72 Hours to Freedom from Steroid Addiction



A focused 3-day Bible study offering spiritual strength and hope to overcome steroid addiction through God's power and grace.





Table of contents

<u>Introduction</u>	3
Day 1: Recognizing Bondage	5
Day 2: Renewing the Mind	11
Day 3: Surrendering to God's Power	17







Introduction

Welcome to this transformative 3-day journey: "72 Hours to Freedom from Steroid Addiction." Addiction can feel like a powerful chain, gripping tightly and threatening to control every aspect of life. For those battling steroid addiction, the struggle is not just physical but deeply spiritual and emotional as well. This study is designed to help you take steps toward freedom using the enduring truths of Scripture.

Over the next three days, we will focus on God's strength, the renewing of the mind, and the power of surrender. These are the keys to breaking free from bondage and stepping into new life. Addiction often stems from a desire to control or escape, but God invites us to find true freedom in Him.

Throughout Scripture, God's heart is clear: He desires for us to live in freedom and wholeness. Even when we stumble or feel trapped, His grace is sufficient. In these studies, we will explore how His Word speaks directly to struggles with addiction, providing comfort, conviction, and courage. This time is not just about self-will but about encountering God's love and power more deeply.

Prepare your heart and mind as you begin: set aside distractions and open yourself to the Holy Spirit's leading. Use your journaling time to be honest with God and yourself. Reflect on the Scriptures and pray for strength to walk the path toward freedom. Remember, recovery is a process, and God walks







with you every step of the way. Let this be a starting point of hope, healing, and transformation.

















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.
- Psalm 34:17–18 The righteous cry out, and the LORD hears them; he delivers them from all their troubles.







Devotional: Understanding Our Need for True Freedom

On Day 1, we begin by recognizing the nature of addiction as a form of bondage. Steroid addiction, like any addiction, attempts to control us but ultimately enslaves us. In John 8:36, Jesus declares a profound truth: true freedom comes only through Him. This freedom is not just physical but spiritual and emotional.

Romans 7:15 reveals the internal turmoil many face: the battle between desire and action, knowing the right but struggling to do it. Addiction often creates a cycle of guilt and defeat, making it hard to see a way out. Yet God's promise in Psalm 34:17–18 reminds us that when we cry out, He hears and delivers.

Today is about facing the reality of your addiction honestly and giving it over to God. Acknowledge that you cannot overcome it alone. Invite Jesus to begin setting you free from the chains. This is the first step toward transformation – admitting your need for Him.

Take a moment now to ask God to reveal areas where you've been trapped, and prepare your heart to receive His freedom.







Reflect and Apply

1.	What areas of my life feel most controlled by addiction?
2.	Have I ever truly asked Jesus to free me from this bondage?
3.	How does admitting my weakness open me to God's strength?







Journaling Prompts

	Write honestly about how steroid addiction has affected your life and relationships.
2.	List ways you have tried to control or escape this struggle on your own.
	Praise God for His promise of freedom and write a simple prayer inviting His help.







Prayer for Today

Dear Lord, I come before You feeling weighed down by addiction and its hold on my life. I confess that I cannot break free by my own power. Please open my eyes to Your truth and fill me with hope. Set me free, Jesus, just as You promised, and help me trust in Your mighty strength. Guide me over the next days as I seek Your freedom. Thank You for hearing my cry and never leaving me alone. I surrender this struggle to You today. *Amen.*



















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 10:5 We demolish arguments and every pretension that sets itself up against the knowledge of God.
- Philippians 4:8 Whatever is true, noble, right, pure, lovely, admirable—think about such things.







Devotional: Transforming Thoughts to Break Addiction's Hold

Day 2 focuses on the power of the mind in addiction recovery. Addiction often thrives in the lies and negative thought patterns that convince us we are powerless, hopeless, or unworthy. Romans 12:2 urges us not to be shaped by the world's destructive patterns but to be transformed through a renewed mind.

Renewal starts by rejecting lies and embracing God's truth. 2 Corinthians 10:5 encourages us to actively take captive any thought that contradicts God's Word. This intentional mental work is vital in overcoming craving and temptation.

Philippians 4:8 directs us to focus our minds on what is pure and uplifting. Filling your mind with truth, hope, and God's promises shifts your perspective and weakens addiction's grip. Today, reflect on the thoughts that fuel your addiction and invite the Holy Spirit to help you replace them with God's truth.

Renewing your mind is a daily battle, but with God, transformation is possible. Choose to meditate on His Word and let it change your heart and mind from the inside out.







Reflect and Apply

1.	What negative or deceptive thoughts contribute to my addiction?
2.	How can replacing these thoughts with God's truth change my behavior?
3.	What practical steps can I take daily to renew my mind?







Journaling Prompts

	Identify and write down the common thoughts that trigger your addiction.
2.	Find and list Bible verses that counter those negative thoughts.
	Create a short personal affirmation based on Scripture to recall in moments of temptation.
٠	







Prayer for Today

Heavenly Father, transform my mind and help me reject any thoughts that pull me back into addiction. Fill me with Your peace and truth so I can focus on what is pure and good. Give me the strength to take every thought captive and the wisdom to meditate on Your Word. Renew my spirit and lead me in the path of freedom from all harmful patterns. I choose to trust You today. *Amen.*









Day 3: Surrendering to God's Power









Day 3: O Surrendering to God's Power

Your Verse

2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.

Supporting Scriptures

- James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- Philippians 4:13 I can do all this through him who gives me strength.







Day 3: O Surrendering to God's Power

Devotional: Embracing God's Strength Through Surrender

On Day 3, we focus on the power of surrender. Surrender is not giving up but giving over to God's higher will and strength. 2 Corinthians 12:9 offers a powerful promise: God's grace is enough, and His power is strongest when we admit our weakness.

In addiction recovery, surrender means releasing control and trusting God to lead you step by step. James 4:7 encourages submission to God and resistance against the enemy's schemes. This requires humility and faith, knowing God fights for you.

Philippians 4:13 reminds us that the strength we need comes through Christ. You are not alone in this battle. God's might is at work within you, empowering you to overcome.

Today, choose surrender over struggle. Lay down burdens, fears, and self-reliance. Invite God's grace to fill your weakness and bring lasting freedom. Walk forward with confidence, trusting that He will complete the work He has started in you.







Day 3: 💭 Surrendering to God's Power

Reflect and Apply

1.	What does surrendering to God mean in the context of my addiction?
2.	How can I rely more on God's strength rather than my own?
3.	What fears or doubts hold me back from fully submitting to God?







Day 3: 💭 Surrendering to God's Power

Journaling Prompts

1.	Write a letter of surrender to God, expressing your desire for His help.
2.	Recall a time God's strength helped you during a difficult trial.
3.	List areas where you need to let go and trust God more fully.







Day 3: O Surrendering to God's Power

Prayer for Today

Lord Jesus, I surrender my addiction and my weakness to You. Thank You that Your grace is enough and Your power shines brightest in my struggles. Help me to release control and trust wholly in Your strength. Fill me with courage to resist temptation and peace that surpasses understanding. Carry me on this path of freedom, and remind me daily that I can do all things through You. *Amen.*









Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





© Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.