



Breaking Addiction: Embracing God's Peace Over Doomscrolling



Find freedom from doomscrolling addiction by trusting God's sovereignty and replacing anxiety with peace through His Word.

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Introduction

In an age where endless news feeds and social media updates compete for our attention, many have fallen into the trap of *doomscrolling*—an addictive habit of obsessively consuming negative news online. This constant exposure to crisis stories can lead to anxiety, fear, and a feeling of helplessness. However, as believers, we are invited to rest in the sovereignty of God, who rules over all things with perfect wisdom and love.

This 7-day Bible study plan is designed to help you understand the grip of addiction to negativity, recognize the peace offered through God's Word, and actively exchange unhealthy habits for spiritual renewal. Each day will focus on key Scriptures and reflections that encourage a shift from anxiety to trust, from chaos to calm, and from bondage to freedom.

As you engage with this study, consider how God's sovereignty over all circumstances provides a firm foundation that sustains you even when the world feels overwhelming. You will discover practical ways to turn your gaze from the turmoil around to the hope and assurance God offers, replacing the cycle of doomscrolling with moments of peace, prayer, and intentional living. *Let this time be a turning point to reclaim your mind and heart in Christ.* 🙏





Day 1: 📱 Recognizing the Addiction



Day 1: 📱 Recognizing the Addiction

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

- *Philippians 4:8 – "Finally, brothers and sisters, whatever is true...think about such things."*
- *2 Timothy 1:7 – "For God gave us a spirit not of fear but of power and love and self-control."*



Devotional: Understanding the Cycle of Doomscrolling

Doomscrolling is a modern addiction where we endlessly consume negative news, often to our detriment. Today, Scripture reminds us that our minds are battlefields. *Romans 12:2* calls for transformation by renewing our minds — not conforming to the world's anxious patterns.

Think about how much time you spend refreshing news feeds or social media, picking up fear and stress with every swipe. **Philippians 4:8** encourages us to fill our minds with what is true and noble instead of negativity. Addiction thrives where fear rules, but God empowers us with self-control and love (2 Timothy 1:7).

Recognizing the addiction is the first step: admitting the grip doomscrolling has on your life and opening your heart to God's power to renew your focus and emotions.



Reflect and Apply

1. How often do you find yourself doomscrolling each day, and what feelings accompany that habit?

2. In what ways has the constant consumption of negative news influenced your peace of mind?

3. What lies might you be believing about your ability to stop or control this habit?



Journaling Prompts

1. Write about a recent time you found yourself doomscrolling. What triggered it?

2. List personal negative thought patterns that arise when you engage in this habit.

3. Reflect on what it would be like to have renewed thoughts focused on God's truth.



Day 1: 📱 Recognizing the Addiction

Prayer for Today

Lord, today I acknowledge my struggle to control my thoughts and habits. Help me to see the unhealthy patterns that doomscrolling has created in my life. Refresh my mind with Your truth and empower me by Your Spirit to choose peace over anxiety. Fill me with self-control and love as I strive to focus on what is good and true. I trust in Your sovereign care over every crisis, knowing You hold all things in Your hands. Amen. 🙏 ✨ 🧠 📖





Day 2: 🙏 Embracing God's Sovereignty



Day 2: 🕊 Embracing God's Sovereignty

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- *Isaiah 40:28 - "The Lord is the everlasting God, the Creator of the ends of the earth."*
- *Proverbs 3:5-6 - "Trust in the Lord with all your heart...He will make your paths straight."*



Day 2: 🕊 Embracing God's Sovereignty

Devotional: Finding Rest in God's Control

The heart of anxiety linked to doomscrolling is often a feeling of helplessness. **Psalm 46:10** invites us to "be still"—to pause, stop frantic searching, and recognize God's supreme control over all things. His sovereignty means no situation surprises Him or happens outside His will.

Isaiah 40:28 reminds us God is eternal and all-powerful. When we trust in Him, we shift from trying to control the uncontrollable to resting in His provision and timing. **Proverbs 3:5–6** encourages us to trust wholeheartedly and allow God to guide our paths.

This trust can replace the urge to compulsively search for crisis updates with a confident assurance that God is active and in charge, even when circumstances look bleak.



Day 2: 🕊 Embracing God's Sovereignty

Reflect and Apply

1. How does knowing God is sovereign affect your view of current crises?

2. What prevents you from being still and trusting God more fully?

3. Where can you practice "being still" today in moments of anxiety?



Journaling Prompts

1. Write about a time you felt overwhelmed but later saw God's control.

2. List ways you can remind yourself daily of God's sovereignty.

3. Describe what "being still" might look like practically in your routines.



Day 2: 🕊 Embracing God's Sovereignty

Prayer for Today

Heavenly Father, help me to rest in Your sovereignty. When anxiety tempts me to rush and panic, remind me to be still and acknowledge You are God. Replace my fear with peace as I trust Your perfect power and plan. Guide my steps with wisdom and calm my restless heart. Teach me to lean fully on You each day. Amen. 🕊 🙏 🌿 ❤️





Day 3: Redirecting Your Focus



Day 3: 🕯 Redirecting Your Focus

Your Verse

Colossians 3:2 - "Set your minds on things above, not on earthly things."

