



# Biblical Recovery from Adderall Addiction



A 21-day plan empowering freedom from stimulant dependence through God's Word, guidance, and grace for lasting recovery from Adderall addiction.

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## Introduction

Welcome to this transformative 21-day Bible study on addiction recovery. Whether you struggle with Adderall dependence or another stimulant used to boost academic or work performance, this plan will guide you step-by-step through God's healing Word and loving support. *Addiction can feel isolating and overwhelming*, but you are not alone. By immersing yourself in Scripture and prayer, you can find freedom, peace, and strength to break free from reliance on substances and embrace a renewed life.

Adderall and other focus-enhancing stimulants can become crutches that disguise deeper needs — for purpose, rest, acceptance, and God's sustaining power. This study explores how God meets those needs fully, freeing us from chains of dependence. Throughout these 21 days, you will reflect on key Biblical principles of surrender, renewal, strength, and grace. You'll be encouraged to seek God daily, lean on His promises, and engage practical steps toward recovery.

Each day's reading includes a primary Scripture passage, relevant supporting verses, a devotional to apply God's truth, reflection questions to deepen your understanding, journaling prompts to capture your journey, and a prayer to invite God's presence. This structured approach invites you to cultivate spiritual habits that can transform your mind and heart, enabling long-term healing beyond just physical abstinence.



*Remember:* recovery is a process, often marked by setbacks and progress. God's love and mercy remain constant. Trust Him daily and allow His Word to guide you toward a restored and abundant life. Let's begin this journey with open hearts, ready to be healed and renewed.





# Day 1: Recognizing the Need for Freedom



Day 1:  Recognizing the Need for Freedom

## Your Verse

*John 8:36 - "So if the Son sets you free, you will be free indeed."*

## Supporting Scriptures

- *Romans 7:15 - "I do not understand what I do. For what I want to do I do not do, but what I hate I do."*
- *Psalms 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



## Devotional: Freedom Begins with Acknowledging Need

**Admitting you need freedom is the first step.** Addiction often tells us we're powerless to break free, but God's Word offers true hope. Jesus promises complete freedom through Him. You might feel trapped by your dependence on Adderall or stimulants, especially when academic or work pressures weigh on you. Yet, no struggle is too great for God's liberating power.

Paul's confession in Romans echoes the common internal conflict — wanting to do right, but falling into old patterns. This struggle isn't shameful but human. God draws near to those crushed under this burden, embracing our brokenness and offering restoration.

*Consider today* the depth of God's love that sets captives free. He knows your weakness and meets you there. Trusting Him is the pathway from bondage toward new life, where freedom is not just absence of addiction but fullness of purpose and peace.



# Reflect and Apply

1. In what ways has your stimulant use become a form of captivity?

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2. How does Jesus describe freedom in John 8:36?

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3. What feelings arise when you consider God drawing near to your brokenness?

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# Journaling Prompts

1. Write about how addiction has affected your daily life and relationships.

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2. Reflect on your current feelings about your need for change and freedom.

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3. Describe what freedom in Christ would look like for you personally.

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Day 1: 🛑 Recognizing the Need for Freedom

## Prayer for Today

**Dear God,** today I admit my need for Your saving power. I confess addiction's hold on my life and ask You to set me free. Help me to trust in Your promise that freedom in Christ is real and lasting. Surround me with Your grace as I begin this journey. Strengthen me when I feel weak and remind me that You are close to the brokenhearted. I surrender my struggles to You, knowing You care for me deeply. May Your Spirit guide each step I take toward healing and restoration. *In Jesus' name, Amen.* 🙏🕊️❤️





## Day 2: 🙏 Surrendering Control



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

- *Psalm 46:10 - "Be still, and know that I am God."*
- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*



Day 2: 🙏 Surrendering Control

## Devotional: The Courage to Surrender Control

One of the biggest challenges in recovery is surrendering control. Addiction often convinces us that we need substances to manage life's pressures. But Proverbs reminds us to trust the Lord completely, even when our own understanding or plans seem clearer.

Surrender is not weakness but an act of courage. It's stopping the cycle of self-reliance and opening up to God's guidance. When you entrust your struggle to Him, He promises to direct your path and provide strength beyond your own.

*Be still* in His presence today, and rest in the invitation of Jesus to bring your burdens to Him. You don't have to fix everything alone; your surrender is the door to true peace and healing.



# Reflect and Apply

1. What areas of your addiction are you holding tightly to rather than surrendering to God?

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2. How does trusting God challenge your desire to control outcomes?

