72 Hours to Conquer Crystal Meth Addiction



A focused 3-day Bible study to find strength, hope, and freedom from crystal meth addiction through Scripture and prayer.





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Introduction

Welcome to this powerful 3-day journey designed to bring hope and healing to those struggling with crystal meth addiction. Addiction is a challenging battle, but God's Word offers strength, renewal, and freedom. Over the next 72 hours, you will be guided by Scripture and prayer to confront addiction's grip, rebuild your spirit, and find lasting victory.

Addiction isolates, drains, and cripples, but God's love restores, empowers, and redeems. This study is grounded in that truth. Each day brings a focused Scripture passage, encouraging devotionals, reflective questions, journaling prompts, and heartfelt prayers. Through these, you'll cultivate a spiritual foundation capable of sustaining recovery.

Remember, this is not just about resisting temptation for a moment but embracing transformation through Christ. Whether you are personally battling addiction or supporting a loved one, this study invites you to rely on God's promises and the strength He provides. Pause often to pray and breathe in God's presence, allowing His grace to fill your heart.

Take this time seriously. God is ready to meet you in your struggle and give you the tools to overcome. Your 72-hour commitment can initiate a lifelong journey of freedom, healing, and hope. Lean into God's Word and His unwavering love as the foundation for conquering addiction once and for all.









Day 1: V Strength in God's Power









Day 1: Strength in God's Power

Your Verse

Philippians 4:13 - I can do all this through him who gives me strength.

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.







Day 1: Strength in God's Power

Devotional: Relying Fully on God's Strength Today

Crystal meth addiction can leave us feeling powerless, overwhelmed, and imprisoned by our cravings. But today's Scriptures remind us that God's power is available to strengthen us beyond our own abilities. When we are weak, His strength lifts us up so that victory is possible.

In *Philippians 4:13*, Paul confidently declares that through Christ's strength he can face any challenge. This is not mere self-motivation but rooted in the supernatural empowerment God provides when we lean wholly on Him.

Isaiah 41:10

2 Corinthians 12:9

Today, ask God to flood you with His power and grace. Trust that He will provide the strength you need to face each temptation and to make righteous choices. You are not battling addiction alone—God is your mighty defender and helper.







Day 1: ① Strength in God's Power

Reflect and Apply

	What areas of your battle with addiction feel the most overwhelming right now?
	How can you practically depend on God's strength instead of your own today?
	In what ways might your weakness create an opportunity for God's power to show?







Day 1: ① Strength in God's Power

Journaling Prompts

1.	Write about a time when you felt God's strength carry you through a difficult challenge.
	List specific moments today when you can pause and ask God for help to resist temptation.
3.	Describe how knowing God is always with you changes your perspective on addiction.







Day 1: ① Strength in God's Power

Prayer for Today

Dear God, I come before You feeling weak and tempted. Please fill me with Your strength to endure each battle today. Help me to rely on Your power, not my own, and remind me that I never face this alone. Surround me with Your presence and courage. Thank You for Your sufficient grace that carries me when I can't carry myself. I surrender my struggle into Your hands and trust Your mighty help. In Jesus' name, Amen.



















Day 2: 🥦 Renewal and Freedom in Christ

Your Verse

John 8:36 - So if the Son sets you free, you will be free indeed.

Supporting Scriptures

- Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
- Galatians 5:1 It is for freedom that Christ has set us free.







Day 2: 🥬 Renewal and Freedom in Christ

Devotional: Embracing True Freedom through Christ

Living in addiction feels like bondage, but Jesus offers freedom beyond what we can imagine. John 8:36 reminds us that when Christ sets us free, we are genuinely free—free from addiction's chains, strongholds, and despair.

Freedom begins with transformation. Romans 12:2 encourages us to stop conforming to destructive patterns and instead be renewed by God's Word and Spirit. This renewal rewires our thoughts, desires, and actions.

Galatians 5:1

Today, invite God to renew your mind and help you reject old habits. Freedom is more than just stopping drug use; it's a new identity rooted in Christ's love and power. When you feel tempted, remind yourself that you are no longer bound but free through Him.

Living free means walking forward one step at a time, leaning on God and His transforming grace. Change does not happen instantly, but God's freedom gradually breaks addiction's hold and builds a new life of hope and purpose.







Day 2: 🥬 Renewal and Freedom in Christ

Reflect and Apply

1.	What chains of addiction are you asking Jesus to break today?
	How can the renewing of your mind reshape your daily habits and thoughts?
3.	What does true freedom in Christ look like in your life beyond just stopping substance use?







Day 2: 💋 Renewal and Freedom in Christ

Journaling Prompts

	Write down the ways you see Christ bringing freedom into your life already.
2.	Reflect on patterns or thoughts you need God to help you renew daily.
3.	Describe what a future living fully free in Christ would feel and look like.







Day 2: 🥦 Renewal and Freedom in Christ

Prayer for Today

Lord Jesus, thank You for the freedom You offer. I surrender the chains of addiction and ask You to renew my mind and heart. Help me to walk daily in Your truth and grace that transforms me inside out. Teach me to reject old patterns and embrace the new life You have given me. Remind me that through You, I am free indeed. Guide my steps and hold me fast in Your love. Amen.



















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

- Psalm 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.
- 2 Corinthians 5:17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!







Devotional: Trusting God's Hope and Restoration

As you near the end of these 72 hours, let your heart embrace hope and restoration offered by God. Jeremiah 29:11 serves as a powerful promise that God's plans for you are good. Even if addiction has left you feeling broken and hopeless, God offers a future filled with purpose and healing.

Psalm 34:18

2 Corinthians 5:17

Hold tightly to these promises today. Even if recovery seems daunting, God's restoration is greater than your past. Trust that He is working in you, healing wounds and guiding your path forward.

Allow your hope in God's good future to drown out the lies of addiction. Your story is not over, and with God, every day can be a step toward freedom, joy, and purpose.







Reflect and Apply

1.	What hopes do you hold onto as you face recovery from addiction?
	How can knowing God's plans are for your good change your outlook on healing?
-	
3.	In what ways do you see yourself becoming a new creation in Christ?
-	







Journaling Prompts

	Write a letter to yourself from God's perspective, filled with hope and encouragement.
2.	List the ways God has already shown His presence during your struggle.
3.	Describe your vision for the future with God's restoration in your life.







Prayer for Today

Heavenly Father, thank You for Your promises of hope and a good future. Help me to trust Your plans even when the path looks hard. Draw close to my broken heart and restore my spirit. Thank You for making me new in Christ and offering healing from addiction. Strengthen my faith for the journey and remind me daily that I am never alone. I look forward with hope because of You. In Jesus' holy name, Amen.









Where God's Word Meets Your Daily Life



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