



# 72 Hours to Freedom from Alcoholism



A focused 3-day Bible study guiding you toward freedom from alcoholism through Scripture, reflection, and prayer.

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## Introduction

Welcome to your **72-hour journey to freedom from alcoholism**. Addiction can feel like an unbreakable chain, but Scripture offers hope, healing, and strength. In these three days, we will explore God's promises and practical biblical truths to empower you to overcome the grip of alcoholism and step into new life.

*Addiction is not just a physical struggle; it is spiritual and emotional as well.* The Bible reminds us that our true freedom is found in Christ, who gives us power over every stronghold. Each day, you will meditate on powerful passages, consider supporting Scriptures, and receive devotional encouragement to reinforce your faith and resolve.

Remember, this journey is about grace and growth, not perfection. These 72 hours mark a beginning—a commitment to rely on God's strength rather than your own. As you move through this study, open your heart to His healing, and let His Word transform your life. Trust that God walks with you every step, offering freedom, peace, and restoration. Let's begin this life-changing journey with faith and hope.





## Day 1: 🌱 New Beginnings in Christ



Day 1: 🌱 New Beginnings in Christ

## Your Verse

*Romans 6:11 – "In the same way, count yourselves dead to sin but alive to God in Christ Jesus."*

## Supporting Scriptures

- *2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*
- *Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."*



Day 1: 🌱 New Beginnings in Christ

## Devotional: Embracing Your New Life in Christ

**Day 1 marks the start of your freedom journey by embracing your new identity in Christ.** Addiction often makes us feel trapped in our old selves, controlled by cravings and shame. But the Bible declares a powerful truth: in Jesus, you are made new! When Paul tells us to count ourselves dead to sin yet alive to God, he is inviting us to shift our perspective and live by faith in this spiritual reality.

*This transformation is not about trying harder with your own strength but resting in what Jesus has already done for you.* Your past mistakes, including struggles with alcoholism, do not define you. Instead, your new life in Christ offers hope, renewal, and victory. As you begin these 72 hours, acknowledge that your true identity is no longer enslaved to addiction but free through Jesus.

God's grace gives you the strength to say no to sin today. Lean into Him and ask for His power to fill your heart and mind, replacing old patterns with new, healthy habits. Remember, new beginnings require daily surrender and faith in God's sustaining presence.



Day 1:  New Beginnings in Christ

## Reflect and Apply

1. How do you see your identity in Christ affecting your struggle with alcoholism?

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2. What old habits or mindsets are you ready to count as 'dead' today?

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3. Where do you need God's strength to live this new life?

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Day 1: 🌱 New Beginnings in Christ

## Journaling Prompts

1. Write about how you feel being 'dead to sin but alive to God.'

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2. List specific areas where alcoholism has impacted your life and how Christ's new life can bring change.

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3. Describe a small step you can take today to live closer to God's freedom.

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Day 1: 🌿 New Beginnings in Christ

## Prayer for Today

**Heavenly Father**, thank You for the new life You offer in Christ. I confess the hold alcohol has on my life and ask for Your forgiveness and healing. Help me to see myself as You see me—as a new creation, no longer enslaved but free through Your grace. Strengthen me in moments of temptation and guide me toward habits that honor You. Fill me with Your peace and empower me to walk this path of freedom, one step at a time. I surrender my struggles into Your capable hands, trusting in Your unfailing love and power. *Amen.* 🙏🌿





## Day 2: 🔥 Overcoming Strongholds



## Day 2: 🔥 Overcoming Strongholds

## Your Verse

*2 Corinthians 10:4 – "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."*

## Supporting Scriptures

- *Ephesians 6:11 – "Put on the full armor of God, so that you can take your stand against the devil's schemes."*
- *James 4:7 – "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*



## Day 2: 🔥 Overcoming Strongholds

# Devotional: Spiritually Equipped to Destroy Addiction Chains

**Today's focus is on fighting the spiritual battle behind addiction.** Alcoholism often feels overpowering, but the Bible teaches that God has given us divine weapons to break every stronghold. These aren't physical weapons but spiritual ones—the Word of God, prayer, faith, and the armor of God.

*Recognizing addiction as a stronghold or pattern that enslaves your mind is crucial.* You are called to actively resist these chains through submission to God and deliberate rejection of temptation. Paul reminds us these weapons can demolish these evil strongholds when we wield them faithfully.

Putting on God's armor daily—truth, righteousness, peace, faith, salvation, and the Word—equips you to stand firm. It's a battle that requires vigilance and reliance on the Holy Spirit. Remember, submission to God and resistance to the devil go hand in hand, leading to freedom and victory.



## Day 2: 🔥 Overcoming Strongholds

## Reflect and Apply

1. What strongholds related to alcoholism do you need to identify and confront?

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2. How can you practically 'put on the armor of God' in your daily life?

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3. In what ways can submitting to God change your response to temptation?

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## Day 2: 🔥 Overcoming Strongholds

# Journaling Prompts

1. List the spiritual weapons God has given you to fight addiction.

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2. Write about moments when you felt victory over temptation and how God was involved.

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3. Plan specific actions you can take to resist temptation this week.

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## Day 2: 🔥 Overcoming Strongholds

## Prayer for Today

**Lord**, I recognize the spiritual battle underlying my addiction. Please equip me with Your divine weapons to tear down every stronghold. Help me to put on Your armor fully so I can stand firm against temptation. Teach me to submit wholly to Your will and resist the enemy's lies. Strengthen my spirit, renew my mind, and protect my heart from what seeks to enslave me. I choose to trust Your power over my struggles, knowing that victory is found in You. *In Jesus' name I pray, Amen.* 💪 🔥 🛡️





## Day 3: 🍷 Walking 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

- *John 8:36 - "So if the Son sets you free, you will be free indeed."*
- *Psalms 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



## Devotional: Embracing Lasting Freedom and Hope

**On this final day, we celebrate the freedom Jesus provides and commit to living in it daily.** Christ has set you free from the bondage of sin and addiction. The challenge now is to stand firm, refusing to be enslaved again by alcoholism or any chain that seeks to steal your joy.

*Freedom is more than just breaking away physically; it is walking in the hope, peace, and power of God every moment.* It requires constant awareness, community support, and a heart anchored in God's promises. Remember, God's presence is near you especially when you feel weak, broken, or tempted.

This freedom is a journey, not a one-time event. Keep looking to Jesus, the author and perfecter of your faith. Let grief over past struggles draw you closer to God's healing rather than despair. Your victory over alcoholism is possible because of God's grace and your committed faith. Take a deep breath and choose freedom today—step out boldly and enjoy the new life God lovingly offers.



## Reflect and Apply

1. How does knowing Christ has truly set you free impact your view of addiction?

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2. What are practical ways to stand firm in freedom daily?

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3. Who can you connect with for support on this ongoing journey?

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## Journaling Prompts

1. Write a declaration of your freedom in Christ.

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2. Reflect on how God has been close during your hardest moments.

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3. Plan how to maintain accountability and support moving forward.

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Day 3: 🕊️ Walking in Freedom and Hope

## Prayer for Today

**Gracious God**, thank You for setting me free through Your Son, Jesus. Help me to stand firm and not fall back into slavery to addiction. Walk closely with me through every temptation and weakness. Fill me with hope, peace, and courage as I embrace this new life. Surround me with supportive people and remind me daily of Your nearness and love. May Your freedom shine through my life as a testimony of Your grace. I surrender all to You with a grateful heart. *Amen.* 🕊️ ✨ ❤️ 🙏





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