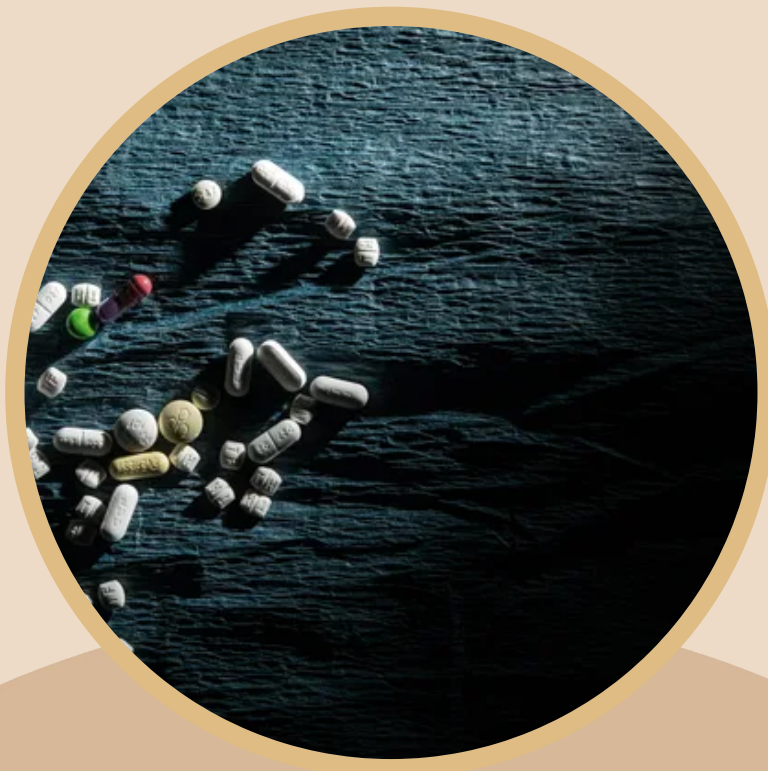


Breaking Chains: Pursuing Authenticity Over Addiction



A 7-day journey to overcome addiction to image curation, embrace authenticity, and live a genuine life in Christ's freedom.

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Introduction

Welcome to this 7-day Bible study on addiction, focusing specifically on the modern challenge of addiction to image curation and the pursuit of authentic living. In a world driven by social media, where lives are often 'liked' more for appearance than reality, many find themselves trapped in an exhausting cycle of faking and crafting a perfect image. This addiction can rob us of our true identity and peace.

Through Scripture, reflection, and prayer, this study will guide you toward releasing the need to perform or fabricate life for others' approval, and instead, allow God to lead you into freedom. The journey will encourage you to explore what it means to be truly authentic before God, who sees and loves the true you—not just the curated version.

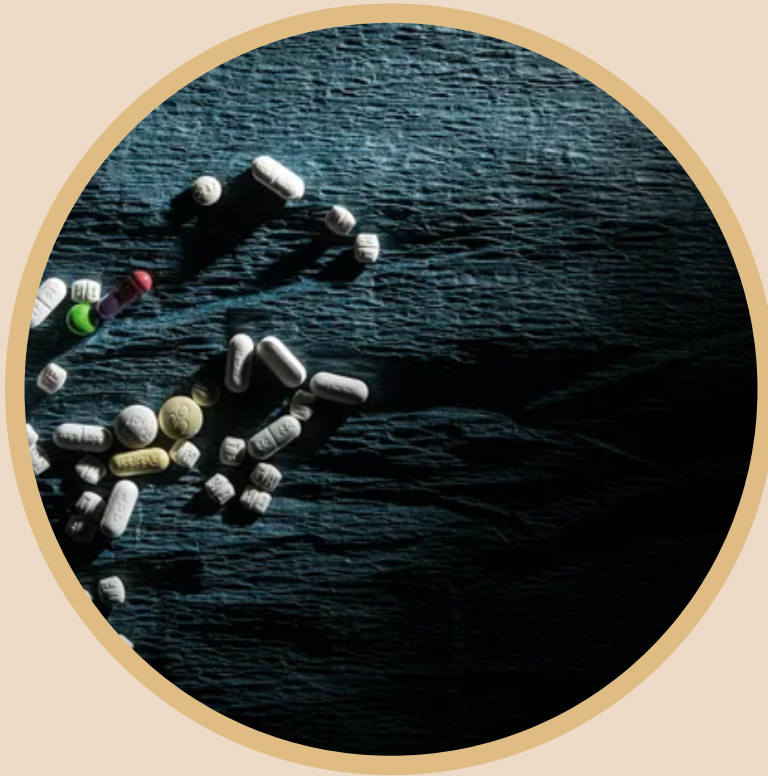
Each day's devotional explores a facet of this struggle and the hope found in God's Word: confronting the lies we believe about ourselves, understanding God's unique design and love for us, surrendering control, and cultivating genuine relationships rooted in truth. This is a time for personal reflection and honest prayer, where God's grace invites you to step out of the shadows of pretense into the light of His acceptance and peace.


