# 72 Hours to Heal: A 3-Day Journey Through Heroin Withdrawal



Experience hope and healing from heroin withdrawal through Scripture and prayer in this focused 3-day Bible study.





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#### Introduction

Welcome to this transformative three–day Bible study, designed specifically for those facing the difficult journey of heroin withdrawal. Whether you are currently experiencing withdrawal or supporting a loved one, this study offers spiritual encouragement, practical hope, and God's unshakable promises. Addiction is a profound challenge, but through these pages, you will discover how God's Word brings restoration and strength during the healing process.

Withdrawal spans about 72 hours, a critical window often filled with both physical and emotional intensity. During this time, your body and mind may feel overwhelmed, yet you do not walk this path alone. Every scripture selected for these three days speaks directly to the struggle, focusing on God's power to renew, deliver, and sustain.

You will encounter truths about God's faithfulness when you feel weak, His peace amid anxiety, and His presence when loneliness threatens. We invite you to read slowly, meditate on each verse, and allow God's Spirit to fill you with hope. Each devotional includes reflections and journaling prompts to help you process these moments of vulnerability and find lasting healing.

This journey is not just about overcoming physical cravings but finding freedom that runs deep into your soul. With prayerful devotion and God's Word as your companion, you can take it hour by hour, step by step, toward







renewal. Remember, healing is a process—be gentle with yourself. Let the Word guide your heart and embrace the grace that paves the path ahead.







# Day 1: Embracing God's Strength in Weakness









Day 1: 🎇 Embracing God's Strength in Weakness

#### 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, so that Christ's power may rest on me."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 1: 🎇 Embracing God's Strength in Weakness

#### Devotional: Finding Strength in God's Perfect Grace

Withdrawal is a time when your body and spirit feel vulnerable, and it's easy to believe that you are powerless. But God's Word speaks a powerful truth: in our human weakness, His power becomes perfect. It's in those moments when you feel at your lowest that God's grace is most evident and active.

2 Corinthians 12:9 reminds us that God's grace is enough—there's no shortage or limitation to it. Instead of trying to struggle in your own strength, lean into God's sustaining power. When anxiety or cravings rise, practice calling on His name, knowing He is your strength.

Isaiah 41:10 further reassures that you are not alone. God promises not only strength but His very presence to help and uphold you even in the toughest moments. Psalm 46:1 echoes this truth, calling God our ever-present help.

Today, be honest about your weakness and welcome God's strength to fill you. Recognize that you don't have to do this alone—His power is available for every hour of these 72 hours.







Day 1: 🏶 Embracing God's Strength in Weakness

## Reflect and Apply

How have you experienced God's strength during your moments of weakness before?
What does it mean to you that God's power is made perfect in your weakness?
In what ways can you practically lean into God's presence today instead of your own strength?







Day 1: 🏶 Embracing God's Strength in Weakness

### **Journaling Prompts**

1.	Write about a time when you felt weak but God helped you through it.
2.	List the promises from today's verses and how they bring you comfort.
3.	Journal your honest feelings about your current withdrawal experience.







Day 1: 🌞 Embracing God's Strength in Weakness

#### Prayer for Today

Lord, in my weakness, I ask for Your strength. Your grace is enough—fill me anew today with Your power. Help me to rest in Your presence even when my body is overwhelmed. Remind me that I am not alone; You are with me always, upholding me by Your righteous hand. Give me peace during these hard hours and steady my heart against temptation. I trust You to carry me through every craving and uncertainty. Thank You for Your unfailing love and help. *In Jesus' name, Amen.*

















#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

#### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







#### Devotional: Embracing God's Peace in Anxiety

Day two often heightens intense emotions—fear, anxiety, and restlessness can swirl like a storm inside you. Yet Jesus offers a peace unlike any the world can give. This peace is available right now, despite the turmoil you feel.

John 14:27 consoles us with Jesus' promise: 'Do not let your hearts be troubled and do not be afraid.' It's a tender invitation to relinquish worry and receive His calming presence. When anxiety threatens, bring your fears to Him in prayer.

Philippians 4:6-7 directs us to present every concern with thanksgiving, turning our hearts to God instead of being consumed by anxiety. In response, God's peace, which surpasses human understanding, guards both our hearts and minds, creating a sanctuary of calm in the chaos.

Psalm 34:18 assures you that God draws close to those who feel brokenhearted and crushed, which is exactly how many feel during withdrawal. You are not forgotten, and your pain is known to Him.

Today, focus on inviting God's peace into your heart, resting in His nearness even amid discomfort. Let His calm wash over your soul and stabilize your spirit.







# Reflect and Apply

	What fears or worries have surfaced most strongly during this withdrawal process?
2.	How can Jesus' promise of peace provide comfort in these moments of anxiety?
3.	What practical steps can you take to surrender your fears to God today?







### **Journaling Prompts**

1.	. Write a prayer asking Jesus to fill you with His peace.
2.	Record moments today when you noticed peace despite difficult feelings.
3.	. List specific anxieties and invite God to handle each one.







#### Prayer for Today

Jesus, thank You for Your peace that is unlike anything this world offers.

When my heart is troubled, fill me with calm and courage. Guard my mind from anxious thoughts and help me to trust You fully. Draw near to me when I feel broken and carry my burdens with Your loving hands. I choose to rest in Your presence and surrender my fears today. Thank You for never leaving me alone in this fight. *Amen.* 🔾 👽 🕠















#### Your Verse

Romans 8:38–39 – "For I am convinced that neither death nor life... will be able to separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."
- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."







#### Devotional: Anchored in God's Unfailing Love and Hope

By day three, the physical effects of withdrawal may be subsiding, but emotional exhaustion and temptation can still loom large. This day is a reminder that God's love transcends all struggle and continues to pursue you with unending compassion.

Romans 8:38–39 emphasizes that nothing can separate you from God's love—not pain, not fear, not addiction. This assurance is a fortress for your soul, an eternal truth that no circumstance can shake.

Lamentations 3:22–23 confirms that God's mercies are new each morning—offering fresh grace and hope for every day you walk forward. Your healing journey is covered by His faithful love and compassionate care.

Psalm 30:5 encourages you that while the night of hardship may feel long, joy will return. Every tear and challenge is temporary compared to the joy ahead.

Today, embrace hope. Begin to envision a future renewed by God's love and faithfulness—one step at a time. Allow your heart to celebrate small victories and trust that healing continues beyond these 72 hours.







# Reflect and Apply

	How does knowing nothing can separate you from God's love impact your healing journey?
2.	In what ways can you see God's mercies renewing you each day?
	What future steps of recovery can you take with confidence in God's faithfulness?







### **Journaling Prompts**

1.	Write about your hopes for the days and weeks ahead after withdrawal.
2.	List ways God has shown His faithfulness during your struggle.
3.	Describe what it means to you that joy comes in the morning.







#### Prayer for Today

Father, thank You for Your endless love and faithfulness that never fail me.

Even in my darkest moments, You are close and working a new beginning. Help me to hold onto hope and trust that You are renewing my heart daily. I praise You for the joy that follows the night of struggle and ask for strength to keep stepping forward. Let Your love be my anchor now and always. *In Jesus'* powerful name, Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







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