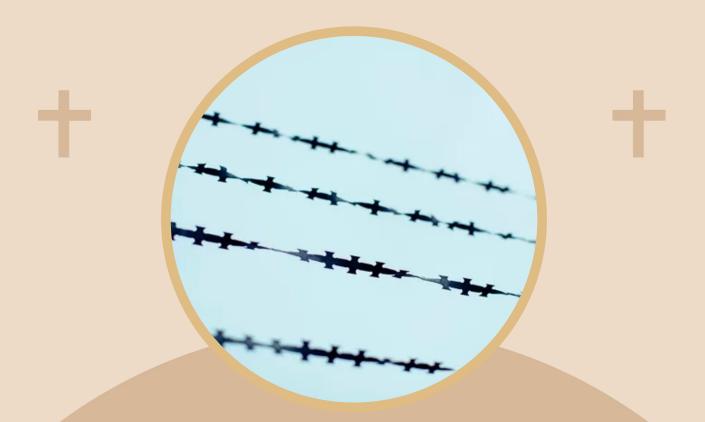
# Breaking Chains: Freedom from Social Media Addiction



A 21-day journey to detox from social media, hear God's voice, and reclaim spiritual freedom and focus in daily life.





## Table of contents

<u>Introduction</u>	4
<u>Day 1: Recognizing the Chains</u>	6
<u>Day 2:  Silence to Hear God</u>	12
<u>Day 3:  Detoxing Digital Distractions</u>	18
Day 4: Redeeming Time Wisely	24
Day 5: & Strengthening Self-Control	30
Day 6: S Unlocking True Satisfaction	36
Day 7: A Drawing Near to God	42
Day 8: Renewing the Mind	48
<u>Day 9:  Seeking Support and Accountability</u>	54
<u>Day 10:  Guarding Your Tongue and Mind</u>	60
Day 11: 🕹 Establishing Rest and Renewal	66
Day 12: 3 Setting Healthy Boundaries	72
<u>Day 13:  Intentional Living with Purpose</u>	78
Day 14: Wearing the Armor of God	84
Day 15: SP Embracing God's Love and Grace	90
Day 16: P Tuning In to the Holy Spirit	96











#### Introduction

Welcome to this 21-day journey designed especially for those struggling to break free from social media addiction and seeking a deeper spiritual connection. In our age of constant digital connection, *the endless scrolling can often drown out the still small voice of God.* This study will guide you through reflection, Scripture, and prayer to detox from distractions and rediscover spiritual peace.

Social media has many benefits but can easily become a source of anxiety, comparison, and wasted time. It can subtly steal moments we could use to commune with God, meditate on His Word, or simply rest in His presence. Addiction to screens isn't just a physical habit; it affects our minds, hearts, and spiritual well-being.

Over the next three weeks, we'll explore biblical truths about freedom, self-control, and renewal. You'll be encouraged to intentionally reduce screen time, replacing it with prayer, Scripture meditation, and purposeful silence. This is **not a quick fix** but a process of healing and restoration to find true lasting satisfaction in God alone.

Each day includes a primary Scripture emphasizing God's power to free us, supporting verses to deepen understanding, and a devotional focusing on practical and spiritual insights. You'll also find reflective questions and journaling prompts to help personalize your journey, and a prayer to seek God's strength and presence.







Be gentle with yourself: breaking addiction is challenging, but by surrendering your struggles to God and leaning on His grace, transformation is possible. May this time ignite a fresh hunger for God that surpasses any digital distraction. Remember: *He desires relationship more than reaction, presence over performance.* Let's begin this detox with open hearts ready to hear the voice of our loving Father.









Day 1: Recognizing the Chains









#### Your Verse

Romans 6:14 – "For sin shall no longer be your master, because you are not under the law, but under grace."

#### **Supporting Scriptures**

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Galatians 5:1 "It is for freedom that Christ has set us free."







#### Devotional: Freedom Begins with Awareness

Before we can break free from an addiction, we must first recognize we are bound. Social media can subtly master our time, thoughts, and emotions. Romans 6:14 reminds us that sin or habits that control us are like a master, but because of God's grace, we are no longer under their rule.

Today, take time to honestly evaluate how social media influences your daily life. Is it a tool or a chain? John 8:36 promises real freedom only comes through Jesus. When He sets you free, no habit or addiction can hold you.

Start your detox by admitting the need for God's grace and help. This is the crucial first step towards spiritual reconnection and lifelong freedom.







# Reflect and Apply

1.	In what ways has social media taken control over your daily routine or thoughts?
2.	Do you believe God's grace is enough to free you from this addiction? Why or why not?
	How does recognizing you are 'not under law but under grace' give you hope?







## **Journaling Prompts**

	Write about a recent moment when social media felt like a chain rather than a choice.
2.	List 3 ways you hope to experience freedom through this study.
3.	Journal your honest feelings about beginning this detox journey.







## Prayer for Today

Heavenly Father, I come before You acknowledging the hold social media has on me. Please break the chains that bind me and fill me with Your grace and strength. Help me to remember that Your power is greater than any addiction. Lead me step by step into true freedom, and open my ears to hear Your voice above all else. Teach me to choose You daily. *In Jesus' name, Amen.*  $\bigwedge$ 









Day 2: 🐧 Silence to Hear God









Day 2: (4) Silence to Hear God

#### Your Verse

1 Kings 19:11–12 – "The Lord said, 'Go out and stand on the mountain in the presence of the Lord... 'After the fire came a gentle whisper.'"

