



# 72 Hours to Find Healing from Prescription Drugs



A focused 3-day study to seek God's strength and freedom from prescription drug addiction through Scripture, prayer, and reflection.

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## Introduction

Welcome to this 3-day Bible study focused on finding healing and freedom from prescription drug addiction. Addiction can feel isolating and overwhelming, but through God's Word, we discover hope, strength, and a path to restoration. Taking these 72 hours intentionally to engage with Scripture, prayer, and reflection will equip you to address this challenge with faith and perseverance. *Healing is possible, and you are not alone.* 

Throughout these three days, we'll explore how God's promises provide comfort, deliverance, and empowerment for those battling addiction. We will focus on the power of surrender, the peace found in God's presence, and the importance of community and accountability. The journey to healing often requires daily decisions to seek God's help and to renew your mind through Scripture. Remember, God sees you, loves you deeply, and desires your freedom.

This study is designed to guide your heart and mind as you face challenges, helping you replace feelings of shame or hopelessness with joy, faith, and courage. Keep a journal handy to write down your thoughts and prayers, and lean into God's Word as the ultimate foundation for your recovery. May these moments be transformative and draw you closer to the One who heals all wounds. **Let's take these steps together, fully trusting in God's grace.** 





## Day 1: Facing Addiction with Truth



Day 1:  Facing Addiction with Truth

## Your Verse

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

## Supporting Scriptures

- *Psalm 34:18 – "The LORD is close to the brokenhearted and saves those who are crushed in spirit."*
- *Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*



Day 1:  Facing Addiction with Truth

## Devotional: Step Into Freedom Through God's Truth

**Today, we start by confronting addiction head-on with the truth of Scripture.** Addiction is a form of bondage, and the Bible declares that true freedom comes only through Jesus Christ. When Jesus sets us free, we are free indeed — but this freedom requires us to acknowledge our struggle honestly and surrender it to God.

*Psalm 34:18* reminds us that God is especially near when we feel broken and overwhelmed. You are not alone in this battle; God is close to your heartache.

**Consider how your thoughts and habits may be shaped by the world around you.** Romans 12:2 encourages transformation through renewing your mind with God's truth. This renewal is a crucial first step in breaking free from prescription drug addiction. Today, ask God to help you see your struggle clearly and to give you courage to step into His freedom.

*Reflection begins by naming the truth.* As you meditate on these verses, reflect on what areas of your life need God's transformative power the most.



Day 1:  Facing Addiction with Truth

## Reflect and Apply

1. What does freedom in Christ mean to you personally in your struggle with addiction?

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2. Where are you holding on to shame or denial about your addiction?

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3. How can you begin to renew your mind with God's truth today?

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4. Who can support you as you face the reality of your addiction?

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Day 1:  Facing Addiction with Truth

## Journaling Prompts

1. Write honestly about how addiction has affected your life and relationships.

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2. List any lies you've believed about yourself due to addiction and counter them with Scripture truths.

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3. Record a prayer asking God to reveal His freedom to you.

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Day 1: 🛑 Facing Addiction with Truth

## Prayer for Today

**Heavenly Father**, I come to You recognizing my need for freedom and healing. You know my struggles, my fears, and the grip that prescription drugs have on my life. *Lord, I ask for Your strength to break every chain and for Your presence to comfort me when I feel weak.* Help me to surrender fully to Your truth and allow You to renew my mind daily. Surround me with Your peace and guide me toward people who will support my journey. Thank You for being close to the brokenhearted and for Your promise of freedom through Jesus. In His name I pray, Amen. 🙏💪🕊️





## Day 2: Finding Strength in Surrender



Day 2:  Finding Strength in Surrender

## Your Verse

*2 Corinthians 12:9 - "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

- *Philippians 4:13 - "I can do all this through him who gives me strength."*
- *Psalms 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



## Devotional: Embrace Weakness for God's Power

**Healing from addiction requires the courage to surrender daily and rely on God's grace.** In 2 Corinthians 12:9, God's message to Paul is clear: His grace is enough, and His power shines brightest when we are weak. Instead of hiding your vulnerability, today is about embracing the truth that your weakness opens the door for God's strength.

*Philippians 4:13* reinforces that you can face each moment with the strength God provides. The journey will not be easy, but God is your refuge and strength — your ever-present help in times of trouble, as Psalm 46:1 assures us.

**Surrender does not mean defeat; it means handing over control to the One who can truly heal and restore you.** When you feel overwhelmed or tempted, pause and pray for God's power to sustain you. Let your weakness become a testimony of God's mighty work in your life.



## Reflect and Apply

1. How does your understanding of surrender affect your recovery journey?

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2. In what ways have you tried to control your addiction on your own?

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3. What areas of your life do you need to hand over to God today?

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4. How can you remind yourself daily of God's sufficient grace?

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Day 2:  Finding Strength in Surrender

## Journaling Prompts

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

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2. List areas where you find it hardest to surrender control and ask God to help you.

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3. Pray a surrender prayer, expressing your willingness to rely on God's grace.

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Day 2: 📖 Finding Strength in Surrender

## Prayer for Today

Dear Lord, I admit my weakness and ask for Your grace to cover me. Your power is perfect when I feel powerless, and today I surrender all my struggles to You. *Grant me strength to resist temptation, peace in my moments of doubt, and courage to trust You fully.* Be my refuge and help in this fight against addiction. I thank You for loving me despite my flaws and for working powerfully in my weakness. In Jesus' name, Amen. 🙏❤️📖





## Day 3: Walking in Newness of Life



Day 3: 🌅 Walking in Newness of Life

## Your Verse

*Romans 6:4 – "We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life."*

## Supporting Scriptures

- *Isaiah 43:18-19 – "Forget the former things; do not dwell on the past. See, I am doing a new thing!"*
- *Ephesians 4:22-24 – "Put off your old self... and be made new in the attitude of your minds."*



Day 3: 🌅 Walking in Newness of Life

## Devotional: Step into God's New Life and Hope

**The final day of this study focuses on embracing the new life God offers beyond addiction.** Romans 6:4 reminds us that through Christ's resurrection, believers are invited into a fresh start, a life free from the chains of the past. Healing involves not just stopping harmful behavior but stepping into the abundant life God promises.

*Isaiah 43:18-19* encourages us to release what is behind and to anticipate God's new work in our hearts. The transformation God performs is ongoing, renewing your mind and attitude as described in Ephesians 4.

**Today, choose to put on the new self, walking forward with hope and renewed purpose.** Celebrate what God is doing within you, and take practical steps to maintain healing: build routines, seek community, and regularly immerse yourself in Scripture and prayer.



Day 3: 🌅 Walking in Newness of Life

## Reflect and Apply

1. What does new life in Christ look like for you personally beyond addiction?

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2. How can you embrace God's new work rather than dwelling on past mistakes?

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3. What daily habits can support your growth in this new life?

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4. Who can you turn to for accountability and encouragement in your journey?

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Day 3:  Walking in Newness of Life

## Journaling Prompts

1. Describe what your life might look like after experiencing God's healing.

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2. Write about habits or mindsets you want to leave behind permanently.

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3. Pray for courage and guidance as you step into this new chapter.

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Day 3: 🌅 Walking in Newness of Life

## Prayer for Today

**Gracious Father**, thank You for the new life You offer through Jesus. Help me to leave behind the past and walk boldly into the future You have planned. *Renew my mind and heart daily, making me more like Christ in thoughts, words, and actions.* Give me the strength to maintain this freedom and the wisdom to seek support and accountability. May Your Spirit continually guide me on this path of healing and hope. In Jesus' name I pray, Amen. 🌅 🙏 🌟







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