72 Hours to Overcome: Finding Freedom from Addiction



A 3-day Bible study guiding those overcoming prescription benzodiazepines toward spiritual healing and God's strength.





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Introduction

Overcoming addiction is a challenging journey, especially when it involves powerful medications such as prescription benzodiazepines. These drugs often create not only physical dependence but emotional and spiritual struggles that can feel overwhelming. Yet, no matter the depth of the battle, *God's grace, strength, and restoration* are available to all who seek Him. This 3-day Bible study is designed specifically for you, walking through 72 critical hours with scriptural encouragement and practical reflection.

During these days, we will explore how God's Word speaks to dependance, freedom, renewal, and hope. Each day offers a focused passage paired with supporting Scriptures to bolster your faith. You will find devotional thoughts that speak directly to the struggles of withdrawal, the weight of fear, and the desire to live fully in God's power rather than under the control of any substance. Additionally, thought–provoking reflections and journaling prompts will help you process your emotions and grow deeper in your understanding of God's love and deliverance.

This study is your companion in the fight for freedom. Remember that no matter how difficult the process, God is near to the brokenhearted and mighty to save. As you commit these 72 hours to seeking Him, expect His peace to guard your heart and mind, and His strength to replace your weakness. *Let courage rise within you, for you do not fight alone.* \triangle

















Your Verse

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

Supporting Scriptures

- Isaiah 41:10 "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."







Devotional: God's Strength Sustains Your First Step

Day 1 marks the beginning of your courageous journey to freedom. The challenge of withdrawal from benzodiazepines can feel insurmountable, but God's Word assures us that the strength we need is available to us through Jesus Christ. Philippians 4:13 is a powerful reminder that it's not by our own might or willpower we overcome, but through His strength working in and through us.

Often the first step is the hardest — facing fear, uncertainty, and physical discomfort. Isaiah 41:10 encourages you not to be afraid or discouraged because God is present, offering His unwavering support. When feelings of weakness arise, remember Paul's words in 2 Corinthians 12:9. God's grace is not only sufficient but perfect in your moments of weakness, turning your vulnerability into an opportunity for His power to be displayed.

Use this day to lean in deeply to God's promise of strength and courage. As the detox process begins, surrender your fears and limitations to Him. Trust that He will equip you to endure and overcome, one moment at a time. You are not alone in this battle—God is your constant ally and shield.







Reflect and Apply

	What fears or doubts are you bringing into this first day of overcoming your addiction?
	How can you practically rely on God's strength rather than your own in this moment?
	In what ways have you experienced God's grace showing up during past struggles?







Journaling Prompts

1.	Write about your current feelings as you begin this 72-hour journey.
2.	List specific areas where you need God's strength most today.
3.	Reflect on a past experience where God provided unexpected strength.







Prayer for Today

Lord, today I come to You acknowledging my weakness and need for Your strength. Help me to trust Your promise that I do not need to overcome this battle alone. Fill me with courage and peace as I begin this difficult path. Surround me with Your presence so that fear and doubt have no hold over me. Let Your grace carry me through every challenge today and draw me closer to You. Thank You for being my God and my refuge in this time. In Jesus' name, amen.



















Day 2: 6 Overcoming Temptation and Fear

Your Verse

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

Supporting Scriptures

- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."
- Romans 8:15 "The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship."







Day 2: Overcoming Temptation and Fear

Devotional: Faithful Deliverance from Temptation and Fear

Day 2 often brings intensified temptation and emotional battles. The grip of addiction tries to whisper lies, convincing you to give in to withdrawal symptoms or anxiety. But God's Word reminds you that you are not alone in these trials — your struggles are shared by many and God is faithful to provide a way through.

1 Corinthians 10:13 promises that no temptation is beyond your ability to resist with God's help, and he will always provide an escape. When panic or cravings rise, call upon this truth. Psalm 34:17 comforts the heart by assuring that the Lord listens to your cries and delivers you from distress. You are not forgotten or abandoned.

Romans 8:15 reminds you that through the Holy Spirit you have been adopted into God's family, freeing you from living in fear. You are a beloved child, empowered to walk in freedom and peace. Use these truths to combat fear, doubt, and temptation today. Let God's Spirit guide your heart and calm your mind step by step.







Day 2: 🖰 Overcoming Temptation and Fear

Reflect and Apply

1.	What temptations or fears are most challenging to you today?
	How can remembering your identity as God's child impact your response to temptation?
	Where do you sense God offering a way of escape in your current situation?







Day 2: 🖰 Overcoming Temptation and Fear

Journaling Prompts

	Describe how you experience God's faithfulness during moments of temptation.
2.	Write a prayer calling on God to protect you and strengthen your will.
	List specific fears you want to surrender to God and ways you can rely on His Spirit.







Day 2: Overcoming Temptation and Fear

Prayer for Today

God, I thank You for Your faithfulness in the face of my temptations and fears. Help me to recognize the escape routes You provide and to choose them with confidence. Remind me daily that I am Your child, free from the chains of fear

and slavery. Fill me with Your Spirit, that I might stand strong and walk in peace today. I surrender my anxieties and cravings into Your hands, trusting Your love and power. In Jesus' name, amen.



















Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







Devotional: New Life and Hope in Christ Today

On Day 3, your journey leads to renewal and hopeful transformation. For those overcoming addiction, it's vital to understand that recovery is not just about stopping a habit—it's about becoming something new in Christ. 2 Corinthians 5:17 proclaims this truth boldly: when you belong to Jesus, your past no longer defines you. The old chains of addiction have broken, and a new life filled with hope awaits.

God specializes in healing the brokenhearted and restoring what has been lost, as Psalm 147:3 reminds us. Your wounds, both seen and unseen, are not invisible to Him. Trust that He is binding them with tender care. Isaiah 43:18–19 encourages you to stop living in the pain or shame of the past, because God is actively doing a new work in your life—a fresh start tailored specifically by His hand.

Embrace the hope and renewal that only Jesus can provide. Use this day to rest in God's promises, rejoice in progress, and commit to continued reliance on Him for every step ahead. Freedom is not a moment but a journey, and He walks it with you.







Reflect and Apply

	What old habits or mindsets do you need to let go of as you embrace new life?
2.	How have you experienced God's healing in your heart during these 3 days?
	In what ways can you lean more fully into the hope Jesus offers for your future?







Journaling Prompts

1.	Write about what it means to you to be a new creation in Christ.
2.	List ways God has shown His healing power in your journey so far.
	Set spiritual goals for maintaining freedom and growth beyond these 72 hours.







Prayer for Today

Heavenly Father, thank You for the new life You bring through Jesus Christ. I ask for Your healing touch on every part of my being that still hurts or struggles. Help me to release the past and walk confidently into the future You have prepared. Guide my steps daily so I can live in the freedom and hope You provide. May Your peace fill my heart and Your strength sustain my soul. In Jesus' precious name, amen.









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