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3. What does being still and knowing God mean in your recovery?

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Day 2: 🙏 Surrendering Control

# Journaling Prompts

1. List specific ways you can surrender control over your addiction to God.

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2. Write about fears or doubts that make surrender difficult for you.

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3. Describe how you experience God's rest when you release burdens to Him.

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Day 2: 🙏 Surrendering Control

## Prayer for Today

Lord, today I choose to surrender all control to You. I recognize that my understanding is limited and that leaning on my own strength has not brought lasting peace. Help me to fully trust in Your plans and guidance. Teach me to be still before You and accept Your rest for my weary soul. I lay my burdens at Your feet and ask for Your strength to walk forward in faith. Thank You for Your unfailing love and patience with me. *In Jesus' name, Amen.* 🙏 🌟 🙏





# Day 3: 💪 Strength in Weakness



Day 3: 🍷 Strength in Weakness

## 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

- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*
- *Philippians 4:13 - "I can do all this through him who gives me strength."*



Day 3: 🍷 Strength in Weakness

## Devotional: God's Power Perfected in Our Weakness

Recovery reveals personal weaknesses, but God's grace shines brightest there. Paul's words remind us that divinely supplied power comes when we acknowledge our limits. In addiction, you may feel discouraged by repeated failures or vulnerability, but these are opportunities for Christ's strength to work in and through you.

Instead of hiding weakness, embrace it as a space where God's power can transform you. When you feel tired, remember that God promises to renew strength and empower you beyond your natural capacity. This truth forms the backbone of spiritual recovery — relying not on self-will but on God's mighty grace.

*Lean into His strength* today when yours falls short. Each moment of surrender is a gain in His power at work.



# Reflect and Apply

1. How have your weaknesses shaped your struggle with addiction?

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2. In what ways can admitting weakness open doors for God's power?

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3. Where do you sense God's renewing strength most in your life?

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Day 3:  Strength in Weakness

## Journaling Prompts

1. Write about moments when you experienced God's strength during weakness.

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2. Reflect on how admitting your struggles can be a form of courage.

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3. Describe areas where you need God's grace to overcome addiction.

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Day 3: 🏋️ Strength in Weakness

## Prayer for Today

**Heavenly Father**, thank You that Your grace is enough for me even when I feel weak or defeated. Help me to stop hiding my struggles and instead boast in Your power resting upon me. Renew my strength each day and fill me with courage to persevere. Teach me to depend fully on Your might rather than my own effort. Let Your power bring transformation where addiction has had a hold. I surrender my weaknesses to You and trust in Your faithful love. *In Jesus' holy name, Amen.* 🏋️ ✨ 🙏





# Day 4: Renewal Through the Spirit



Day 4: 🌱 Renewal Through the Spirit

## 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

- *Ezekiel 36:26 - "I will give you a new heart and put a new spirit in you."*
- *Galatians 5:22-23 - "The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."*



Day 4: 🌿 Renewal Through the Spirit

## Devotional: Embracing Transformation by the Holy Spirit

**Recovery requires more than stopping old habits — it requires transformation.** Romans reminds us that true change comes through renewing our minds by God's Spirit, not simply by our willpower.

God promises to give us a new heart and Spirit, reshaping our desires and thoughts. The fruit of the Spirit includes self-control, a vitally needed fruit in recovery from stimulants like Adderall.

*Invite the Holy Spirit* daily to work within you, replacing harmful cravings with peace, joy, and self-control. Through ongoing renewal, your thoughts, motivations, and actions will align more closely with God's purpose, breaking addiction's grip from the inside out.



## Reflect and Apply

1. What patterns in your thinking align with worldly pressure and stress?

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2. How can the Spirit's renewal change your approach to cravings and stress?

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3. Which fruits of the Spirit do you most want to cultivate in recovery?

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Day 4: 🌿 Renewal Through the Spirit

# Journaling Prompts

1. Describe areas of your mind and heart you want God to renew.

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2. Write a prayer inviting the Holy Spirit's work in your recovery.

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3. Note any changes you've experienced since seeking God's transformation.

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Day 4: 🌿 Renewal Through the Spirit

## Prayer for Today

Dear Holy Spirit, I ask You to renew my mind and heart each day. Replace old thought patterns that feed addiction with Your peace and self-control. Fill me with the fruit of Your presence so I can live victoriously. Help me resist temptation with Your strength and live in alignment with God's will. Thank You for making me new and enabling true transformation. May Your work in me bring lasting freedom. *In Jesus' name, Amen.* 🌿 🕊️ 🙏





# Day 5: Guarding Against Temptation



## Day 5: 🛡️ Guarding Against Temptation

## 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

- *James 4:7 - "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*
- *Matthew 26:41 - "Watch and pray so that you will not fall into temptation."*



Day 5:  Guarding Against Temptation

## Devotional: Stand Firm Against Temptation

**Temptation will come, but God equips you to stand strong.** Paul reminds us that challenges are common, not unique, and God limits their power. Knowing temptation is part of recovery helps prepare your heart.

