



# 72 Hours to Overcome Alcoholism: A 3-Day Bible Study



Explore God's Word over three days to find strength,  
freedom, and hope in overcoming alcoholism  
through faith and prayer.

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## Introduction

Welcome to this transformative 3-day Bible study designed specifically for those seeking freedom from the grip of alcoholism. Over the next 72 hours, we'll journey together through Scripture, prayer, and reflection to discover how God's power enables us to overcome addiction and find lasting hope.

*Addiction, especially alcoholism, can feel overwhelming and isolating, but it is not a battle meant to be fought alone.* God promises to be our refuge, strength, and ever-present help in times of need (Psalm 46:1). This is why, during these three days, we will focus on establishing a renewed dependence on Him—turning our struggles into stepping stones towards freedom.

Through these devotional readings, reflections, and prayers, you will uncover practical and spiritual truths, such as surrendering control, renewing your mind, and embracing God's grace. Remember, freedom is not about your own strength but about the power of Christ working in you (Philippians 4:13).

Take heart! These 72 hours mark the beginning of a new chapter filled with God's healing and restoration. Each day, allow your heart to be open, your mind to be receptive, and your spirit to be strengthened by His Word. Let's embark on this journey of hope and victory together. 🙏





## Day 1: Surrender and Seek Strength



Day 1: 🕊 Surrender and Seek Strength

## Your Verse

*Psalm 46:1 – God is our refuge and strength, an ever-present help in trouble.*

## Supporting Scriptures

- *2 Corinthians 12:9 – 'My grace is sufficient for you, for my power is made perfect in weakness.'*
- *James 4:7 – 'Submit yourselves, then, to God. Resist the devil, and he will flee from you.'*



## Day 1: 🕊️ Surrender and Seek Strength

# Devotional: Surrender Your Strength: Receive God's Power

**Day 1 invites us to surrender our struggles to God and seek His strength.**

When battling alcoholism, the first step can feel the hardest—admitting you need help and handing over control. Psalm 46:1 reminds us that God is our refuge; He is not distant or indifferent. He is an ever-present help in times of trouble.

*Sometimes, we rely on our own willpower, but that often isn't enough. True victory begins when we acknowledge our weakness and invite God's power to fill the gaps.* Paul's words to the Corinthians affirm this: God's grace is enough, and His power shines brightest when we are weak.

James encourages us to submit fully to God and resist the enemy that fuels addiction. This day is about making a conscious choice to surrender every ounce of control to God, knowing that He will empower you to resist temptation and break free.

**Take a moment to pray, placing your burden at His feet, and ask God to be your strength throughout this journey.**



## Day 1: 🕊 Surrender and Seek Strength

## Reflect and Apply

1. What areas of my struggle with alcoholism do I find hardest to surrender to God?

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2. In what ways have I tried to overcome addiction on my own, and how might God's power change that?

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3. How does knowing God is an ever-present help reshape my understanding of my challenges?

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Day 1: 🕊 Surrender and Seek Strength

## Journaling Prompts

1. Write about a moment you felt overwhelmed by your addiction and how surrendering it to God could change that experience.

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2. List ways you can remind yourself daily that God is your refuge.

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3. Reflect on a previous time God helped you in a difficult situation; what did you learn about His faithfulness?

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Day 1: 🕊 Surrender and Seek Strength

## Prayer for Today

**Lord, today I come before You acknowledging my weakness and my need for Your strength.** Help me to fully surrender my addiction and trust in Your power to make me whole. When temptation arises, remind me that You are my refuge and help, ever-present and unfailing. Strengthen my heart and renew my spirit as I begin this journey of freedom. Teach me to depend on Your grace every moment and guide me away from harmful paths. In Your loving name, I pray. Amen. 🙏💪🕊❤





## Day 2: Renewal of Mind and Heart



## Day 2: 🌱 Renewal of Mind and Heart

## 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

- *Ephesians 4:22-24 – 'Put off your old self... and put on the new self, created to be like God in true righteousness and holiness.'*
- *2 Corinthians 5:17 – 'If anyone is in Christ, the new creation has come: The old has gone, the new is here!'*



## Day 2: 🌱 Renewal of Mind and Heart

## Devotional: Renew Your Mind; Embrace New Life

On Day 2, we focus on **spiritual renewal, beginning with our minds and hearts**. Addiction thrives on old patterns and thought processes that pull us into destructive cycles. Romans 12:2 challenges us not to conform to these worldly patterns but to be transformed by renewing our minds.