Supporting Scriptures

- *Matthew 6:34 - "Do not worry about tomorrow...each day has enough trouble of its own."*
- *Hebrews 12:2 - "Fixing our eyes on Jesus, the pioneer and perfecter of faith."*



Day 3: 🕯 Redirecting Your Focus

Devotional: Choosing What Occupies Your Mind

A key to breaking doomscrolling addiction is **intentional focus**. *Colossians 3:2* instructs us to set our minds on heavenly realities instead of earthly anxieties. The choice about what we dwell on deeply affects our emotions and actions.

Matthew 6:34 reminds us not to be overwhelmed by future worries but to trust God with each day. Keeping eyes fixed on Jesus, as *Hebrews 12:2* encourages, helps us stay anchored in hope, not fear.

By consciously redirecting attention from crisis updates to Scripture, prayer, or positive actions, we can retrain our minds and hearts. This breaks the cycle of anxiety that doomscrolling feeds.



Day 3: 💡 Redirecting Your Focus

Reflect and Apply

1. What thoughts most often consume your mind when doomscrolling?

2. How can shifting focus to God's promises change your emotional state?

3. What specific heavenly things could you practice focusing on each day?



Journaling Prompts

1. Write down several Scriptures that help you fix your eyes on Jesus.

2. Reflect on how worry about the future impacts your present well-being.

3. Plan simple steps to refocus your mind when tempted to doomscroll.



Day 3: 💡 Redirecting Your Focus

Prayer for Today

Lord Jesus, help me to set my mind on You and things above. When fears about the world flood my thoughts, redirect me to Your truth and peace. Teach me to live fully in the present, trusting Your care for tomorrow. May my eyes remain fixed on You as my hope and strength. Amen. ✨📖🧠❤️





Day 4: 🚪 Breaking Free with God's Help



Day 4: 📖 Breaking Free with God's Help

Your Verse

Psalms 34:17 – "The righteous cry out, and the Lord hears them; He delivers them from all their troubles."

Supporting Scriptures

- *James 5:16 – "Therefore confess your sins to each other and pray for each other so that you may be healed."*
- *1 Corinthians 10:13 – "God is faithful; He will not let you be tempted beyond what you can bear."*



Day 4: 📖 Breaking Free with God's Help

Devotional: Calling Out for God's Deliverance

Breaking addiction is often impossible through willpower alone. **Psalm 34:17** reassures us that when we cry out, God hears and delivers. Calling on Him in moments of weakness opens the door for freedom.

James 5:16 reminds us the journey to freedom doesn't have to be alone; community, confession, and prayer bring healing. And **1 Corinthians 10:13** promises God's faithfulness in limiting temptation and providing ways to endure.

Today, embrace vulnerability by asking God for strength to break your doomscrolling habit. Seek fellowship with trusted believers who can support and pray with you. God's deliverance brings real freedom.



Day 4: 📖 Breaking Free with God's Help

Reflect and Apply

1. Are you willing to openly acknowledge your struggle to God and others?

2. What fears or barriers make you hesitate to ask for help in this addiction?

3. How could accountability and prayer transform your path to freedom?



Day 4: 📖 Breaking Free with God's Help

Journaling Prompts

1. Write a prayer confessing your addiction and asking for God's help.

2. List trusted people you could share this struggle with for support.

3. Recall times when God helped you overcome struggles before.



Day 4: 📖 Breaking Free with God's Help

Prayer for Today

Gracious God, I come before You, acknowledging my need for Your help. I confess my struggle with addiction to doomscrolling and place my trust in Your power to deliver me. Surround me with support and grace as I seek healing. Strengthen me to resist temptation and walk in freedom. Thank You for hearing me and never leaving me alone. Amen. 🙏 ❤️ 🛡️ 🧡





Day 5: 🙏 Renewing Your Mind with Prayer



Day 5: 🙏 Renewing Your Mind with Prayer

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything...the peace of God will guard your hearts and minds."

Supporting Scriptures

- *1 Thessalonians 5:16-18 - "Pray continually; give thanks in all circumstances."*
- *Ephesians 6:18 - "Praying always with all prayer and supplication in the Spirit."*



Day 5: 🙏 Renewing Your Mind with Prayer

Devotional: Prayer as a Weapon Against Anxiety

Prayer is a powerful tool to combat anxiety and addiction. **Philippians 4:6-7** urges believers not to be anxious but instead bring every concern to God in prayer, resulting in divine peace guarding the heart and mind.

