# 72 Hours to Heal from Heroin Addiction: A 3-Day Bible Study



A focused 3-day study to find hope, healing, and strength through Scripture on the journey to overcome heroin addiction.





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#### Introduction

Welcome to this transformative journey. Struggling with heroin addiction is overwhelming and often leads to feelings of hopelessness and despair. But the Bible offers profound encouragement, reminding us that healing and freedom are possible through God's grace and power. Over the next three days, you'll engage with Scripture that addresses addiction, renewal, and victory. You'll be invited to reflect deeply, journal your thoughts, and pray for strength and healing.

Recovery is not just physical—it's spiritual and emotional too. The Bible doesn't shy away from acknowledging the struggles we face but offers hope that God's love is greater than any addiction. These 72 hours represent a critical window to begin surrendering control, rebuilding your identity in Christ, and embracing the path God has prepared for you.

Each day, you will explore a key aspect of healing from heroin addiction: acknowledging your need for God's help, embracing His healing power, and stepping forward in faith to live a renewed life. Through prayer, reflection, and Scripture, let this study be a beacon of light guiding you through the darkness of addiction into the peace and freedom that Christ offers.

**Remember, you are not alone.** God is with you every step of the way. He understands your pain and longs to restore you completely. Allow His Word to penetrate your heart and begin the healing process today.

















#### Your Verse

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

#### **Supporting Scriptures**

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







#### Devotional: Begin Healing by Surrendering to God

Surrender is the first step toward healing. Addiction thrives in secrecy, shame, and futile attempts to control. But God invites you to come to Him honestly and openly—broken but hopeful. Psalm 34:18 reassures you that the Lord draws near when your heart is broken, offering His presence as a refuge when you feel crushed in spirit.

James 4:7 emphasizes the power of submission—when you surrender your struggles to God, you resist the enemy's lies and begin the process of liberation. This doesn't mean the journey is easy, but it means you're no longer facing it alone. 1 Peter 5:7 encourages you to cast your anxieties on God, trusting that He cares deeply for you and wants to carry your burdens.

Today, begin by admitting your need for God's help. Lay down the pretense of strength and control, and ask Him to lead you through the coming days. Healing starts when you stop trying to fix everything on your own and instead rely completely on God's grace.







## Reflect and Apply

1.	What areas in your life are you struggling to surrender to God?
2.	How does knowing God is close to the brokenhearted encourage you today?
3.	In what ways can you cast your anxieties on God right now?







## **Journaling Prompts**

1.	Write about what surrendering to God means for you personally.
2.	Describe any fears or doubts you have about seeking help.
3.	List ways you can invite God's presence into your struggle today.







#### Prayer for Today

**Lord, today I come to You broken and burdened.** I surrender my addiction, my pain, and my fears into Your loving hands. *Thank You* for being near when I feel crushed. Help me resist the lies of the enemy and grant me strength to trust in Your care. Carry my anxiety, renew my hope, and lead me on the path to healing. In Jesus' name, Amen.  $\bigwedge$ 

















#### Your Verse

Jeremiah 30:17 – "I will restore you to health and heal your wounds,' declares the Lord."

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







#### Devotional: Trust God to Restore and Heal You

**Healing is a promise from God.** Jeremiah 30:17 speaks directly to our pain and brokenness, assuring us that God will restore us to health and heal our wounds. Addiction leaves deep scars, but God's power is greater than any hurt or habit.

Isaiah 41:10 reminds you not to fear because God is with you constantly, ready to strengthen and help. When the weight of withdrawal, temptation, or doubt feels overwhelming, lean into His presence. 2 Corinthians 12:9 declares that God's grace is enough—even when you feel weak or powerless—and that His strength shines brightest in your weakness.

Allow God's healing power to fill your heart today. Let your weaknesses become a space where His grace and strength work mightily. Healing may not be immediate, but God's promise is sure—He is restoring, renewing, and setting you free.







## Reflect and Apply

1.	What wounds from addiction do you need God to heal today?
2.	How can you rely on God's strength when you feel weak?
3.	In what ways does God's grace encourage you amid your struggles?







## **Journaling Prompts**

1.	Write about a time you experienced God's help in weakness.
2.	Reflect on what restoration looks like for your life.
3.	List the promises from God's Word that give you hope now.







#### Prayer for Today















#### Your Verse

Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."

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







# Devotional: Walk in Freedom Through Faith and Strength

**Freedom begins with faith.** Romans 8:1 boldly proclaims there is no condemnation for those in Christ Jesus. No matter your past mistakes or the weight of addiction, God offers forgiveness and a new start.

Galatians 5:1 encourages you to stand firm in that freedom and not return to the bondage of addiction. Freedom is not passive—it requires intentional daily choices to walk in the newness Christ provides. Philippians 4:13 reminds you that you are empowered to face every challenge not by your own strength but through Christ who strengthens you.

Today marks a new beginning. Choose faith over fear, freedom over chains, and life over despair. Trust that God will keep you steady and that through His strength, you can overcome every temptation and obstacle on your recovery journey. Step forward with courage, knowing you are not alone and that true freedom is yours in Christ.







## Reflect and Apply

1.	What does freedom in Christ mean to you personally?
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2. I	How can you stand firm against temptation going forward?
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3. I	In what ways can you rely on Christ's strength daily?
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## **Journaling Prompts**

1.	Describe your vision for a life free from addiction.
2.	Write down fears you have about maintaining your freedom.
3.	List practical steps to help you stand firm in faith.







#### **Prayer for Today**

Lord Jesus, thank You for setting me free from condemnation and sin. Help me to embrace the freedom You provide and to stand firm against every temptation. I claim Your strength to walk forward in faith with courage and hope. Surround me with Your peace and empower me to live a renewed life. In Your name, Amen.  $\triangle$   $\Box$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







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