As you embark on this study, remember: authenticity begins with being known and loved by God just as you are. No filters, no masks—only real life with Him, who calls you by name and offers true freedom.





Day 1: 🔍 Facing the Mirror: Acknowledge the Addiction



Day 1:  Facing the Mirror: Acknowledge the Addiction

Your Verse

Psalm 139:23-24 - "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Supporting Scriptures

- *2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness."*
- *John 8:32 - "Then you will know the truth, and the truth will set you free."*



Day 1: 🔍 Facing the Mirror: Acknowledge the Addiction

Devotional: Begin Healing by Acknowledging the Truth

Our journey to authenticity begins with honest self-examination. Like David in Psalm 139, invite God to search your heart without fear. Addiction to image curation often hides deeper anxieties and insecurities. The constant pressure to present a perfect life can mask feelings of inadequacy or fear of rejection.

Admitting that this addiction exists is freeing in itself! It opens a door to God's healing grace. Instead of continuing the cycle of hiding behind crafted images, ask God to reveal the roots of this compulsion. Where do your anxious thoughts come from? What do you hope to protect or gain by curating your image?

God doesn't condemn us but invites us into freedom through truth and grace. Remember Paul's words in 2 Corinthians: God's power is made perfect in our weakness. Your vulnerability today is a step toward the authentic life God desires for you.



Reflect and Apply

1. What emotions arise when you consider your addiction to image curation?

2. Are you willing to honestly invite God to search your heart and reveal hidden places?

3. What lies have you believed about yourself that fuel this addiction?



Journaling Prompts

1. Write about a time you felt pressure to present a false image online or offline.

2. List the emotions and thoughts you experience when you try to maintain a curated image.

3. Record your honest prayer asking God to reveal areas you need freedom in.



Day 1: 🔍 Facing the Mirror: Acknowledge the Addiction

Prayer for Today

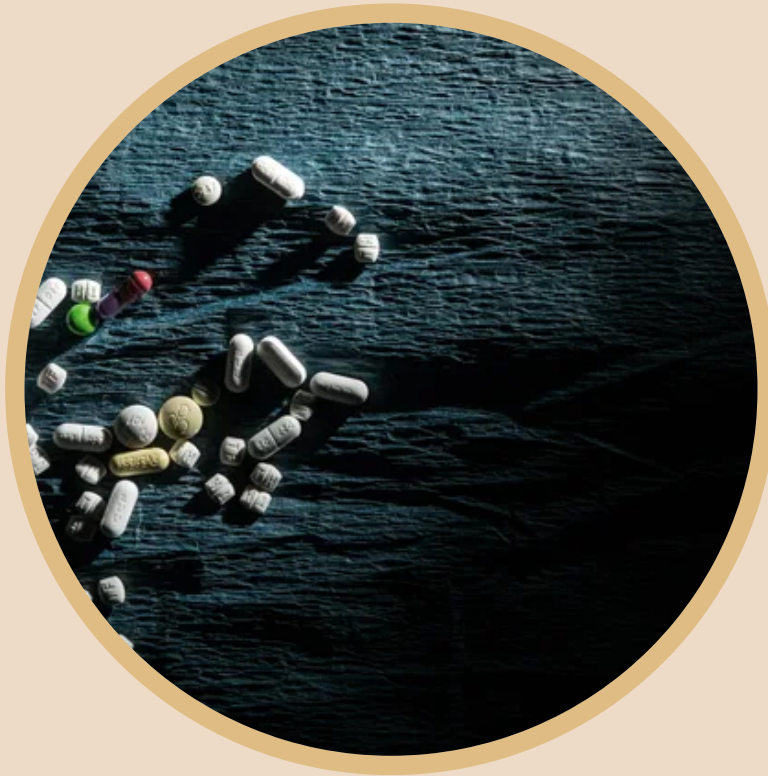
Lord, I come to You with an open heart, asking You to search me and reveal the hidden areas where I hide behind false images. Help me see the truth about myself and embrace Your grace in my weakness. Give me courage to let go of the need to perform and the desire to be accepted by the world. Lead me in the way everlasting, where I find rest and authenticity in You alone. Thank You for loving me just as I am and for setting me free through Your truth.