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 30:15 "In quietness and trust is your strength."







Day 2: (4) Silence to Hear God

#### Devotional: Embracing Quiet for Divine Whisper

When was the last time you were still enough to really hear God's voice? Elijah experienced God not in a storm, earthquake, or fire, but in a gentle whisper. Today invites you to quiet the noise from screens and distractions to listen deeply.

Social media's constant buzz competes for our attention. Psalm 46:10 reminds us to be still, not just physically but emotionally and spiritually. Isaiah helps us recognize quietness is a source of strength and trust in God.

This day, set intentional time to turn off devices and create silence. Invite the Holy Spirit to speak softly. Record any impressions or feelings that arise without judgment. This practice reconnects your heart to God, who longs to communicate clearly beyond the digital clutter.







Day 2: 🕔 Silence to Hear God

# Reflect and Apply

1.	How comfortable are you with silence and solitude in your daily life?
2.	What distractions usually prevent you from hearing God's whisper?
	How might embracing quiet change your relationship with God and social media?







Day 2: 🕔 Silence to Hear God

# **Journaling Prompts**

	Describe what silence feels like for you today—comforting or uncomfortable?
	Write down any words, images, or scriptures that come to mind during silent moments.
·	Journal your hopes for what God might say to you when distractions are removed.







Day 2: (4) Silence to Hear God

## Prayer for Today

**Lord God,** I ask that You help me embrace silence and stillness today. Quiet the noise inside and outside me, so I can hear Your gentle whisper. Teach me to trust in Your presence more than any online sensation or message. Help me to value these moments of calm and to seek You first. *Thank You for being near, even in the quiet.* Amen.

















#### Your Verse

Psalm 119:37 – "Turn my eyes away from worthless things; preserve my life according to your word."

#### **Supporting Scriptures**

- Matthew 6:22 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







## Devotional: Refocusing Eyes and Mind on God

Turning away from 'worthless things' means intentionally detoxing from distractions that steal your focus. Social media often floods our eyes and minds with content that may not uplift or nourish our souls. Psalm 119:37 is a prayer for God to help us turn eyes and attention away from that which detracts from spiritual life.

Jesus taught that our eye guides our entire body (Matthew 6:22). If we allow unhealthy visual input, it affects our whole being. Colossians encourages us to redirect our minds to heavenly things.

Challenge yourself today to put limits on social media usage. Replace some scrolling time with Scripture reading, prayer, or a nature walk. Notice how your thoughts and emotions shift as you refocus your eyes and mind on God.







# Reflect and Apply

	What are some 'worthless things' you notice drawing your attention online?
	How do the things you consume through social media influence your heart or mood?
3.	What practical steps can you take to set your mind on things above?







# **Journaling Prompts**

1.	List common triggers that lead you into excessive social media scrolling.
	Write about a time when focusing on God helped you overcome a temptation or distraction.
3.	Plan and journal your social media boundaries for today.







## Prayer for Today

**Father,** I ask for wisdom to turn my eyes away from what weakens me and to set my mind on You. Help me recognize when distractions try to pull me away from Your truth. Strengthen me to choose what uplifts and to guard my heart and mind diligently. Fill me with Your light so I reflect You well. *In Jesus'* name I pray, Amen.

















#### Your Verse

Ephesians 5:15-16 - "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity..."

#### **Supporting Scriptures**

- Colossians 4:5 "Be wise in the way you act toward outsiders; make the most of every opportunity."
- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."







#### Devotional: Wisdom to Value Our Time

Time is one of our most precious resources, especially when battling addictive habits like endless scrolling. Ephesians encourages believers to live wisely, making the most of every opportunity. Social media can squander significant time we could use more intentionally.

Psalm 90:12 challenges us to 'number our days,' or be aware of our fleeting time on earth. Colossians calls us to act wisely and purposefully in every interaction.

Today, evaluate how much time you spend online and consider ways to reclaim those moments for God-glorifying purposes—whether prayer, serving others, rest, or learning Scripture. Redeeming your time is a step toward freedom and spiritual growth.







# Reflect and Apply

1.	How does social media affect how you spend or perceive your time?
2.	What opportunities are you missing when scrolling distracts you?
	How can increasing awareness of time help you make wiser choices daily?







# **Journaling Prompts**

1.	Track your social media time today and write about what you notice.
2.	List activities you want to replace scrolling with and why.
3.	Journal a plan for intentional time use this week.







## Prayer for Today

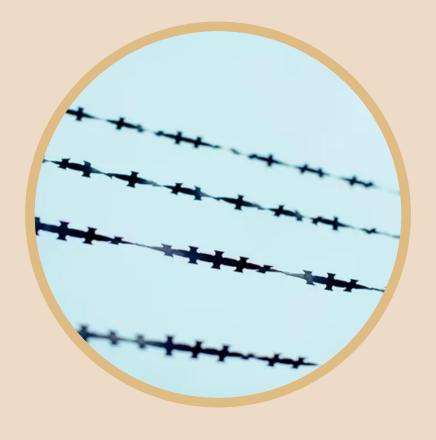
**Lord,** help me to live wisely and redeem my time well. Show me how to make space in my day for You and the things that truly matter. Teach me to number my days with purpose and intention. Break habits that waste my time and give me the strength to choose what leads to life and growth. *Thank You for each new day.* Amen.

















