72 Hours to Overcome Fentanyl Addiction



A focused 3-day Bible study offering spiritual strength, hope, and guidance for overcoming addiction.





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Introduction

Overcoming addiction to fentanyl is a courageous journey that requires strength, faith, and support. This 3-day Bible study plan is designed to guide you through the first 72 hours of your breakthrough, providing scriptural encouragement and practical hope for each step.

Addiction often leaves us feeling trapped and overwhelmed, but the Bible reminds us that no chain is unbreakable with God's power. Each day here is centered on God's promise of freedom, restoration, and renewal. As you engage with Scripture, meditate on the truth that God is near, healing, and faithful even in the darkest moments.

This study encourages you to lean deeply into God's Word as you face physical cravings, emotional struggles, and spiritual battles. You'll discover encouragement from stories of deliverance, promises of peace, and the strength found in surrender to God's loving care. Remember, recovery is a process, and these 72 hours are integral. With God's help, renewal can begin.

Keep your heart open and your mind focused. God is ready to meet you where you are, restore your hope, and walk with you toward total freedom. Let's take this journey one day at a time, trusting in His grace and power to overcome.







Day 1: V Finding Strength in God's Power









Day 1: Finding Strength in God's Power

Your Verse

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

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 1: Finding Strength in God's Power

Devotional: Empowered by God's Strength to Begin

Starting the journey to overcome fentanyl addiction can feel intimidating and physically exhausting. It's common to feel powerless, but God's Word tells us otherwise. Philippians 4:13 reminds us that our true strength comes not from ourselves, but from Christ, who empowers us to face any challenge.

When cravings arise and fear threatens to overwhelm, remember Isaiah's promise that God is with you, not just watching but actively supporting and protecting you. Even in weakness, God's grace fills the gaps, making His power perfect as Paul explains in 2 Corinthians.

Today, as you begin this 72-hour journey, surrender your fears and physical struggles to God. Acknowledge your limitations honestly but choose to rely fully on His strength. This surrender isn't defeat; it's the first victory in your recovery. Lean into prayer, speak the promises aloud, and rest in the assurance that God is your refuge.

God empowers you with supernatural strength to conquer the first hurdle. This day is about courage to start, faith to continue, and peace in God's sustaining presence.







Day 1: **(**) Finding Strength in God's Power

Reflect and Apply

	In what areas do you feel weakest right now, and how can you invite God's power into those moments?
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2.	How does knowing that God's grace is sufficient change your perspective on your struggle?
3.	What fears might be holding you back, and how can Isaiah 41:10 encourage you facing these fears?







Day 1: **(**) Finding Strength in God's Power

Journaling Prompts

Write about the moments today when you felt physically or emotionally weak. How did you respond?
List Bible verses or promises that give you strength. How can you remind yourself of these throughout your recovery?
Describe what surrendering your struggle to God means for you personally.







Day 1: Finding Strength in God's Power

Prayer for Today







Day 2: 💋 Embracing Renewal and Healing









Day 2: BEmbracing Renewal and Healing

Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds."
- Isaiah 53:5 "By his wounds we are healed."







Day 2: 💋 Embracing Renewal and Healing

Devotional: God's Healing Restores the Brokenhearted

Addiction wounds us deeply—physically, emotionally, and spiritually. But God's heart is filled with healing for those who turn to Him. Psalm 147:3 offers powerful comfort: God heals the brokenhearted and binds up their wounds.

Healing is essential on your path to recovery. It's not just about removing the addiction but allowing God to restore and renew every part of your life affected by it. God's promise in Jeremiah reassures us that restoration is available—God wants to bring health and reclaim what addiction has stolen.

Isaiah's reminder that we are healed "by his wounds" points to Jesus' sacrifice as the ultimate source of healing—both for our bodies and souls. Today, reflect on the compassionate love of Christ, who bore our suffering to give us freedom and restoration.

Take time to honestly confront your pain and invite God's healing presence. Healing may be gradual, but God is faithful to walk with you through every stage. Trust that His restoration can make you whole again, lifting you beyond pain toward hope and new life.







Day 2: 🥦 Embracing Renewal and Healing

Reflect and Apply

What areas of your heart and life feel most broken or wounded?
How can you practically welcome God's healing presence into those hurts?
What does the healing through Jesus' wounds mean for your recovery journey?







Day 2: 💋 Embracing Renewal and Healing

Journaling Prompts

	Describe a time when you experienced God's healing in any area of your life.
2.	Write down your honest emotions about the pain addiction has caused and pray over them.
	Visualize what restoration looks like for you, then journal your hopes and prayers for this healing.







Day 2: **B** Embracing Renewal and Healing

Prayer for Today

Lord Jesus, You understand my pain and see my brokenness. Thank You for bearing the wounds that bring healing to my soul. I ask now for Your healing touch on my heart, body, and mind. Bind up the wounds caused by addiction and restore what has been lost. Help me to embrace Your healing even when it feels slow or uncertain. Fill me with hope and patience as I walk this path of recovery, knowing Your love never fails. *In Your mercy, heal me now.* Amen.

















Your Verse

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

Supporting Scriptures

- Romans 12:2 "Be transformed by the renewing of your mind."
- Galatians 5:1 "It is for freedom that Christ has set us free."







Devotional: Living in True Freedom through Christ

Freedom from addiction is more than just breaking a habit; it's stepping into new life in Christ. Jesus promises in John 8:36 that if He sets us free, we are free indeed—completely and eternally.

This freedom is a transformative gift that involves changing how we think and live. Romans encourages us to renew our minds, turning away from old patterns and embracing God's truth. This daily renewal empowers you to resist temptation and build habits that support healthy living.

Galatians reminds us that Christ's freedom is not a legalistic burden but a joyous liberation from chains that once held us captive. Walking in this freedom means living with purpose, hope, and strength rooted in God's grace.

As you conclude this 72-hour journey, commit to ongoing transformation through prayer, Scripture, and community support. Celebrate the freedom given to you and walk confidently into the new life God has prepared. Your past doesn't define you—Christ's freedom does.







Reflect and Apply

1.	What does true freedom in Christ look like for you personally?
2.	How can renewing your mind daily impact your addiction recovery?
3.	What steps can you take to walk confidently in the freedom Christ offers?







Journaling Prompts

Write about your hopes for the new life God wants to give you beyond addiction.
Note practical ways you can renew your mind daily with Scripture and prayer.
Reflect on the meaning of freedom in Christ and how it contrasts with addiction's hold.







Prayer for Today

Father God, thank You for the freedom Jesus offers—a freedom that is complete and lasting. Help me to embrace this new life fully, turning away from old habits and renewing my mind every day with Your truth. Strengthen me to walk forward with confidence and hope, knowing that addiction no longer has the final say. Surround me with Your Spirit and supportive community as I journey onward. May Your freedom fill my heart and guide my steps. *In Jesus' powerful name, Amen.*







Where God's Word Meets Your Daily Life



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