Breaking Free: A Veteran's Journey to Freedom from Addiction



Discover God's power to break addiction cycles and find lasting peace through faith, hope, and surrender over 7 transformative days.





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Introduction

Welcome to this 7-day Bible study plan focused on breaking the cycle of alcohol dependency, tailored especially for veterans seeking true freedom and peace in God. Addiction can often feel like a relentless battle, especially for those who have faced the intense hardships of military service. The traumas of war, the struggle with reintegration, and the search for inner peace sometimes lead men and women to rely on substances like alcohol as a coping mechanism. However, *God invites us to surrender our burdens and find restoration in Him.*

This plan is designed to guide you through scripture and reflection, helping you understand that alcohol dependence is not your final story. Through God's Word, you'll explore themes of healing, identity, strength, and hope, uncovering the freedom that comes from walking in the Spirit rather than in chains.

Each day, you'll reflect on a powerful scripture that speaks directly to the challenges of addiction and the promise of transformation. You'll read supporting verses, receive a devotional to encourage and challenge you, and be prompted with questions and journaling ideas to deepen your engagement. Most importantly, you'll be invited to pray—asking God for strength, courage, and His peace that surpasses all understanding.

Remember: You are not alone. God's grace is sufficient, and His power is made perfect in weakness (2 Corinthians 12:9). As a veteran, you know the







value of endurance and resilience. Now, allow God's truth to equip you with a new strength—a spiritual resilience that dismantles addiction and restores your soul.

Let's embark on this journey towards freedom together, confident that through Christ, true peace is possible.















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

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Embracing God's Strength Over Our Weakness

Alcohol dependence often begins and continues in moments of weakness or pain. As veterans, the weight of memories and emotions can feel overwhelming. Today's scripture reminds us that God's power shines brightest in our weakest moments. When you feel vulnerable or tempted to turn back to old habits, remember that it's in these moments God's grace becomes your greatest strength.

Rather than hiding or being ashamed of your struggles, bring them boldly to God. Acknowledge your weaknesses and let Christ's power rest upon you. Surrendering control doesn't show defeat—it reveals your faith in God's sufficiency. You don't have to fight this battle alone or rely on your own strength. Lean daily on God's power, and you will find the courage to resist addiction and move toward healing.

Today, let your prayer be a simple surrender to God's strength. Trust that His grace is enough for every challenge you face.







Reflect and Apply

What weaknesses am I currently trying to hide or manage alone?
How can relying on God's strength change the way I face my addiction?
In what ways do I experience God's grace in my daily struggles?







Journaling Prompts

1.	Write about a time when you felt weak but saw God's strength help you.
2.	List areas of your life where you need to surrender control to God.
3.	Describe what it feels like to accept God's grace in your weakness.







Prayer for Today

Lord, thank You for Your immeasurable grace. Help me to embrace Your strength when I feel weak and overwhelmed. Teach me to rest in Your power rather than my own. Break the chains of addiction by Your might, and guide me to peace. Amen.

















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

- Ephesians 4:22–24 "Put off your old self... and to be made new in the attitude of your minds."
- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."







Devotional: Renewing the Mind to Overcome Addiction

Addiction often tricks us into repetitive destructive cycles. For many veterans, patterns of behavior developed as coping strategies during service can become habits that harden over time. But God calls us to a higher way—to transformation through the renewal of our minds.

Renewing your mind requires intentional effort to replace harmful thoughts and triggers with God's truth. It means choosing daily to focus on the Spirit's guidance, rather than the urges that pull you toward addiction. This transformation rewires your heart and mind, creating space for freedom.

An essential step in breaking addiction's cycle is recognizing the triggers and patterns that keep you entangled. Then, by God's power, you can forge new paths—paths toward healing, peace, and a future filled with hope.

Today, consider where your mind needs renewal and ask God to help you think and live differently.







Reflect and Apply

1.	What thoughts or patterns do I recognize that fuel my addiction?
2.	How can I practically renew my mind with God's Word daily?
	What changes will I need to make in my environment or routine to break these cycles?







Day 2: C Breaking the Cycle of Addiction

Journaling Prompts

1.	Identify and describe one pattern you want to change.
2.	Write down key Scriptures that can help renew your mind.
3.	Commit to one new habit that supports your spiritual and mental renewal.







Prayer for Today

Father, transform my mind and break the cycles that lead me astray. Help me replace old habits with Your truth and strengthen me to walk by Your Spirit. Renew my heart today, Lord, that I may live in freedom. Amen.

















Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."

Supporting Scriptures

- Philippians 4:6-7 "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."







Devotional: God's Peace Beyond Circumstances

Many turn to alcohol seeking peace, but worldly peace is temporary and often elusive. Jesus offers a peace that the world cannot give—a supernatural calm that steadies the heart amid chaos, trauma, and temptation.

As a veteran breaking free from addiction, learning to receive and rest in this divine peace is vital. Jesus doesn't promise a life free from struggle, but He promises His peace as an anchor. This peace guards your heart and mind, protecting you from anxiety and the urges to escape reality through substances.

Developing trust in God's peace starts with surrendering your worries and fears to Him. Practice bringing your anxieties to God through prayer, trusting that His peace will guard you. Over time, this peace becomes your refuge and strength.







Reflect and Apply

1.	In what ways do I currently seek peace outside of God?
2.	How does God's peace differ from the temporary calm offered by substances?
3.	What fears or worries do I need to surrender to God today?