Amen. 🙏 ✨ ❤️





Day 2: 🕊 Freedom in Truth: The Power of God's Word



Your Verse

John 15:5 - "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

Supporting Scriptures

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



Devotional: Root Yourself in Christ to Find True Freedom

Authenticity flourishes when rooted in Christ, our true vine. Addiction to image curation often flourishes when we try to find our worth or identity apart from Christ's sustaining power. Jesus invites us to remain in Him, drawing life and truth from His presence.

This spiritual connection renews our minds and transforms our desires away from worldly approval toward God's approval. The Apostle Paul reminds us that we can put off our old ways—pretensions and fake personas—and instead put on the new self, created to reflect God's righteousness and holiness.

Let God's Word shape your heart and mind daily. Resist the temptation to conform to the world's images and expectations. Instead, experience transformation by immersing yourself in Scripture and prayer. This foundation will empower you to resist the urge to curate false images and instead live openly and authentically.



Reflect and Apply

1. What does it mean for you to remain in Christ daily?

2. How might renewing your mind with God's Word challenge your desire to curate an image?

3. In what ways can embracing your new self help break your addiction?



Journaling Prompts

1. Write about a Scripture that speaks to your authentic identity in Christ.

2. List steps you can take daily to 'remain in the vine' and avoid worldly patterns.

3. Reflect on how your life could change if you fully embraced your new self in God.



Day 2: 🕊 Freedom in Truth: The Power of God's Word

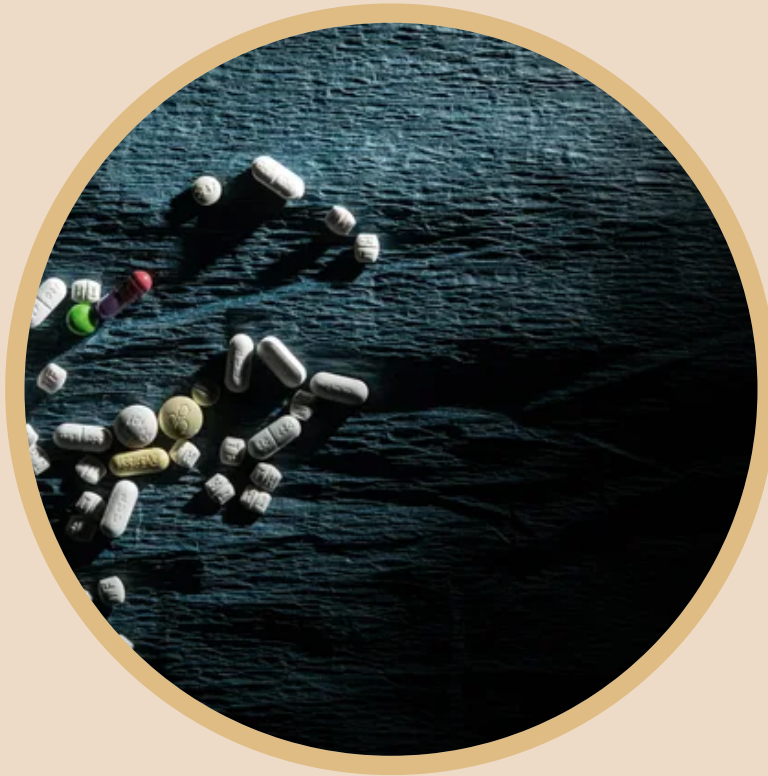
Prayer for Today

Jesus, You are my true vine. Help me remain in You and draw my worth not from the approval of others but from Your unfailing love. Transform my mind and heart with Your Word so that I may live authentically, free from the chains of image curation. Teach me to put off my old self and embrace the new self You have created in me. Thank You for renewing me each day and giving me life that truly bears fruit. Amen. 🌿 📖 ❤️





Day 3: 💡 Letting Go: Surrender to God's Grace



Your Verse

Matthew 11:28-30 - "Come to me, all you who are weary and burdened, and I will give you rest... For my yoke is easy and my burden is light."