*This transformation is not a quick fix but a continuous daily surrender to God's truth and guidance.* As Ephesians teaches, we must 'put off' old behaviors and 'put on' a new self shaped by God's righteousness. This rebirth means embracing a new identity in Christ—one that is free, hopeful, and empowered.

Remember, 2 Corinthians 5:17 assures us that anyone who belongs to Christ is a new creation—where the past struggles don't define you. God invites you to claim this new identity today, allowing His Word and Spirit to renew your thinking and heal your heart.

**Spend time reflecting on the thoughts and beliefs you need to surrender and replace with God's truth during your recovery.**



## Day 2: 🌱 Renewal of Mind and Heart

## Reflect and Apply

1. What old patterns or thoughts fuel my addiction, and how can I change them with God's help?

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2. How does embracing my new identity in Christ influence the way I see myself and my struggle?

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3. In what practical ways can I renew my mind daily with Scripture and prayer?

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## Day 2: 🌱 Renewal of Mind and Heart

# Journaling Prompts

1. Write down specific lies or negative beliefs you are ready to let go of today.

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2. List Bible verses or truths that can replace those harmful thoughts.

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3. Describe what your new life in Christ looks like as you commit to this transformation.

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Day 2: 🌿 Renewal of Mind and Heart

## Prayer for Today

**Father, thank You for making me a new creation in Christ.** Help me to reject old thought patterns that lead to addiction and fill my mind with Your truth. Renew my heart and transform me to live according to Your will. Teach me to live out this new identity daily with courage and faith. May Your Holy Spirit guide me through every temptation and help me grow stronger in You. In Jesus' name, Amen. 🌿 🧠 📖 ✨





## Day 3: 🔥 Walking in Freedom and Hope





## Day 3: 🔥 Walking in Freedom and Hope

## Your Verse

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

## Supporting Scriptures

- *Galatians 5:1 – 'It is for freedom that Christ has set us free.'*
- *Isaiah 41:10 – 'Do not fear, for I am with you; do not be dismayed, for I am your God.'*



## Day 3: 🔥 Walking in Freedom and Hope

## Devotional: Embrace the Freedom Christ Gives

**Day 3 celebrates the freedom and hope that comes through Christ.** Addiction can feel like chains, yet Jesus promises true liberation—"if the Son sets you free, you will be free indeed." This freedom is not temporary relief but a permanent release found in Him.

*Galatians reminds us that Christ has purposefully set us free, and we are called to stand firm in that freedom.* This means relying daily on His presence, trusting His guidance, and refusing to let fear or guilt pull us back into addiction's hold.

Isaiah offers a powerful promise that God will be with us, dispelling fear and strengthening our resolve. Walking in freedom means embracing hope, knowing you are not alone, and that God's power sustains you every step of the way.

**As you complete this 72-hour study, commit to walking forward in the liberty Christ provides—encouraged, supported, and deeply loved.**



## Day 3: 🔥 Walking in Freedom and Hope

## Reflect and Apply

1. What fears or doubts hold me back from fully living in freedom?

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2. How can I daily remind myself of the hope and strength Jesus offers?

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3. What concrete steps can I take to continue walking in freedom beyond these 72 hours?

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## Day 3: 🔥 Walking in Freedom and Hope

# Journaling Prompts

1. Write about what freedom in Christ personally means to you.

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2. List fears or obstacles you need to surrender to God today.

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3. Develop a plan for ongoing support and spiritual growth after this study.

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## Day 3: 🔥 Walking in Freedom and Hope

## Prayer for Today

**Lord Jesus, thank You for setting me free from the chains of addiction. Help me to walk boldly in the freedom and hope You provide. When fear or doubt arise, remind me that You are with me always. Strengthen my spirit and guide my steps so I may live fully for You. Fill me with confidence that Your power sustains me each day. I surrender my past and embrace my future in You.**

Amen. 🔥🙌🕊️✨





## Where God's Word Meets Your Daily Life

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