James encourages submission to God paired with active resistance to the enemy's schemes. Prayer and vigilance are your weapons. Watching your triggers and leaning into God's strength during moments of weakness reduces chances of falling back into stimulant use.

*Develop strategies* to guard your heart: replace harmful habits with healthy ones, build supportive relationships, and seek God's guidance continually.



# Reflect and Apply

1. What triggers your desire for Adderall or stimulants?

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2. How can submitting to God help you resist temptation?

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3. What practical steps help you stay vigilant against relapse?

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# Journaling Prompts

1. Identify common situations or feelings that lead to temptation.

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2. Plan specific ways you can ‘watch and pray’ through difficult moments.

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3. Write about people or resources that support your recovery.

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Day 5: 🛡️ Guarding Against Temptation

## Prayer for Today

**God of Faithfulness**, thank You for understanding the trials I face and never letting me be tempted beyond what I can bear. Help me submit fully to You and resist the enemy's lies. Teach me to watch and pray, to recognize and avoid the triggers that lead me into temptation. Surround me with Your protection and strengthen my resolve. I rely on Your faithfulness to keep me free and strong. *In Jesus' name, Amen.* 🛡️ 🙏 🕊️





# Day 6: Breaking the Cycle of Dependence



Day 6:  Breaking the Cycle of Dependence

## 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

- *Romans 6:14 - "For sin shall no longer be your master, because you are not under the law, but under grace."*
- *Colossians 3:5 - "Put to death, therefore, whatever belongs to your earthly nature."*



Day 6:  Breaking the Cycle of Dependence

## Devotional: Standing Firm in Freedom

**Addiction is a form of slavery, but Christ offers true freedom.** Galatians calls us to stand firm and reject returning to bondage. Dependence on Adderall as a stimulant may feel like a yoke, carrying stress and anxiety. God asks you to release it and embrace His freedom.

Grace does not dismiss struggle but empowers you to overcome sin's mastery. By intentionally putting to death harmful habits and renewing your focus on Christ, you break cycles of dependence.

*Commit today* to stand firm with God's grace and refuse to be burdened by old patterns again. This requires daily vigilance and trust but leads to restoration and joy.



# Reflect and Apply

1. What 'yokes' or patterns tempt you to relapse?

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2. How does God's grace empower you beyond your past struggles?

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3. What does 'standing firm' look like in your daily walk?

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# Journaling Prompts

1. Write about ways you have slipped back into dependence before.

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2. Reflect on what freedom means to you beyond absence of addiction.

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3. List practical habits that help you maintain recovery.

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Day 6: 🔄 Breaking the Cycle of Dependence

## Prayer for Today

**Father God**, thank You that Christ has set me free. Help me to stand firm and reject any return to slavery through addiction. Fill me with Your grace to put to death old habits and to live in newness of life. Strengthen my resolve each day, and remind me that I am no longer mastered by sin. Guide me in walking steadily in Your freedom. *In Jesus' powerful name, Amen.* 🔄 🙏 🙏





# Day 7: ✨ Renewing Your Identity in Christ



## 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 2:10 - "For we are God's handiwork, created in Christ Jesus to do good works."*
- *Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."*



Day 7: ✨ Renewing Your Identity in Christ

## Devotional: Embracing Your New Identity

**Your addiction does not define you — Christ does.** When you surrender, you become a new creation. The past struggles and mistakes are gone, replaced by a renewed identity and purpose.

God's view of you is as His handcrafted masterpiece, designed for good works reflecting His glory. This new self is free from condemnation, no longer held captive by shame or failure.

*Embrace your identity* as beloved, redeemed, and empowered. Let this truth reshape how you see yourself and your capacity to live free from addiction.



# Reflect and Apply

1. How has addiction shaped your self-image?

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2. What does being a new creation in Christ mean for your daily life?

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3. How can understanding God’s craftsmanship inspire hope in recovery?

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# Journaling Prompts

1. Write a letter to yourself affirming your new identity in Christ.

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2. Identify ways you can live out your God-given purpose each day.

