



72 Hours to Defeat Cocaine Addiction



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

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Introduction

Welcome to your 72-hour journey toward freedom from cocaine addiction. Addiction can feel like an overwhelming battle, but *God's truth provides power, hope, and renewal.*

Over the next three days, we will explore Scripture passages that reveal God's desire for your healing and deliverance. You will discover that you are not alone in this struggle and that God offers strength beyond human limits to overcome addiction.

Each day includes focused readings, encouraging devotionals, reflection questions, journaling prompts, and prayers to guide you as you seek victory. These 72 hours can be the turning point where chains are broken and a new path begins.

Trust God's promises and lean into His grace as you take this step of faith. With Jesus, freedom is attainable, and your life can be restored. Let the power of His Word fill you with courage and peace in this battle.





Day 1: 🛡️ Facing the Battle with God's Strength



Day 1:  Facing the Battle with God's Strength

Your Verse

Psalms 18:2 - "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."

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:  Facing the Battle with God's Strength

Devotional: God Is Your Rock and Strength Today

Day 1 begins with embracing God as your protector and strength. Addiction often feels like an enemy too strong to defeat, but Psalm 18:2 reminds us that God is a *rock and fortress*, a safe place in the storm. When you feel vulnerable and weak, God is your refuge and deliverer.

Isaiah 41:10 encourages you not to fear because God is present and powerful. Addiction thrives on isolation and fear, but God's nearness brings courage. Remember that admitting weakness is not failure; it is the doorway to God's strength. Paul echoes this in 2 Corinthians 12:9, reassuring us that God's grace and power are most evident when we feel weak.

As you enter these 72 hours, lean on God's strength to face the battle before you. Don't try to fight alone; invite God into every moment, asking Him to be your fortress.



Day 1:  Facing the Battle with God's Strength

Reflect and Apply

1. What does it mean for you personally to see God as your fortress against addiction?

2. How can you lean into God's strength when you feel weak or tempted?

3. What fears about addiction can you surrender to God today?



Day 1:  Facing the Battle with God's Strength

Journaling Prompts

1. Write about moments when you felt powerless and how God's strength could help in those times.

2. List fears or doubts you face regarding addiction and invite God's peace over each one.

3. Record a prayer asking God to be your refuge and fortress.



Day 1: 🛡️ Facing the Battle with God's Strength

Prayer for Today

Lord, I come to You feeling weak and overwhelmed by addiction. Please be my rock and fortress *now*. *Help me trust You fully, especially when fear tries to take hold. Fill me with Your strength and grace to face this battle one moment at a time. Thank You for never leaving or forsaking me. I ask for courage and peace today.* In Jesus' name, Amen. 🛡️ 🙏 💪 🌿





Day 2: 🔥 Breaking Chains Through Christ's Freedom



Day 2: 🔥 Breaking Chains Through Christ's Freedom

Your Verse

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

Supporting Scriptures

- *Romans 6:14 – "For sin shall no longer be your master, because you are not under the law, but under grace."*
- *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 2: 🔥 Breaking Chains Through Christ's Freedom

Devotional: Embrace Your Freedom in Christ Today

Today's focus is on freedom—the true, lasting freedom available in Christ. Addiction can feel like chains that bind every part of life, but Jesus declared in John 8:36 that if He sets you free, you are free indeed. This freedom is not just physical or emotional but spiritual—a restored identity as a beloved child of God.

Romans 6:14 assures us that sin, including the power of addiction, no longer has to be our master. We live under grace, not under condemnation or defeat. Galatians 5:1 boldly calls us to stand firm in this freedom and refuse to be burdened again by that yoke of slavery.

Freedom is a daily choice to walk in the power of Christ. Today, choose to rely on His grace to break the habit's hold, recognizing that your identity is no longer tied to addiction but to Christ's victory.



Day 2: 🔥 Breaking Chains Through Christ's Freedom

Reflect and Apply

1. What does being 'free indeed' mean for your addiction recovery?

2. How can you stand firm against the temptation to return to old chains?

3. In what ways does grace empower you differently than trying to fight addiction alone?



Day 2: 🔥 Breaking Chains Through Christ's Freedom

Journaling Prompts

1. Write about how Christ's freedom transforms how you see yourself.

2. List practical ways you can stand firm in freedom each day.

3. Pray for strength to resist the yoke of addiction and to live in grace.



Day 2: 🔥 Breaking Chains Through Christ's Freedom

Prayer for Today

Jesus, thank You for setting me free from the chains of addiction. Help me embrace this freedom fully, living each day in Your grace and power. Teach me to stand firm, resisting temptation and the burdens that try to pull me back. I surrender my struggle to You, trusting Your victory in every moment. Strengthen my spirit and renew my hope. In Your precious name, Amen. 🔥





Day 3: Renewed Mind and Hope for a New Life



Day 3: 🌱 Renewed Mind and Hope for a 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."

Supporting Scriptures

- *Philippians 4:13 - "I can do all this through him who gives me strength."*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Day 3:  Renewed Mind and Hope for a New Life

Devotional: Renew Your Mind, Embrace New Life


The final day focuses on renewing your mind and embracing a new life in Christ. Addiction often rewires thinking patterns, but Romans 12:2 calls us to transformation by the renewing of the mind, replacing old destructive habits with God's truth.

Philippians 4:13 reminds us that we can do all things through Christ's strength, including overcoming cravings and destructive urges. As you choose new thoughts and reject old patterns, you allow God's power to work in you.

2 Corinthians 5:17 celebrates the new creation you are in Christ—the past addiction no longer defines you. This hope invites you to step forward with confidence and purpose into a life renewed by God's love and strength.

Commit today to daily renewal and to walking forward in hope and strength. Your journey is real, and God is making all things new.



Day 3:  Renewed Mind and Hope for a New Life


Reflect and Apply

1. What mental patterns do you need to replace with God's truth?

2. How can you rely on Christ's strength in moments of weakness?

3. What does being a new creation mean for your future beyond addiction?



Day 3:  Renewed Mind and Hope for a New Life

Journaling Prompts

1. Write down negative thoughts to surrender and replace with Scripture.

2. Describe what your new life in Christ looks like and feels like.

3. Pray for daily renewal and the courage to walk forward.



Day 3: 🌱 Renewed Mind and Hope for a New Life

Prayer for Today

Father, thank You for making me new and offering hope beyond my addiction. Help me to renew my mind daily with Your truth and to rely on Your strength in each moment. Transform my habits, my thoughts, and my heart. Fill me with eternal hope and courage as I step into this new life. Let Your peace guard me now and always. In Jesus' name, Amen. 🌱 🧠 ✨ 🙏





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