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



A focused 3-day Bible study to guide you through freedom from addiction with God's strength and grace.





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Introduction

Welcome to your 72-hour journey of freedom and renewal. Addiction, particularly to substances like synthetic marijuana, can feel overwhelming and isolating. However, you are not alone in this battle. *God offers hope, strength, and transformation through His Word.* Over the next three days, we will explore Scriptures that illuminate God's power to break chains and restore your spirit.

This study is designed to nurture your heart and mind as you begin the process of overcoming addiction. Each day includes Scripture readings, reflections, and prayers to empower you to take one hour at a time, trusting God's faithfulness. Scripture reveals that while addiction can be strong, *God's Spirit is stronger*. He invites you to dependence not on substances but on His unfailing love and guidance.

Remember, this 72-hour period is a sacred time for surrender and breakthrough. As you journey through these days, lean into the power of prayer, meditate on the promises of Scripture, and allow God's Word to equip and renew your inner self. You are stepping toward *liberation, healing, and a new beginning*.

Let's embark on this path knowing that while the struggle can be real, **victory through Christ is certain.** May you feel His comforting presence with every step you take.







Day 1: Embrace God's Strength in Your Weakness









Day 1: ① Embrace God's Strength in Your Weakness

Your Verse

2 Corinthians 12:9 NIV – "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 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: ① Embrace God's Strength in Your Weakness

Devotional: Finding Strength When Feeling Weak

Today, acknowledge your weakness and allow God's grace to fill that space.

Addiction can leave you feeling powerless and vulnerable. Yet, the Apostle Paul reminds us that God's power shines brightest in our weakness. When you feel overwhelmed by cravings or failures, remember that you are not expected to fight alone.

God's grace is enough. It is not dependent on your strength but on His unfailing power. This is a call to surrender—not to your addiction, but to God's strength working through you.

Take heart in knowing that even the Lord stays close when hearts are broken and spirits crushed. Instead of despairing about your current difficulties, lean into these promises. Fear and dismay have no place when God is by your side.

In this first day, focus on receiving God's grace. Let Him be your fortress amidst the storm. Your weakness is not the end; it is the beginning of God's mighty work in your life.







Day 1: \P Embrace God's Strength in Your Weakness

Reflect and Apply

1.	In what areas of your struggle do you feel weakest and most in need of God's grace?
2.	How can surrendering your weakness allow God to demonstrate His strength?
3.	What fears or doubts might you need to hand over to God today?







Day 1: ① Embrace God's Strength in Your Weakness

Journaling Prompts

	Write about a time when God's strength helped you through a difficult moment.
2.	List ways you can remind yourself of God's presence when cravings arise.
	Describe your feelings of weakness and how you want God's grace to transform them.







Day 1: **(**) Embrace God's Strength in Your Weakness

Prayer for Today

Dear Heavenly Father, I come to You today feeling weak and burdened by my addiction. *Thank You* for reminding me that Your grace is sufficient and Your power perfect in my weakness. Help me to lean fully on Your strength instead of my own. Draw close to my broken heart and fill me with peace that drives out fear. Empower me to resist temptation and walk boldly toward freedom. *In Jesus' name I pray, Amen.*















Your Verse

Galatians 5:1 NIV – "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."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Devotional: Choosing Freedom Over Bondage

Freedom is at the heart of God's plan for your life. Addiction can feel like chains binding you, but Christ declares victory over every yoke of slavery. Today, reflect on the truth that you have been set free through Jesus' sacrifice.

True freedom is not simply escaping addiction but embracing a new life led by the Spirit. This is a call to stand firm and refuse to be entangled again by old habits. With the Spirit's power, the cravings and strongholds lose their grip.

Remember, freedom involves daily choices. Choosing God's path over temporary pleasure is an act of faith and courage. You are invited to walk confidently because, in Christ, no condemnation holds you back. You are a new creation with a fresh start available right now.

Let today be a declaration that you are reclaiming your life. Lean into the Spirit's renewing power and reject anything that would pull you back into slavery.







Reflect and Apply

	What does freedom in Christ mean to you amidst your struggle with addiction?
	Where have you felt burdened or enslaved, and how can you stand firm today?
3.	How can the Spirit's presence help you make choices that honor your freedom?







Journaling Prompts

1.	Write a letter to yourself affirming your freedom in Christ.
2.	Identify triggers that lead to addiction and how you can avoid them.
3.	Describe what a free and renewed life looks like for you personally.







Prayer for Today

















Your Verse

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

Supporting Scriptures

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







Devotional: Renew Mind and Embrace Transformation

The final step in your 72-hour journey focuses on transformation and new beginnings. Addiction may have shaped patterns of thinking and behavior, but God calls you to a renewed mind. This renewing happens through intentional daily surrender and focus on God's truth.

Transformation is not instant but a process of choosing God's way over the world's ways. The Apostle Paul exhorts believers to put off the old self and put on the new self, created in God's likeness. This means embracing hope, healing, and a new identity.

Remember, the strength you need to continue comes from Christ. Whatever the future holds, you are equipped to face it empowered by God's Spirit. Take one step at a time and celebrate progress, no matter how small.

Your journey toward freedom is ongoing, but today's focus is on walking forward with faith, strength, and hope. Let God's Word shape your thoughts and your life.







Reflect and Apply

	What thoughts or habits do you need to surrender for God to renew your mind?
	How can embracing your new identity in Christ change the way you face addiction?
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5 .	In what ways can you rely on Christ's strength going forward?







Journaling Prompts

1.	Write about the new self God is creating in you.
2.	List practical steps you can take to renew your mind daily.
3.	Reflect on how God has strengthened you through this 3-day study.







Prayer for Today







Where God's Word Meets Your Daily Life



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