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3. Reflect on feelings of shame or condemnation and God's response to them.

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Day 7: ✨ Renewing Your Identity in Christ

## Prayer for Today

**Lord Jesus**, thank You for making me new. Help me to see myself through Your eyes — as a beloved creation free from past definitions and shame. Fill me with confidence and hope as I walk forward in the identity You've given me. May I live authentically, empowered by Your Spirit to do good works. I choose to reject old labels and embrace the freedom You offer. *In Your name, Amen.* ✨ 🙏 ❤️





# Day 8: 🧠 Overcoming Negative Thought Patterns



## Your Verse

*Philippians 4:8 - "...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—think about such things."*

## Supporting Scriptures

- *Romans 12:2 - "Be transformed by the renewing of your mind."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 8: 🧠 Overcoming Negative Thought Patterns

## Devotional: Transforming Your Mind for Recovery

**Mind renewal is a key step to breaking addiction's grip.** Negative thought patterns—such as self-doubt, fear, and shame—fuel cravings and relapse cycles.

Paul encourages focusing on positive, godly truths. When you shift your mental focus to what is pure, noble, and lovely, you create space for peace and strength.

*Ask the Spirit* to teach you self-discipline and empower your thoughts. This mental transformation is essential for sustaining recovery and living confidently free from Adderall reliance.



## Reflect and Apply

1. What negative thoughts commonly trigger cravings for stimulants?

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2. How can focusing on positive truths change your mental habits?

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3. Where do you see God's power at work in your thinking?

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# Journaling Prompts

1. List recurring negative thoughts and replace them with Scripture-based truths.

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2. Describe practical ways you guard your mind against unhealthy influences.

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3. Reflect on how self-discipline through the Spirit has helped you before.

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Day 8: 🧠 Overcoming Negative Thought Patterns

## Prayer for Today

**Holy Spirit**, renew my mind and help me to focus on what is true and noble. Replace anxious or harmful thoughts with Your peace and love. Teach me self-discipline and empower me to think according to Your truth each day. Guard my mind against lies and guide me in staying mentally strong in recovery. Thank You for Your transforming power. *In Jesus' name, Amen.* 🧠





# Day 9: Healing Emotional Wounds



Day 9: ❤️ Healing Emotional Wounds

## Your Verse

*Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."*

## Supporting Scriptures

- *Isaiah 61:1 - "...to bind up the brokenhearted, to proclaim freedom for the captives..."*
- *Matthew 5:4 - "Blessed are those who mourn, for they will be comforted."*



Day 9: ❤️ Healing Emotional Wounds

## Devotional: Letting God Heal Your Emotions

**Emotional pain often underlies addiction.** Whether stress, anxiety, or deeper wounds, God desires to heal your heart.

Psalm and Isaiah remind us that God binds up brokenness and declares freedom for captives. Mourning and pain are met with blessing and comfort. This emotional healing is foundational to sustained recovery.

*Allow yourself to bring hurt to God* honestly, trusting in His gentle care to restore your inner peace and strength.



# Reflect and Apply

1. What emotional wounds contribute to your stimulant use?

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2. How does God promise to heal and comfort the brokenhearted?

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3. What fears or barriers keep you from seeking God's emotional healing?

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# Journaling Prompts

1. Write about painful emotions you've avoided facing.

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2. Describe how bringing these to God changes your feelings.

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3. List ways you can maintain emotional healing through prayer or support.

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Day 9: ❤️ Healing Emotional Wounds

## Prayer for Today

**Gracious Healer**, I bring my broken heart and pain to You. Thank You for Your promise to bind up my wounds and comfort me. Heal the hurts that have fueled my struggles and surround me with Your compassion. Help me to receive Your freedom and peace in the deepest parts of my soul. I trust in Your loving care as I heal. *In Jesus' name, Amen.* ❤️ 🙏 🤝





# Day 10: Building Supportive Community



## Your Verse

*Hebrews 10:24-25 - "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."*

## Supporting Scriptures

- *Ecclesiastes 4:9-10 - "Two are better than one...if either of them falls down, one can help the other up."*
- *Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."*



## Devotional: The Power of Community in Recovery

**Recovery isn't meant to be walked alone.** God designed community to provide encouragement, accountability, and strength.

Hebrews exhorts believers not to neglect meeting together, spurring one another on toward love and good deeds. Recovery communities, trusted friends, or small groups provide shoulders to lean on and guidance to navigate challenges.

*Seek connection* today. Share your journey with those who reflect Christ's love and help you stay on the path of healing.