#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

#### **Supporting Scriptures**

- Galatians 5:22–23 "Fruit of the Spirit...self-control."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







#### Devotional: Empowered to Resist Temptation

Self-control is a vital fruit of the Spirit in overcoming addictive patterns. 2 Timothy 1:7 reminds us that the Spirit God gives equips us with power, love, and self-discipline—not fear or weakness.

Without self-control, Proverbs compares a person to a defenseless city vulnerable to attack. Social media's design often exploits our lack of restraint to keep us scrolling endlessly.

Ask the Holy Spirit to strengthen your self-control today. When the urge to scroll arises, pause and breathe, recalling you have divine power to choose. Love yourself enough to break free and protect your spiritual walls.







# Reflect and Apply

	Where do you see your self-control being tested most in social media use?
2.	How does knowing the Spirit empowers self-discipline encourage you?
3.	What daily practices can build your self-control muscles?







# **Journaling Prompts**

1.	Write about a recent time you successfully resisted temptation.
2.	List practical steps to improve your self-control moving forward.
3.	Journal prayers asking the Spirit to grow this fruit in you.







## Prayer for Today

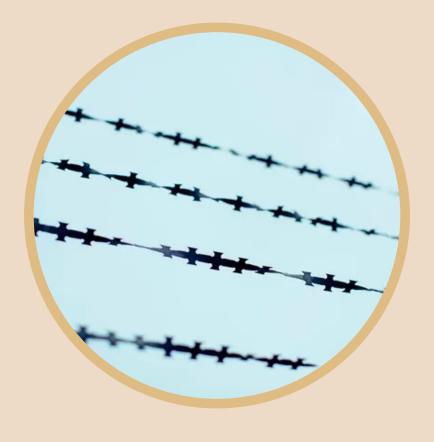
Holy Spirit, I invite You to strengthen my self-control today. Fill me with Your power and love so I can resist the urges that pull me away from You. Help me see temptation as an opportunity to grow closer to You. Guard my heart and mind, and empower me to walk in freedom. *Thank You for Your presence*. Amen.

















#### Your Verse

Psalm 107:9 - "For he satisfies the thirsty and fills the hungry with good things."

#### **Supporting Scriptures**

- John 4:13-14 "Whoever drinks the water I give them will never thirst."
- Jeremiah 2:13 "My people have committed two sins: They have forsaken me...and have drunk from wells...that cannot satisfy."







### Devotional: Quenching the Deepest Thirst

Many turn to social media seeking satisfaction—likes, validation, distraction—but these wells always run dry. Psalm 107:9 reminds us that God alone satisfies our deepest thirst and hunger.

Jesus told the Samaritan woman at the well that the water He offers leads to eternal satisfaction unlike anything earthly. Jeremiah warns that forsaking God for counterfeit sources leads to emptiness.

Today, reflect on what your heart truly thirsts for. Invite God to be your source of fulfillment rather than screens or social approval. Experience His peace that surpasses fleeting digital likes.







## Reflect and Apply

1.	What cravings or emptiness do you try to fill with social media?
2.	How does God's offer of living water contrast with earthly distractions?
3.	How can you remind yourself daily that God is your true satisfaction?







## **Journaling Prompts**

1.	Write about moments when social media left you feeling empty or anxious.
2.	Describe what it would look like to drink daily from God's living water.
3.	Journal a prayer inviting God to satisfy your deepest needs today.







### Prayer for Today

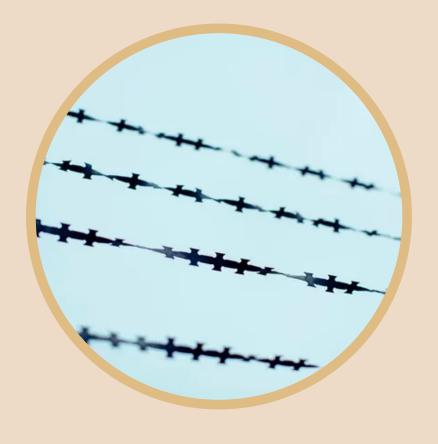
**God,** I confess how often I search for satisfaction in things that can't truly fill me. Thank You for offering the living water that quenches all thirst. Help me to turn to You first and trust Your goodness. Fill my heart with Your peace and joy as I seek You above all else. *In Jesus' name, Amen.*  $\lozenge$ 

















#### Your Verse

James 4:8 - "Come near to God and he will come near to you."

### **Supporting Scriptures**

- Hebrews 10:22 "Let us draw near to God with a sincere heart in full assurance of faith."
- Psalm 63:1 "O God, you are my God, earnestly I seek you; my soul thirsts for you."







#### Devotional: Intentional Pursuit of God's Presence

The antidote to addiction and distraction is drawing close to God. James encourages us that as we come near, God promises to come near to us. This mutual closeness is foundational to spiritual healing.

Hebrews calls us to approach God sincerely and confidently, while Psalm 63 expresses a soul's earnest thirst. This kind of intentional pursuit helps realign our hearts from attachments to digital noise to attachment to God's presence.

Today, make space to seek God's nearness through prayer, worship, or meditating on His Word. Remember that God delights when His children earnestly seek Him above all else.







## Reflect and Apply

1.	What does drawing near to God mean personally for you?
2.	How might growing closer to God affect your social media habits?
3.	What practices help you experience God's presence more deeply?







## **Journaling Prompts**

1.	Write about ways you have experienced God's nearness before.
2.	Describe your current hunger for God in your daily life.
3.	Journal a commitment for how to cultivate closeness with God this week.







