



72 Hours to Conquer Xanax Addiction



A focused 3-day Bible study to find strength,
healing, and victory over Xanax addiction through
God's Word.



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Introduction

Welcome to a transformative journey of faith and freedom. Over the next three days, we will explore Scripture to strengthen your resolve and draw near to God as you face the challenges of overcoming Xanax addiction. Addiction can feel isolating and overwhelming, but remember: you are not alone. *God's Word offers hope, healing, and power to conquer every struggle.* This study aims to equip you spiritually during these 72 hours when breakthroughs often begin.

In this study, you'll discover God's unchanging truth about His love and strength in times of weakness. Each day focuses on a different aspect of recovery: finding hope in God's promises, relying on His strength to resist temptation, and embracing your new identity in Christ. Reflect deeply on the passages, meditate on God's faithfulness, and allow His Spirit to renew your mind.

Remember, recovery is a process, and victory begins with a single step. Be honest with God and yourself, journal your thoughts and prayers, and keep pressing forward. As you engage with this study, may you experience peace, courage, and the power of God to break chains.





Day 1: 🕊 Finding Hope in God's Promises



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

- *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."*



Devotional: Hope and Strength in Our Weakness


Starting the journey toward freedom requires hope — the confident assurance that God is with you in every trial. Psalm 34:17-18 reminds us that God is attentive to our cries and near when we feel broken. Your struggle with addiction may cause you to feel crushed and alone, but God promises to be close and to deliver you.

Hope anchors your soul in the storm of temptation and withdrawal. Isaiah 41:10 encourages us not to fear because God is by our side. Even when the path seems dark and uncertain, God's presence is your refuge.

Paul's testimony in 2 Corinthians 12:9 speaks powerfully to our weaknesses. God's grace isn't just enough — it is perfect and powerful precisely when we feel weakest. Your struggle is a place where God's power can shine brightest.

Today, remind yourself that your weakness is not a shame but an opportunity to experience God's sustaining strength. Cry out to Him honestly. He hears you and will deliver you step by step.



Day 1:  Finding Hope in God's Promises

Reflect and Apply

1. How have you experienced God's closeness during your struggles before?

2. What fears do you need to release to God today?

3. In what ways can your weakness become a doorway for God's power to work?



Day 1: 🕊️ Finding Hope in God's Promises

Journaling Prompts

1. Write about the moments you have felt God's presence in your addiction struggle.

2. Describe your fears about recovery and surrender them to God on paper.

3. List Scriptures that encourage you to rely on God's grace and power.



Day 1: 🕊 Finding Hope in God's Promises

Prayer for Today

Dear Heavenly Father, thank You for hearing my cries and drawing near when I am brokenhearted. *In this moment of struggle, I choose to place my hope in You.* Help me release my fears and lean fully on Your promises. Fill me with Your grace and power so I may stand strong even when I feel weak. I trust You to lead me step by step toward freedom. Strengthen my heart and renew my spirit today. **In Jesus' name, amen.** 🙏💪🕊❤





Day 2: 💪 Resisting Temptation with God's Power



Day 2: 🍌 Resisting Temptation with God's Power

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

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



Day 2: 📖 Resisting Temptation with God's Power

Devotional: Standing Firm Through God's Strength

Temptation is a real part of the recovery process, but God never leaves us defenseless. 1 Corinthians 10:13 is a powerful assurance that every temptation you face is known to God, and He provides a way through it. He won't let you be overwhelmed beyond what you can endure.

True resistance starts with submission. James 4:7 calls us to submit fully to God's authority and actively resist the enemy. When we choose God's strength, the enemy's grip loses power and he must flee.

Ephesians 6 reminds us that spiritual battles require spiritual weapons. We are to clothe ourselves daily with God's armor — truth, righteousness, peace, faith, salvation, and the Word of God. Each element equips you to stand firm amid cravings and moments of weakness.

Today, commit to using God's power and spiritual tools to face temptation head-on. Trust that He is faithful to protect and guide you through every challenge.



Day 2: 🍌 Resisting Temptation with God's Power

Reflect and Apply

1. What are your most common triggers or temptations, and how can you prepare spiritually to face them?

2. How does submitting to God's authority affect your ability to resist temptation?

3. What parts of God's armor do you find easiest or hardest to 'put on' in daily life?



Day 2: 📖 Resisting Temptation with God's Power

Journaling Prompts

1. Identify moments when you successfully resisted temptation and what helped you.

2. Write a prayer of submission, committing your will to God's control.

3. List practical ways to 'put on the armor of God' in your daily routine.



Day 2: 🦵 Resisting Temptation with God's Power

Prayer for Today

Gracious God, thank You for Your faithfulness in every temptation I face. *Help me to submit fully to You and rely on Your mighty power.* Equip me with Your armor today so I can stand firm against every craving and lie. I choose to resist the enemy's schemes, trusting You will protect me. Fill me with courage and unwavering strength to walk this path of recovery. **In Jesus' powerful name, amen.** 🛡️ 🙏 🦵 ✝️





Day 3: Embracing New Identity in Christ



Day 3: 🌱 Embracing New Identity in Christ

Your Verse

2 Corinthians 5:17 – “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Supporting Scriptures

- *Romans 6:6 – “For we know that our old self was crucified with him so that the body ruled by sin might be done away with.”*
- *Galatians 2:20 – “I have been crucified with Christ and I no longer live, but Christ lives in me.”*



Day 3: 🌿 Embracing New Identity in Christ

Devotional: Living as a New Creation in Christ

Recovery is not just about stopping a habit — it's about becoming a new creation in Christ. 2 Corinthians 5:17 declares that when you accept Jesus, your old self and its chains are gone. You are made new — free to live a victorious life.

Romans 6:6 reminds us that the old self, dominated by sin, has been crucified with Christ. This truth breaks the power of addiction, allowing you to walk in newness of life.

Galatians 2:20 expresses the depth of this transformation: “I no longer live, but Christ lives in me.” Your identity is rooted in Christ’s life, not in your past mistakes or struggles.

Today, embrace your new identity with confidence and live as a beloved child of God. Let His life flow through you as you continue the healing process. Addiction no longer defines you; Christ does.



Day 3: 🌱 Embracing New Identity in Christ

Reflect and Apply

1. How does knowing you are a new creation affect your self-image and hope for recovery?

2. What old habits or mindsets do you need to ‘crucify’ with Christ today?

3. How can you practically live out Christ’s life within you each day?



Day 3: 🌱 Embracing New Identity in Christ

Journaling Prompts

1. Write about what it means to you to be a new creation in Christ.

2. List thoughts or behaviors from your past you want to relinquish to Christ.

3. Craft a daily affirmation rooted in your identity in Christ to encourage yourself.



Day 3: 🌿 Embracing New Identity in Christ

Prayer for Today

Lord Jesus, thank You for making me a new creation. *Help me to embrace this new identity fully and walk confidently in Your freedom.* I surrender my past addictions and weaknesses to You. Fill me with Your life and transform my heart continually. Remind me daily that I am no longer defined by my struggles but by Your love and victory. Empower me to live for You every moment. **In Your name, amen.** 🌿 ✝️ ❤️ 🙏





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