






# 72 Hours to Detox: Finding Freedom from Addiction



A 3-day Bible study guiding you through spiritual strength and renewal during methadone detox.

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## Introduction

Detoxing from methadone or any addictive substance can be a daunting and challenging journey, both physically and emotionally. Yet, amidst the struggle, there is hope and strength to be found in God's Word. This 3-day Bible study is designed to accompany you through your 72-hour detox, offering spiritual encouragement and practical insights to help you overcome addiction's grip.

**In these three days, you will explore scriptures that remind you of God's power to break chains, His steadfast love that never abandons, and the renewal He offers through His Spirit. Addiction can often feel isolating, but *you are not alone*. God's presence surrounds you, ready to offer comfort, courage, and a new beginning.**

Each day focuses on a theme essential to your detox process: surrendering control to Jesus, embracing His healing power, and stepping into the freedom He provides. You will read key Scriptures, reflect on deep questions, journal your thoughts, and pray for renewed strength. Remember, this is not just a physical detox but a spiritual journey toward restoration.

As you commit to these next 72 hours, invite God's Word to be your anchor. Trust in His grace, lean on His promises, and allow His Spirit to lead you through every challenge and every victory. The steps may be small, but with God, every step moves you closer to freedom.





## Day 1: Surrendering Control



Day 1:  Surrendering Control

## Your Verse

*Proverbs 3:5-6 NIV "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

## Supporting Scriptures

- *Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."*
- *Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 1:  Surrendering Control

## Devotional: The Strength in Trusting God's Plan

**Today, the first step to freedom is surrender.** When detoxing from methadone, you may feel overwhelmed by physical discomfort and emotional turmoil. It's natural to want to rely on your own strength or understanding, but God calls us to a different path—a path of trust and submission.

*Proverbs 3:5–6* encourages us to trust God fully, even when the way seems unclear. Surrender is not weakness; it is the powerful act of handing over control to the One who knows best and can direct your steps safely through the storm.

**Remember Psalm 34:17:** God hears your cries and promises to deliver you from trouble. Turning to Him in your weariness, as Jesus invites in *Matthew 11:28*, brings rest to your soul. Today, offer Him your burdens, your fears, your cravings. Let Him be your strength when yours feels depleted.

Surrender opens the door for God to work in ways you cannot imagine. Trust that as you release control, He will guide you through these difficult hours and light the path toward lasting freedom.



Day 1:  Surrendering Control

## Reflect and Apply

1. What areas of your detox journey feel hardest to surrender to God?

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2. How can trusting God's guidance change your perspective during this time?

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3. In what ways can you remind yourself of God's promises when anxiety rises?

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Day 1:  Surrendering Control

## Journaling Prompts

1. Write about what surrendering control means to you right now.

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2. List the worries or fears you want to give to God today.

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3. Describe a past time when trusting God led you through a challenge.

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Day 1:  Surrendering Control

## Prayer for Today

**Lord, today I come to You feeling weak and uncertain.** Help me to surrender my fears and cravings into Your hands. Teach me to trust You with every step of this detox journey. Thank You for hearing my cries and offering rest to my weary heart. Strengthen me when I feel down, and remind me that You are guiding my path. May Your peace guard my mind and body through these hours. I place my hope in You alone. *Amen.* 🙏💪✨❤️





## Day 2: Embracing God's Healing Power



Day 2: 🕊 Embracing God's Healing Power

## Your Verse

*Isaiah 41:10 NIV "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."*

## Supporting Scriptures

- *Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord.*
- *2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 2: 🕊 Embracing God's Healing Power

## Devotional: God's Power Made Perfect in Weakness

**Healing is a divine promise, not just a hope.** As you face the physical and emotional pain during detox, Isaiah 41:10 offers a powerful reassurance—God is present, active, and strong in your weakness.

*Fear and discouragement often rise when battling addiction, but God's word confronts these feelings with the truth of His calm, sustaining presence. He pledges to uphold you with His righteous hand, to give you strength when yours fades.*

Jeremiah 30:17 reminds us that restoration is God's work. He doesn't just patch up wounds, but fully heals them. And as Paul, in 2 Corinthians 12:9, shares, God's grace is made perfect specifically in our weaknesses—your weakness is the stage for His power.

Today, choose to lean into this healing power. Invite God to touch every painful place in your body, mind, and spirit. Accept His grace as the source of your strength through detox and beyond.



Day 2: 🕊 Embracing God's Healing Power

## Reflect and Apply

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

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2. How does knowing God promises healing influence your feelings toward detox?

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3. In what ways can you rely on God's grace in moments of weakness?

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Day 2: 🕊 Embracing God's Healing Power

## Journaling Prompts

1. Write a letter to God expressing your need for His healing power.

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2. Recall a time when God's strength helped you through weakness.

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3. Describe what healing looks like for you during and after detox.

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Day 2: 🕊 Embracing God's Healing Power

## Prayer for Today

**Father, I thank You that You are with me in every moment of weakness. Help me to cast aside my fears and rest in Your strength. Heal the wounds addiction has caused, not just in my body, but deep in my heart. Your grace is enough; fill me with it abundantly. Uphold me with Your righteous hand and empower me to face today with courage and hope. In Jesus' name, Amen. 🙏**





## Day 3: Stepping into Freedom





Day 3: 🌅 Stepping into Freedom

## Your Verse

*Galatians 5:1 NIV "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."*
- *Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*



Day 3: 🌅 Stepping into Freedom

## Devotional: Living Fully Free in Christ

**Today marks a pivotal moment: choosing to walk in the freedom Christ offers.** Your detox journey may not be over, but the chains of addiction do not define you anymore. Galatians 5:1 declares the purpose of Christ's sacrifice—freedom from slavery to sin and addiction.

*Stand firm in this truth.* John 8:36 echoes this freedom as complete and lasting—when Christ sets you free, no addiction, fear, or habit can hold you.

Transformation is also a daily choice. Romans 12:2 teaches us that renewing the mind shapes lasting change. As you step into this new season, commit to ongoing renewal through God's Word and Spirit. Let each thought, each action, reflect the freedom you have in Christ.

**You are no longer bound. You are empowered, restored, and valued beyond measure.** Embrace this new life. Celebrate the victory today and every day.



Day 3:  Stepping into Freedom

## Reflect and Apply

1. What does freedom in Christ mean to you personally?

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2. Which old patterns do you need to reject moving forward?

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3. How can you actively renew your mind to maintain this freedom?

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Day 3:  Stepping into Freedom

## Journaling Prompts

1. Describe how you feel about your new freedom in Christ.

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2. List new habits or spiritual disciplines to help maintain your freedom.

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3. Write a commitment statement to yourself and God, embracing this new life.

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Day 3: 🌅 Stepping into Freedom

## Prayer for Today

**Lord Jesus, thank You for setting me free from the chains of addiction. Help me to stand firm in this freedom and not return to past slavery. Transform my mind daily so I can reflect Your life and love. Guide me in the choices I make and fill me with Your Spirit's power to live fully free. I celebrate the new beginning You've given me. Amen.** 🌅 🏠 🎉 🧡





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