### Prayer for Today

**Dear Lord,** I come to You seeking closeness and connection. Help me to draw near with a sincere heart and faith that You welcome me. Fill my thirsty soul with Your presence and love. May I prioritize You above all distractions and find in You my greatest joy and peace. *Thank You for Your faithful nearness.* Amen.  $\bigwedge$ 

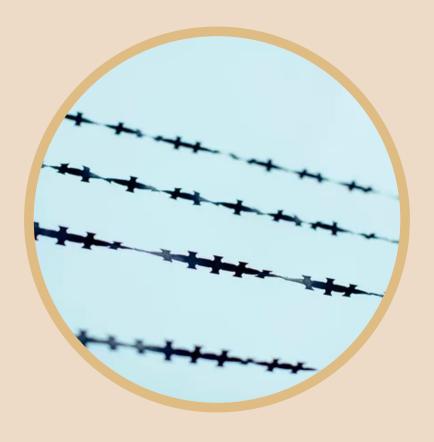








Day 8: Carewing the Mind









Day 8: CRenewing the Mind

#### 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 "Think about whatever is true, noble, right..."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Day 8: Con Renewing the Mind

### Devotional: Transforming Thoughts for Freedom

Our minds absorb much from social media, which can shape thoughts and attitudes negatively. Romans instructs believers not to conform to worldly patterns but to be transformed through mind renewal.

Philippians gives a helpful checklist for what we should focus on—a guide for detoxing mental inputs towards God-honoring, uplifting content. Isaiah promises perfect peace when our minds are steadfast on the Lord.

Today, reflect on your typical thought patterns and how social media influences them. Choose to replace harmful thoughts with Scripture truths and track how this practice brings freedom and peace.







Day 8: 🖸 Renewing the Mind

## Reflect and Apply

What worldly patterns have you noticed influencing your thinking?
How can you use Scripture to challenge and renew your mind?
What peace comes from focusing your mind on God's truth?







Day 8: Con Renewing the Mind

## **Journaling Prompts**

1.	Identify negative thoughts linked to social media use and rewrite them with Scripture.
2.	Write about changes you want to see in your thinking.
3.	Journal moments you experienced God's peace during this mind renewal.







Day 8: 🖸 Renewing the Mind

### Prayer for Today

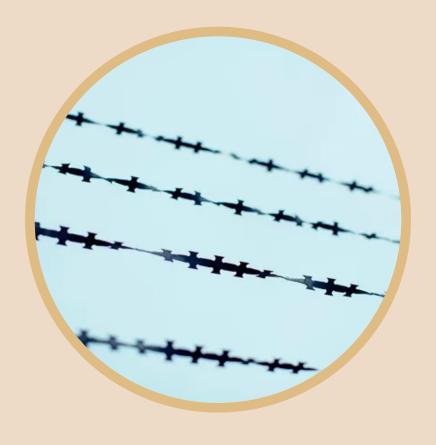
**Lord,** renew my mind and free me from worldly patterns that do not honor You. Help me focus on what is true, noble, and right. Fill my thoughts with Your peace and guide me toward transformation. I surrender my mind and surrender to Your truth. *In Jesus' name, Amen.* 🔾 🛠

















Day 9: 🌣 Seeking Support and Accountability

#### Your Verse

Ecclesiastes 4:9 - "Two are better than one...If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 9: 🍑 Seeking Support and Accountability

### Devotional: Strength in Community

**Addiction is often too heavy to overcome alone.** God designed us for community and mutual support.

Ecclesiastes reminds us that companionship makes challenges easier. Galatians encourages believers to carry each other's burdens, fulfilling Christ's law of love. Proverbs speaks of how we sharpen and grow through godly relationships.

Today, consider inviting a trusted friend, mentor, or small group to walk alongside you in this journey. Share your goals, struggles, and victories. Accountability fosters perseverance, encouragement, and deeper growth in freedom.







Day 9: 🌣 Seeking Support and Accountability

## Reflect and Apply

1.	Who in your life can encourage and hold you accountable?
2.	How does vulnerability with others make healing possible?
3.	What fears or barriers keep you from seeking support?







Day 9: 🍑 Seeking Support and Accountability

## **Journaling Prompts**

1.	Write about the qualities you need in a support partner.
2.	Plan how you might reach out to someone for accountability.
3.	Journal your hopes and fears about sharing your journey.







Day 9: 🍑 Seeking Support and Accountability

### Prayer for Today

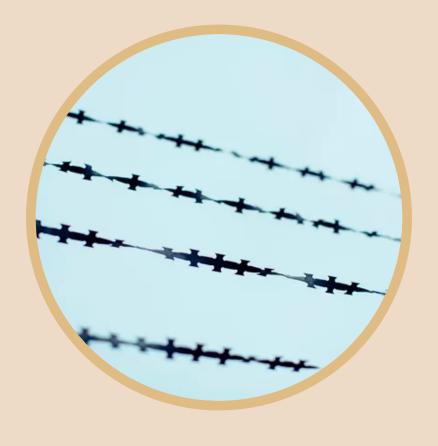
**Father,** thank You for the gift of community and mutual support. Lead me to people who will encourage and hold me accountable in this journey. Help me to be honest and open, trusting that healing grows in connection. Give me courage to receive and also give support to others. *In Jesus' name, Amen.*  $\heartsuit$ 

















#### Your Verse

James 1:19 - "Everyone should be quick to listen, slow to speak..."

