# 72 Hours to Heal from the Effects of Alcohol



A focused 3-day Bible study guiding you to find healing, strength, and restoration from alcohol addiction through Scripture and prayer.





### Table of contents

Introduction	3
Day 1: Recognizing the Need for Healing	4
Day 2: 6 Finding Strength and Renewal	10
Day 3: B Embracing Freedom and Restoration	16







#### Introduction

Welcome to this focused 72-hour journey toward healing from the effects of alcohol addiction. Addiction is a powerful force that often leaves individuals feeling trapped, isolated, and hopeless. Yet, the good news is that God's Word provides hope, strength, and renewal.

This study is designed to guide you through three vital days of spiritual reflection and healing. Each day, we will explore Scripture passages that remind us of God's power to restore brokenness and offer freedom from bondage. Whether you are personally struggling with alcohol addiction or supporting someone who is, this devotional will encourage you to lean on God's promises.

Healing does not always happen overnight, but God's restoration can begin within these 72 hours as you immerse yourself in His Word and open your heart to His grace. Our prayers are that by the end of this journey, you will feel a renewed sense of peace and courage to continue walking the path of recovery.

Let us embrace this time with open hearts, knowing that God's love is greater than any addiction, and His power is made perfect in our weakness. Remember, healing starts with a single step—taking that step toward God today opens the door for transformation, restoration, and hope.















#### Your Verse

Psalm 34:17-18 - "The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **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."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







#### Devotional: God's Nearness to the Brokenhearted

Day 1 focuses on recognizing the reality of alcohol addiction and the need for divine healing. Denial often clouds the path to recovery, but the first step toward healing is confessing our pain and brokenness before God. Psalm 34:17–18 encourages us that the Lord is near to the brokenhearted and saves those crushed in spirit.

This proximity of God in moments of weakness is deeply hopeful. It reminds us that God is not distant or indifferent but intimately close when we admit our struggles. If you find yourself wrestling with the effects of alcohol, know that God's ears are open to your cries, and His heart is tender toward your pain.

Remember Isaiah's promise not to fear because God strengthens and helps us. This day is about surrender—acknowledging that apart from God, healing is impossible, but with Him, everything is possible.

Take a moment to cast your anxieties on Him as 1 Peter urges, knowing you are not alone in this fight.







# Reflect and Apply

1.	What fears or feelings have kept you from admitting your need for help?
	How does knowing that God is close to the brokenhearted change your approach to your addiction?
3.	In what ways can you begin casting your anxieties on God today?







# **Journaling Prompts**

	Write about a moment today when you felt weak or broken and how God's presence was evident.
2.	List three fears or worries you want to surrender to God during this study.
	Journal your honest thoughts about reaching out for help and what that could look like.







# Prayer for Today

Lord, today I come to You broken and in need of healing. Thank You for being close to my hurting heart and hearing my cries. Help me to surrender my fears and anxieties into Your hands. Strengthen me with Your power and remind me I am not alone in this battle. Teach me to trust in Your unfailing love and guidance in the days ahead. *Heal the wounds addiction has caused and fill me with hope today.* Amen.  $\bigwedge$ 















#### 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 40:29 "He gives strength to the weary and increases the power of the weak."
- Philippians 4:13 "I can do all this through him who gives me strength."







#### Devotional: God's Power Perfected in Our Weakness

On Day 2, we turn our focus to finding strength in God's grace amid weakness. Addiction often leaves us feeling helpless and vulnerable, but here Paul's words in 2 Corinthians 12:9 remind us that God's grace is enough to sustain us — His power is revealed most profoundly when we acknowledge our weakness.

Allow yourself to embrace your vulnerabilities today not as failures, but as places where Christ's power can work most deeply in your life. Isaiah reassures us that God renews strength for the weary, which is especially relevant when recovering from the physical and emotional exhaustion caused by alcohol.

Philippians encourages us to remember that our strength to overcome addiction is not self-generated but comes from Christ who empowers us. This day is about receiving and relying on that divine strength.

Pray for renewed energy, courage, and perseverance to continue moving forward step by step on the path toward healing.







# Reflect and Apply

1.\	L. What areas of weakness do you struggle to accept in yourself?	
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2. I	How can embracing your weaknesses open you up to God's strengths?	
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3. I	n what ways do you need God's renewal and strength today?	
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# **Journaling Prompts**

1.	Write about how God's grace has shown up during moments of weakness.
2.	List specific struggles where you need God's strength to persevere.
3.	Journal a prayer asking God for renewed courage and perseverance.







## Prayer for Today

Father, I thank You that Your grace is sufficient even when I feel weak. Today, I choose to lean on Your strength instead of my own. Please empower me to face my addiction and its challenges with courage. Renew my weary spirit and replenish my hope. Help me to trust that Your power can make me whole again. *Fill me with perseverance to keep walking forward.* In Jesus' name, Amen.







# Day 3: Embracing Freedom and Restoration









Day 3: **B** Embracing Freedom and Restoration

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- Galatians 5:1 "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."







Day 3: **B** Embracing Freedom and Restoration

#### Devotional: Freedom and New Life in Christ

Day 3 brings a message of hope: freedom and restoration through Christ. Addiction can feel like a yoke of slavery, but John reminds us that if Jesus sets us free, freedom is our true reality.

This freedom does not only mean escape from addiction's chains but the transformation of mind and heart through Christ's power. Romans 12:2 teaches us to reject worldly patterns of destruction and embrace renewed thinking shaped by God's truth, which is essential to lasting recovery.

Galatians calls us to stand firm in our freedom and not return to bondage. This day is about claiming the new life Christ offers—a life not defined by addiction but by hope, dignity, and purpose.

As you complete these 72 hours, take confidence that God's restoration is ongoing. Commit to daily walking in freedom with His strength and guidance.







Day 3: 💋 Embracing Freedom and Restoration

# Reflect and Apply

1.	What does freedom in Christ mean to you personally?
2.	How can renewing your mind help you resist the pull of addiction?
3.	What practical steps can you take to 'stand firm' in your freedom?







Day 3: 💋 Embracing Freedom and Restoration

# **Journaling Prompts**

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Day 3: **B** Embracing Freedom and Restoration

### Prayer for Today

Jesus, thank You for the freedom You offer through Your sacrifice. I accept the new life You give and ask for Your help to walk in that freedom every day. Transform my mind and heart so I no longer live in bondage but stand firm in Your truth. Help me to rely on Your strength to resist temptation and live with courage and hope. Restore me fully, Lord, and guide me in Your everlasting love. Amen.







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