Supporting Scriptures

- *Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding..."*
- *1 Peter 5:7 - "Cast all your anxiety on him because he cares for you."*



Day 3: 💡 Letting Go: Surrender to God's Grace

Devotional: Rest in God by Letting Go of Control

The addiction to curating an image is often fueled by exhaustion and the burden of keeping up appearances. Jesus offers rest to those weary from pretending and striving to prove their worth through false fronts.

Surrender is key: letting go of the weight of perfectionism, anxiety, and the need to control how others see us. Instead of depending on your own strength, trust God's loving care and guidance. When you cast your anxieties on Him, you acknowledge that He cares deeply and desires your freedom.

In surrender, you find peace. It's an invitation to replace performance with grace, striving with trust, and false images with God's refreshing truth about who you are.



Reflect and Apply

1. What burdens are you carrying by trying to maintain a false image?

2. How does the invitation to come to Jesus for rest speak to your heart today?

3. What fears or doubts might be holding you back from fully surrendering?



Journaling Prompts

1. Identify specific anxieties related to image curation that you can hand over to God.

2. Describe what resting in Jesus looks like for you personally.

3. Write a prayer of surrender, expressing your desire to trust Him more fully.



Day 3: 💡 Letting Go: Surrender to God's Grace

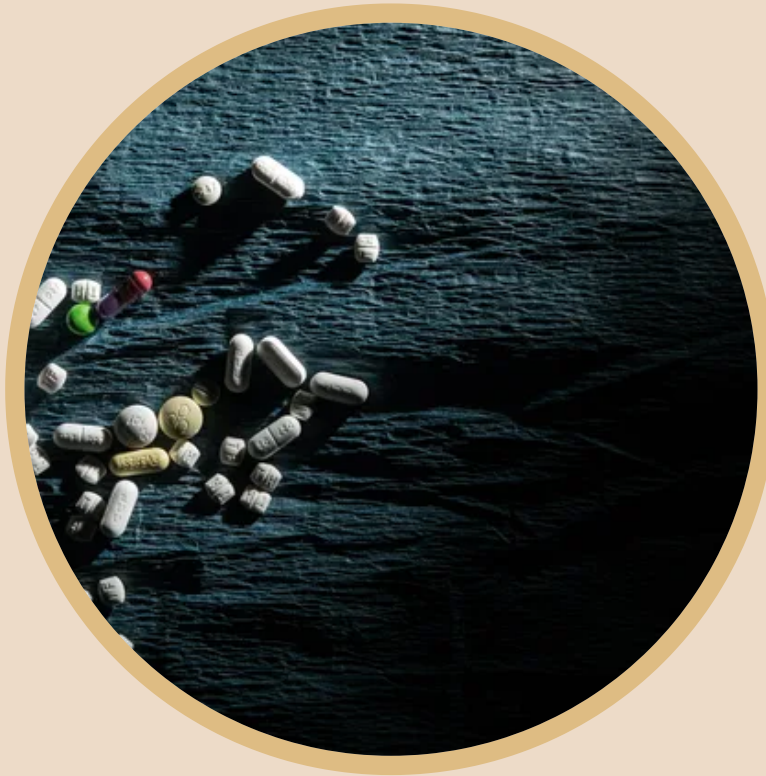
Prayer for Today

Dear Jesus, I am weary from carrying the weight of pretending and striving. Today, I come to You to find rest for my soul. Help me surrender control and cast my anxieties upon You, trusting that You care for me deeply. Teach me to exchange my burdens for Your peace and to live free from the chains of performance and image. Thank You for Your gentle yoke and light burden. I choose to rest in Your grace and love. Amen. 🙌❤️🙏





Day 4: Embracing Brokenness: God's Strength in Weakness



Day 4: 🌱 Embracing Brokenness: God's 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..."