### **Supporting Scriptures**

- Proverbs 21:23 "Those who guard their mouths and their tongues keep themselves from calamity."
- Philippians 4:8 "Think about whatever is true, noble, right..."







### Devotional: Protecting Our Speech and Thoughts

What we say and what we allow into our minds shape our heart and habits. James highlights the importance of listening more and speaking less impulsively—an important discipline when tempted to defend unhealthy addictions.

Proverbs warns that guarding our speech prevents calamity. Aligning speech and thought with Philippians' standards preserves the mind from harmful influences often amplified on social media.

Take today to be mindful of your words and thoughts. Practice restraint in discussions online and offline. Replace negative or impulsive reactions with thoughtful truth grounded in God's Word.







## Reflect and Apply

1.	How does your speech reflect your inner spiritual state?
2.	In what ways can guarding your tongue protect your freedom?
	What thought patterns can you nurture to support sobriety from addiction?







### **Journaling Prompts**

1.	Write down recent times you wish you'd spoken more thoughtfully.
2.	List affirming truths you want to meditate on when tempted.
3.	Journal prayers seeking wisdom in your words and thoughts.







### Prayer for Today

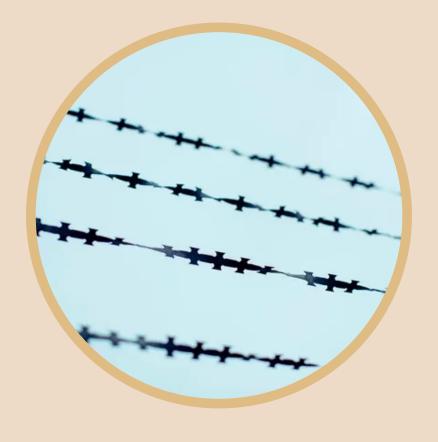
**God,** help me to be quick to listen and slow to speak. Teach me to guard my words and thoughts carefully. Protect me from saying things that harm myself or others, and fill my mind with what is pure and right. May my words bring life and encouragement. *In Jesus' name I pray, Amen.* 

















#### 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 leads me beside quiet waters... refreshes my soul."
- Hebrews 4:9-10 "There remains a Sabbath rest for the people of God."







### Devotional: Restoring Soul Through God's Rest

Our souls become weary from constant stimulation, digital overload, and striving for approval. Jesus invites the weary to come to Him for rest. Real rest is a soul-renewing experience beyond physical relaxation.

Psalm 23 paints a beautiful picture of peaceful restoration beside quiet waters. Hebrews reminds us that God's people have a Sabbath rest reserved—a complete surrender to His care.

Make space today for restful activities that renew your soul: prayer, silence, naps, nature, or reading Scripture slowly. Notice how God ministers deep refreshment that social media scrolling never provides.







## Reflect and Apply

1.	What signs of weariness do you notice in your life from digital overload?
2.	How do you experience God's rest differently from worldly rest?
3.	What simple restful habits can you incorporate regularly?







## **Journaling Prompts**

	Write about how you feel after long periods of social media use compared to after spiritual rest.
2.	Plan a restful activity to refresh your soul today.
3.	Journal a prayer asking Jesus to carry your burdens and restore you.







### Prayer for Today

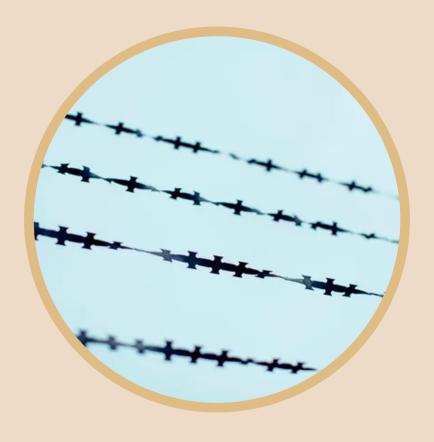
Jesus, I come to You weary and burdened. Please grant me Your rest that refreshes my soul and renews my strength. Teach me to trust You more and to surrender the need for constant digital distraction. Lead me beside still waters and green pastures of Your peace. *Thank You for Your gentle care.*Amen. \*\*B\*\*\* \*\*P2\*\*\*\*

















#### Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

#### Supporting Scriptures

- Psalm 101:3 "I will set before my eyes no vile thing."
- 1 Corinthians 10:13 "God is faithful; he will not let you be tempted beyond what you can bear."







# Devotional: Protecting Your Heart Through Boundaries

Setting boundaries around social media use is an act of guarding your heart. Proverbs teaches us all that flows from the heart—thoughts, actions, desires —so protecting it is vital.

Psalm 101 commits to removing vile things from one's sight—today you can apply this by limiting harmful content or unfollowing accounts that don't build you up. God's faithfulness in 1 Corinthians assures us that temptations can be managed with His strength.

Decide today on specific boundaries: time limits, content filters, device-free zones or times. Boundaries create safe space for your heart to heal and thrive spiritually.







## Reflect and Apply

1.	What boundaries currently exist around your social media use, if any?
	How might guarding your heart protect your spiritual and emotional health?
3.	What challenges do you anticipate in setting these boundaries?







#### **Journaling Prompts**

1.	Write a list of boundaries you want to implement and why.
2.	Journal about feelings you have about enforcing these boundaries.
3.	Plan accountability methods to help maintain your boundaries.