# Reflect and Apply

1. Who in your life reflects God’s support and encouragement?

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2. How can community help you resist relapse and grow spiritually?

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3. What steps can you take to build or deepen supportive relationships?

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# Journaling Prompts

1. List people or groups you can turn to for recovery support.

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2. Write about fears or barriers keeping you from community.

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3. Plan a step to connect more authentically with others today.

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Day 10: 👥 Building Supportive Community

## Prayer for Today

**Lord**, thank You for the gift of community. Help me find and receive support from others on this recovery journey. Show me who to turn to for encouragement, accountability, and love. Give me courage to open up and let others sharpen me in faith. May I be a source of strength to others in return. Bind us together in Your grace. *In Jesus' name, Amen.* 👥 🙏 ❤️





# Day 11: Developing New Habits



Day 11: ✂ Developing New Habits

## Your Verse

*Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."*

## Supporting Scriptures

- *Romans 12:2 - "Be transformed by the renewing of your mind."*
- *1 Corinthians 9:27 - "I discipline my body and keep it under control..."*



Day 11: ✂ Developing New Habits

## Devotional: Intentional Habits Shape Freedom

**Breaking addiction is about replacing old habits with healthy ones.**

Ecclesiastes reminds us that every season has its purpose. Your recovery season invites intentionality, discipline, and transformation.

Paul's example of self-discipline encourages you to control the impulses that once held sway. Habits formed over time define much of behavior, so developing new routines—prayer, exercise, rest, study—creates strong foundations for lasting change.

*Commit today* to one new positive habit supporting your recovery, and rely on God's power to maintain it.



# Reflect and Apply

1. Which habits tend to lead you back to stimulant use?

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2. What new habits align with God's renewing work in you?

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3. How can discipline be a form of worship and care for your body?

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# Journaling Prompts

1. List old habits to replace and new habits to form for recovery.

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2. Plan how to implement one positive habit starting today.

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3. Reflect on how spiritual disciplines support your journey.

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Day 11: ✂ Developing New Habits

## Prayer for Today

**God of Order**, help me create healthy habits that honor You and support my healing. Give me discipline and motivation to develop routines that refresh my body, mind, and soul. Teach me to be intentional with my time and choices as I grow in freedom. Strengthen me to overcome old patterns and replace them with Your good works. *In Jesus' name, Amen.* ✂ 🙏 💪





# Day 12: 🕒 Embracing Patience in Recovery



## Your Verse

*James 1:4 - "Let perseverance finish its work so that you may be mature and complete, not lacking anything."*

## Supporting Scriptures

- *Psalm 27:14 - "Wait for the Lord; be strong and take heart and wait for the Lord."*
- *Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest."*



## Devotional: Patience Strengthens Your Journey

**Recovery is a process, often slow and challenging.** James encourages perseverance to develop maturity. Patience doesn't mean inactivity but steady trust and endurance through setbacks.

Psalm and Galatians urge waiting on the Lord with strength, assuring a fruitful harvest for those who persist. You may experience days of doubt or frustration, but God's timing is perfect.

*Lean into patience* today, knowing each step forward contributes to your spiritual and physical healing.



# Reflect and Apply

1. How do you handle setbacks or slow progress in recovery?

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2. What does waiting on God look like when struggles feel overwhelming?

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3. How can perseverance develop maturity in your faith?

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# Journaling Prompts

1. Describe a time when patience helped you through difficulty.

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2. Write about ways you can encourage yourself during hard days.

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3. Record a prayer asking for strength to persevere.

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Day 12: 🕒 Embracing Patience in Recovery

## Prayer for Today

**Faithful God**, teach me patience as I walk this recovery path. Help me to persevere without losing heart, trusting Your perfect timing. When I feel weary, renew my strength and hope. Let perseverance produce maturity and completeness in me. I entrust my healing to You and rest in Your promises. *In Jesus' name, Amen.* 🕒 🙏 ❤️





# Day 13: Expressing Your Journey Honestly



## Your Verse

*Psalm 62:8 - "Trust in him at all times, you people; pour out your hearts to him."*

## Supporting Scriptures

- *Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed...new every morning."*
- *Philippians 4:6 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."*



Day 13: 🏠 Expressing Your Journey Honestly

## Devotional: Honesty Opens the Door to Healing

**God invites you to pour out your heart openly and honestly.** Recovery benefits from transparency, whether through journaling, prayer, or sharing with trusted others.

David's example in Psalms shows trust expressed even in pain and anxiety. God's steadfast love renews you each morning, enabling fresh hope and courage.