Supporting Scriptures

- *Isaiah 41:10 – "Do not fear, for I am with you;... I will strengthen you and help you."*
- *Psalms 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*



Day 4: 🌱 Embracing Brokenness: God's Strength in Weakness

Devotional: God's Power Shines Brightest in Our Weakness

The pressure to maintain a flawless image can prevent us from revealing our brokenness and weaknesses. Yet God calls us to embrace our vulnerabilities because His power shines brightest in our frailty.

Rather than hiding imperfections or 'faking it till we make it,' allow God's grace to fill your weak places. When you boast in your weaknesses, you acknowledge dependence on God—a crucial step toward genuine authenticity.

God is close to the brokenhearted. Giving Him your cracks opens you to His healing and empowerment. This transforms addiction into surrender, and false images into testimony of God's sustaining love.



Reflect and Apply

1. In what ways have you felt pressured to hide your weaknesses behind an image?

2. How can embracing your brokenness open the door to God's power?

3. What might it look like to boast about your weaknesses in a healthy, God-honoring way?



Journaling Prompts

1. Write about a specific weakness you struggle to accept and how God has shown strength in it.

2. Reflect on times God's grace felt most sufficient during difficult moments.

3. Compose a prayer asking God to help you embrace your brokenness sincerely.



Day 4: 🌿 Embracing Brokenness: God's Strength in Weakness

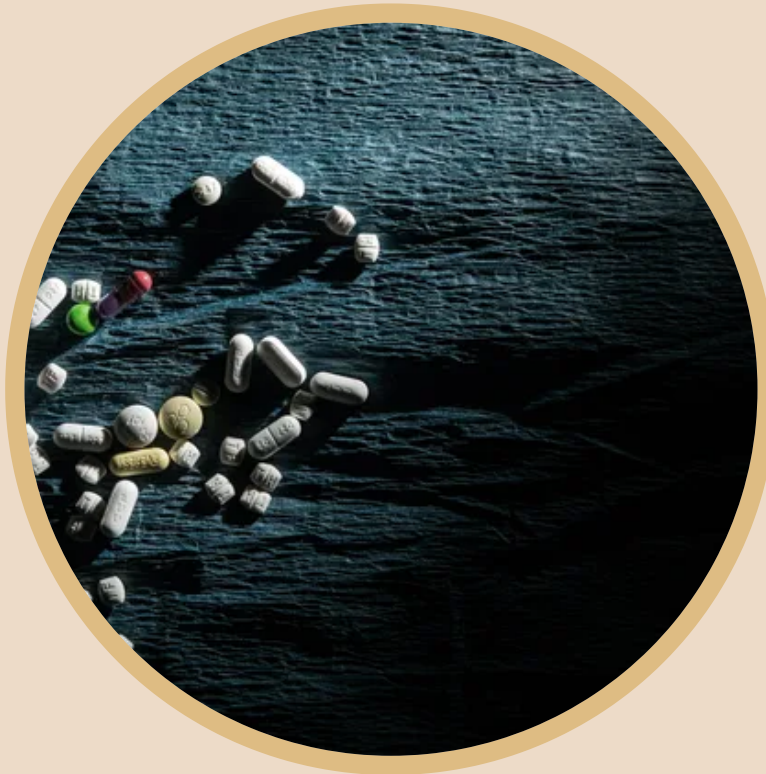
Prayer for Today

Lord, help me to stop hiding my weaknesses behind curated images. Teach me to rely on Your grace and power that are made perfect when I am weak. Draw close to my broken heart and comfort me. May Your strength flow through my vulnerabilities, and may my life reflect Your glory, not my facades. Thank You for loving me fully and empowering me in every weakness. Amen. 💪 ❤️ 🙏





Day 5: Real Connections: Authenticity Within Community



Day 5: 🧡 Real Connections: Authenticity Within Community

Your Verse

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

Supporting Scriptures

- *Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."*
- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*



Day 5: 🧡 Real Connections: Authenticity Within Community

Devotional: Build Authenticity Through Loving Community

Authenticity thrives in the context of true community. Addiction to image curation often isolates us because it pushes us to create walls instead of bridges.

God designed us for relationship—not as lone image-curators, but as authentic individuals connected to and supported by others. Genuine community provides a safe space to be vulnerable, accountable, and encouraged.

