72 Hours to Conquer Ecstasy Addiction



A focused 3-day Bible study to find hope, strength, and freedom from ecstasy addiction through scripture and prayer.





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Introduction

Welcome to your 72-hour journey toward freedom. Addiction, especially to substances like ecstasy, can feel overwhelming and isolating. Yet, God's Word offers powerful truths, hope, and strength for every step of recovery. Over the next three days, we'll explore key scriptures and reflections designed to renew your mind, strengthen your resolve, and anchor your hope in God's unchanging power.

Recovery is a process, not just a moment. These short but focused days are crafted to help you engage daily with God's promises as you face the challenges ahead. Remember, you are not alone. Even when temptation and cravings feel relentless, God's grace is greater, and His Spirit empowers those who seek Him sincerely.

Each day will include a central verse to meditate on, supporting scriptures to deepen your understanding, devotional reflections to encourage your heart, and practical journaling and prayer prompts to help you stay connected with God's guidance. By committing to these three days, you are taking courageous steps to reclaim your freedom and life in Christ. Lean in, be honest with God, and allow His Word to transform you from the inside out.

Let this time be a holy space for healing and victory. Remember, *where the Spirit of the Lord is, there is freedom* (**2 Corinthians 3:17**), and Jesus longs to set you free completely. Let's begin this journey together with hope and faith.

















Day 1: 🐯 Finding Freedom in Christ

Your Verse

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

Supporting Scriptures

- 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."
- Romans 6:14 "For sin shall no longer be your master, because you are not under the law, but under grace."







Day 1: 🐯 Finding Freedom in Christ

Devotional: True Freedom is Found Only in Christ

Ecstasy addiction can feel like chains tightening around your life,

Often, addiction convinces us that we are slaves, trapped with no hope of escape. But Paul's words in Galatians 5:1 challenge us to stand firm in the freedom Christ provides. The "yoke of slavery" refers to the entrapment of sin and destructive habits. God's grace breaks that yoke and invites you to live in victory.

Remember, freedom is a journey that begins with a choice to trust Jesus wholeheartedly. Addiction may influence your past and present, but it doesn't define your future. Romans 6:14 reminds us that sin no longer has mastery over those who are under grace — and you are under grace today.

Embrace this truth boldly: You are no longer a slave to ecstasy or any addiction. You are free in Christ. Center your mind on this promise throughout this day and call on His strength when cravings arise.







Day 1: 🖏 Finding Freedom in Christ

Reflect and Apply

	What feelings or thoughts does the promise of freedom in Christ bring up for you?
2.	In what ways have you experienced addiction as a form of slavery?
	How can standing firm in grace help you resist the cravings and temptations today?







Day 1: 🖏 Finding Freedom in Christ

Journaling Prompts

Write about a moment when you felt trapped by your addiction and how Christ's freedom might change that story.
List three ways you can remind yourself daily of the freedom Christ offers.
Reflect on times you've tried to conquer addiction on your own and how relying on Jesus instead might look different.







Day 1: 🐯 Finding Freedom in Christ

Prayer for Today

Lord Jesus, thank You for the profound freedom You offer through Your sacrifice and resurrection. I confess the hold ecstasy addiction has had over me, and I ask You now to break every chain and yoke of slavery in my life. Help me stand firm in the truth that sin no longer masters me. Empower me with Your Spirit to resist temptation, renew my mind, and fill me with hope and strength today. Teach me to live fully in Your grace and freedom, not turning back to old patterns but moving forward with confidence in You. *May Your peace guard my heart and mind as I trust Your promises.* In Jesus' Name, Amen.









Day 2: V Strength in Weakness









Day 2: **()** Strength in Weakness

Your Verse

2 Corinthians 12:9 - "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."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Day 2: V Strength in Weakness

Devotional: God's Power Shines Brightest in Weakness

When battling addiction, feelings of weakness and failure are common, but God's perspective is different. In 2 Corinthians 12:9, Paul shares a powerful revelation: God's grace is enough, and His power shines brightest when we are at our weakest. This scripture invites us to stop pretending we have it all together and instead to lean fully on Jesus' strength.

Your weakness is not a barrier but a doorway to experience God's power in a new way. Addiction may leave you feeling brokenhearted and crushed, but Psalm 34:18 promises that the Lord draws near to you in your pain. He is not distant or indifferent but intimately involved in your healing process.

Isaiah 40:29 reassures us that God replenishes the weary and strengthens the weak. Today, surrender your struggles to Him. Acknowledge your limitations and trust that His grace will uphold you every moment you face a craving or thought of despair.

Embrace your weakness as an opportunity to boast in Christ's power. His strength is not just enough to meet your needs—it is perfected through your surrender.







Day 2: **(**) Strength in Weakness

Reflect and Apply

What are some areas where you feel weak or overwhelmed in your journey?
How might seeing weakness as an opportunity for God's power change your perspective?
In what ways can you invite God's strength to fill your moments of vulnerability today?







Day 2: ① Strength in Weakness

Journaling Prompts

1.	Write about a time when God's strength was evident in your weakness.
	List the areas where you need to stop relying on your own strength and lean on Jesus instead.
	Reflect on emotions you may be avoiding and bring them honestly before God in writing.







Day 2: Strength in Weakness

Prayer for Today

Dear Heavenly Father, I come to You weary and weak, longing for Your strength to sustain me. Thank You that Your grace is sufficient, and Your power is made perfect in my weakness. Help me today to embrace my limitations and trust fully in Your sustaining power as I battle addiction. Draw near to my broken heart, heal my spirit, and renew my hope. Teach me to boast not in my strength but in Your mighty hand that carries me through each moment. Fill me with courage, peace, and perseverance. I surrender my weakness to you, knowing You will rise up in me powerfully. *In Jesus' powerful Name, Amen.*

















Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Supporting Scriptures

- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?"
- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."







Devotional: Embrace God's Compassion and New Beginnings

Recovery is not just about breaking free from addiction but embracing the new life God offers. Lamentations 3:22–23 reminds us that God's compassion never fails and is renewed every morning. This means that no matter how many times you've struggled or faltered, God's love welcomes you daily into a fresh start.

Isaiah's encouragement to forget former things and perceive the new thing God is doing is an invitation to release the guilt and shame that addiction often brings. God's work of restoration is already underway, even if it's not yet fully visible.

Paul's example in Philippians shows us the power of forward focus. By forgetting what is behind and straining toward what is ahead, we align ourselves with God's purpose and destiny for our lives. Today marks the beginning of a new chapter, a new possibility fueled by God's faithfulness and your willingness to keep pressing on.

Hold onto hope—God's grace meets you this morning and every morning. Choose to walk in that hope and believe that healing and transformation are not only possible but promised.







Reflect and Apply

	How does knowing God's compassion is renewed each morning affect your view of your recovery journey?
	What past regrets or failures do you need to 'forget' in order to move forward?
2	How can you practically 'press on' toward the future God has for you
	today?







Journaling Prompts

1.	Write a letter to yourself from God's perspective, full of compassion and hope.
2.	List the new beginnings God is inviting you to embrace right now.
3.	Describe how you will keep your focus on God's faithfulness during recovery.







Prayer for Today

Merciful God, thank You for Your unfailing compassion renewed each day. I am grateful that Your love does not consume me but gives me hope for a fresh start. Help me to release the burdens of past mistakes and to perceive the new things You are doing in my life. Strengthen me to press on toward the future you have prepared, pursuing freedom and wholeness through Your Spirit. Fill me with peace and joy as I walk this path of recovery, trusting in Your faithfulness every step of the way. *In Jesus' Name, Amen.* Amen.







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