems or habits that will help you stand firm in freedom.







Day 3: BE Embracing New Life and Sustained Freedom

Prayer for Today

Dear Father, thank You for making me new through Jesus Christ. *Help me to reject worldly patterns that lead to addiction and to renew my mind with Your truth every day.* Strengthen my faith to stand firm in the freedom You have given. Guide me to live fully in this new life, trusting Your continued power to sustain my victory. Surround me with Your love and peace as I walk this path of transformation. **In Jesus' name, Amen.**







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