



Breaking Free: 72 Hours to Overcome Addiction



A focused 3-day Bible study guiding you through spiritual renewal and freedom from crack cocaine addiction.



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Introduction

Welcome to this life-transforming 3-day Bible study designed specifically for those seeking to break free from crack cocaine addiction within 72 hours. Addiction can feel like an unyielding chain, robbing us of peace, health, and purpose. Yet, *God's Word brings hope, power, and freedom to every captive soul*. This study guides you to understand God's promises, experience His strength, and embrace a new path to freedom.

Each day focuses on a scriptural truth supported by passages that affirm God's compassion, power, and restoration. You'll be encouraged to reflect deeply on God's grace, surrender your struggles to Him, and renew your mind and spirit. Through prayer, introspection, and journaling, you will begin to dismantle the hold of addiction by anchoring your recovery in God's love and strength.

This journey isn't easy, but with God, no bondage is permanent. **Trust in His timing, lean on His Spirit, and commit yourself to these steps.** Let this study be the first bold move toward freedom, healing, and a restored life filled with hope and purpose. Remember, 72 hours is a powerful starting point, and God's sustaining power will carry you beyond.





Day 1: Recognizing Bondage and Seeking Help



Your Verse

Psalm 34:17-18 NIV - "The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*
- *John 8:36 - "So if the Son sets you free, you will be free indeed."*



Day 1:  Recognizing Bondage and Seeking Help

Devotional: Admit Your Need; God Hears Your Cry

Day one is about **acknowledging the bondage addiction has placed on your life**. Many feel trapped, isolated, or even ashamed of their struggles. Yet, Psalm 34 reminds us that *God hears our cries and is near to those who feel broken*. The first essential step toward freedom is to cry out honestly to God—no hiding, no denial. You are not alone, and your struggle is seen by the One who cares deeply for you.

Isaiah 41:10 offers reassurance that God is by your side. Let His presence calm your fears and doubts. Addiction thrives in darkness, but God's light brings hope. Trusting Jesus as your Deliverer means opening your heart for Him to intervene. John 8:36 promises true freedom only through Christ, not merely through willpower or human effort.

Today, admit your need for help. Surrender your burdens and begin to invite God's power into your journey. It's okay to feel weak—God's strength shines brightest there. Take a moment to pray and ask for courage to face this day with honesty and faith.



Reflect and Apply

1. In what ways has addiction made you feel trapped or isolated?

2. How does knowing God's nearness to the brokenhearted change your perspective today?

3. What is one fear you can release to God right now?

4. How can you remind yourself daily that freedom comes through Christ?





Journaling Prompts

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

2. List fears or doubts holding you back from seeking help.

3. Record a prayer asking God to meet you in your brokenness.



Day 1: 🛑 Recognizing Bondage and Seeking Help

Prayer for Today

Dear God, I come before You feeling weak and overpowered by addiction. Thank You that You hear me when I cry out and that You are close to my broken heart. Please give me courage to admit my need for help and fill me with Your strength to begin this journey toward freedom. Help me trust in Your promises even when I feel overwhelmed. Surround me with Your love and let Your Spirit guide my steps over these 72 hours and beyond. *I surrender all my fears and burdens to You today.* Amen. 🙏❤️🕊️✨





Day 2: 💪 Embracing Strength and Renewal



Day 2: 🤝 Embracing Strength and Renewal

Your Verse

2 Corinthians 12:9 NIV – “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

- *Romans 12:2 – “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”*
- *Philippians 4:13 – “I can do all this through him who gives me strength.”*



Devotional: God's Power Perfects Weakness Within You

On day two, the focus shifts to **embracing God's power in your weakness and seeking transformation through Him**. Addiction wears down the body, mind, and spirit. Yet, 2 Corinthians 12:9 reminds us that God's grace is more than enough—His power excels when we are weak. Instead of relying on willpower alone, lean into Jesus and allow His strength to renew you.

Romans 12:2 urges us to reject worldly patterns and be renewed in our thinking. Addiction often distorts our view of ourselves and our future. Today is about reconditioning your mind with God's truth and rejecting lies that keep you chained.

Philippians 4:13 encourages you to declare that you can overcome because Christ empowers you. This is a battle, but the victory belongs to Him who gives strength beyond measure. Focus not on what you must do alone but on what God is doing within you.

Commit to inviting God's renewing Spirit into every thought and choice. Replace old habits with prayer, Scripture, and accountability. Healing is a daily walk with Jesus, and His power will guide you step by step.



Reflect and Apply

1. What weaknesses are you tempted to hide or feel ashamed about?

2. How can you allow God's grace to transform those areas?

3. In what ways can you begin renewing your mind today?

4. What are practical steps to rely less on your own strength and more on God's?





Journaling Prompts

1. Write about a time when God's strength helped you in a difficult situation.

2. List negative thoughts you want to replace with God's truth.

3. Create a simple daily reminder to seek God's power, not your own.



Day 2: 🦵 Embracing Strength and Renewal

Prayer for Today

Lord Jesus, I admit my weakness and ask for Your grace to fill me completely. Help me not to rely on my own strength but to lean fully on Your power. Teach me to transform my thoughts and reject the patterns that feed my addiction. Renew my mind and spirit every moment. Equip me to walk in freedom and live according to Your truth today. Thank You for never leaving me and for being my ultimate source of strength. *I give You all my weaknesses.* Amen.





Day 3: 🌅 Walking Forward in Freedom and Hope



Day 3: 🌅 Walking Forward in Freedom and Hope

Your Verse

Galatians 5:1 NIV – "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- *Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."*
- *John 10:10 – "I have come that they may have life, and have it to the full."*



Devotional: Stand Firm in Christ's Freedom and Hope

Today is about **claiming the freedom Jesus won and committing to walk forward with hope**. Galatians 5:1 exhorts us to stand firm and refuse to be enslaved again. Addiction tries to pull you back, but your identity in Christ guarantees a new kind of life—one not bound by chains.

Romans 8:1 offers assurance that there is no condemnation for those in Christ. Shame and guilt are common barriers to recovery, but God wants you to live free from those weights. Rest in His forgiveness and grace.

John 10:10 reveals that Jesus came to give abundant life. This means fullness of hope, joy, and purpose beyond addiction. Your recovery is not just about stopping a habit but embracing a vibrant new life God has for you.

Decide today to walk in that freedom daily, surrendering old burdens and embracing God's promises. Reach out for help, build healthy relationships, and keep your eyes fixed on Jesus, the author and perfecter of your faith.



Reflect and Apply

1. What does freedom in Christ mean to you personally?

2. How can you stand firm against past patterns or temptations?

3. What role does hope play in your recovery journey?

4. Who can you connect with for support as you walk forward?





Journaling Prompts

1. Describe what an abundant life in Christ looks like for you.

2. Write about how you can resist being burdened again by addiction.

3. Plan three supportive actions or relationships that will help your journey.



Day 3: 🌅 Walking Forward in Freedom and Hope

Prayer for Today

Father God, thank You for setting me free through Your Son. Help me to stand firm and never return to the yoke of addiction. Remove all condemnation and fill me with hope and courage. Teach me to live fully in Your abundant life, trusting Your grace and guidance each day. Surround me with supportive people and strengthen my commitment to follow You. I praise You for the new beginning and the bright future You have for me. In Jesus' name, Amen.





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