



72 Hours to Defeat LSD Addiction



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



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🕊 Finding Freedom in Christ</u>	4
<u>Day 2: 💡 Renewing Your Mind and Spirit</u>	10
<u>Day 3: ✨ Walking in Victory and Hope</u>	16



Introduction

Welcome to this transformative 3-day Bible study on addiction. Addiction, especially to substances like LSD, can feel overwhelming, isolating, and devastating. Yet, the Bible offers timeless hope that no bond is too strong for God to break. Over the next 72 hours, you will be immersed in God's word to find strength, encouragement, and practical spiritual tools to combat the grip of addiction.

During these three days, you'll explore themes of freedom, renewal, and God's unwavering love. Each day includes a primary scripture to meditate on, supporting verses to deepen your understanding, and devotional reflections to apply God's truth personally. You will be invited to reflect deeply, journal your thoughts, and seek God's presence through prayer.

Remember, addiction is not a mark of failure but a challenge that God can redeem when you seek His help. By focusing intently on these 72 hours, you commit yourself to spiritual clarity and breakthrough. Let these moments be a courageous step forward—powered by God's grace and the community of believers who support you.

As you journey through this study, keep in mind that God's mercy and strength are new every morning. Embrace His promises, prepare to surrender control, and open your heart to His healing power. Your freedom in Christ awaits.





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."*
- *2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Devotional: Embracing Christ's True Freedom

Day 1: Discovering True Freedom

When battling addiction, it can feel like chains bind your life — chains of fear, guilt, and overwhelming desire. Yet Jesus promises a freedom that is deeper and more powerful than any human struggle. *John 8:36 declares that if the Son sets you free, you are truly free.* This is not just physical freedom but spiritual liberation from the grip of sin and destructive patterns.

Imagine the weight of your addiction as a yoke of slavery; Paul's words in Galatians remind us that Christ has already broken these yokes. You are invited not to return to those old burdens but to stand firm in the freedom won for you on the cross. The transformation God offers is radical — to become a new creation, shedding the old identity shaped by addiction.

Today, take time to reflect on the freedom you can claim through faith in Jesus. This freedom is not just about stopping LSD use but renewing your heart and mind, breaking unhealthy cycles, and stepping into God's plan for abundant life. Trust in God's power to set you free, no matter how long or difficult the struggle has been.



Reflect and Apply

1. What does true freedom from addiction look like to you spiritually and practically?

2. In what ways have you felt enslaved or burdened by your addiction?

3. How can the promise of a new creation encourage your journey towards recovery?



Journaling Prompts

1. Write about what freedom in Christ means for your addiction.

2. Describe the chains you feel most strongly and ask God to help you break them.

3. Reflect on any past attempts to quit and what you learned from them.



Day 1: 🕊 Finding Freedom in Christ

Prayer for Today

Heavenly Father, thank You for the freedom You offer through Your Son. I confess the chains of addiction that bind me and ask for Your strength to break free. Help me to stand firm, to embrace the new identity You give me, and to walk boldly into the freedom only You can provide. Renew my mind and heart, and fill me with hope as I take these first steps. *Amen.* 🙏🕊✨





Day 2: 💡 Renewing Your Mind and Spirit



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 4:8 - "Finally, brothers and sisters, whatever is true, whatever is noble...think about such things."*
- *Ephesians 4:22-24 - "You were taught...to put off your old self...and to be made new in the attitude of your minds."*



Day 2: 💡 Renewing Your Mind and Spirit

Devotional: Transforming Your Mind for Lasting Change

Day 2: The Battle for Your Mind

One of the strongest battlegrounds in addiction is the mind. The thoughts, memories, and cravings can be relentless. The apostle Paul instructs believers not to conform to the world's destructive patterns but to be transformed by renewing the mind. This renewal is vital in overcoming addiction—replacing destructive thinking with God's truth.

Today, focus on what you allow to dwell in your thoughts. Philippians encourages us to think on things that are true, noble, and pure. This is not wishful thinking but an intentional, spiritual discipline that reshapes your outlook and resistance to temptation.

Practically, this might mean memorizing scripture, avoiding triggers, or surrounding yourself with supportive influences. Ephesians reminds us that the 'old self' must be renounced, and a new self put on—one made new through God's Spirit and renewed mind. This renewal process empowers you to respond differently, break cycles, and embrace godly habits.

Your mind is a powerful tool—when transformed by God's Word, it becomes a fortress against addiction's lies.



Day 2: 💡 Renewing Your Mind and Spirit

Reflect and Apply

1. What negative thought patterns feed your addiction and how can you replace them?

2. How can focusing on God's truth combat your cravings and fears?

3. What practical steps can you take today to renew your mind daily?



Day 2: 💡 Renewing Your Mind and Spirit

Journaling Prompts

1. List scriptures or truths to meditate on when temptation arises.

2. Reflect on situations that trigger negative thoughts and how to avoid or change them.

3. Describe how a renewed mind changes your view of yourself and your addiction.



Day 2: 💡 Renewing Your Mind and Spirit

Prayer for Today

Lord Jesus, I ask You to help me renew my mind and spirit. Break the patterns of this world that pull me back into addiction. Fill my heart with Your truth and help me to think on what is pure and good. Strengthen me to resist temptation and to build new habits rooted in Your Word. Guide me daily as I seek transformation. *Amen.* 🙏📖💡





Day 3: ✨ Walking in Victory and Hope



Day 3: ✨ Walking in Victory and Hope

Your Verse

1 John 5:4 - "For everyone born of God overcomes the world."

Supporting Scriptures

- *Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
- *Isaiah 41:10 - "Do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 3: ✨ Walking in Victory and Hope

Devotional: Victory Through God's Presence and Power

Day 3: Claiming Victory in God's Strength

Today, we focus on walking forward victorious. Addiction can make you feel defeated and isolated, but God's promise in 1 John reminds us that everyone born of God overcomes the world. This victory isn't by our own strength but through faith in Him.

Even in moments of brokenness, God is close to you (Psalm 34:18). He understands your pain and offers healing to the crushed spirit. This journey is not about perfection but about perseverance in hope.

Isaiah 41:10 encourages you not to fear because God is with you. His presence gives strength when you feel weak and courage when you feel overwhelmed. As you finish this study, remember that God equips you daily to walk free and thrive.

Walking in victory means living one day at a time, trusting God, and continually seeking His grace to overcome.



Day 3: ✨ Walking in Victory and Hope

Reflect and Apply

1. What does it mean for you to ‘overcome the world’ in your addiction struggle?

2. How does knowing God is close to the brokenhearted affect your hope?

3. In what ways can you rely more on God’s strength today and beyond?



Day 3: ✨ Walking in Victory and Hope

Journaling Prompts

1. Write about a time you experienced God's presence during a struggle.

2. List ways you can remind yourself of God's promises when tempted.

3. Create a personal declaration of victory based on scripture.



Day 3: ✨ Walking in Victory and Hope

Prayer for Today

Gracious Father, thank You for the victory available through You. When I feel weak or crushed, remind me that You are near. Help me to walk in the strength and hope You provide, overcoming every challenge of addiction. Empower me to live boldly in Your grace and to trust Your presence every step of the way. *Amen.* ✨💖💪





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.