72 Hours to Find Healing from Steroid Addiction



A focused 3-day Bible study guiding those seeking freedom and healing from steroid addiction through Scripture and reflection.





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Introduction

Welcome to this 3-day journey of healing and hope. Addiction, especially to substances like steroids, can feel overwhelming and isolating. Yet, God's Word offers profound encouragement and a path toward freedom. Over the next 72 hours, we will explore biblical truths that remind us of God's power to restore, renew, and strengthen us as we seek healing.

This study does not promise an instant cure, but a spiritual foundation for recovery, acknowledging that true healing is a process guided by God's grace. Through Scripture, reflection, and prayer, you'll find encouragement to surrender struggles, embrace God's strength, and walk in newfound freedom.

Each day focuses on a key aspect: recognizing our need for God's help, experiencing His transformative power, and stepping forward in faith to overcome addiction. Remember, you are not alone. God sees your battles and promises to walk with you every step of the way.

Let's begin this journey together, embracing God's hope and power to find healing and restoration. \triangle















Your Verse

Psalm 34:18 - "The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 7:15 "I do not understand what I do. For what I want to do I do not do, but what I hate I do."







Devotional: God Is Near to the Brokenhearted

Admitting the struggle is the first step toward healing. Addiction often carries shame and denial, but God's Word meets us where we are—broken, weary, and in need of help. Psalm 34:18 reminds us that the LORD is near when we are crushed in spirit; He is not distant but close, ready to bring comfort and rescue.

Recognize your need for God's help today. The battle with addiction involves both the physical and spiritual, and no one can overcome it alone. John 8:36 assures us of the freedom available through Jesus—freedom that is real and lasting.

Paul's honest words in Romans 7:15 show the internal struggle many face, wanting to do right but feeling powerless. This tension is not a sign of failure but an opportunity to rely more deeply on God's grace and strength.

As you start this journey, surrender your struggle to God. Tell Him your pain, your fears, and your desire for healing. He promises to listen and to walk with you through every step of recovery.







Reflect and Apply

1.	In what ways have you tried to hide or deny your addiction?
	How does knowing God is close to you in brokenness affect your willingness to seek His help?
	What internal struggles do you identify with from Paul's words in Romans 7:15?
4.	What does freedom in Christ mean for your recovery journey?











Journaling Prompts

1.	Write down how you feel about admitting your need for help.
2.	List specific ways you have experienced God's presence in your pain.
3.	Describe your hopes for freedom and healing in the next 72 hours.







Prayer for Today

Lord Jesus, thank You for drawing near when I am brokenhearted. I bring my addiction, my struggles, and my pain to You today. Help me to surrender control and to trust in Your power to set me free. Strengthen my spirit when I feel weak and remind me that I am not alone. Guide me through this journey of healing with Your unfailing love and grace. *In Your Name, Amen.* \nearrow

















Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Devotional: God's Power is Perfect in Weakness

Recovery demands a strength greater than our own. Through the Lord's power, what feels impossible becomes possible. Philippians 4:13 reminds us clearly: we can do all things through Christ who strengthens us. This verse doesn't mean we rely on our own efforts alone but on His sustaining power in every step.

God's grace shines brightest in our weakness. 2 Corinthians 12:9 tells us that His power is perfected when we are weak. This means your struggles and vulnerabilities are not obstacles but opportunities for God to display His might in your life.

Isaiah 40:29 reinforces this incredible truth—God renews strength, especially when we feel exhausted and defeated. Whenever you feel overwhelmed by cravings or discouragement, lean into God's sustaining power. Let Him fill the gaps where your own strength falls short.

Today, choose to rely on the empowering presence of the Holy Spirit. Ask God to renew your inner strength so you can face each moment with courage rooted in Him.







Reflect and Apply

1. Where have you been relying too much on your own strength?
2. How can embracing your weakness invite God's power into your life?
3. What practical ways can you remember to lean on God's strength during difficult moments?
4. How does God's sufficiency encourage you in your addiction recovery?











Journaling Prompts

1.	Write about a time you experienced God's strength during a weakness.
2.	List areas in your recovery where you need God's power most.
	Pray for God to fill you with strength and describe how you feel afterward.







Prayer for Today

Heavenly Father, today I acknowledge my weakness and ask for Your strength to sustain me. Help me to depend on You fully, knowing that Your grace is enough for every challenge I face. Fill me with courage and renew my spirit so I can overcome through Your power. Thank You for not giving up on me even when I feel weak. *In Jesus' name, Amen.*

















Day 3: 💥 Living in Freedom and Hope

Your Verse

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."

Supporting Scriptures

- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."
- 1 Peter 5:8-9 "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."







Day 3: 💥 Living in Freedom and Hope

Devotional: Stand Firm in the Freedom Christ Gives

Jesus came to set us free from every form of slavery, including addiction. Galatians 5:1 encourages us to stand firm in this freedom and refuse to be burdened again by the chains that once held us captive. Freedom is not just a distant hope but a present reality to embrace daily.

Living free means walking without condemnation. Romans 8:1 declares there is no condemnation for those in Christ Jesus. No matter past mistakes, God offers forgiveness, healing, and a fresh start.

However, the enemy still seeks to lure us back into bondage. 1 Peter 5:8-9 warns us to stay alert, recognizing the spiritual battle we face. Resistance requires vigilance, prayer, and dependence on God's protection.

Today, commit to living boldly in the freedom Christ secured for you. Surround yourself with support, set healthy boundaries, and remember that with God's help, you can overcome temptation. Hope is alive—walk forward in confidence and peace.







Day 3: 🎇 Living in Freedom and Hope

Reflect and Apply

1.	What does true freedom from addiction look like for you personally?
	How can the promise of no condemnation affect your self-view and recovery efforts?
	What strategies might help you stay alert and protect yourself from relapse?
4.	Who can support you as you walk in freedom and hope?





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Day 3: 🎇 Living in Freedom and Hope

Journaling Prompts

1.	Write a letter to yourself affirming your freedom in Christ.
2.	List practical steps to maintain sobriety and spiritual health.
3.	Reflect on how God's forgiveness has impacted your healing process.







Day 3: 💥 Living in Freedom and Hope

Prayer for Today

Lord God, thank You for the freedom You have given me through Christ. Help me to stand firm and never return to the bondage of addiction. Guard my heart and mind against temptation and strengthen me in moments of weakness. Surround me with Your peace and courage to live each day in hope and victory. I entrust my healing into Your hands, trusting Your perfect plan. *In Jesus' name, Amen.*







Where God's Word Meets Your Daily Life

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