72 Hours to Overcome Benzodiazepine Addiction



A transformative 3-day Bible study guiding you through faith, strength, and healing to overcome benzodiazepine addiction with God's help.





Table of contents

Introduction	3
Day 1: Finding Strength in Your Weakness	5
Day 2: B Restoring Hope Through God's Promises	11
Day 3: 6 Embracing Renewal and Freedom in Christ	17







Introduction

Facing addiction is one of life's most daunting challenges, especially when it involves substances like benzodiazepines that deeply affect the mind and body. If you find yourself embarking on the courageous journey to break free from this bondage, you are not alone. **God's Word offers profound hope, comfort, and strength** during these vulnerable moments. Over the next three days, we will walk together through Scripture and prayer, focusing specifically on the first critical 72 hours of detox and recovery.

Why 72 hours? This initial period is often the most intense, as the body and mind begin to recalibrate in the absence of the drug. It is a time of physical discomfort and emotional turmoil, but it is also a window filled with immense spiritual opportunity—to lean deeply on God's grace, power, and peace.

This study encourages you to tap into **God's sustaining power**, to understand that true freedom comes from Him, and to find practical encouragement through Scripture and reflection. These days are not just about enduring withdrawal but about embracing transformation. Whether you are just starting your journey or supporting someone who is, let these hours be a sacred time to invite God's healing touch into every fiber of your being.

Remember, you are created with infinite worth and never far from God's loving presence. This is a time to replace dependence on substances with deep, abiding dependence on God. Each day focuses on a key spiritual theme







—strength, hope, and renewal—that you can hold onto no matter how difficult the path. Prepare your heart, be honest with God, and step into these 72 hours with courage and faith, trusting that with Him, all things are possible.







Day 1: V Finding Strength in Your Weakness









Day 1: **()** Finding Strength in Your Weakness

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

- Philippians 4:13 "I can do all this through him who gives me strength."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 1: V Finding Strength in Your Weakness

Devotional: Embracing God's Power in Your Weakest Moments

Day 1 marks the start of a challenging but hopeful journey. Withdrawal symptoms and cravings might be overwhelming right now. But remember, God's grace is enough—even when you feel weak and vulnerable. Paul teaches us in 2 Corinthians that God's power shines brightest in our weakness. You don't have to rely on your own strength; *God's power is what will carry you through these first hours*.

Allow yourself to be honest about your struggles without shame. Addiction is a heavy burden, but God invites you to cast it on Him. This isn't just about fighting cravings but about surrendering your weakness and letting Christ's power rest on you. Receive His strength moment by moment. Turn to Psalm 46:1 when the anxiety grows loud: "God is our refuge and strength, an everpresent help in trouble." He is near, ready to guard you through each temptation.

As you enter this detox phase, pray for His sustaining grace. Lean into Scripture, knowing the battle is spiritual as well as physical. You are not alone nor forgotten. Trust in God's promises and allow His strength to renew your spirit even in your darkest hours.







Day 1: **(**) Finding Strength in Your Weakness

Reflect and Apply

	How do you experience God's strength when you feel weakest or overwhelmed?
2.	What does surrendering your addiction to God look like today?
	How can remembering God as your refuge give you peace during withdrawal?







Day 1: **(**) Finding Strength in Your Weakness

Journaling Prompts

	Write down the ways your weakness has opened doors for God's strength in your life.
2.	Journal how you can practically invite God's power into your struggles today.
	Describe the emotions you feel now and how you want God to meet you in them.







Day 1: V Finding Strength in Your Weakness

Prayer for Today

Lord, I come to You weary and weak, but willing to surrender all. Please fill me with Your grace that is sufficient in every moment. Help me to rely not on my own strength, but on Your mighty power that works through my weakness. Be my refuge and shield in these difficult hours. Calm my fears and steady my heart, reminding me that You are always near, ready to help. I trust in Your healing and restoration. In Jesus' name, Amen.







Day 2: Promises Restoring Hope Through God's Promises









Day 2: 💋 Restoring Hope Through God's Promises

Your Verse

Jeremiah 29:11 — "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength."







