# 72 Hours to Freedom: Overcoming Addiction with God



A transformative 3-day Bible study focused on breaking free from prescription stimulant addiction through God's power and grace.





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#### Introduction

Welcome to "72 Hours to Freedom from Prescription Stimulants." This study is designed to guide you through a powerful journey of healing and restoration over three days. Addiction can feel overwhelming, but *you are not alone*. God's Word offers hope, strength, and a pathway to true freedom.

The struggle with prescription stimulants is not just a physical or mental battle; it is deeply spiritual. The Bible teaches us that true victory comes when we surrender our weaknesses to God and allow His Spirit to fill us with power, peace, and purpose. In these 72 hours, you will encounter Scriptures that speak directly to your experience, helping you renew your mind and find courage to say "no" to addiction.

**Each day**, you will reflect on a key biblical truth, supported by Scripture and practical devotional insights. You will be encouraged to journal your thoughts, answer reflection questions, and pray with intention. This time of focused commitment can mark a turning point in your life, a new beginning empowered by God's grace and love.

Whether you feel overwhelmed or hopeful, remember that God's *mercy* and *steadfast love* never fail. He offers freedom not by your own effort alone but by His Spirit working in and through you.

Prepare your heart, open your Bible, and step into these next 72 hours with expectancy. Freedom is possible—let's walk this path together. 💪 🛄 🚺

















#### 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**

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."







# Devotional: Acknowledging Temptation and God's Faithfulness

Day 1 is about honesty. The first step toward freedom is recognizing the challenge of addiction as a reality in your life. Addiction to prescription stimulants often comes with powerful temptations and deep feelings of helplessness. Yet, Scripture reminds us that these temptations are not greater than those faced by others and, importantly, they are not beyond God's power to help us overcome.

1 Corinthians 10:13 is a key promise: God is faithful and will not allow temptation beyond what you can bear. This means you have the strength through Him to endure, even when your cravings or urges feel overwhelming. James encourages perseverance, explaining that trials produce spiritual reward. And the Psalmist assures us that when we cry out, God listens and delivers.

Admission is not defeat—it is liberation. As you begin this journey, invite God to reveal the true nature of your struggle and lean into His faithfulness. You don't have to fight addiction alone. God's strength can sustain you through every moment.







### Reflect and Apply

1.	How have you experienced the weight of temptation in your addiction?
	What does it mean to you that God will not allow temptation beyond what you can bear?
	In what ways can you begin to depend on God's faithfulness instead of your own strength?







### **Journaling Prompts**

	Write about a time when you felt overwhelmed by addiction. How did you handle it?
2	Deflect on what Cod's magning in 1 Coninthians 10.12 magns for your
	Reflect on what God's promise in 1 Corinthians 10:13 means for your current struggle.
3.	List ways you can invite God's strength into your battle today.







#### Prayer for Today

**Dear Lord,** thank You for Your promise to never leave me and to give me strength when I am tempted. Today I acknowledge my struggle with addiction and ask for Your help to face it honestly. Help me to trust in Your faithfulness and hold onto Your hope when the road gets hard. I surrender my weakness to You and ask that Your power fill me anew. Please hear my cry and deliver me from this bondage. In Jesus' name, amen.  $\triangle$ 















#### Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

#### **Supporting Scriptures**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."







# Devotional: Renewing Your Mind and Drawing Strength from Christ

On Day 2, we focus on transformation. Addiction rewires the mind and entangles us in harmful habits. But through Christ, renewal is possible. *Philippians 4:13* reminds us that we can find strength—not just to resist temptation but to replace destructive patterns with life–giving ones.

Romans 12:2 calls us to a radical change: instead of conforming to addiction's grip or the patterns of the world that fuel it, we must allow God to renew our minds. This renewal helps us develop new ways of thinking, feeling, and acting—habits aligned with His will.

Galatians 5:16 encourages us to walk by the Spirit, which is critical in breaking free from fleshly desires. This empowers us to make choices rooted in spiritual strength rather than fleeting cravings.

Actively pursuing this transformation requires daily surrender and intentionality. Ask God to show you what thoughts or behaviors need replacing, and trust that He provides all the strength you need. Freedom grows as your mind becomes more deeply rooted in His truth.







### Reflect and Apply

1.	What mental patterns or habits does addiction try to keep you bound in?
2.	How can you practically 'renew your mind' day by day?
	What does walking by the Spirit look like in moments of temptation for you?







#### **Journaling Prompts**

1.	Describe areas of your thought life or behavior you feel need renewing.
2.	Write how Philippians 4:13 encourages you in your battle.
3.	List practical steps you can take to rely on the Spirit's power today.







#### Prayer for Today

Heavenly Father, thank You for the promise that I can do all things through Christ who strengthens me. Please renew my mind and fill me with Your Spirit, helping me to break free from the patterns that enslave me. Teach me to walk daily by Your Spirit, rejecting cravings and choosing Your way. Help me develop new, healthy habits rooted in Your truth. I surrender my will to You, trusting You for every step ahead. In Jesus' name, amen. 🛠 🥨 🕡 🕕









## Day 3: Freedom and New Life









Day 3: 6 Embracing Freedom and New Life

#### Your Verse

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

#### **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!"
- Psalm 107:14 "He brought them out of darkness, the utter darkness, and broke away their chains."







Day 3: @ Embracing Freedom and New Life

# Devotional: Walking in Freedom through Christ's Victory

**Day 3 celebrates freedom.** The journey toward freedom from addiction culminates in embracing the truth that Christ has already won victory on your behalf. *John 8:36* declares that if the Son sets you free, you are free indeed—freedom is not partial or temporary; it is whole and lasting.

Becoming a new creation in Christ means your past no longer defines you. *2 Corinthians 5:17* reminds us that with Christ, the old life of addiction and shame can be replaced with a new identity rooted in hope and healing.

The Psalmist joyfully tells us God breaks chains and brings us into light. This is more than poetic—it's a promise that God actively dismantles the barriers addiction builds, delivering us into lasting freedom.

As you conclude these 72 hours, commit to walking in this new freedom daily. Lean on God continually, remembering that setbacks do not erase your new identity in Christ. Your healing and liberty are gifts to be embraced with courage and gratitude.







Day 3: 🌈 Embracing Freedom and New Life

### Reflect and Apply

	What does "freedom indeed" mean personally to you in the context of addiction?
2.	How can you remind yourself daily that you are a new creation in Christ?
	In what ways might God be inviting you to live differently now that you are free?







Day 3: 🌈 Embracing Freedom and New Life

### **Journaling Prompts**

1.	Write a declaration of freedom based on John 8:36.
2.	Reflect on how your identity in Christ affects your view of addiction.
	List practical ways to maintain freedom and avoid falling back into old patterns.







Day 3: @ Embracing Freedom and New Life

#### Prayer for Today

**Lord Jesus,** thank You for setting me free from the chains of addiction. Today, I embrace the freedom You offer and the new life You give as my Savior. Help me walk confidently in this freedom, leaning on Your strength and guidance every day. When I face challenges, remind me of Your victory and new identity as Your child. May my life reflect the hope and healing You bring. In Your holy name, amen.  $\triangle$ 







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