72 Hours to Overcome Benzodiazepine Addiction



A 3-day Bible study guiding you through spiritual strength and freedom during addiction recovery.





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Introduction

Welcome to this 3-day Bible study on addiction recovery. Struggling with benzodiazepine addiction can feel overwhelming, but remember, you are not alone. *God's Word offers hope, strength, and a path toward healing.* Over the next 72 hours, we'll explore key Scriptures and reflections to empower you as you seek freedom from addiction.

This journey isn't just about breaking habits but about renewing your spirit. Addiction often masks deeper emotional and spiritual needs, and by turning to God, we find the true source of restoration and peace. You'll discover how God's presence strengthens your will, fills voids, and ushers you into a life of liberty.

Each day focuses on practical Biblical truths and heartfelt encouragement. Through prayer, reflection, and journaling, you'll be invited to confront challenges, embrace God's grace, and take steps forward with courage. As you immerse yourself in Scripture, remember: God's love never fails and His power is made perfect in weakness (2 Corinthians 12:9).

Let this time be a spiritual anchor for you. The road ahead may be difficult, but with God's guidance and your commitment, recovery is possible. May you experience strength, hope, and transformation as you walk this path.

















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

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 7:15 "I do not understand what I do. For what I want to do I do not do, but what I hate I do."







Devotional: Admit Your Struggle and Seek God's Deliverance

Day 1: Recognizing the struggle and seeking God's deliverance. Addiction often feels like a prison, binding you with invisible chains. Today, the Lord beckons you to acknowledge your pain and cry out to Him. *Psalm 34:17–18 reminds us that God hears every plea and is near to the brokenhearted.* Your feelings of weakness, confusion, and frustration are not ignored by God; He wants to deliver you.

John 8:36 promises true freedom only through Jesus. It's not just about overcoming physical dependency but the deeper spiritual bondage that addiction can cause. The Apostle Paul speaks honestly in Romans 7:15 about inner conflict — wanting good but struggling to do it, a feeling many battling addiction can relate to.

Today, take a moment to be honest with God about your struggles. Feel His presence close as you invite Him into your battle. He is your helper, your refuge, and your strength. Recovery begins with surrender — admitting you need Him.







Reflect and Apply

1.	What chains or strongholds has addiction created in your life beyond the physical?
2.	How does it feel to know God is close when you are brokenhearted or crushed in spirit?
	In what ways can you surrender your battle to God today, trusting His deliverance?







Journaling Prompts

	Write about a moment when you felt overwhelmed by addiction. How did you respond spiritually?
2.	List areas where you need God's strength and freedom most right now.
	Reflect on what it means for Jesus to set you free. What freedom do you hope to receive?







Prayer for Today

Lord, today I come before You, acknowledging my weaknesses and the chains that bind me. Please hear my cry and draw near to my broken heart. I ask for Your strength to face this struggle with courage. Help me surrender my addiction to You fully and to trust in Your power to deliver me. Renew my spirit and restore my hope. I choose to walk this path with You, believing in freedom through Your grace. *Thank You for never leaving me.*

















Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

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: Allow God to Renew Your Mind and Spirit

Day 2: Letting God transform your thoughts and identity. A key part of overcoming addiction is a renewal of the mind. Romans 12:2 challenges us not to follow unhealthy patterns but to be transformed by God's truth. Addiction often alters how we think—leading to despair, guilt, and confusion.

Through God's Word, prayer, and daily surrender, He begins to remake your thinking. *Philippians 4:13 offers encouragement that His strength fills your weakness.* You don't have to rely solely on your own willpower; God empowers you to make every step towards healing.

Moreover, 2 Corinthians 5:17 proclaims that in Christ, you are a new creation. The addiction does not define you; God creates something new—a fresh identity rooted in freedom. Embrace this transformation today by rejecting old destructive patterns and embracing God's renewing power.







Day 2: \bigcirc Renewing the Mind and Spirit

Reflect and Apply

What negative thought patterns feed your addiction, and how can God's Word counteract them?
How can embracing your identity as a 'new creation' influence your recovery journey?
What steps can you take today to focus more on God's strength rather than your own?







Journaling Prompts

1.	Write down any recurring thoughts or lies you battle during addiction and Scripture verses that speak truth over them.
2.	Describe what being a 'new creation' in Christ means to you personally.
3.	Plan one practical way to renew your mind daily (e.g., Scripture reading, prayer, worship).







Prayer for Today

Father, thank You for the promise of transformation through the renewing of my mind. Help me break free from patterns that keep me trapped and fill my heart with Your truth. Strengthen me daily, reminding me that in You I can do all things. May I embrace the new identity You've given me as a beloved child, fully freed from past chains. Guide my thoughts and spirit as I walk forward with Your power and grace. I trust Your good, pleasing, and perfect will.



















Your Verse

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."

Supporting Scriptures

- Isaiah 40:31 "But those who hope in the LORD will renew their strength... they will soar on wings like eagles..."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Devotional: Stand Firm and Walk in Christ's Freedom

Day 3: Embracing the freedom Christ offers and walking forward in hope.

Having faced struggles and renewed your mind, today calls for standing firm in the freedom Jesus granted. Galatians 5:1 reminds us that Christ has set us free—not to slip back into old patterns but to live fully liberated.

This freedom comes with responsibility to guard your heart and mind, resisting temptation and leaning on God daily. *Isaiah 40:31 offers a beautiful promise:* those who hope in the Lord will receive renewed strength and soar above hardships.

You are not alone in this journey. 1 Peter 5:7 encourages you to give your anxieties to God because He deeply cares for you. As you hold onto hope and depend on God's power, your recovery becomes not only possible but triumphant. Today, make a commitment to keep walking in that freedom with God by your side.







Reflect and Apply

1.	What does freedom in Christ mean to you in the context of addiction?
	How can you practically stand firm against temptations that seek to pull you back?
	In what ways can you deepen your hope and reliance on God as you continue your recovery?







Journaling Prompts

1.	Reflect on moments of victory over addiction and how God was present.
2.	Identify triggers or burdens that still challenge you and how you can cast
	them on God.
	Write a commitment statement to yourself and God to walk forward in freedom.







Prayer for Today

Lord Jesus, thank You for setting me free from the yoke of addiction. Help me to stand firm and not be burdened again by old chains. Renew my strength when I feel weak, and fill me with hope that soars beyond my struggles. I cast every anxiety upon You, trusting Your loving care and guidance. Empower me to walk boldly in the freedom You provide each day. *May I honor You with my life and share this hope with others.*









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