# 72 Hours to Find Peace Beyond Addiction



A focused 3-day Bible study to find hope, healing, and lasting peace beyond addiction through Scripture and prayer.





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#### Introduction

Welcome to this 3-day journey designed to guide you toward *peace beyond* addiction. Addiction can feel like an overwhelming chain—binding, isolating, and often robbing us of joy and freedom. But the good news is that **hope and** healing are possible through God's Word and His power.

Over the next 72 hours, we'll explore Scripture that speaks candidly about temptation, surrender, and transformation. We will discover how God invites us into a relationship that brings freedom, renewal, and strength—even in the midst of our struggles. No matter where you are on your journey, this study is here to remind you that you are *never alone*.

**Each day** will offer a scripture passage to ground you, supporting verses to deepen your understanding, a devotional to encourage your heart, reflection questions to foster honest self-examination, and journaling prompts to process your thoughts and feelings. Finally, prayers will invite you to lean into God's presence and care as you seek peace beyond addiction.

Remember, healing is a process that unfolds through daily surrender, trust, and God's grace. Let this time be a sacred space for you to encounter God's comfort, truth, and power to restore. May you find encouragement, renewed strength, and a fresh sense of peace in these next three days.















#### Your Verse

John 8:34 NIV - "Jesus replied, 'Very truly I tell you, everyone who sins is a slave to sin.'"

#### **Supporting Scriptures**

- 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."
- Proverbs 5:22 "The evil deeds of the wicked ensnare them; the cords of their sins hold them fast."







# Devotional: Acknowledging Addiction's Hold Is the First Step

Facing addiction starts by acknowledging its grip. Jesus' words in John 8:34 remind us how sin enslaves us. Addiction, by its nature, binds us tightly and can feel impossible to break free from. It's important to recognize that addiction is not just a behavior but often a manifestation of deeper spiritual bondage.

Paul's struggle in Romans 7:15 demonstrates the painful conflict between our desires and actions. This tension reveals the inner war many face when trying to break free. Recognizing these chains is the first step toward healing because it invites us to stop pretending all is well and instead face reality honestly.

Remember, recognizing addiction is not shameful but courageous. It's an act of truth and the doorway to hope. Proverbs 5:22 paints a truthful picture of sin's snare, but it also helps us identify the problem so that we can seek God's solution. Today, begin by confessing your struggles openly to God and yourself. Healing starts with truth and a willingness to ask for help.







# Reflect and Apply

1.]	n what ways do you see addiction controlling your life right now?
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2. ]	How honest have you been with yourself and God about this struggle?
-	
	What fears or hopes come up when you think about recognizing your bondage?
-	







## **Journaling Prompts**

1.	Write about the moments addiction feels strongest in your life.
2.	List the emotions you experience when confronting your addiction honestly.
3.	Describe what freedom might look like for you moving forward.







### Prayer for Today

Lord, today I come before You with a humble heart. I admit the chains of addiction that hold me captive, the struggles I often hide. *Help me to face these realities* without fear or shame, knowing Your love is greater than my sin. Give me courage to acknowledge my need for Your help and grace. Please lead me in the path toward healing and freedom that only You can provide. Strengthen my spirit and renew my hope as I commit these next days to You. In Jesus' name, Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: Finding Strength Through Honest Surrender

Healing begins when we surrender our struggles to God. Addiction can leave us feeling brokenhearted and crushed, but Psalm 34:18 reminds us that God draws near to those who suffer. He is not distant or indifferent but intimately close, ready to save and restore.

Paul's experience in 2 Corinthians shows that God's power is most evident when we admit our weakness and let go of self-reliance. Surrender isn't giving up; it's releasing control to a God who can do infinitely more than we can imagine.

*Isaiah 41:10 offers profound assurance:* God walks with us amid fear and dismay. Holding tightly to this promise facilitates true healing—body, mind, and soul. Today, bring your brokenness, your feelings of defeat, and your struggles to God. Lay down the burden of addiction before Him and open your heart to His transforming grace.







# Reflect and Apply

1.	What does surrendering your addiction to God mean for you personally?
	Where do you feel weak or broken in this journey, and how can God's grace meet you there?
3.	How might trusting God's presence change your perspective today?







## **Journaling Prompts**

1.	Write a letter to God surrendering control of your addiction.
2.	Describe how God's promises give you hope amid your weakness.
3.	List the fears that come up when you consider fully trusting God.







### Prayer for Today

Heavenly Father, I bring my brokenness and weakness before You. Thank You for your nearness in my pain and for offering healing to my crushed spirit. Help me surrender control and trust Your power, even when I feel vulnerable. Replace my fear with Your peace and my despair with hope. Teach me to lean on Your grace daily, knowing Your strength is perfect in my weakness. Guide me toward freedom as I rest in Your loving care. In Jesus' name, Amen.









# Day 3: Bearing Freedom and Renewal









#### 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**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Philippians 4:6-7 "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."







# Devotional: Walking Daily in Christ's Freedom and Peace

In Christ, true freedom awaits—freedom beyond addiction. Galatians 5:1 calls us to stand firm in the liberty Christ has given us and to reject the yoke of slavery once again. Addiction may still tempt, but through God's power, you can resist and walk in newness of life.

Romans 12:2 invites a transformation that begins inwardly—a renewing of the mind. This renewal reshapes how we think, feel, and act, helping break destructive patterns and allowing God's peace to take root.

Philippians 4:6–7 reminds us not to be anxious but to bring everything in prayer, receiving God's supernatural peace. This peace transcends circumstances and reorients our hearts toward hope. Today, embrace the freedom Christ offers with confidence. Commit to renewing your mind daily and accepting the peace that guards your soul. Healing is a journey, but peace and renewal are possible—step by step, moment by moment.







## Reflect and Apply

1.	What does freedom in Christ look like for you beyond addiction?
2.	How can you commit to renewing your mind daily as part of healing?
3.	Where do you need God's peace to guard your heart and mind?







## **Journaling Prompts**

1.	Write about what standing firm in freedom means in your life today.
2.	List practical ways you can renew your thoughts and resist temptation.
3.	Describe the peace you hope to experience through God amid challenges







### Prayer for Today

Gracious God, thank You for the freedom You give through Christ. Help me to stand firm and reject every yoke that enslaves me. *Renew my mind and transform my heart to reflect Your truth.* Fill me with Your peace that surpasses all understanding and guard my thoughts and emotions. As I walk daily with You, remind me that I am not alone and that Your power sustains my healing journey. In Jesus' name, Amen.









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