



72 Hours to Conquer K2 Addiction



A 3-day Bible study offering spiritual strength and hope for overcoming K2 addiction through scripture and reflection.



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Introduction

Welcome to your 72-hour journey toward freedom from K2 addiction. Addiction is a deeply personal and often painful struggle, but *God's Word offers hope, healing, and the power to overcome*. Over the next three days, you will explore guiding scriptures, devotional reflections, and prayer prompts designed to support your spiritual growth and recovery.

Many face addiction with feelings of isolation, shame, and despair. Yet the Bible reminds us that **we are never alone** in our battles and that God's grace is sufficient to renew and strengthen us.

This study focuses on scriptural encouragement to quiet the turmoil of addiction, replace destructive habits with godly strength, and embrace a new life rooted in faith. Each day's study builds on the last, inviting you to lean into God's promises and discover practical ways to conquer the hold of K2.

As you embark on these 72 hours, *allow scripture to speak truth and life* into your mind and heart. Be honest with yourself and with God, receive His love and forgiveness, and believe that through Him, change is possible.

Let's take these steps together, trusting that the Holy Spirit will guide and empower you toward lasting victory. 🌿 ✨





Day 1: 🛡️ God's Strength in Weakness



Your Verse

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."

Supporting Scriptures

- *Psalm 34:17 - "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."*
- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*



Devotional: Embracing God's Power in Our Weakness

When facing addiction, it can feel like we are battling alone. Our own strength feels insufficient against the powerful hold that substances like K2 can have over us. But **God's Word reminds us that His grace is all we truly need.** In 2 Corinthians 12:9, Paul shares a profound truth: despite our weaknesses, God's power is made perfect in us when we rely on Him. This isn't an excuse to give up, but an invitation to surrender our limitations and trust God's strength.

Psalms 34:17 encourages us that when we cry out, God hears our prayers and delivers us from troubles. Addiction is a tough battle, but God promises His help and deliverance. Isaiah 41:10 offers peace and reassurance that we don't have to be afraid; God is with us to strengthen and uphold us.

Today, take a moment to admit your weaknesses to God and lean into His grace. Rather than relying solely on your willpower, invite God to partner with you in this struggle. His strength flowing through your weakest moments can create breakthroughs. Remember that admitting weakness is not failure; it is the first step toward true freedom.

Trust that God's sufficient grace will empower you every hour of this journey.



Reflect and Apply

1. What weaknesses related to addiction are you most afraid to admit to God or yourself?

2. How can you practically lean into God's strength today instead of relying on your own?

3. What promises in Psalm 34:17 and Isaiah 41:10 bring you comfort amid your fight?



Day 1: ☹️ God's Strength in Weakness

Journaling Prompts

1. Write about a time when you felt God's strength during a difficult moment.

2. List the specific areas where you need God's help to overcome addiction.

3. Describe what surrendering your weaknesses to God looks like for you personally.



Day 1: 🍷 God's Strength in Weakness

Prayer for Today

Heavenly Father, thank You for Your grace that covers my weaknesses and Your power that sustains me. In these moments of struggle, I ask You to be my strength and my refuge. Help me to trust You more deeply and let go of my pride that clings to old habits. Deliver me from the chains of addiction and fill me with Your peace and hope. May Your Spirit guide me every step of this journey toward freedom. I place my faith in Your unfailing love and promise.

Amen. 🙏💪✨🌿





Day 2: 🔥 Renewed Mind, New Life



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

- *Ephesians 4:22-24 – "You were taught... to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self... created to be like God in true righteousness and holiness."*
- *Philippians 4:8 – "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."*



Devotional: Transforming Your Mind to Overcome Addiction

Breaking free from addiction requires a deep inner transformation. Romans 12:2 calls us to reject harmful patterns and embrace the renewing power of God to transform our minds and lives. Addiction often rewires our thinking toward destructive desires, but *God invites us to put on a new mindset aligned with His truth.*

In Ephesians 4:22-24, Paul advises us to actively discard the "old self" and step into the "new self" created in the likeness of God. This isn't a one-time event but a continual process of renewal that happens as we feed our minds with what is holy and pure.

Philippians 4:8 gives practical guidance on the content of our thoughts: to focus on what is true, noble, right, and praiseworthy. These thoughts create a fertile ground for transformation and resilience against temptation.

Today, consider what patterns or influences you need to change in your thought life. How can you intentionally replace negative or addictive thoughts with God-honoring reflections? Your mind is a battlefield, but by inviting God to renew your thinking daily, you will grow stronger and experience freedom.

Remember, transformation begins one thought at a time as you choose God's truth over old cravings.



Day 2: 🔥 Renewed Mind, New Life

Reflect and Apply

1. What unhealthy thought patterns contribute to your addiction?

2. How can you incorporate Philippians 4:8 into your daily thought life?

3. What new, godly mindset do you want to cultivate in place of old habits?



Journaling Prompts

1. Write down negative thoughts you struggle with and counter them with God's truths.

2. Describe a daily routine that would help you renew your mind effectively.

3. Reflect on how changing your mindset could impact your addiction recovery.



Day 2: 🔥 Renewed Mind, New Life

Prayer for Today

Lord Jesus, renew my mind by Your Spirit and help me to reject destructive patterns. Teach me to focus on what is pure and pleasing to You. Replace my cravings with Your peace and fix my thoughts on Your goodness. Empower me to put off the old self and truly live a new life in You. I surrender my mind and heart to Your transforming power today. *In Your mighty name, Amen.* 🧠





Day 3: 🌱 Walking in Freedom and Hope



Day 3: 🌿 Walking in Freedom and Hope

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 8:36 - "So if the Son sets you free, you will be free indeed."*
- *Psalms 147:3 - "He heals the brokenhearted and binds up their wounds."*



Devotional: Standing Firm in Christ's Freedom Today

True freedom from addiction is promised through Christ. Galatians 5:1 declares that Christ has liberated us from every form of slavery, including the bondage of addiction. This freedom is not just a future hope, but a present reality to stand firm in.


John 8:36 reinforces this blessed truth: when Jesus sets us free, we are free indeed. The chains that once held us no longer have authority when we live in His power. But freedom requires diligence; it means guarding your heart and not allowing past burdens or guilt to reclaim control.

Psalms 147:3 reminds us that God is a healer—He tenderly restores broken hearts and binds our wounds. Addiction often leaves deep pain, but God's healing hand can renew your spirit and give you hope.

Today, choose to stand firm in the freedom Christ offers. Reject any shame or temptation that tries to pull you back into old ways. Walk forward in hope, trusting that God is healing and empowering you step by step. Surround yourself with support and keep your eyes fixed on God's promises.

Freedom is yours as you embrace Christ's forgiveness and strength.



Day 3:  Walking in Freedom and Hope

Reflect and Apply

1. What areas of your life still feel burdened or enslaved to addiction?

2. How can you remind yourself daily that Christ has truly set you free?

3. In what ways can God's healing address the pain connected with addiction?



Journaling Prompts

1. Write a declaration of freedom based on Galatians 5:1 and John 8:36.

2. List practical steps you will take to stand firm against relapse or temptation.

3. Reflect on how God has begun to heal your heart and what hope you have going forward.



Day 3: 🌿 Walking in Freedom and Hope

Prayer for Today

Father God, thank You for setting me free from the chains of addiction through Jesus Christ. Help me to stand firm in this freedom and not return to burdensome patterns. Heal my broken heart and bind my wounds with Your love. Fill me with hope and courage as I walk this new path empowered by Your grace. May I never forget that in You, I am free indeed. *Amen.* 🌿 ✍️ 🙏





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