72 Hours to Overcome Marijuana Addiction: A 3-Day Bible Study



A focused 3-day study to help believers find strength, renewal, and freedom from marijuana addiction through God's Word and grace.





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Introduction

Overcoming addiction is one of life's most challenging journeys. Whether it's marijuana or any other stronghold, freedom is possible through the power of God. This focused 72-hour Bible study invites you to walk step-by-step with Scripture as your guide, discovering the hope and strength found in God's promises.

In these three days, you will explore God's power to deliver, the renewal of your mind, and the gift of grace that sustains you. Addiction can feel isolating and overwhelming, but you are not alone. The Bible speaks profoundly about victory over sin and transformation through Christ.

As you commit to this study, prepare your heart to embrace God's healing and the supportive truths that Scripture offers. Take each day at a time, reflect deeply, and open yourself to God's work in you. Remember, lasting freedom is a journey walked with faith, not by willpower alone.















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

- Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."







Devotional: God's Power Perfected in Your Weakness

Marijuana addiction often begins as a coping mechanism but can quickly turn into a battle that drains strength and hope. The truth is, we cannot overcome addiction by willpower alone. **2 Corinthians 12:9** reminds us that God's grace is enough. When we feel weak, God's power shines brightest.

On this first day, acknowledge your struggle honestly before God. It's not a sign of failure but an opportunity to experience His strength in your weakness. You may feel overwhelmed, tempted, or discouraged — but God hears your cries and is ready to deliver. **Psalm 34:17** encourages us that God hears every plea and promises rescue.

Take courage in *Isaiah 41:10*, where God assures His presence and strength. Addiction is a powerful enemy, but God is more powerful. Today, rely on His grace instead of your own efforts. Let God's power rest upon you—giving you hope and the ability to begin this 72-hour journey toward freedom.







Reflect and Apply

1.V	What feelings or struggles do you find hardest to admit before God?
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	How can embracing your weaknesses open the door for God's strength in your life?
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	n what ways have you experienced God's grace during difficult times before?
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Journaling Prompts

1.	Write about the specific ways marijuana addiction affects your daily life.
2.	List scriptures that bring you hope and strength.
	Reflect on moments when God's strength helped you despite your weaknesses.







Prayer for Today

Heavenly Father, today I come before You feeling weak and burdened by addiction. I thank You for Your grace that is always sufficient, even when I feel powerless. Please give me the strength to face this battle, and fill me with Your peace that overcomes all fear. Help me to rely fully on Your power, not my own efforts. Surround me with Your love and uphold me—for I cannot do this without You. In Jesus' 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. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Supporting Scriptures

- Ephesians 4:22–24 "You were taught...to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Devotional: Transform Your Mind to Overcome Addiction

Breaking free from marijuana addiction requires more than removing a habit; it requires a transformation of the mind. **Romans 12:2** calls us to not be shaped by worldly patterns but to be renewed by God's truth. This renewal starts when we intentionally immerse ourselves in Scripture and allow it to change our thinking.

The addiction consumes thought patterns and emotions towards dependence, but God offers a new mindset. In *Ephesians 4:22–24*, Paul exhorts believers to shed their old self and live renewed—embracing righteousness and holiness. This process involves daily choices: choosing God's promises over cravings, His truth over lies of addiction.

Psalm 119:11 shows that hiding God's word in our hearts guards us from sin. Today, commit to memorizing and meditating on verses that declare your identity in Christ and His power over addiction. With a renewed mind, you will begin to discern God's good and perfect will, unlocking true freedom.







Reflect and Apply

1.	What thought patterns feed your addiction, and how can Scripture counteract them?
2.	How can you make Scripture a daily weapon against temptation?
3.	In what ways does a renewed mind change your outlook on freedom and self-control?







Journaling Prompts

1.	Write down lies you have believed about yourself because of addiction.
2.	Identify Scriptures that challenge these lies and declare God's truth.
	Describe how your mind needs transformation to support lasting change.







Prayer for Today

Lord of Renewal, thank You for the power to transform my mind. Help me to reject patterns of this world and to embrace Your truth each day. Teach me to hide Your Word in my heart so that it can protect me from sin and addiction. Guide my thoughts and renew my spirit as I turn away from old ways and step into new life with You. Strengthen my commitment to change and fill me with Your peace. In Jesus' name, Amen. $\square \textcircled{*} \diamondsuit \swarrow$







Day 3: Walking in Freedom: Grace and New Beginnings









Day 3: 🥦 Walking in Freedom: Grace and New Beginnings

Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Philippians 1:6 "He who began a good work in you will carry it on to completion until the day of Christ Jesus."







Day 3: Walking in Freedom: Grace and New Beginnings

Devotional: Embrace the Freedom Christ Provides

After acknowledging our weakness and renewing our minds, the ultimate step is to embrace the freedom Christ offers. **Galatians 5:1** declares boldly that Christ has set us free from the slavery of sin and addiction. This is not a temporary relief but a freedom meant to be lived out firmly.

Freedom does not come from simply stopping a habit—it's a new identity in Christ. *John 8:36* assures us that when Jesus frees us, we are truly free, no longer bound by the chains of marijuana or any addiction. Yet freedom requires standing firm daily, resisting the pull back into old patterns.

Remember as you walk forward, God is faithful. **Philippians 1:6** promises that He will complete the good work He began in you. This journey is not just about 72 hours, but a lifetime nurtured by God's grace, love, and faithfulness. Embrace this new beginning with hope—for your freedom is real and eternal.







Day 3: B Walking in Freedom: Grace and New Beginnings

Reflect and Apply

1.	What does freedom in Christ mean to you personally?
2.	How can you stand firm against the temptation to return to old habits?
3.	In what areas do you need to trust God's ongoing work in your life?







Day 3: B Walking in Freedom: Grace and New Beginnings

Journaling Prompts

1.	Write about what your life will look like walking free from addiction.
2.	List practical steps you can take to stand firm in this freedom.
3.	Reflect on how God's faithfulness has shown in your journey so far.







Day 3: Walking in Freedom: Grace and New Beginnings

Prayer for Today

Gracious Savior, thank You for setting me free from addiction's chains. Help me to stand firm and not be burdened again by slavery. Fill me with courage and perseverance as I embrace this new life in You. Remind me daily of the freedom You provide and the hope I have in Your promises. Continue the good work You started in me, and lead me into victory and peace. In Jesus' mighty name, Amen. �� 🏠 😜







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