#### Prayer for Today

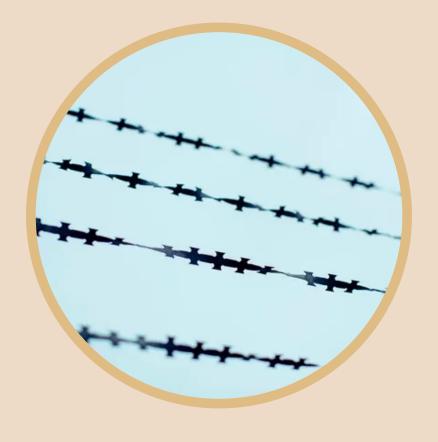
**Lord,** help me to guard my heart carefully by setting healthy boundaries. Give me strength to say no to what harms and yes to what builds me up. Teach me to rely on Your faithfulness when temptations come. Protect my heart as I walk this journey toward spiritual freedom. *In Jesus' name, Amen.*

















Day 13: Intentional Living with Purpose

#### Your Verse

Proverbs 16:3 - "Commit to the Lord whatever you do, and he will establish your plans."

#### **Supporting Scriptures**

- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."
- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord."







Day 13: O Intentional Living with Purpose

#### Devotional: Living Focused on God's Purpose

Intentionality combats addiction by providing clear purpose and goals rooted in faith. Proverbs encourages commitment to the Lord for established plans. When our days have purpose, distractions lose their grip.

Psalm 90 again reminds us to gain a spirit of wisdom in numbering days, living mindful of eternity. Colossians charges us to wholeheartedly serve God in every effort.

Reflect today on what purpose God has placed on your life. Identify meaningful goals and commit them to Him. Let these guide your daily choices rather than aimless scrolling or distraction.







Day 13: **(iii)** Intentional Living with Purpose

## Reflect and Apply

1.	How does living with purpose challenge social media addiction?
2.	What goals or plans has God shown you so far in your journey?
3.	How can committing all you do to the Lord bring fulfillment?







Day 13: **(iii)** Intentional Living with Purpose

#### **Journaling Prompts**

1.	Write down your personal God-given goals or purpose statements.
2.	Journal how distractions interfere with your intended path.
3.	Plan steps to live more intentionally in the coming week.







Day 13: Intentional Living with Purpose

#### Prayer for Today

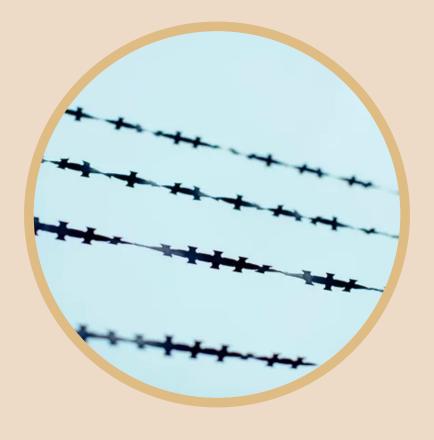
**God,** I commit all I do to You. Establish my plans and help me live intentionally with wisdom and purpose. Guard me from aimlessness and distraction and fill me with passion for Your call on my life. May I work wholeheartedly as if serving You always. *Thank You for guiding my steps. Amen.* **O** 

















#### Your Verse

Ephesians 6:11 - "Put on the full armor of God, so that you can stand against the devil's schemes."

#### **Supporting Scriptures**

- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."
- Psalm 144:1 "Blessed be the Lord, my rock, who trains my hands for war."







#### Devotional: Spiritual Protection in the Battle

Addiction is often a spiritual battle requiring God's armor and strength.

Ephesians calls us to suit up fully in God's armor to stand firm against temptation.

Taking captive thoughts, as 2 Corinthians urges, means actively rejecting lies and distractions that lead us astray. Psalm 144 celebrates God as our trainer and protector.

Today, visualize putting on each piece of God's armor—truth, righteousness, faith, the Word—to shield your heart and mind. Pray for vigilance and courage to fight the battle with God's power.







## Reflect and Apply

1.	What pieces of God's armor do you feel strongest wearing?
2.	Where do you need more protection or strength spiritually?
3.	How can capturing your thoughts help you resist addiction?







#### **Journaling Prompts**

1.	List which armor pieces you want to focus on today and why.
2.	Journal about a spiritual battle you've experienced and how God helped.
3.	Pray for renewed strength and protection in your daily fight.







#### Prayer for Today

**Lord,** clothe me in Your full armor today. Help me stand strong against temptation and lies that feed my addiction. Teach me to take captive every thought and make it obedient to Christ. Be my rock and fortress in this battle. *Thank You for training my hands and strengthening my heart.* Amen.

















Day 15: WE Embracing God's Love and Grace

#### Your Verse

Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

#### **Supporting Scriptures**

- Psalm 103:8 "The Lord is compassionate and gracious, slow to anger, abounding in love."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail."







Day 15: SP Embracing God's Love and Grace

#### Devotional: Resting in Unconditional Love

God's love and grace provide the foundation for healing addiction. Romans 5:8 reveals that God loves us even while we struggle and fail.

Psalm 103 describes the Lord as compassionate and full of grace, slow to anger and overflowing in love. Lamentations assures us His mercies never run out.

Allow yourself to rest today in God's unconditional love. Let go of shame, knowing His grace covers all. This frees you to keep moving forward in healing with confidence and hope.







Day 15: SP Embracing God's Love and Grace

## Reflect and Apply

1.	How does God's love help you face your struggles without shame?
2.	What part of God's grace do you find hardest to accept?
3.	How can embracing God's compassion encourage your journey?







