



72 Hours to Detox: Finding Freedom from Addiction



A 3-day Bible study to support healing and hope during detox from prescription painkillers.

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Introduction

Overcoming addiction is a journey that requires courage, support, and faith. For those detoxing from prescription painkillers, the first 72 hours can feel especially overwhelming — physically, emotionally, and spiritually. Yet, God's Word offers a powerful source of strength and hope during this challenging season.

This study is designed to walk alongside you through these initial 3 days, grounding you in Scripture that speaks of God's comfort, renewal, and deliverance. Each day, we'll reflect on passages that remind us how deeply God understands our struggles and how He invites us into freedom through His grace.

Detox, while difficult, is the crucial first step towards reclaiming your life, and even in moments of pain and weakness, you are never alone. God's promises provide a firm foundation to hold onto — offering peace that surpasses understanding, the healing power of His presence, and the hope of a restored future.

As you engage with these reflections, may you be encouraged to lean on God's strength, open your heart to His comfort, and embrace His faithfulness to complete the work He has begun in you. Remember, this is not just a physical detox but a spiritual journey toward freedom in Christ. *Let His Word be your refuge and guide throughout.*





Day 1: Finding Peace in the Midst of Struggle



Day 1: 🕊 Finding Peace in the Midst of Struggle

Your Verse

Philippians 4:6-7 (NIV): "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

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



Day 1: 🕊 Finding Peace in the Midst of Struggle

Devotional: Anchor Your Heart in God's Peace Today

The journey of detox can awaken intense feelings of fear, anxiety, and uncertainty. On day one, it can feel as though the pressure is too much to bear alone. However, God invites us to bring every worry and fear directly to Him in prayer. Philippians 4:6-7 reminds us not to be anxious about anything, but in every circumstance, to lift our requests to God with thanksgiving.

Though our minds may swirl with doubt or pain, God offers a peace that surpasses human understanding — a tranquility that guards our hearts and minds amid the storm. This peace is not dependent on external circumstances but rooted deeply in Christ's presence.

Remember that feeling broken or overwhelmed is not failure; it is an invitation to draw closer to God. Psalm 34:18 reassures us that the Lord is especially near when our spirits feel crushed. When the detox process exposes our vulnerabilities, God meets us there, not in judgment but in compassionate love.

Isaiah 41:10 offers a powerful encouragement — with God by your side, there is no need to fear. This first day is a step of faith, trusting that God's presence will uphold you every moment. Release your anxieties, cling to prayer, and receive God's unwavering peace as your stronghold.



Day 1: 🕊 Finding Peace in the Midst of Struggle

Reflect and Apply

1. What anxieties are you holding onto right now during your detox?

2. How can you practically take your worries to God in prayer today?

3. In what ways have you experienced God's peace in past struggles?

4. What does it mean to you that God's peace transcends understanding?





Day 1: 🕊️ Finding Peace in the Midst of Struggle

Journaling Prompts

1. Write about your current feelings in this detox journey and how you want God to meet you.

2. List specific worries or fears that you want to surrender to God today.

3. Describe a past time when prayer helped you find peace amidst difficulty.



Day 1: 🕊️ Finding Peace in the Midst of Struggle

Prayer for Today

Lord, I surrender my fears and anxieties to You today. In the midst of this difficult journey, please fill me with Your peace that surpasses understanding. Help me to trust You fully, even when the road is hard and the pain is real. Thank You for being close to the brokenhearted and for never leaving my side. Strengthen my faith to hold onto Your promises and to find rest in Your presence. May Your peace guard my heart and mind as I take this first step toward healing. *Amen.* 🙏🕊️💪





Day 2: 🔥 Embracing Strength in Weakness



Day 2: 🔥 Embracing Strength in Weakness

Your Verse

2 Corinthians 12:9 (NIV): "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

- *Isaiah 40:29: "He gives strength to the weary and increases the power of the weak."*
- *Psalms 73:26: "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*



Day 2: 🔥 Embracing Strength in Weakness

Devotional: God's Strength Perfected in Your Weakness

The detox process will often expose our physical and emotional limitations. On this second day, you may feel weak or inadequate to face what lies ahead. Yet, God's Word invites us to see weakness not as a defeat but as a doorway to His power.

