



72 Hours to Healing from Substance Abuse



A focused 3-day Bible study to guide those seeking freedom and healing from addiction through God's Word.



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Introduction

Welcome to your 72-hour journey toward healing from substance abuse. Addiction can feel like an unyielding prison, but through God's Word, there is hope for freedom and restoration. This devotional is designed to walk with you step-by-step as you lean into Scripture, prayer, and reflection to begin your path to healing.

Healing is a process — not just physical, but emotional, mental, and spiritual. In these next three days, we will explore God's promises for deliverance, strength to overcome temptation, and the renewing power of His grace. You don't have to face addiction alone. The Bible offers encouragement for every moment of struggle and breakthrough.

Over these 72 hours, take time to pray honestly, journal openly, and meditate deeply on the Scriptures provided. Trust that God loves you deeply and desires to set you free from bondage. Each day's study builds upon the last, preparing your heart for lasting change through faith in Jesus Christ.

Remember: **You are not defined by addiction, but by the redeeming love of Christ.** Allow His truth to sink into your heart, and step forward with confidence into the healing He provides.





Day 1: Surrender and Starting Anew



Day 1:  Surrender and Starting Anew

Your Verse

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

Supporting Scriptures

- *1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*
- *Proverbs 3:5-6 – "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*



Day 1:  Surrender and Starting Anew

Devotional: Begin Healing Through Honest Surrender

Day One is about surrender. Acknowledging your struggle is the first powerful step toward healing. Psalm 34:17 reassures us that when we cry out in our pain, God hears and delivers. Addiction often isolates us, but God promises to respond when we reach out to Him in honesty.

Confession brings freedom. 1 John 1:9 reminds us that when we confess our sins or struggles without hiding, God is faithful to forgive and cleanse us. This isn't about shame but about honesty before a loving Father who longs to heal your heart.

Choosing to surrender and trust God's plan can be daunting. Proverbs 3:5–6 invites us to trust Him even when our own understanding is limited. When we submit fully, God promises to direct our steps, making the way forward clearer.

Today, focus on releasing your need to control the battle alone and place your hope in God's faithful deliverance. You are not alone—He is ready to meet you where you are, ready to begin your journey to freedom.



Day 1:  Surrender and Starting Anew

Reflect and Apply

1. What areas of your addiction do you struggle to surrender to God?

2. How can admitting your need for help change your path to recovery?

3. What does trusting God's guidance look like in your daily life?



Day 1:  Surrender and Starting Anew

Journaling Prompts

1. Write about what it feels like to admit your struggle to God.

2. List the fears or doubts you have about surrendering control.

3. Describe what trusting God instead of yourself might look like.



Day 1: 🛑 Surrender and Starting Anew

Prayer for Today

Lord, today I come to You with an open heart. I confess my struggles with addiction and ask for Your forgiveness and cleansing. Help me surrender my worries and control to You, trusting that You are with me in this journey. Lead me on the path of healing and renew my strength daily. Thank You for hearing my cries and promising deliverance. *In Jesus' name, Amen.* 🙏🌿💪





Day 2: 💪 Finding Strength to Overcome



Day 2: 🍷 Finding Strength to Overcome

Your Verse

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

Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *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."*



Devotional: Empowered by God's Strength in Weakness

Healing is not easy, but God provides strength when we feel weak.

Philippians 4:13 reminds us that our true power comes not from ourselves but through Christ who empowers us to face every challenge, including addiction.

Sometimes, weakness feels overwhelming, but 2 Corinthians 12:9 encourages us that God's grace is more than enough. His power shines brightest in our weakness. When we recognize this truth, we can let go of self-reliance and lean fully on His strength.

Isaiah 41:10 further assures us that God stands beside us — not just distant but actively involved in our fight. We need not fear or be discouraged because He promises to strengthen and uphold us. This strength is a steady, loving support that sustains us moment by moment.

Today, embrace God's power working within you. When temptation arises or discouragement creeps in, remember you are not alone and can draw on His supernatural strength to overcome.



Day 2: 🍷 Finding Strength to Overcome

Reflect and Apply

1. In what ways have you tried to overcome addiction on your own?

2. How does understanding God's strength change how you view your limitations?

3. What does it mean to rely on God's grace in your daily struggles?



Day 2:  Finding Strength to Overcome

Journaling Prompts

1. Write about a time you felt weak and how God's strength helped you.

2. List areas where you need God's power to overcome addiction.

3. Describe how you can remind yourself daily to depend on Christ.



Day 2: 🏹 Finding Strength to Overcome

Prayer for Today

Father, I thank You for Your unfailing strength. When I am weak and tempted to give up, fill me with Your power. Help me remember that Your grace is enough for every moment. Uphold me with Your righteous hand and give me courage to face each struggle. Let Your strength shine through my weakness as I walk this path of healing. *In Jesus' name, Amen.* 💪 ✨ 🙏 ❤️





Day 3: 🌱 Embracing New Life and Hope



Your Verse

2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- *Romans 8:38-39 - "Nothing can separate us from the love of God that is in Christ Jesus our Lord."*
- *John 10:10 - "I have come that they may have life, and have it to the full."*



Day 3:  Embracing New Life and Hope

Devotional: Step Into New Life and Lasting Hope

Day Three focuses on the new life available in Christ. 2 Corinthians 5:17 brings the powerful message that through faith in Jesus, you are made new. The chains of addiction don't hold the final claim over your life—God's grace truly brings fresh beginnings.

Romans 8:38–39 assures us that nothing—not past mistakes or current struggles—can separate us from God's love. This unconditional love is the foundation of eternal hope. No matter how dark the past, God's embrace is steadfast and healing.

Jesus said in John 10:10 that He came to give us life in abundance. This is more than mere existence; it is a full, meaningful, empowered life beyond addiction's grip. Today, choose to step into that hope and live as the new creation God has made you.

Embrace God's promises, renew your mind with truth, and celebrate the hope that transforms despair into victory.



Day 3:  Embracing New Life and Hope


Reflect and Apply

1. How does knowing you are a new creation change your view of yourself?

2. What past regrets or guilt do you need to release to God today?

3. How can you daily embrace the abundant life Jesus offers?



Day 3:  Embracing New Life and Hope

Journaling Prompts

1. Write about what "new life in Christ" means to you personally.

2. List ways you can remind yourself each day of God's unending love.

3. Describe your hopes for the future as you walk in freedom.



Day 3: 🌱 Embracing New Life and Hope

Prayer for Today

Gracious God, thank You for making me new. Help me to fully embrace the fresh start You offer through Jesus. Fill my heart with hope and remind me daily that Your love never fails. Strengthen me to walk boldly into this abundant life, free from addiction's hold. May I reflect Your grace and be a witness of Your power to change lives. *In Jesus' name, Amen.* 🌱❤️✨🙏





Where God's Word Meets Your Daily Life

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