



72 Hours to Overcome Caffeine Addiction



A focused 3-day Bible study exploring God's strength and guidance to break free from caffeine addiction and find lasting freedom.



Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌱 Starting Fresh with God's Strength</u>	4
<u>Day 2: 🔥 Overcoming Temptation Through God's Word</u>	10
<u>Day 3: ✨ Renewing Your Mind for Lasting Victory</u>	16



Introduction

Welcome to your 72-hour journey toward freedom from caffeine addiction. Addiction, whether to substances or habits, can feel overwhelming. Yet, through faith and God's Word, true transformation is possible. Over these three days, *you'll discover* how God empowers us to overcome strongholds with His strength, grace, and guidance.

Many turn to caffeine for energy and comfort, but dependence can lead to physical, emotional, and spiritual struggles. This study is designed to guide you gently but purposefully as you surrender this habit to God, renew your mind, and embrace healthier rhythms. You'll engage with Scripture, devotional thoughts, and reflective questions—practical tools that help anchor your commitment.

Remember: Recovery does not come from willpower alone. It comes from surrendering to God's loving control, and He is faithful to lead you step by step. Allow His Word to be your strength, and lean on Him for daily victory. May these 72 hours mark a new chapter filled with hope, freedom, and restoration.

Let's begin this journey together, grounded in faith and inspired by God's promises. 🤝 🙏





Day 1: Starting Fresh with God's Strength



Day 1: 🌱 Starting Fresh with God's Strength

Your Verse

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

Supporting Scriptures

- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*
- *Psalms 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



Day 1: 🌱 Starting Fresh with God's Strength

Devotional: Embrace God's Strength in Your Weakness

Beginning your journey requires acknowledgment of human weakness and divine strength. Caffeine addiction often tells us we can't function without the next cup. But God's Word reminds us that our true strength comes from Him, not from temporary fixes. Philippians 4:13 encourages us that through Christ, we are empowered to overcome challenges that seem insurmountable.

On this first day, it is vital to start with surrender. Admit your need for God's help in overcoming your dependence. Addiction can leave us feeling weary, but God promises renewed strength to those who seek Him. The process won't always be easy, but you can trust His presence through every craving and struggle.

Commit this time to prayer and let the truth of God's strength silence the lies of your addiction. Remember, quitting caffeine doesn't happen because of mere determination but through reliance on God's sustaining power. Embrace this as your foundation for the next 72 hours and beyond.



Day 1: 🌱 Starting Fresh with God's Strength

Reflect and Apply

1. What lies or thoughts does caffeine addiction feed in your life?

2. How does acknowledging your weakness open the door for God's strength?

3. What practical steps will you take today to lean on God rather than caffeine?



Day 1: 🌱 Starting Fresh with God's Strength

Journaling Prompts

1. Write down how caffeine affects your daily life and emotions.

2. List ways you've tried to quit before and what worked or didn't.

3. Describe what trusting God for strength feels like to you.



Day 1: 🌱 Starting Fresh with God's Strength

Prayer for Today

Dear Lord, I come to You feeling weak, but I know Your strength is limitless. Help me surrender my cravings and dependence on caffeine. Fill me with Your power to face each moment without fear or exhaustion. Teach me to lean fully on You for energy, peace, and endurance. *Thank You for being my refuge in times of struggle.* Guide me through this journey with patience and grace. **In Jesus' name, Amen.** 🙏💪🌿





Day 2: 🔥 Overcoming Temptation Through God's Word



Day 2: 🔥 Overcoming Temptation Through God's Word

Your Verse

1 Corinthians 10:13 – "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."

Supporting Scriptures

- *Psalm 119:11 – "I have hidden your word in my heart that I might not sin against you."*
- *James 4:7 – "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*



Devotional: Resist Temptation With God's Powerful Word

Temptations to revert to old habits can feel powerful and persuasive, especially in the middle of a journey. But God assures us that He is faithful and will never let us face temptations beyond what we can endure. 1 Corinthians 10:13 gives us hope that victory is possible when we rely on Him.

One key to overcoming temptation lies in Scripture itself. Psalm 119:11 shows us how hiding God's Word in our hearts strengthens us to say no to sin and destructive habits. Today, make a commitment to engage deeply with the Bible. Let it renew your mind and redirect your desires away from caffeine cravings.

Remember the power of submission to God's will is greater than any addiction. James 4:7 invites us to actively resist temptation by standing firm in faith. Practice saying, "No," with the confidence that Jesus gives you the strength to overcome—even when the urge seems strong.



Day 2: 🔥 Overcoming Temptation Through God's Word

Reflect and Apply

1. What temptations do you face related to caffeine, and how do they challenge you?

2. How can memorizing and meditating on Scripture help you resist cravings?

3. In what areas of your life do you need to submit more fully to God's authority?



Day 2: 🔥 Overcoming Temptation Through God's Word

Journaling Prompts

1. Write down a Scripture verse that brings you strength against temptation.

2. Describe a recent situation where you successfully resisted temptation and why.

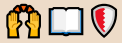
3. Plan practical ways to remind yourself of God's promises during cravings.



Day 2: 🔥 Overcoming Temptation Through God's Word

Prayer for Today

Heavenly Father, thank You for Your faithfulness and the promise that I am never alone in my temptations. Help me to anchor Your Word deep within my heart so I can resist urges that pull me back to caffeine. Give me courage to submit fully to Your will and to say no when temptation strikes. I trust You will provide the way out and empower me for every challenge. *Thank You for Your loving guidance.* In Jesus' name, Amen.





Day 3: ✨ Renewing Your Mind for Lasting Victory



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 4:23 - "To be made new in the attitude of your minds;"*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Day 3: ✨ Renewing Your Mind for Lasting Victory

Devotional: Transform Your Mind to Embrace New Life

True freedom from addiction requires more than stopping a habit; it involves a deep transformation of the mind and heart. Romans 12:2 challenges us not to conform to unhealthy patterns but to be renewed through God's power. This renewal changes how we think, feel, and respond to life's challenges, including the battle with caffeine dependency.

As you complete this 3-day study, consider how God is making you a new creation according to 2 Corinthians 5:17. Let go of old identities tied to addiction and embrace the new, healthy life Christ offers. This transformation involves changing your daily routines, thoughts, and focus. Ephesians 4:23 reminds us to cultivate fresh attitudes that honor God and support lasting victory.

Allow God's Spirit to continuously renew you, rebuild your habits, and restore your hope. Celebrate the progress you've made and commit to ongoing growth. Your victory is not just in these 72 hours but in a lifetime of dependence on God's grace.



Reflect and Apply

1. What old patterns or thoughts do you need to release to experience lasting freedom?

2. How does being a new creation in Christ shape your identity apart from addiction?

3. What ongoing steps will you take to protect your renewed mind and spirit?



Journaling Prompts

1. Write about how your thoughts and feelings about caffeine have changed during this study.

2. List new habits or attitudes you want to develop moving forward.

3. Reflect on how God has transformed you in these 3 days and your hopes ahead.



Day 3: ✨ Renewing Your Mind for Lasting Victory

Prayer for Today

Lord Jesus, thank You for renewing my mind and making me new. Help me to reject old patterns that do not honor You and to embrace the fresh life You offer. Sustain me by Your Spirit to continue this transformation daily. Teach me to live fully in Your freedom, so my thoughts and actions reflect Your loving will. I praise You for the victory I have in You. *Amen.*





Where God's Word Meets Your Daily Life

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