Day 15: SP Embracing God's Love and Grace

#### **Journaling Prompts**

1.	Write about a time you experienced God's grace in your weaknesses.
2.	List ways you can remind yourself of God's love daily.
3.	Journal any shame or guilt you want to surrender to God today.







Day 15: 🎾 Embracing God's Love and Grace

#### Prayer for Today

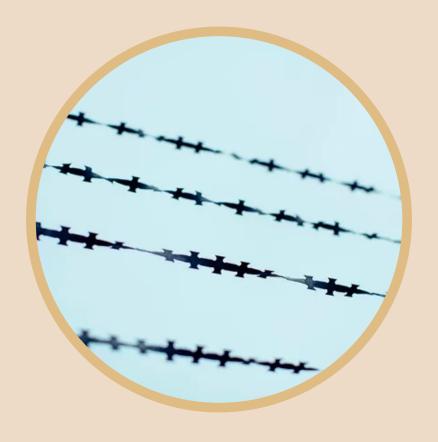
**Dear God,** thank You for loving me even when I stumble. Help me to accept Your grace and compassion fully. Remove shame and guilt that weigh me down. Teach me to walk forward with hope, resting in Your unfailing mercy. *In Jesus' name, Amen.*  $\heartsuit$   $\bigwedge$ 

















#### Your Verse

John 16:13 – "When the Spirit of truth comes, he will guide you into all the truth."

#### **Supporting Scriptures**

- Romans 8:14 "Those who are led by the Spirit of God are sons of God."
- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."







#### Devotional: Guidance Through the Spirit

The Holy Spirit is our helper and guide in overcoming addictions and living free. Jesus promised the Spirit would lead us in all truth, enabling wise choices.

Romans affirms that being led by the Spirit identifies us as God's children. Galatians urges walking by the Spirit to avoid gratifying fleshly desires that fuel addiction.

Seek the Spirit's guidance today in moments of temptation or decision. Practice listening and obeying His promptings, trusting He directs you toward freedom and wholeness.







## Reflect and Apply

1.	How aware are you of the Holy Spirit's presence in daily life?
2.	What practical ways can you cultivate sensitivity to His leading?
3.	In what situations do you most need Spirit-led guidance?







#### **Journaling Prompts**

1.	Write about experiences where you sensed the Spirit's guidance.
2.	List ways to align your daily habits more closely with the Spirit.
3.	Pray for increased sensitivity and obedience to the Holy Spirit.







#### Prayer for Today

Holy Spirit, lead me in Your truth and help me walk away from desires that do not please God. Teach me to listen closely and obey Your promptings. Thank You for guiding me as a beloved child. Fill me with Your strength for each moment. *In Jesus' name, Amen.* 😂 🙏 💸

















#### Your Verse

1 Timothy 4:7–8 – "Train yourself to be godly. For physical training is of some value, but godliness has value for all things."

#### **Supporting Scriptures**

- Psalm 1:2 "But whose delight is in the law of the Lord, and who meditates on his law day and night."
- Joshua 1:8 "Keep this Book of the Law always on your lips; meditate on it day and night."







#### Devotional: Building Godliness Through Discipline

Breaking addiction requires intentional spiritual discipline and habits. Paul urges Timothy to train himself to godliness, comparing it to physical training.

Psalm 1 and Joshua 1 emphasize the power of meditating on God's Word continuously as the pathway to life and prosperity.

Commit to developing daily habits today such as Scripture reading, prayer, worship, or journaling that keep your heart focused on God. Spiritual training builds strength that supports freedom from old addictions.







## Reflect and Apply

1.	What spiritual habits do you currently have and which need nurturing?
2.	How can repeated practice grow your godliness like physical training?
	What small habit can you begin today that would benefit your spiritual health?







#### **Journaling Prompts**

1.	List spiritual disciplines that interest you or have helped before.
2.	Write a plan for incorporating one new habit this week.
3.	Journal how these practices affect your relationship with God.







#### Prayer for Today

**Father,** train me to be godly through consistent spiritual habits. Help me delight in Your Word and meditate on it daily. Strengthen my commitment and discipline to walk closely with You. May these practices create lasting change in my heart. *Thank You for Your goodness. Amen.* 









## Day 18: P Replacing Old Patterns









Day 18: • Replacing Old Patterns

#### Your Verse

Ephesians 4:22-24 - "Put off your old self...and put on the new self, created to be like God in true righteousness and holiness."

#### **Supporting Scriptures**

- Colossians 3:9–10 "Do not lie to each other, since you have taken off your old self with its practices..."
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."







Day 18: PReplacing Old Patterns

#### Devotional: Renewing Identity and Habits

Healing involves consciously shedding old patterns and embracing new identity and practices in Christ. Paul's call to put off the old self and put on the new reminds us that transformation is both internal and external.

Colossians echoes this as we leave behind former ways of living. 2 Corinthians declares we are new creations in Christ—free to live differently.

Identify specific habits linked to social media addiction and prayerfully replace them with godly activities. This intentional exchange renews your heart and aligns your life with who God created you to be.







Day 18: 🖓 Replacing Old Patterns

## Reflect and Apply

1.	What old patterns do you still cling to that hinder freedom?
2.	How does embracing your new identity in Christ empower change?
3.	What new habits will help you live out your new self daily?







