

72 Hours to Freedom: Overcoming Addiction Through Scripture



A focused 3-day Bible study to find spiritual strength, hope, and victory over addiction.

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Introduction

Welcome to this powerful 3-day Bible study focused on freedom from addiction, specifically tailored for those facing challenges with barbiturate dependency. Addiction not only affects the body but can deeply impact the soul, emotional health, relationships, and one's walk with God. Overcoming addiction often feels isolating and overwhelming, but Scripture brings hope, healing, and assurance that *freedom is possible*.

In the following days, we'll explore God's promises to break chains, restore hearts, and empower transformation. Each study is designed to speak directly to the struggles of addiction—reminding you that **God is an ever-present help in times of trouble** and that He desires your complete healing and freedom.

While the withdrawal process from substances like barbiturates can be physically and emotionally intense, these devotionals will guide you to anchor yourself in God's Word. Lean into His strength when your own feels insufficient. Reflect deeply and allow the Holy Spirit to speak truth into your heart, offering peace that surpasses understanding.

Remember: *you are not alone*. Many have walked similar paths and have found hope and restoration through faith. Over these 72 hours, be intentional about seeking God, praying earnestly, and embracing His loving grace. Step by step, moment by moment, freedom is not just a dream but a God-given reality.





Day 1: 🐣 Surrendering Control



Day 1: 🕊 Surrendering Control

Your Verse

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

Supporting Scriptures

- *Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding;"*
- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*



Day 1: 🕊 Surrendering Control

Devotional: Begin by Surrendering Control to God

Day 1 marks the beginning of your journey toward freedom through surrender. Addiction often feels like a battle of control, but God invites us to surrender our burdens and trust Him fully. Psalm 34:18 reassures us that God is close to those who are brokenhearted and crushed in spirit—exactly where you might feel right now.

It takes courage to admit we cannot overcome addiction by our own strength. Proverbs 3:5 encourages us to trust God instead of relying on our limited understanding. When we surrender control and lean into God's wisdom, He leads us on the path to healing.

In 2 Corinthians 12:9, Paul reminds us that God's grace is enough, especially in weak moments where we feel vulnerable. Your weakness is where God's power shines brightest. Today, lean into His grace and surrender your struggles, knowing that God's presence is near and He is working for your freedom even when you can't see it yet.

Freedom starts with acknowledging your need for God and inviting Him to take control.



Day 1: 🕊 Surrendering Control

Reflect and Apply

1. What does it mean for you to truly surrender the addiction to God?

2. How have you been trying to control the situation on your own, and what might it look like to trust God instead?

3. In what ways have you experienced God's closeness during difficult moments before?



Day 1: 🕊 Surrendering Control

Journaling Prompts

1. Write about your current feelings as you begin this journey of surrender.

2. List areas where you struggle to trust God fully and pray for His help.

3. Describe a time God showed you grace in weakness.



Day 1: 🕊 Surrendering Control

Prayer for Today

Lord, I come before You feeling broken and overwhelmed. I surrender my addiction into Your hands, trusting that You are near to the brokenhearted. Help me to cast my burdens on You and not rely on my own strength. Fill me with Your grace and power in my weakness. Guide me through these next hours toward healing and freedom. I choose to trust Your perfect plan for restoration. *Amen.* 🙏🕊💪





Day 2: 🔥 Transforming the Mind



Day 2: 🔥 Transforming the 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

- *Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."*
- *Ephesians 4:22-24 - "...put off your old self, which is being corrupted by its deceitful desires; to be made new..."*



Day 2: 🔥 Transforming the Mind

Devotional: Renew Your Mind and Break Old Patterns

Today's focus is on renewing the mind, a critical step in breaking free from addiction. Addiction often rewires our thinking patterns toward harmful habits and negative self-talk. Romans 12:2 reminds us not to conform to our past destructive patterns but to allow God to transform our minds.

The transformation God offers is not superficial but deep and lasting. Philippians 4:8 teaches us to dwell on what is pure and holy, replacing toxic thoughts with God-honoring ones. This mental renewal creates space for God's truth and peace to flourish.

In Ephesians 4:22-24, Paul exhorts believers to discard their old selves corrupted by deceitful desires and be renewed in the spirit of their minds. Transformation is both a choice and a gift. Today, actively replace unhealthy thoughts with Scripture and God's promises. Let the Spirit guide you toward holiness and freedom.

As your mind renews, your desires and actions will align more closely with God's will and freedom will feel tangible.



Day 2: 🔥 Transforming the Mind

Reflect and Apply

1. What thoughts tend to trigger your addiction, and how can you replace them with truthful Scripture?

2. How can focusing on what is pure and lovely change the way you respond to cravings?

3. What 'old self' aspects do you feel God is calling you to put off today?



Day 2: 🔥 Transforming the Mind

Journaling Prompts

1. Write down common negative thoughts you experience and counter them with Bible verses.

2. Describe a mental habit you want to change and steps to renew it with God's help.

3. Reflect on how your mind renewal impacts your feelings and behaviors toward addiction.



Day 2: 🔥 Transforming the Mind

Prayer for Today

Father, transform my mind and help me discard harmful thought patterns. Guide me to dwell on what is true and pure, letting Your Word shape my every thought. Renew my spirit so I might live according to Your will and walk in freedom. Strengthen me when cravings come and help me focus on Your promises over the world's lies. In Jesus' name, Amen. 🌿 🧠 ✨





Day 3: 💪 Strength and Victory in Christ



Day 3: 🍌 Strength and Victory in Christ

Your Verse

1 Corinthians 10:13 – "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."

Supporting Scriptures

- *Psalm 107:13 – "Then they cried to the Lord in their trouble, and he saved them from their distress."*
- *John 16:33 – "In this world you will have trouble. But take heart! I have overcome the world."*



Day 3: 🍌 Strength and Victory in Christ

Devotional: Walk in God's Strength and Promise of Victory

On this final day, embrace the victory and strength God offers to overcome addiction. 1 Corinthians 10:13 reassures us that temptations are common but God is faithful and provides a way out so we are not overwhelmed.

In moments of weakness or craving, call on God earnestly as the Psalmist did in Psalm 107:13. God hears our cries and responds with deliverance and peace.

Jesus' words in John 16:33 remind us that although trials continue, He has already overcome the world. This victory is available to you now — not just someday in the future.

Standing on God's promises empowers you to walk each step in freedom with courage and confidence.



Day 3: 🍌 Strength and Victory in Christ

Reflect and Apply

1. How does knowing God provides a way out change your approach to temptation?

2. In what ways have you experienced God's faithfulness in past struggles?

3. What does Jesus' victory mean for your battle with addiction today?



Day 3: 🍌 Strength and Victory in Christ

Journaling Prompts

1. Write about a temptation you faced and how you sought God's help to overcome it.

2. Reflect on God's faithfulness and record moments of His deliverance in your life.

3. Describe how embracing Christ's victory gives you hope moving forward.



Day 3: 💪 Strength and Victory in Christ

Prayer for Today

Loving God, thank You for Your faithfulness and the victory You give through Christ. When temptation arises, remind me that You provide strength and a way out. Help me to rely fully on Your power, trusting that I am not alone in this battle. Empower me to walk forward in freedom daily, declaring victory over addiction in Jesus' name. Amen. 💪 🙏 🛡️





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