72 Hours to Overcome Prescription Opioids



A focused 3-day Bible study to find strength, hope, and freedom from prescription opioid addiction through Scripture and prayer.





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Introduction

Welcome to this empowering 3-day Bible study designed specifically for those seeking to overcome the grip of prescription opioid addiction. Addiction can feel isolating and overwhelming, but through God's Word and His Spirit, we discover a path to freedom, healing, and renewal.

Over these 72 hours, we will explore Scripture passages that offer practical guidance, profound hope, and comforting encouragement. Every day focuses on a different facet of the recovery journey — from recognizing the struggle, surrendering control, to embracing God's power to restore and renew.

While physical addiction often requires medical support, this study complements that by addressing the heart and spirit. Through prayer, reflection, and God's truth, you will be equipped to face each moment with courage and faith. Let this time be a reminder that you are never alone; God is beside you every step of the way. He understands pain, offers forgiveness, and provides a new beginning.

Get ready to lean into His strength, confront challenges honestly, and embrace hope. As you commit to these three days, may you experience breakthrough, peace, and a renewed sense of purpose. Let's begin this journey together with faith and determination, trusting that healing is both possible and near.

















Your Verse

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

Supporting Scriptures

- John 16:33 In this world you will have trouble. But take heart! I have overcome the world.
- Psalm 147:3 He heals the brokenhearted and binds up their wounds.







Devotional: Facing the Truth Opens the Door to Healing

The first step toward healing is acknowledging the pain and struggle.

Addiction can create a sense of shame, hiding, and despair. Yet God invites us to bring our burden openly to Him. Psalm 34:17 reminds us that when we cry out, God hears and actively delivers us from trouble.

Jesus also acknowledged life's troubles but assures us He has overcome them —that victory is found in Him. Whether your addiction feels controlling or unbreakable, God's power is greater. He heals broken hearts and minds, offering restoration not only physically but emotionally and spiritually.

Today's journey begins by facing the reality of the struggle, not hiding it. By inviting God into your pain, you open the door for healing and hope. The tough truth is that recovery is a process, but you do not walk it alone. God's promise is clear: He hears you, cares deeply, and delivers with compassion and power.

Let this truth encourage you to bring every fear, failure, and need before God honestly and without hesitation. His grace covers your shame and starts your path toward freedom.







Reflect and Apply

1.	What parts of your addiction struggle have you been hesitant to bring before God?
	How does knowing that Jesus has overcome the world change your perspective on your addiction?
3.	In what ways can honesty with God empower your recovery journey?







Journaling Prompts

1.	Write about your current feelings regarding your prescription opioid use and recovery.
2.	List the 'troubles' you want to surrender to God today.
3.	Describe what it means for you to have God hear your cries.







Prayer for Today

Heavenly Father, today I come to You with a heart burdened and heavy. I confess the struggle I face with addiction and ask You to meet me in my weakness. Help me to be honest before You and to trust that You hear my cries. Give me courage to face the truth of my pain and the hope that You are the ultimate deliverer. Surround me with Your healing presence and remind me that I am never alone in this fight. Strengthen my spirit and renew my mind today. *In Jesus' name, Amen.*









Day 2: Surrendering Control









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

- Romans 12:2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
- 1 Peter 5:7 Cast all your anxiety on him because he cares for you.







Devotional: Trusting God Releases Control and Invites Renewal

Surrender is a vital step in overcoming addiction. It means acknowledging that our own strength and understanding are insufficient to break free. Proverbs 3:5-6 calls us to trust God fully—heart, mind, and soul—and to submit our ways to Him. When we do, He promises to direct our steps along a straight path.

As you wrestle with prescription opioids, fight the temptation to rely on your own willpower alone. Instead, surrender your cravings, fears, and doubts to God. Romans reminds us that transformation happens as our minds are renewed by God's truth, not the patterns of worldly addiction.

Today, focus on casting every anxiety and burden onto the One who cares deeply for you. This act of surrender is not weakness but the brave release of control to a loving God who guides you toward wholeness. Feel His kindness amid your struggle and embrace the promise that He wants to lead you to freedom and peace.

Remember, surrender opens the door to God's power working mightily within you, replacing old habits with new life in Him.







Reflect and Apply

1.	What areas of your addiction do you find hardest to surrender to God?
2.	How can renewing your mind with Scripture help reshape your choices?
	What does it look like for you to trust God 'with all your heart' during recovery?







Journaling Prompts

1.	Write a prayer of surrender releasing your addiction struggles to God.
2.	Identify thought patterns or beliefs that keep you stuck and how you might replace them with God's truth.
3.	Describe what 'casting your anxieties on God' means for your daily life.







Prayer for Today

















Your Verse

2 Corinthians 12:9 – My grace is sufficient for you, for my power is made perfect in weakness.

Supporting Scriptures

- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God.
- Philippians 4:13 I can do all this through him who gives me strength.







Devotional: God's Grace Empowers Victory Through Weakness

On this final day, we focus on God's grace and power to restore and sustain. 2 Corinthians 12:9 assures us that God's grace is enough, especially in moments of weakness. Our struggles with addiction highlight our limitations, but they also provide an opportunity for God's strength to shine most brightly.

Isaiah reminds us not to fear because God is with us, ever-present and faithful. Philippians boldly declares that through Christ, we can do all things — including overcoming addiction. This isn't just about physical healing but renewal of spirit, mind, and purpose.

Let today be a celebration that God's power is perfectly aligned with your weakness. No matter how dark or overwhelming things may feel, His grace is sufficient to lift you up and sustain you day by day.

Embrace this truth and step forward with confidence into a future shaped by God's love and strength. Recovery is a journey, but with God's help, victory is possible and lasting. Keep looking to Him as your source.







Reflect and Apply

1.	How have you experienced God's grace during your moments of weakness?
2.	What fears can you release today because of God's promised presence?
3.	In what ways can you rely on Christ's strength moving forward?







Journaling Prompts

1.	Recall a recent moment when you felt God's strength sustaining you.
	Write about what it means to you that God's power is made perfect in weakness.
	List practical ways you can call on God's strength each day in your recovery.







Prayer for Today

Gracious God, thank You for Your unfailing grace that meets me in my weakness. I am humbled by Your power working through my struggles. Help me to walk forward boldly, trusting that You are with me every step. Take my fear and doubt and fill me instead with Your strength and peace. May Your love continue to restore me and guide me into lasting freedom. I am grateful for Your promise to empower me through Christ. *In Jesus' name, Amen.*









Where God's Word Meets Your Daily Life



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