By sharing your true self with trusted believers, you make room for healing, growth, and encouragement. Together, we carry each other's burdens and reflect God's love. Seeking and nurturing authentic relationships combats the loneliness and performance pressure that fuels addiction.



Reflect and Apply

1. Who in your life do you trust enough to be vulnerable with?

2. What fears or barriers prevent you from sharing your true self?

3. How might God use authentic relationships to help you break free from addiction?



Journaling Prompts

1. List people you can reach out to for support and accountability.

2. Describe what an authentic conversation might look like with a trusted friend.

3. Write a prayer asking God to help you cultivate healthy, open community.



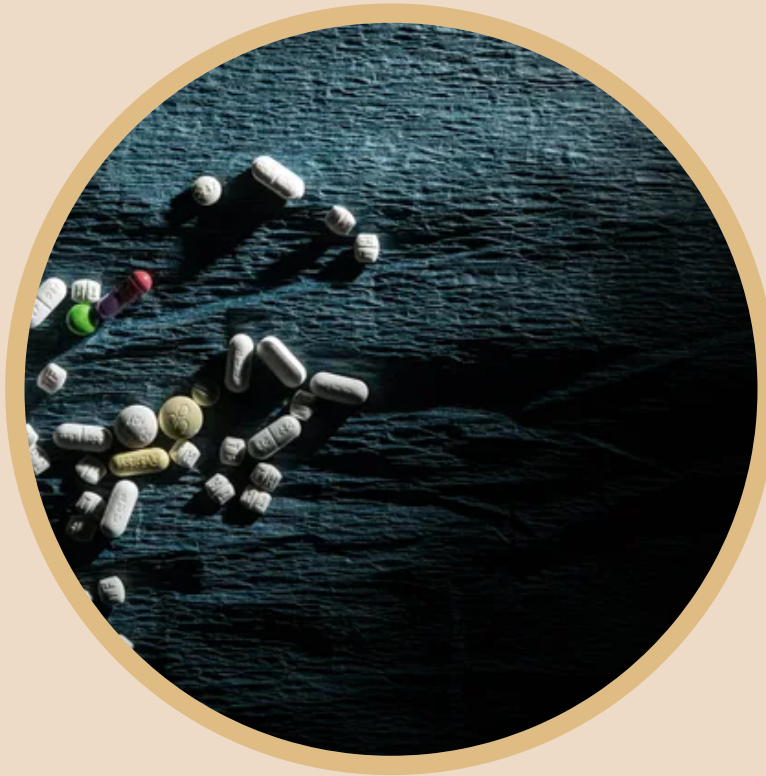
Day 5: 🧡 Real Connections: Authenticity Within Community

Prayer for Today

Father, thank You for creating me for community. Help me break down the walls I've built to hide behind curated images. Give me courage to be vulnerable with others and to receive support and encouragement. Lead me to authentic relationships where I can grow and thrive in Your love. May I also be a source of kindness and strength to those who need it. Thank You for never leaving me alone on this journey. Amen. 😊💬❤️



Day 6: 🔥 Transforming Desire: From Approval to Purpose



Your Verse

Galatians 1:10 – "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

Supporting Scriptures

- *Colossians 3:23 – "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."*
- *1 John 3:18 – "Let us not love with words or speech but with actions and in truth."*



Devotional: Redirect Desire Toward God's Approval

The addiction to image curation is deeply rooted in our desire for human approval. Yet, Jesus calls us to redirect our desires to please God, finding worth in His purpose rather than in fleeting likes or compliments.

When our motivation shifts from impressing others to serving Christ, our actions grow more genuine and meaningful. This transformation allows you to embrace your authentic self and channel your energy into God-honoring pursuits that fulfill your true calling.

Living for God's approval protects you from the trap of performance and superficiality. It empowers you to love genuinely and live with purposeful intention.