In 2 Corinthians 12:9, God tells Paul, "My grace is sufficient for you, for my power is made perfect in weakness." This reminds us that our human frailty is where God's strength shines brightest. Instead of hiding or avoiding weakness, we are called to lean into it and boast in it — because in doing so, Christ's power rests on us.

It is God's grace that sustains you through every exhausting moment, and His strength that empowers you to say 'no' to addiction's hold. Isaiah 40:29 offers this encouragement: God gives strength to the weary and increases the power of those who are weak. When your body feels drained and your spirit falters, He is there as your source of renewal.

Psalms 73:26 declares, "My flesh and my heart may fail, but God is the strength of my heart and my portion forever." You can hold onto this truth: though your own efforts might falter, God will carry you through because He is your ever-present help.



Allow today to be about embracing your weakness because in that, God's strength will become your victory.



Day 2: 🔥 Embracing Strength in Weakness

Reflect and Apply

1. In what areas are you feeling weak or overwhelmed right now?

2. How does knowing that God's power is made perfect in weakness transform your perspective?

3. What steps can you take today to rely on God's strength instead of your own?

4. How can you boast about your weakness as a sign of Christ's power at work?





Day 2: 🔥 Embracing Strength in Weakness

Journaling Prompts

1. Write about a time when God's strength helped you through a weak moment.

2. Identify specific ways you can invite God's grace into your current weakness.

3. Reflect on how embracing weakness could change your approach to detox and recovery.



Day 2: 🔥 Embracing Strength in Weakness

Prayer for Today

Heavenly Father, I come to You acknowledging my weakness. I confess that I cannot do this alone, but Your grace is enough for me. Please fill me with Your strength today, and remind me that Your power shines brightest when I am weak. Help me to surrender my own efforts and embrace Your sustaining grace during this detox. Fortify my spirit, renew my hope, and give me courage to keep moving forward, trusting in You alone. Thank You for being my strength forever. *Amen.* 💪 🔥 🙏





Day 3: 🌿 Renewing Mind and Body in God's Freedom



Your Verse

Romans 12:2 (NIV): "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

- *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: Embrace God's Transforming Freedom Today

Completing the first 72 hours of detox is a significant milestone. Now, it's time to look forward and allow God to continue transforming your mind and body for lasting freedom.

Romans 12:2 challenges us not to conform to the harmful patterns that addiction fosters but to be transformed through the renewing of our minds. This renewal is an ongoing spiritual process where God changes our thoughts, desires, and outlook, shaping us more into His likeness.

True freedom comes from Christ, who sets us free from the chains that once bound us. John 8:36 boldly declares, "If the Son sets you free, you will be free indeed." This freedom isn't just physical but deeply spiritual and holistic, affecting every aspect of your life going forward.

Psalms 147:3 offers beautiful reassurance that God is the healer who binds up broken hearts and wounds. He is actively working to restore you, not just from addiction but from any emotional or spiritual pain that may linger.

As you step beyond detox, invite God into the renewing of your mind daily. Surrender old thought patterns, embrace His truth, and celebrate the freedom that only He can provide. Let this be a day of hope and embracing the new life He lovingly offers.



Reflect and Apply

1. What mental or emotional patterns do you feel called to surrender to God?

2. How does the promise of freedom in Christ encourage you as you move forward?

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

4. In what ways have you experienced God's healing in your heart?





Journaling Prompts

1. Write about the freedom you desire most after detox and how God can bring that to life.

2. List renewing truths from Scripture you want to meditate on daily.

3. Describe how you can partner with God to heal wounds from addiction.



Day 3: 🌿 Renewing Mind and Body in God's Freedom

Prayer for Today

Lord Jesus, thank You for setting me free from addiction's hold. Help me to fully embrace the freedom You offer and to allow You to renew my mind and body each day. Heal my brokenness and bind up my wounds with Your loving care. Guide my thoughts and actions to align with Your perfect will. Strengthen me to resist old patterns and to walk confidently in the new life You've begun in me. I trust Your continuing work of transformation in my heart and mind. *Amen.* 🙌 🌿 ❤️ 🙏





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