*Commit to honest expression* today. Bring your fears, failures, and victories to God in prayer and reflective writing, allowing healing through openness.



# Reflect and Apply

1. What emotions or thoughts are hardest for you to express?

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2. How does pouring out your heart to God relieve burdens?

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3. In what ways does honesty impact your recovery progress?

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# Journaling Prompts

1. Write a prayer or journal entry expressing your current feelings.

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2. Reflect on how God's faithfulness shows up daily despite struggles.

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3. Describe benefits you've noticed from honest self-expression.

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Day 13: 🏠 Expressing Your Journey Honestly

## Prayer for Today

**Lord**, I come to You with an open heart. I pour out my struggles, anxieties, and hopes before You. Thank You for Your unfailing love that renews me each day. Help me to be honest with You and myself as I heal. Teach me to bring all things to You in prayer, trusting Your peace to guard my heart. *In Jesus' name, Amen.* 🙏🙏❤️





# Day 14: 💡 Wisdom for Daily Choices



Day 14: 💡 Wisdom for Daily Choices

## Your Verse

*James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."*

## Supporting Scriptures

- *Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."*
- *Psalms 119:105 - "Your word is a lamp to my feet and a light to my path."*



Day 14: 💡 Wisdom for Daily Choices

## Devotional: Ask God for Daily Wisdom

**Wise choices pave the path to lasting recovery.** James reminds us that God offers wisdom freely to those who ask. Addiction can cloud judgment, but God's guidance preserves you.

Proverbs emphasizes guarding the heart because it influences all actions. The Psalmist says God's Word illuminates your way, helping make wise decisions.

*Pray for wisdom* as you face daily choices—what to say yes or no to—and trust the light of Scripture to direct your steps.



# Reflect and Apply

1. In what areas of your recovery do you need wisdom right now?

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2. How can you guard your heart from harmful influences daily?

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3. How does Scripture guide your choices and decisions?

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Day 14: 💡 Wisdom for Daily Choices

# Journaling Prompts

1. List recent choices where you sought or lacked wisdom.

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2. Write a prayer asking God for discernment in upcoming decisions.

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3. Reflect on how God's Word has illuminated your recovery path.

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Day 14: 💡 Wisdom for Daily Choices

## Prayer for Today

**God of Wisdom**, I ask You for guidance in every decision today. Help me to guard my heart from temptations and influences that harm my recovery. Let Your Word be the light on my path, leading me in Your truth. Grant me discernment and clarity to choose what honors You. Thank You for generously giving wisdom without judgment. *In Jesus' name, Amen.* 💡 🙏





# Day 15: 🛋 Finding Rest in God



Day 15: 📖 Finding Rest in God

## Your Verse

*Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*

## Supporting Scriptures

- *Psalm 23:2-3 - "He makes me lie down in green pastures...he refreshes my soul."*
- *Hebrews 4:9-10 - "There remains, then, a Sabbath-rest for the people of God."*



Day 15: 📖 Finding Rest in God

## Devotional: Receiving God's Rest Daily

**Substance dependence often masks deeper exhaustion.** Jesus invites you to come to Him for true rest—body, mind, and spirit.

Psalms and Hebrews speak of God's restorative care and promised Sabbath rest. Rest is not laziness but a gift God wills for His children, vital for healing.

*Make space* to receive God's refreshing presence, combating weariness that can trigger relapse.



# Reflect and Apply

1. In what ways are you currently burdened or weary?

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2. How has addiction disguised the need for true rest?

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3. What steps can you take to embrace God's invitation to rest?

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# Journaling Prompts

1. Write about your experiences of rest and renewal in God's presence.

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2. List barriers to resting fully and how you might overcome them.

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3. Describe what Sabbath rest might look like for you this week.

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Day 15: 📖 Finding Rest in God

## Prayer for Today

**Jesus**, I come to You weary and burdened. Thank You for offering true rest that refreshes my soul. Help me to surrender my tiredness and find peace in Your presence. Teach me to embrace the rest You provide and to trust it as part of my healing. May Your gentle care renew me day by day. *In Your loving name, Amen.* 📖 🙏 🕊





# Day 16: Living with Integrity



Day 16:  Living with Integrity

## Your Verse

*Psalm 25:21 - "May integrity and uprightness protect me, because my hope, Lord, is in you."*

## Supporting Scriptures

- *Proverbs 10:9 - "Whoever walks in integrity walks securely."*
- *2 Timothy 2:22 - "Flee the evil desires of youth and pursue righteousness, faith, love and peace."*



Day 16:  Living with Integrity

## Devotional: Integrity Builds Secure Foundations

**Integrity anchors your recovery in truth and security.** Addiction thrives in secrecy and denial, but honesty with yourself and God strengthens your foundation.

