72 Hours to Overcome Sugar Addiction



A 3-day Bible study guiding you through spiritual strength and renewal to overcome sugar addiction with God's help.





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Introduction

Welcome to your 72-hour journey toward freedom from sugar addiction. Addiction can feel overpowering, but as believers, we are never alone in our struggles. Over the next three days, we'll explore Scripture and receive encouragement to help renew our minds, strengthen our will, and rely on God's power to overcome temptation.

Sugar addiction is more than a physical craving—it's also mental and emotional. The battle often involves moments of weakness, cravings, and discouragement. But God's Word offers us hope and practical guidance. *Through prayer, reflection, and reliance on the Holy Spirit*, we can build resilience and discover a new way of living, free from control by unhealthy habits.

Each day we'll focus on key biblical truths: God's power to transform (Day 1), the strength found in self-discipline and relying on Him (Day 2), and renewing your mind for lasting change (Day 3). Allow these passages and reflections to speak to your heart and inspire you. Remember, this journey is about progress, not perfection—and God meets us each step of the way.

Let's begin this powerful step towards health and spiritual freedom together, trusting in God's grace and love to carry us through.

















Your Verse

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

Supporting Scriptures

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Relying on God's Strength to Fight Cravings

Overcoming addiction begins by embracing God's strength. Philippians 4:13 reminds us that our ability to conquer challenges doesn't come from our own willpower alone but from *Christ who strengthens us*. Addiction to sugar often feels overwhelming, leading to frustration and repeated failures. But God's promise is that He empowers us, especially in our moments of weakness.

Isaiah 40:29 reassures us that when tired and worn, God renews our energy. This is vital because this journey requires endurance beyond physical determination—it requires spiritual vitality. 2 Corinthians 12:9 further highlights that God's grace and power shine brightest when we recognize our own limitations.

Today, lean on God rather than your own strength. Rather than focusing on past shortcomings, focus on His sufficiency. Pray earnestly for His strength to meet cravings and temptations head-on. When cravings hit, remind yourself that you are not alone and can invite God's power into each moment of temptation.

Trust in God's strength today—it is the foundation for lasting freedom.







Reflect and Apply

1.	What personal weaknesses do you need to surrender to God today?
	How can acknowledging your limitations open you to receiving God's power?
	In moments of sugar cravings, how can you remind yourself of God's promise to strengthen you?







Journaling Prompts

1.	Write about a time you successfully resisted temptation with God's help.
2	List ways you can invite God's strength into moments of craving.
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3.	Reflect on your feelings when you rely on your own strength vs. God's.







Prayer for Today

Lord, I come before You acknowledging my weakness and need for Your strength. Help me to rely on You fully, especially when cravings tempt me to give in. Fill me with Your power and grace so that I can overcome each challenge confidently. Remind me that Your strength is made perfect in my weakness. Guide my thoughts and actions this day toward freedom. *Thank You for being my constant help.* In Jesus' name, Amen.

















Day 2: V Building Spiritual Discipline

Your Verse

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

Supporting Scriptures

- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace...self-control...against such things there is no law."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







Day 2: Day Building Spiritual Discipline

Devotional: Cultivating Self-Control Through the Spirit

Self-control is a fruit of the Spirit essential for overcoming addiction. 1 Corinthians 10:13 reminds us that temptation is universal, but God's faithfulness means He provides a way out so we don't have to be enslaved by it. This is powerful hope for sugar addiction, showing that you can endure and prevail without succumbing.

Galatians 5:22–23 highlights self-control as a spiritual fruit cultivated by the Holy Spirit. As we surrender daily to God, He transforms our hearts and strengthens our will to make healthier choices.

Proverbs warns that without self-control, we become vulnerable—like a city without walls open to attack. Addiction can break down our defenses, but spiritual discipline rebuilds us. This requires intentional daily habits: prayer, scripture reading, and mindful awareness of cravings.

Today, commit to building spiritual discipline. When tempted, pause to pray and invite the Spirit to empower your choices. Recognize that every small decision matters in fortifying your 'walls' against addiction. Rely on God's faithfulness to guide you step by step.

Remember, self-control isn't about willpower alone but living by the Spirit's strength.







Day 2:
 Building Spiritual Discipline

Reflect and Apply

	How do you typically respond when cravings arise, and how can spiritual discipline change that?
	What practical habits can you incorporate today to strengthen your self-control?
	How can understanding God's faithfulness encourage you during moments of temptation?







Day 2:
 Building Spiritual Discipline

Journaling Prompts

	Write down your current habits related to sugar cravings and how you want to change them.
2.	List specific ways to invite the Holy Spirit's help when tempted.
	Reflect on a time when spiritual discipline helped you overcome a challenge.







Day 2: V Building Spiritual Discipline

Prayer for Today

Heavenly Father, thank You for Your faithfulness and the gift of the Holy Spirit. Help me to grow in self-control by Your power and not my own. Teach me to recognize temptations and respond with prayer and dependence on You. Strengthen my spirit to build strong walls against addiction. May Your fruit flourish in me today and always. In Jesus' name, Amen. \triangle







Day 3: Renewing the Mind for Change









Day 3:
Renewing the Mind for Change

Your Verse

Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Supporting Scriptures

- Ephesians 4:23 "To be made new in the attitude of your minds."
- Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."







Day 3:
Renewing the Mind for Change

Devotional: Transforming Habits by Renewing Your Mind

Lasting change begins with a renewed mind. Romans 12:2 challenges us not to be conformed to the world's unhealthy patterns but to be transformed by a fresh perspective shaped by God's truth. Sugar addiction thrives on habitual thinking and cravings; renewing your mindset helps break these strongholds.

Ephesians 4:23 encourages that renewal is an ongoing attitude shift, inviting God to continuously refresh how we think and feel. Psalm 51:10 reflects a heart cry for inner purity and steadfastness—a vital desire when facing addiction.

Today, focus on the power of renewing your mind. Replace thoughts that fuel addiction with scripture, truth, and hope. Affirm your identity in Christ as more than a conqueror and a beloved child of God. Allow God to create a steadfast spirit in you that resists old patterns and welcomes new life.

Transformation is a daily choice to embrace God's renewing power and live in freedom.







Day 3: Q Renewing the Mind for Change

Reflect and Apply

	What thoughts often trigger your sugar cravings, and how can you replace them with Scripture?
	How can daily renewal of your mind impact your journey toward freedom?
	In what ways can you invite God to create a steadfast spirit within you today?







Day 3: Q Renewing the Mind for Change

Journaling Prompts

1.	Write down negative thoughts or cravings you want to replace and corresponding Bible truths.
2.	Reflect on your identity in Christ and how that empowers your choices.
3.	Describe what a renewed mind looks like in your daily life.







Day 3:
Renewing the Mind for Change

Prayer for Today

Dear God, thank You for the promise to renew my mind and transform my heart. Help me to reject old patterns of thought that lead to addiction and embrace Your truth instead. Create in me a steadfast spirit that stands firm daily. Fill me with hope and courage as I walk this path of change. May my mind and heart align with Your will. In Jesus' name, Amen. \bigwedge



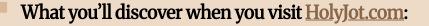




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