Reflect and Apply

1. What drives your urge to curate an image: others' approval or God's?

2. How can shifting your focus to pleasing God change your daily habits?

3. In what ways can you practice love with actions and truth, not just appearances?



Journaling Prompts

1. Reflect on moments when you sought human approval over God's approval.

2. Write about your God-given purpose and how you can live it authentically.

3. Pray for a heart that desires God's approval above all else.



Day 6: 🔥 Transforming Desire: From Approval to Purpose

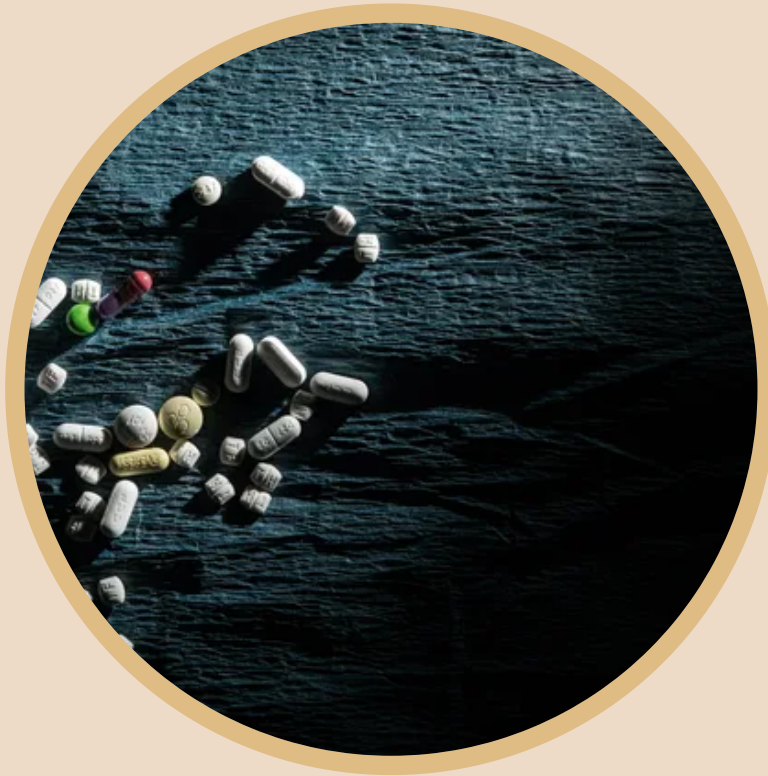
Prayer for Today

Lord, I confess how often I seek the approval of people instead of You. Help me to turn my heart fully toward pleasing You in all I do. Transform my desires so that I live with purpose rooted in Your truth. Teach me to love sincerely, serve faithfully, and be authentic reflections of Your grace. May my life bring glory to You alone. Amen. 🎯❤️🙏





Day 7: ✨ Walking Forward: Celebrating Freedom and Authenticity



Day 7: ✨ Walking Forward: Celebrating Freedom and Authenticity

Your Verse

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

Supporting Scriptures

- *2 Timothy 1:7 – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*
- *Philippians 1:6 – "He who began a good work in you will carry it on to completion until the day of Christ Jesus."*



Day 7: ✨ Walking Forward: Celebrating Freedom and Authenticity

Devotional: Celebrate Freedom and Live Authentically in Christ

Today is a celebration of the freedom God gives us when we release addiction and embrace authenticity in Christ. No longer are we condemned for past struggles or false images; in Jesus, we are new creations.

God's Spirit empowers us with love, courage, and self-discipline to walk forward confidently and authentically. The journey of freedom is ongoing, but you are not alone—God continues the good work He began in you.

Choose each day to live openly, trusting God's grace and power. Let your life reflect the truth that He loves you fully and sets you free to be who He created you to be.



Reflect and Apply

1. How do you experience freedom from condemnation in Christ?

2. What practical steps will you take to maintain authenticity going forward?

3. How can you rely on the Spirit's power to live with love and self-discipline?



Journaling Prompts

1. Describe what freedom looks like in your life after this study.

2. Write a commitment statement about living authentically with God's help.

3. Pray for strength to continue growing in authenticity and grace.



Day 7: ✨ Walking Forward: Celebrating Freedom and Authenticity

Prayer for Today

Heavenly Father, thank You for the freedom I have in Christ—free from condemnation and false images. Empower me by Your Spirit to live each day with love, courage, and self-discipline. Continue Your good work in me, shaping me into the person You created me to be. Help me to embrace authenticity boldly and walk confidently in Your grace. I praise You for Your faithfulness and endless love. Amen. 🎉 🕊️ ❤️





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