Walking in integrity fosters confidence and protection against relapse. Pursuing righteousness and peace keeps your heart aligned with God's ways.

*Commit to integrity* in every thought and action, trusting God as your hope and shield.



# Reflect and Apply

1. Where have you compromised integrity in your addiction journey?

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2. How does living honestly empower your healing?

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3. What practical steps help you maintain uprightness daily?

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Day 16:  Living with Integrity

# Journaling Prompts

1. Reflect on moments when integrity felt difficult but rewarding.

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2. Write about how trusting God supports your pursuit of righteousness.

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3. List changes you want to make to live with greater integrity.

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Day 16: 🗝️ Living with Integrity

## Prayer for Today

**Lord**, strengthen me to walk in integrity and uprightness. Protect me with Your truth as I live honestly through recovery. Help me to flee desires that harm and pursue righteousness and peace. Let my hope be firmly anchored in You, knowing You guide and guard me. *In Jesus' name, Amen.* 🗝️ 🙏 ❤️





# Day 17: 🌻 Cultivating Gratitude



Day 17: ☀ Cultivating Gratitude

## Your Verse

*1 Thessalonians 5:18 - "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

## Supporting Scriptures

- *Psalm 107:1 - "Give thanks to the Lord, for he is good; his love endures forever."*
- *Colossians 3:15 - "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."*



Day 17: ☀ Cultivating Gratitude

## Devotional: Gratitude Shifts Your Heart's Focus

**Gratitude transforms perspective, even in struggle.** Giving thanks in recovery nurtures peace and joy, redirecting your focus from cravings to God's goodness.

Psalm encourages praise for God's enduring love, while Colossians links gratitude with Christ's peace ruling in your heart.

*Practice gratitude* by listing daily blessings and recognizing God's hand in your healing.



# Reflect and Apply

1. How does gratitude affect your attitude towards recovery challenges?

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2. What blessings can you identify even during difficult times?

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3. How does thankfulness invite peace into your life?

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# Journaling Prompts

1. List five things you're thankful for today.

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2. Write about ways gratitude changes your cravings or moods.

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3. Reflect on experiences of peace linked to thankful heart.

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Day 17: 🌻 Cultivating Gratitude

## Prayer for Today

**Gracious God**, thank You for Your unfailing love and goodness. Teach me to give thanks in all circumstances, even when recovery is hard. May gratitude fill my heart and invite Your peace to rule within me. Help me see Your hand guiding me each day and rejoice in Your faithfulness. *In Jesus' name, Amen.*





# Day 18: 🗨️ Trusting God's Guidance



Day 18: 🙏 Trusting God's Guidance

## Your Verse

*Psalm 32:8 - "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."*

## Supporting Scriptures

- *Isaiah 30:21 - "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"*
- *John 14:26 - "The Advocate, the Holy Spirit, will teach you all things and will remind you of everything I have said to you."*



Day 18: 🗨️ Trusting God's Guidance

## Devotional: Follow God's Loving Guidance

**You are not alone on this journey—God lovingly guides every step.** Psalm promises instruction and counsel, with God's attentive care overseeing your path.

Isaiah assures a still, small voice directing your decisions. Jesus sent the Holy Spirit as your Advocate to teach and remind you of His truth.

*Practice listening* for God's guidance daily, seeking His wisdom in moments of uncertainty or temptation.



# Reflect and Apply

1. How have you experienced God's guidance in your recovery so far?

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2. What hinders your ability to hear God's voice clearly?

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3. How can you cultivate sensitivity to the Holy Spirit's leading?

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# Journaling Prompts

1. Write about a decision where you sensed God's direction.

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2. Reflect on how you can intentionally listen for God's voice daily.

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3. Describe ways the Holy Spirit has encouraged you recently.

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Day 18: 🗨️ Trusting God's Guidance

## Prayer for Today

**Father**, thank You for Your loving eyes watching over me and guiding my steps. Help me hear Your voice clearly amid life's noise. Teach me to follow Your counsel and trust Your direction even when the path seems unclear. Fill me with Your Spirit, my Advocate and Teacher, to remind me of Your promises and truth. *In Jesus' name, Amen.* 🗨️ 🙏 🕊️





# Day 19: 🌈 Hope for the Future



Day 19: 🌈 Hope for the Future

## Your Verse

*Jeremiah 29:11 - "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."*

## Supporting Scriptures

- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*
- *Psalm 39:7 - "But now, Lord, what do I look for? My hope is in you."*



Day 19: 🌈 Hope for the Future

## Devotional: Clinging to God's Hope

**Your future in God is full of hope and promise.** Though addiction may cloud your vision, God's plans are to prosper and give you hope.

