72 Hours to Overcome GHB Addiction



A focused 3-day Bible study offering hope, strength, and God's guidance to overcome GHB addiction within 72 hours.





Table of contents

Introduction	3
Day 1: S Finding Freedom in God's Strength	4
Day 2: Surrendering Control to God	10
Day 3: B Embracing Renewal and New Life	16







Introduction

Welcome to this 3-day journey of spiritual renewal and victory over addiction. Addiction, especially to substances like GHB, can feel controlling and overwhelming. Yet, through God's Word and His power, freedom is possible. Over the next 72 hours, we will dive deeply into Scripture to find hope, strength, and the support needed to defeat addiction and reclaim your life in Christ.

Understanding addiction is essential. It not only affects the body but can also weigh heavily on the mind and spirit. The Bible acknowledges the struggle, offering comfort and a path forward through God's presence and promises.

This study will encourage you to confront your challenges honestly, lean on God's grace, and receive practical spiritual tools to help you stand firm. Each day will center on a key truth about victory over addiction: recognizing God's power, surrendering control, and embracing renewal.

Remember, **you are not alone** in this battle. God's love surrounds you, and His Spirit empowers you to choose freedom, step by step. May this study bring clarity, courage, and a fresh resolve during the critical 72 hours ahead.







Day 1: W Finding Freedom in God's Strength









Day 1: W Finding Freedom in God's Strength

Your Verse

Psalm 34:17 – "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."

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 Freedom in God's Strength

Devotional: God's Strength Is Your Anchor Today

When addiction feels overpowering, it's easy to feel isolated and helpless. But God calls us to come to Him in our weakness. The Psalmist reminds us that God hears the cries of the righteous and delivers them from their troubles. Addiction is a real and difficult battle, but God is far greater than any struggle.

Strength does not come from within alone, but from acknowledging our need for God's power. In 2 Corinthians, Paul speaks candidly about his weaknesses and God's grace being enough. This grace empowers us to stand firm, even when the fight feels daunting.

Today, focus on bringing your struggle before God. Cry out for His help, knowing He is ready to deliver you. Let His strength fill the gaps where your human strength falls short. Embrace His presence as your anchor through this trial.







Day 1: "S Finding Freedom in God's Strength

Reflect and Apply

	In what ways have you tried to overcome addiction on your own, and how can you invite God's strength instead?
2.	What fears or doubts do you need to bring honestly before God today?
	How does knowing God hears your cries change your perspective on this struggle?







Day 1: 😂 Finding Freedom in God's Strength

Journaling Prompts

	Write about the moments when you felt most powerless and how God's promise can bring hope.
2.	Journal a prayer asking God to reveal His strength in your life.
	Reflect on any verses or spiritual truths that have encouraged you before, and write them down.







Day 1: Tinding Freedom in God's Strength

Prayer for Today

Lord, today I come to You in my weakness, asking for Your strength to overcome this addiction. Please hear my cry and deliver me from the chains that bind me. Help me to lean on Your grace when my own power fails. Fill me with Your peace and courage *as I begin this journey of freedom.* Guide my steps and renew my heart each moment. I trust in Your unfailing love and mighty power. Amen.



















Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."







Devotional: Letting Go to Let God Lead

One of the hardest steps in overcoming addiction is surrender. Addiction often thrives on illusion of control, but true freedom comes when we release control and submit to God's perfect guidance. Proverbs urges us to trust God wholeheartedly and not rely solely on our own understanding.

Surrender means choosing to follow God's way instead of our own, especially when it feels risky or uncomfortable. James encourages us to submit to God, which empowers us to resist temptation and evil influences.

Transforming your mind is key to breaking addiction's grip. Romans reminds us that renewal is a daily choice — to reject worldly patterns and embrace God's truth. This renewal brings a fresh perspective and the strength needed to make wise choices.

Today, reflect on areas where you hold onto control instead of trusting God. Invite Him to lead your steps fully and experience the freedom of surrender.







Reflect and Apply

	What parts of your addiction struggle have you been trying to control on your own?
	How can surrendering your will to God create space for healing and transformation?
3.	What does renewing your mind look like practically in your daily life?







Journaling Prompts

1.	Write about the fears you face when thinking of surrendering control.
2.	List ways you can invite God's leadership into your recovery journey.
3.	Journal a prayer of surrender, offering your struggle fully to God.







Prayer for Today

Gracious Father, today I choose to surrender my will to You. Help me to trust You even when I don't understand the path ahead. Teach me to submit completely so that Your plans can unfold in my life. Renew my mind and help me resist temptation by Your power. Lead me away from every grip of addiction toward Your freedom and peace. I place my hope fully in You. Amen.









Day 3: BE Embracing Renewal and New Life









Day 3: BEmbracing Renewal and New Life

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

- Ephesians 4:22–24 "Put off your old self...and put on the new self, created to be like God in true righteousness and holiness."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 3: BEmbracing Renewal and New Life

Devotional: Step Into Your New Life in Christ

After acknowledging God's strength and surrendering control, you are ready to embrace the new life He offers. In Christ, addiction's power loses its hold because you become a new creation. The old habits, shame, and bondage give way to renewal.

Ephesians reminds us to actively put off the old self and clothe ourselves with righteousness and holiness — a process encouraged and empowered by God's Spirit. This takes daily commitment and God's strength, which Philippians assures us is fully available.

Today is a day of celebration and determination. Celebrate the new identity you have in Christ and commit to walking in holiness with His power. Your victory is not just about quitting something but about embracing someone — Jesus, who transforms and makes all things new.

Step boldly forward, trusting that God's love and Spirit will continue to guide and strengthen you beyond these 72 hours.







Day 3: BE Embracing Renewal and New Life

Reflect and Apply

	How does understanding yourself as a new creation in Christ change your view of addiction?
	What old habits or thoughts do you feel ready to 'put off' as you embrace renewal?
3.	In what ways can you daily rely on Christ's strength to maintain freedom?







Day 3: Bearing Renewal and New Life

Journaling Prompts

1.	Write about what your new life in Christ looks like and feels like.
2.	List practical ways you can 'put on the new self' starting today.
	Journal a prayer committing to walk in holiness and freedom going forward.







Day 3: 💋 Embracing Renewal and New Life

Prayer for Today

Lord Jesus, thank You for making me new. Help me to leave behind the chains of addiction and to walk in the freedom You provide. Strengthen me daily to put off old habits and embrace Your holiness. Let Your Spirit guide my steps as I live into the promise of new life. I trust in Your power to sustain me now and always. Amen.





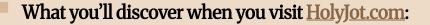




Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others.

Lase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.