72 Hours to Overcome Alcohol Addiction: A 3-Day Bible Study



Discover God's strength and guidance to overcome alcohol addiction in 72 hours through scripture, prayer, and reflection.





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Introduction

Struggling with alcohol addiction can feel overwhelming and isolating, but you are not alone—a powerful source of hope and healing exists in God. This 3-day Bible study is designed to walk with you through the first critical 72 hours of overcoming alcohol addiction. Each day focuses on scripture, reflection, and prayer to help you find strength, renewal, and courage in your journey to freedom.

Overcoming addiction is not about willpower alone; it's about surrendering to God's grace and allowing His Spirit to transform your heart. Alcohol addiction often enslaves, but the Bible assures us that Christ came to set the captives free (John 8:36). Through these three days, you will explore how God offers restoration and power to break free from destructive habits.

Day 1 will encourage you to acknowledge your struggle openly and surrender it to God's mighty hand. Day 2 centers on finding strength in God's promises as you resist temptation and begin renewing your mind. Day 3 focuses on walking forward in hope, renewed identity, and reliance on God's Spirit, continuing your path beyond the initial 72 hours.

As you engage with the Scriptures and prayer here, remember this journey is personal and sometimes challenging. But with God's help, deliverance is not only possible but assured. Take each day as a step closer to the freedom God desires for you. Let His Word guide your heart, and lean on His unchanging love. You are deeply loved, and you are never alone on this path.







Day 1: Surrender and Seek God's Help









Day 1: Surrender and Seek God's Help

Your Verse

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

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."







Day 1: Surrender and Seek God's Help

Devotional: The Power of Surrender to God's Deliverance

Day 1 is about surrendering your struggle over alcohol to God. Addiction can seem like an unbeatable force, but God's Word reminds us that He hears our cries and desires to deliver us. When we face the temptation to turn back to substances for comfort, the Bible calls us to submit ourselves fully to God.

Recognizing your need and surrendering it to God is the first step toward freedom. It is not weakness but incredible courage to admit your brokenness before a loving God who stands ready to rescue you. Trust that your battles are not fought alone.

James 4:7 encourages you to resist the enemy's lies and temptations by submitting to God's authority. This is an active step—reject the pull of addiction and choose to rely on God's strength. As you cast your anxieties upon Him, as 1 Peter 5:7 says, you open your heart to His loving care and peace.

As you begin these 72 hours, turn to God honestly, pour out your heart, and let Him fill the emptiness. This surrender marks a fresh start with God—not based on your own power but His.







Day 1: W Surrender and Seek God's Help

Reflect and Apply

	How have you experienced God's help when you've felt weak or overwhelmed before?
2.	What fears or doubts do you need to surrender to God right now?
	In what ways can submitting to God transform your battle with addiction?







Day 1: W Surrender and Seek God's Help

Journaling Prompts

1.	Write down your honest feelings about your addiction and surrender them to God in prayer.
2.	List ways God has been faithful to you in the past, even in hard times.
	Reflect on one temptation you face and write how you will choose to resist it with God's help.







Day 1: 😂 Surrender and Seek God's Help

Prayer for Today

Lord, today I come to You acknowledging my need for Your help. I surrender my struggles and ask for Your deliverance. Help me resist temptation and fill me with Your peace where I feel anxious or weak. Remind me that You care deeply and are always near. Give me courage to trust You fully through this journey. In Jesus' name, Amen. 🙏 😂 💪















Your Verse

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

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Devotional: Finding Strength and Renewal in Christ

Day 2 invites you to tap into God's strength and allow your mind and heart to be renewed. Addiction often binds us through patterns of thought and habit that keep us trapped. Yet God's Word offers transformation beyond human effort alone.

Romans 12:2 challenges us not to conform to the world's destructive cycles but to be renewed by God's truth. This renewal changes how you see yourself—no longer defined by past mistakes or addictions but as God's beloved new creation.

Philippians 4:13 reminds you that your strength to walk this difficult road comes not from your own willpower, but through Christ who empowers you. Each moment you feel weak, you can lean in and draw strength from Him.

Embrace your new identity in Christ, as 2 Corinthians 5:17 promises. Let this truth fuel your hope that freedom is real and possible. Take steps today by renewing your mind through prayer, scripture, and positive habits that promote healing.







Reflect and Apply

1.	What negative thoughts or habits keep you trapped in addiction?
2.	How does knowing you are a new creation in Christ affect your self-view?
	What practical steps can you take today to renew your mind with God's truth?







Journaling Prompts

1.	Write about how addiction has shaped your thoughts and how you want those to change.
	List scriptures or affirmations that encourage you to walk in strength and renewal.
	Describe one small habit you can start replacing negative patterns with God's help.







Prayer for Today

God, renew my mind and strengthen me today. Help me resist old patterns and walk in the newness of life You offer. Remind me I am a new creation through Christ, and Your strength is made perfect when I am weak. Guide my thoughts and choices so they align with Your truth. In Jesus' powerful name, Amen.







Day 3: X Hope and Continuing Forward









Day 3: Nope and Continuing Forward

Your Verse

Isaiah 40:31 – "But those who hope in the Lord will renew their strength." They will soar on wings like eagles."

Supporting Scriptures

- Galatians 5:1 "It is for freedom that Christ has set us free."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







Day 3: Nope and Continuing Forward

Devotional: Living in Hope and Freedom Through Christ

Day 3 focuses on hope and the journey ahead beyond these initial 72 hours. Overcoming addiction is a process, and God's Word offers encouragement to keep moving forward.

Isaiah 40:31 assures that placing your hope in the Lord brings renewed strength and freedom to rise above challenges. Soaring like an eagle symbolizes the power and freedom God provides when we cling to Him.

Galatians 5:1 reminds you that Christ has set you free—not to return to bondage but to embrace new life marked by freedom and joy. This freedom calls for perseverance, as Hebrews 12:1 encourages, to run with endurance the spiritual race before you.

As you complete this study, remember that God walks every step with you, offering grace for setbacks and courage for each new day. Let hope anchor your soul, and continue trusting His faithful guidance beyond these 72 hours.







Day 3: 🎇 Hope and Continuing Forward

Reflect and Apply

	What hopes do you hold as you continue your journey beyond these 72 hours?
2.	How can you remind yourself daily of the freedom Christ provides?
	What obstacles might you face, and how can you persevere with God's help?







Day 3: 🎇 Hope and Continuing Forward

Journaling Prompts

1.	Write about your vision for your life free from addiction.
2.	List ways you can seek God's strength and hope daily moving forward.
3.	Reflect on how you can build a support system rooted in faith.







Day 3: Nope and Continuing Forward

Prayer for Today

Father, thank You for the hope and freedom I find in You. Help me to keep my eyes fixed on You as I continue this journey. Renew my strength when I feel weak and remind me daily that Christ has set me free. Give me perseverance to run this race with faith and courage. I trust Your promises and rest in Your unfailing love. In Jesus' name, Amen. 🙌 🛠







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