1 Thessalonians 5:16-18 deepens this by encouraging constant prayer and gratitude, which fosters a mindset resistant to negativity. Meanwhile, **Ephesians 6:18** reminds us to pray persistently as part of our spiritual armor.

Regular intentional prayer interrupts doomscrolling patterns, replacing fear with faith, and renewing your mind with God's peace. Today's focus is to develop the habit of turning to prayer the moment anxiety arises.



Day 5: 🙏 Renewing Your Mind with Prayer

Reflect and Apply

1. How consistent is your prayer life when anxiety strikes?

2. What feelings or thoughts can you bring to God honestly during prayer?

3. How might daily gratitude transform your perception of crises?



Day 5: 🙏 Renewing Your Mind with Prayer

Journaling Prompts

1. Write a prayer presenting your anxieties and asking for God's peace.

2. List things you are grateful for today despite world troubles.

3. Plan a daily prayer routine to strengthen your mind against fear.



Day 5: 🙏 Renewing Your Mind with Prayer

Prayer for Today

Lord, teach me to bring every worry and fear to You in prayer. Help me develop a heart of continual prayer and thankfulness. Guard my mind and heart with Your peace that surpasses understanding. Let prayer be my first response, not last resort. I trust Your calming presence today and always.

Amen. 🙏👉📖❤️





Day 6: Creating Healthy Habits



Day 6: 🌞 Creating Healthy Habits

Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is...self-control."

Supporting Scriptures

- *1 Corinthians 9:27 - "I discipline my body and keep it under control."*
- *Psalms 119:11 - "I have hidden your word in my heart that I might not sin against you."*



Day 6: 🌅 Creating Healthy Habits

Devotional: Building Discipline and Spiritual Fruit

Breaking free from doomscrolling requires replacing the habit with healthier practices empowered by the Holy Spirit. **Galatians 5:22-23** highlights self-control as a fruit of the Spirit — a divine gift enabling us to resist temptation.

1 Corinthians 9:27 models intentional discipline to master body and mind, and **Psalms 119:11** encourages storing God's Word in our hearts, providing strength and guidance.

Start creating daily habits such as setting screen-time limits, memorizing Scripture, engaging in physical activity, or practicing mindfulness. Every small step taken with God's help builds lasting freedom and peace.



Reflect and Apply

1. What routines can support your goal to reduce doomscrolling?

2. How can Scripture memory and meditation strengthen your resolve?

3. Which spiritual habits have helped you practice self-control before?



Journaling Prompts

1. Make a realistic schedule for healthy media use each day.

2. Write down Bible verses to memorize for encouragement against anxiety.

3. Reflect on moments of victory when you exercised self-control.



Day 6: 🌅 Creating Healthy Habits

Prayer for Today

Spirit of God, cultivate in me the fruit of self-control. Help me to discipline my habits and submit my body and mind to Your leading. Strengthen me with Your Word and grace to build healthy patterns that honor You. Guide me to replace harmful cycles with purposeful living. Thank You for empowering me to live in freedom. Amen. 💪 📖 🌿 🙏





Day 7: ✨ Living in Freedom and Hope



Day 7: ✨ Living in Freedom and Hope

Your Verse

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

Supporting Scriptures

- *Romans 8:1 – "There is now no condemnation for those who are in Christ Jesus."*
- *2 Corinthians 3:17 – "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."*



Day 7: ✨ Living in Freedom and Hope

Devotional: Walking Forward in Liberty and Peace

True freedom comes not just from breaking a habit but from being set free by Jesus. **John 8:36** assures us that in Christ, we experience liberation that endures beyond any struggle.

Romans 8:1 removes condemnation, reminding us grace covers our failures and empowers new beginnings. **2 Corinthians 3:17** declares that God's Spirit is the source of freedom within us.

As you conclude this study, embrace the hope and liberty found in Jesus. Continue resting in God's sovereignty and walking daily in the peace that He provides. Let this freedom shape your habits, worldview, and relationship with God and others.



Day 7: ✨ Living in Freedom and Hope

Reflect and Apply

1. How has your understanding of freedom changed through this study?

2. What does it mean for you personally that Jesus sets you free?

3. How can you maintain this freedom in the face of future anxieties?



Day 7: ✨ Living in Freedom and Hope

Journaling Prompts

1. Summarize how God has worked in your heart over these 7 days.

2. Write a letter to your future self about living free from addiction.

3. Identify next steps to strengthen your walk with Christ daily.



Day 7: ✨ Living in Freedom and Hope

Prayer for Today

Lord Jesus, thank You for setting me free from my chains. Your grace has brought healing and peace where there was struggle and anxiety. Help me to live confidently as Your beloved child, walking in the Spirit's freedom every day. Keep my heart anchored in Your truth, and continue transforming me by Your love. I praise You for Your enduring faithfulness. Amen. ✨ 🙏 🕊️ ❤️





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