Paul prays for joy and peace as fruits of trusting God, while David reminds us that hope anchors our hearts regardless of present struggles.

*Hold on to hope* today as a powerful force propelling you toward healing and abundant life.



Day 19:  Hope for the Future

## Reflect and Apply

1. What hopes do you have for your life beyond addiction?

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2. How does trusting God influence your outlook on recovery?

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3. What obstacles threaten your hope, and how can you overcome them?

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# Journaling Prompts

1. Write about the future you envision with God's help.

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2. Reflect on Scripture promises that give you hope.

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3. Describe how hope changes your motivation for recovery.

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Day 19: 🌈 Hope for the Future

## Prayer for Today

**God of Hope**, thank You for Your good plans for my life. Fill me with joy and peace as I trust in You through recovery. Help me to keep my eyes on You, my true hope, even when times are hard. Strengthen my faith to believe in Your promises and look forward with confidence. *In Jesus' name, Amen.* 🌈 🙏 ❤️





# Day 20: 🌻 Living in Grace and Forgiveness



Day 20: 🌻 Living in Grace and Forgiveness

## Your Verse

*Ephesians 2:8-9 - "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."*

## Supporting Scriptures

- *1 John 1:9 - "If we confess our sins, he is faithful and just and will forgive us our sins."*
- *Psalms 103:12 - "As far as the east is from the west, so far has he removed our transgressions from us."*



## Devotional: Freedom Through Grace and Forgiveness

**Recovery is rooted deeply in the grace and forgiveness of God.** Your past mistakes and failures do not disqualify you from God's love. Salvation and healing come as gifts, not earned by effort.

John assures us that when we confess, God faithfully forgives and removes our sins completely. Psalm celebrates the complete separation God creates between us and our transgressions.

*Receive God's grace* daily, forgiving yourself and others, to walk confidently in freedom.



## Reflect and Apply

1. How do grace and forgiveness affect your recovery experience?

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2. What challenges do you face in forgiving yourself or others?

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3. How can God's forgiveness empower you to move forward?

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# Journaling Prompts

1. Write about feelings related to guilt or shame and God's grace.

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2. Reflect on personal steps toward forgiving yourself or others.

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3. Describe how forgiveness has changed or can change your life.

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Day 20: 🌻 Living in Grace and Forgiveness

## Prayer for Today

**Merciful Father**, thank You that Your grace saves me and Your forgiveness covers all my sins. Help me to accept Your love freely and forgive myself as You do. Teach me to extend grace to others and live in the freedom You provide. May I rest in the gift of salvation and walk boldly in Your mercy. *In Jesus' name, Amen.* 🌻 🙏 ❤️





# Day 21: 🎉 Celebrating New Life in Christ



Day 21: 🎉 Celebrating New Life in Christ

## Your Verse

*Romans 6:4 - "...just as Christ was raised from the dead through the glory of the Father, we too may live a new life."*

## Supporting Scriptures

- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come."*
- *Galatians 2:20 - "I have been crucified with Christ and I no longer live, but Christ lives in me."*



Day 21: 🎉 Celebrating New Life in Christ

## Devotional: Victorious New Life Begins Now

**Today marks a milestone—a celebration of new life through Christ.** Just as Jesus rose to newness, you are invited to walk in resurrection power, free from the chains of addiction.

You are a new creation, with Christ living in and through you. Your journey is ongoing but marked by victory and hope.

*Rejoice in what God has done* in your life and commit to continue growing by His grace.



# Reflect and Apply

1. How has God brought new life during your recovery journey?

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2. What does it mean to you that Christ lives in you?

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3. How will you continue walking in this new life daily?

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# Journaling Prompts

1. Celebrate and write about the progress you've made in recovery.

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2. Reflect on the significance of being a new creation in Christ.

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3. Plan next steps for continued growth and reliance on God.

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Day 21: 🎉 Celebrating New Life in Christ

## Prayer for Today

**Lord Jesus**, thank You for the new life You've given me. Celebrate with me the freedom from addiction and the hope of resurrection power daily. Help me to live fully in Your grace and strength, letting Your life flow through me. Guide me forward with faith and joy as I continue this journey with You. *In Your victorious name, Amen.* 🎉 🙏 ❤️





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