Day 18: 🖓 Replacing Old Patterns

## **Journaling Prompts**

1.	Write about old habits you want to leave behind and why.
2.	Describe new practices or attitudes you desire to adopt.
3.	Journal your prayers for strength and renewal.







Day 18: 🖓 Replacing Old Patterns

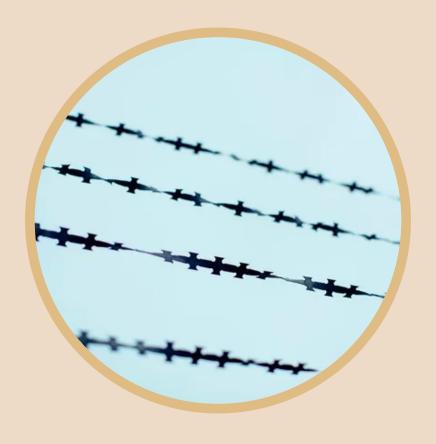
### Prayer for Today

















Day 19: 🔁 Embracing Newfound Freedom

#### 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..."

#### **Supporting Scriptures**

- John 8:32 "Then you will know the truth, and the truth will set you free."
- Psalm 118:5 "Out of my distress I called on the Lord; the Lord answered me and set me free."







Day 19: 😂 Embracing Newfound Freedom

### Devotional: Standing Firm in God's Freedom

**Freedom in Christ is a gift and responsibility.** Galatians reminds us to stand firm and not become burdened again by sin or addiction.

Knowing God's truth liberates us, as Jesus said. Psalm 118 tells of deliverance in times of distress, testifying to God's power to set us free.

Celebrate the freedom you have gained on this journey. Commit to standing firm by daily surrender and reliance on God. Freedom is not just escape but new life walking confidently in truth.







Day 19: 😂 Embracing Newfound Freedom

## Reflect and Apply

1.	How do you understand the freedom Christ offers?
2.	What challenges might threaten your freedom and how will you resist?
3.	How can you cultivate daily surrender to maintain liberty?







Day 19: 🔀 Embracing Newfound Freedom

## **Journaling Prompts**

1.	Write about what freedom means personally in your life.
2.	List potential triggers you need to watch for going forward.
3.	Journal a commitment to stand firm in Christ's freedom.







Day 19: 🔁 Embracing Newfound Freedom

### Prayer for Today

**Father,** thank You for setting me free through Christ. Help me to stand firm and not be burdened again by old chains. Guide me daily to walk in Your truth and live in liberty. Strengthen my resolve and deepen my dependence on You. *In Jesus' name, Amen.* 

















Day 20: 7 Growing in Grace and Patience

#### Your Verse

2 Peter 3:18 - "Grow in the grace and knowledge of our Lord Jesus Christ."

#### **Supporting Scriptures**

- Hebrews 12:1 "Let us run with perseverance the race marked out for us."
- Galatians 6:9 "Let us not become weary in doing good."







Day 20: 🍞 Growing in Grace and Patience

### Devotional: Persevering with God's Grace

Recovery and spiritual growth are ongoing processes requiring grace and patience. Peter encourages growth in grace and knowledge of Jesus, reminding us that transformation is continual.

Hebrews likens life to a race needing perseverance. Galatians motivates not to grow weary in doing good—even when progress seems slow.

Today, celebrate every step forward. Extend grace to yourself for setbacks. Keep running the race with endurance, trusting God's timing and strength.







Day 20: 🍞 Growing in Grace and Patience

## Reflect and Apply

1.	How do you respond to setbacks or slow progress in this journey?
2.	What grace and patience do you need from God and yourself?
3.	How can perseverance shape your character and faith?







Day 20: F Growing in Grace and Patience

## **Journaling Prompts**

1.	Journal about past experiences where patience led to growth.
2.	Write encouraging words to yourself for times of struggle.
3.	Plan goals for continued growth beyond this study.







Day 20: 🍞 Growing in Grace and Patience

### Prayer for Today

**Lord Jesus,** help me to grow daily in Your grace and knowledge. Teach me patience and perseverance as I run the race You set before me. When I feel weary, renew my strength and hope. Thank You for Your unfailing love and presence. *Amen.* 🎉 🙏 🎘







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#### Your Verse

1 Corinthians 15:57 – "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

#### **Supporting Scriptures**

- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."
- Philippians 4:13 "I can do all this through him who gives me strength."







### Devotional: Rejoicing in God's Triumph

Today marks the culmination of your 21-day journey toward freedom and spiritual reconnection. Victory belongs to God who empowers us through Jesus Christ.

Psalm 118 celebrates the gift of each day to rejoice, reminding us to embrace new beginnings with gladness. Philippians assures strength comes from Christ enabling all things.

Celebrate how far you've come. Reflect on lessons learned and victories gained. Commit to walking forward empowered and renewed. Your journey may continue, but with God, every step is victory.







## Reflect and Apply

1.	What victories—big or small—do you see from this study?
2.	How has God's strength been evident in your journey?
	What commitments will you make moving forward to maintain freedom?







## **Journaling Prompts**

1.	List the changes you are most grateful for today.
2.	Write a letter to your future self encouraging perseverance.
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3.	Journal a prayer of thanksgiving and dedication.







### **Prayer for Today**

**Gracious God,** thank You for giving me victory through Your Son Jesus. I rejoice in what You have done in my heart and life during these 21 days. Help me to walk forward bold and strong, trusting in Your strength and love. May every day be a new beginning filled with hope and purpose. *Amen and hallelujah!* 







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