72 Hours to Freedom: Overcoming Meth Addiction



A 3-day Bible study guiding you through spiritual victory and freedom from methamphetamine addiction.





Table of contents

<u>Introduction</u>	3
<u>Day 1: S Finding Hope Amidst Struggle</u>	4
Day 2: 6 Strength for the Battle Within	10
Day 3: A Walking in New Freedom	16







Introduction

Welcome to a transformative journey of 72 hours towards freedom. Addiction to methamphetamine can feel overwhelming and inescapable, but the *power of God's Word offers hope, healing, and a pathway to victory.* Over the next three days, we will explore Scripture that addresses brokenness, freedom, restoring hope, and building lasting strength through Christ.

Why 72 hours? This time frame symbolizes the initial urgent moments when temptation is strongest and the battle for freedom begins. Each day is designed to guide your heart and mind through biblical truths and daily reflections that help in breaking chains and reclaiming your life.

Remember, you are not alone. God's grace meets you where you are, and His power can deliver you from the grip of addiction. As you commit to this study, approach it with honesty and prayer, allowing God's Spirit to renew your mind and heal your soul.

Let's step into these 72 hours together with courage, faith, and the assurance that freedom is possible in Jesus Christ.







Day 1: W Finding Hope Amidst Struggle









Day 1: W Finding Hope Amidst Struggle

Your Verse

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

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Day 1: "Finding Hope Amidst Struggle

Devotional: Hope and Deliverance Begin with a Cry

Day 1 centers on the hope that God offers in the midst of addiction's dark and overwhelming struggle. It is often easy to feel trapped and isolated, but God hears every cry. Methamphetamine addiction can bring despair and whispers of hopelessness, yet God's Word reminds us that relief and deliverance are near for those who call upon Him.

Psalm 34:17 encourages us to cry out honestly to God, knowing He listens and responds. Your battle is not hidden from Him, and He is active in your fight. Trust in His strength, even when your own feels weak.

Isaiah 41:10 powerfully assures us of God's presence and help. Fear and discouragement lose their grip when we cling to the truth that God is with us, guiding each step towards freedom.

Finally, John 8:36 reminds us of the ultimate freedom found in Christ. Addiction no longer needs to define you because God's Son has come to break every chain. Today is the first step in trusting that freedom is possible and within reach.

As you reflect today, open your heart with hope, leaning on God to hear you and strengthen you.







Day 1: W Finding Hope Amidst Struggle

Reflect and Apply

1.	Have I truly cried out to God about my addiction and struggles?
2.	What fears or doubts hold me back from trusting God's presence?
	How does the promise of being 'free indeed' resonate with my desire for change?







Day 1: W Finding Hope Amidst Struggle

Journaling Prompts

1.	Write about what it feels like to cry out to God in your pain.
2.	Describe the fears you want God to help you overcome.
3.	Reflect on what being 'free in Christ' means to your life.







Day 1: Tinding Hope Amidst Struggle

Prayer for Today

Lord, today I come to You honest and burdened. Thank You for hearing my cries and promising deliverance. Help me to trust that You are with me in this fight and that Your strength can overcome my weakness. Break the chains that hold me captive to methamphetamine and fill me with hope and peace. Guide my steps over these next 72 hours and beyond toward lasting freedom in You.

In Jesus' name, Amen. 🙏 😂 💪

















Your Verse

2 Corinthians 12:9 – "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses..."

Supporting Scriptures

- Ephesians 6:10 "Be strong in the Lord and in his mighty power."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: God's Grace Empowers Your Weaknesses

On Day 2, we focus on God's empowering grace in moments of weakness. Meth addiction often leaves a person feeling defeated, but God's promise is profound: His power shines brightest when we are weakest.

Paul's words in 2 Corinthians 12:9 remind us that grace isn't just unmerited favor—it's God's active strength filling our emptiness. Instead of being ashamed of weakness, we can boast because it makes room for God's power.

Ephesians 6:10 calls believers to be strong in the Lord. This strength isn't about self-will; it is a supernatural power available through faith, prayer, and reliance on God's presence. Addiction battles can drain you, but God's might will renew your courage and endurance.

Philippians 4:13 encourages us that through Christ, we truly can overcome every challenge. God equips us to walk in freedom, day by day, moment by moment.

Embrace your weaknesses as open doors for God's grace—and let Him empower you to fight for your freedom.







Reflect and Apply

1.	In what areas do I feel the most weak and vulnerable?
2.	How can I invite God's grace to fill those weaknesses?
3.	What strength can I rely on beyond my own efforts?







Journaling Prompts

1.	Record moments when God's grace felt real in your weakness.
2.	Write a prayer asking for strength to face today's challenges.
3.	List practical ways you can depend on God rather than yourself.







Prayer for Today

Father, I admit my weakness and need for Your grace. Thank You that Your power is made perfect when I'm weak. Fill me with strength beyond my own as I face this battle. Help me to lean on You at every moment and to find courage in Your mighty power. Equip me to resist temptation and to walk in victory over addiction.

In Jesus' name, Amen. 💪 🙏 🐪

















Your Verse

Romans 6:14 - "For sin shall no longer be your master, because you are not under the law, but under grace."

Supporting Scriptures

- 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."
- Psalm 107:2 "Let the redeemed of the LORD tell their story— those he redeemed from the hand of the foe."







Devotional: Embracing Freedom and Sharing Your Story

Day 3 celebrates the new freedom found through Christ's grace. Addiction can feel like an unbreakable mastership, but God promises that sin no longer rules over those who belong to Him.

Romans 6:14 reminds believers that we are set free from sin's tyranny because of grace, not law. Grace empowers us to live transformed lives that addiction once enslaved.

Galatians 5:1 issues a calling to stand firm in this freedom and resist being yoked again by addiction. Freedom is not just momentary release but a daily choice to live by God's grace and power.

Psalm 107:2 invites us to share the story of redemption—to testify boldly about how God has brought deliverance. Your story is powerful and can inspire others who struggle.

Today, embrace your identity as redeemed and free. Walk boldly forward knowing that you belong to Christ, who has broken every chain.







Reflect and Apply

1.	Do I fully accept that sin and addiction no longer have dominion over me?
2.	What steps can I take to stand firm in my freedom daily?
3.	How might sharing my journey encourage others seeking freedom?







Journaling Prompts

1.	Write about what freedom in Christ means to you personally.
2.	Reflect on any fears about walking out your freedom and how to overcome them.
3.	Plan how you could share your story for encouragement and hope.







Prayer for Today

Lord, thank You for the amazing freedom You've given me. Help me to live daily in the victory of grace, not falling back into old chains. Strengthen me to stand firm and to boldly share my story of redemption so others might find hope. May my life reflect Your power to transform and heal.

In Jesus' name, Amen. </u> 🛨 🙏







Where God's Word Meets Your Daily Life



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