



# 72 Hours to Freedom from Methadone Addiction



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

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## Introduction

Welcome to this transformative 3-day Bible study focused on finding freedom from methadone addiction. Addiction can feel like an unbreakable chain, but through God's power and His Word, true freedom is possible. Over the next 72 hours, you'll journey through Scriptures that remind you of God's grace, strength, and restoration, while reflecting deeply on your path toward healing.

*The battle against addiction often feels isolating, but remember, **you are not alone**.* God's promises are steadfast, and He invites you to bring your struggles to Him, trusting that His power can overcome any stronghold. This study is designed to encourage your heart, equip your mind with truth, and nurture your spirit through prayer and reflection.

Each day focuses on biblical truths about freedom, the renewing of the mind, and the hope found in Christ. You will discover how God transforms weakness into strength and despair into hope. Use this time not only as a reminder of God's love but also as an active step toward breaking free from the chains of addiction. Your journey to freedom starts now, empowered by scripture and sustained through prayer.





## Day 1: Recognize Your Need for Freedom



Day 1:  Recognize Your Need for Freedom

## Your Verse

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

## 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."*
- *Psalms 34:17 – "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."*



Day 1:  Recognize Your Need for Freedom

# Devotional: Embracing Freedom Through Christ Today

**Day 1 is about acknowledging the reality of addiction and the deep need for divine freedom.** Addiction often comes with feelings of powerlessness and despair. Like the Apostle Paul described in Romans 7:15, we sometimes find ourselves trapped in patterns we long to escape. But Jesus offers a radical hope: freedom through Him is genuine and complete.

*John 8:36 assures us that if the Son sets us free, that freedom is real and lasting.* There is no partial freedom in Christ — it's complete liberty from whatever holds you captive. Today, take time to honestly examine how addiction has controlled areas of your life and bring these struggles before God.

Remember Psalm 34:17 — God hears your cries and promises deliverance. He's not distant or indifferent. He is ready to begin the work of restoration in and through you, starting now. No matter how entrenched addiction feels, God's power is greater. Trust in this first step: to admit you need His help and to seek His freedom.



Day 1:  Recognize Your Need for Freedom

## Reflect and Apply

1. In what ways has methadone addiction controlled your life or emotions?

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2. How does the promise in John 8:36 challenge your view of freedom?

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3. What fears or doubts do you have about being truly free from addiction?

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Day 1:  Recognize Your Need for Freedom

## Journaling Prompts

1. Write down areas where you feel trapped or powerless.

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2. Reflect on moments when you've sensed God's presence in your struggle.

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3. List what freedom would mean practically and spiritually for you.

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Day 1: 🛑 Recognize Your Need for Freedom

## Prayer for Today

**Heavenly Father**, thank You for Your loving invitation to freedom through Jesus. I confess my addiction and my need for Your help today. Please break every chain that holds me captive. Replace my fear and weakness with Your strength and peace. Help me to trust in Your promise of true liberation and guide me through each step of this journey. I surrender my struggles into Your capable hands. In Jesus' name, Amen.





## Day 2: 🧠 Renew Your Mind



## Your Verse

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

## 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!"*
- *Philippians 4:8 - "Finally, brothers and sisters, whatever is true, whatever is noble... think about such things."*



# Devotional: Transforming Thought Patterns Through God's Truth

**True freedom requires a transformation of the mind.** Addiction is not only physical but deeply rooted in thought patterns, emotions, and habits. Romans 12:2 challenges us not to be shaped by worldly influences that keep us in bondage. Instead, God calls us to a radical renewal of how we think.

*When you place your faith in Christ, you become a new creation (2 Corinthians 5:17).* This means the old addictive habits and thought patterns do not define your identity anymore. Day by day, as you feed your mind on God's truth and meditate on His goodness (Philippians 4:8), unhealthy cravings lose their power.

This process requires intentional focus on God's promises and a commitment to reject lies about your worth and ability to be free. God's Word replaces the negativity with hope, reminding you that your identity is found in Christ alone, who strengthens and sustains you.



Day 2: 🧠 Renew Your Mind

## Reflect and Apply

1. What thought patterns or beliefs have contributed to your addiction?

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2. How can renewing your mind help you break free from methadone dependency?

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3. What truths from God's Word bring you comfort and hope today?

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Day 2: 🧠 Renew Your Mind

## Journaling Prompts

1. Identify negative thoughts you struggle with related to addiction.

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2. Write down scriptures or truths that can replace these lies.

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3. Describe how you can intentionally 'renew your mind' daily.

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Day 2: 🧠 Renew Your Mind

## Prayer for Today

**Lord, please renew my mind each day.** Help me to reject worldly patterns that keep me trapped in addiction. Guide my thoughts toward what is true, noble, and pure. Transform my identity into one defined by You—from old chains to new life. Strengthen me to stand firm in Your promises. I lean on Your grace for every moment of this journey. In Jesus' name, Amen.





## Day 3: 🕊️ Walk in New Freedom





## 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

- *Philippians 4:13 - "I can do all this through him who gives me strength."*
- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 3:  Walk in New Freedom


## Devotional: Living Fully in the Freedom Christ Provides

Now that you have recognized your need and renewed your mind, it's time to **walk in your new freedom**. Galatians 5:1 presents a powerful reminder that Christ's freedom is not temporary—it's a permanent release from bondage. However, we must actively choose to stand firm and resist returning to the old ways.

*Walking in freedom means daily relying on God's strength (Philippians 4:13) and His constant presence (Isaiah 41:10).* The journey ahead may include challenges and moments of weakness, but you are not walking alone. God's Spirit empowers you to overcome temptation and provides peace when fear tries to creep back in.

Today, commit your steps to Him. Celebrate the freedom you have in Christ and embrace the new path ahead with courage and hope. This is more than just overcoming addiction—it's stepping into a renewed life marked by victory, purpose, and joy.



Day 3:  Walk in New Freedom

## Reflect and Apply

1. How will you stand firm against returning to old addictive habits?

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2. What strengths and promises from God can you rely on daily?

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3. In what ways can you celebrate and share your new freedom?

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Day 3:  Walk in New Freedom

## Journaling Prompts

1. Write about your vision for life free from methadone addiction.

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2. List practical steps you can take to maintain freedom.

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3. Reflect on how God's presence strengthens you in the struggle.

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Day 3: 🕊 Walk in New Freedom

## Prayer for Today

**Father God**, thank You for the freedom You have granted through Christ. Help me to stand firm and resist old chains of addiction. Fill me with Your strength and courage as I walk this new path. Remind me daily that I am not alone, and Your presence comforts and empowers me. May my life reflect Your victory, and may I use my freedom to honor You always. In Jesus' name, Amen.





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