Day 2: 💋 Restoring Hope Through God's Promises

Devotional: Clinging to God's Hope Beyond Addiction

On Day 2, you may be confronting feelings of despair and uncertainty. The withdrawal can seem endless, and you might wonder if freedom is truly possible. Yet, God's Word is a beacon of hope even in the darkest valleys. Jeremiah 29:11 reminds us that God has a good plan for your life—a plan filled with hope and restoration beyond what you can see.

Hope is not wishful thinking but confident expectation based on God's promises. Romans 15:13 prays that the God of hope would fill you with joy and peace as you trust Him. These days are a battle for your body and mind, but even more so for your spirit. Anchor yourself in the truth that God is working all things for your good (Romans 8:28).

Isaiah encourages us that those who wait and hope in the Lord renew their strength. Hope calls us to look beyond the present suffering to the future God is creating through this intense spiritual process inside you. Cling tightly to these promises as you face each coming hour. As your body heals, so does your soul. There is a future awaiting you that God has carefully crafted—one free from addiction's chains and full of His peace.







Day 2: 💋 Restoring Hope Through God's Promises

Reflect and Apply

1.	What hope do you see emerging from God's promises amid your struggle?
2.	How can trusting God's plan reshape your perspective on withdrawal?
3.	In what areas do you need to renew your strength by placing hope in the Lord?







Day 2: **B** Restoring Hope Through God's Promises

Journaling Prompts

1.	Write about your fears for the future and how God's promises can transform them.
2.	Describe what hope looks like for you today in the midst of difficulty.
3.	Reflect on moments when trusting God brought you unexpected peace or joy.







Day 2: PRestoring Hope Through God's Promises

Prayer for Today

Heavenly Father, thank You for the hope You provide when I feel overwhelmed. Help me to anchor my heart in Your promises and trust Your plans for my life. Fill me with joy and peace that surpasses understanding as I navigate these hard days. Renew my strength when I feel weak and weary. Guide my thoughts away from fear toward confident hope in You alone. Restore my future, Lord, and teach me to walk in the freedom You offer. In Jesus' holy 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

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Galatians 5:1 "It is for freedom that Christ has set us free."







Devotional: Transformation: Renew Your Mind and Embrace Freedom

The final day invites you to look ahead with boldness. Addiction deeply warps our thinking and habits, but God promises transformation through the renewal of our minds. Romans 12:2 calls us not to conform to patterns that enslave us but to be renewed by God's truth, enabling us to live differently.

This renewal begins with a conscious choice to reject old ways and embrace the new identity Christ offers. Jesus declares in John 8:36 that if He sets you free, you are truly free. Freedom is not just physical detox—it is a spiritual breakthrough into a new way of living.

Galatians 5:1 reminds us that Christ's freedom is not a temporary fix but a lasting liberation from any chains, including addiction. As you conclude this 72-hour journey, commit to ongoing renewal—daily inviting God into your mind and heart to reshape your desires and decisions.

Stay connected to God through Scripture, prayer, and fellowship. Your freedom is a gift to cherish and protect. You are no longer captive to the substances that once controlled you. By God's grace, you are walking into a new season of hope, healing, and true life.







Reflect and Apply

1.	What old patterns must you reject to fully embrace God's transformation?
	How does the promise of true freedom in Christ change your view of recovery?
3.	What practical steps can you take to renew your mind daily?







Journaling Prompts

1. V	Vrite about what freedom in Christ means personally to you.
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2. L	ist new mindsets or habits you want to develop as part of your renewal.
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	Reflect on how you can rely on God's power to maintain your freedom ach day.
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Prayer for Today

Lord Jesus, thank You for the freedom You offer through Your sacrifice. Help me to reject the old ways that bind me and to embrace the renewing work You want to do in my mind and heart. Empower me to walk forward in the new life You give—a life marked by hope, peace, and true freedom. Keep me close to Your Word and Spirit as I continue this journey beyond these 72 hours. May I reflect Your transformation daily. In Your powerful name, Amen.







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