Journaling Prompts

1.	Write about a moment when you experienced God's peace despite difficulties.
2.	List practical ways to seek God's peace daily.
3.	Describe how you can turn to prayer instead of old habits when anxious.







Prayer for Today

Lord Jesus, thank You for Your peace that surpasses understanding. Help me to lay down my burdens and trust in Your calm presence. Guard my heart against anxiety and temptation. Fill me with Your peace today and always. Amen. **\mathref{Y} \bigcip \lambda*







Day 4: Overcoming Temptation with God's Help









Day 4: 6 Overcoming Temptation with God's Help

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."
- Hebrews 4:15 "We do not have a high priest who is unable to empathize with our weaknesses."







Day 4: Overcoming Temptation with God's Help

Devotional: Facing Temptation with Confidence in God

Temptation is real and often strong, especially in the context of addiction. But God's Word assures us that we are never alone nor powerless. Every temptation you face has been experienced by others, and God promises faithfulness to provide a way out.

In moments of craving or weakness, remember to submit to God first—acknowledge Him as your strength and protector. Resist the enemy's lies and flee from situations that threaten your freedom. Lean on Jesus, our High Priest, who fully understands your struggles and offers mercy and grace.

Victory over temptation is possible through God's help. When you feel weak, remember His promises and actively seek His strength and guidance.







Day 4: 🖰 Overcoming Temptation with God's Help

Reflect and Apply

1.	What common temptations do I face in my battle with addiction?
2.	How can I deliberately submit to God when temptation arises?
3.	What strategies can I use to resist and flee temptation?







Day 4: 🖰 Overcoming Temptation with God's Help

Journaling Prompts

	Record recent situations where you faced temptation and how you responded.
2.	List scriptures or prayers to recall during difficult moments.
3.	Plan practical steps to avoid or escape triggers moving forward.







Day 4: 🖰 Overcoming Temptation with God's Help

Prayer for Today

Faithful God, thank You for Your presence in my weakness. When temptation comes, remind me that You provide a way out. Help me to submit fully to You and resist the enemy's schemes. Strengthen my resolve to live in freedom. Amen. 🙏 🕜 💍















Your Verse

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

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds, declares the Lord."
- Isaiah 61:1 "He has sent me to bind up the brokenhearted."







Devotional: God's Healing Touch for the Brokenhearted

Behind addiction are often deep wounds—emotional, mental, or spiritual pain that cries out for healing. God sees your broken heart and longs to bind your wounds. His healing is not just physical but holistic, touching every part of your being.

As a veteran, you may carry scars from experiences that weigh heavy on your soul. This scripture reassures you that God's healing process is personal and tender. Trust that He is actively working to restore what addiction and pain have tried to steal.

Healing is a journey, not a single moment, but God walks it with you step by step. Allow Him to gently bind your wounds, give you hope, and renew your spirit.







Reflect and Apply

1.	What wounds am I holding onto that affect my addiction?
2.	How do I see God's healing at work in my life so far?
3.	What does restoration mean for me personally in this journey?







Journaling Prompts

1.	Write about the areas where you feel broken and need healing.
2.	Document small signs of progress or restoration you've experienced.
3.	Pray for the courage to trust God's healing process fully.







Prayer for Today

Heavenly Father, You are the great healer. Please mend my broken heart and bind my wounds. Walk beside me on this journey of restoration and make me whole. Thank You for never giving up on me. Amen. $\heartsuit \nearrow \bot \boxtimes$

















Day 6: BE Embracing New Life 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

- Romans 6:4 "Just as Christ was raised from the dead, we too may live a new life."
- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."







Day 6: BE Embracing New Life in Christ

Devotional: Walking in Freedom as a New Creation

Freedom from addiction is ultimately about stepping into new life through Christ. When you accept Jesus, you become a new creation—your past does not define you, and your chains can be broken.

This new identity invites you to live differently, empowered by the Holy Spirit rather than old habits or guilt. It's a daily choice to live out the truth that you are no longer enslaved but liberated.

Celebrate your new life by engaging in spiritual practices—prayer, worship, fellowship—that reinforce your identity in Christ. Each day is an opportunity to grow stronger, renewed, and free.







Day 6: 💋 Embracing New Life in Christ

Reflect and Apply

1.	How do I understand my identity in Christ related to my addiction?
2.	What does being a new creation look like in my daily life?
3.	How can I rely more on the Holy Spirit to live free?







Day 6: 💋 Embracing New Life in Christ

Journaling Prompts

1.	Write a declaration of who you are in Christ today.
2.	List ways your life has changed since choosing Jesus.
3.	Plan spiritual habits that strengthen your new identity.







Day 6: 💋 Embracing New Life in Christ

Prayer for Today

Lord Jesus, thank You for making me new. Help me to walk daily in freedom and live as the new creation You have made me. Fill me with Your Spirit's power and guide my steps. 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 6:1-2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Matthew 5:14 "You are the light of the world."







Devotional: Using Freedom to Serve and Encourage Others

As you break free from addiction, your journey can inspire and empower others. God equips you with power, love, and self-discipline—not only to maintain your freedom but to support those still struggling.

Veterans often find purpose and healing by helping fellow soldiers or others facing addiction. Your story, your courage, and your experience are powerful tools in God's hands. Through empathy and service, you shine His light into dark places.

Embrace the call to both live free and lead others toward freedom. When you carry others' burdens and show God's love, you participate in His redemptive work.







Reflect and Apply

1.	How has my healing journey prepared me to help others?
2.	What fears or doubts do I face about sharing my story or supporting others?
3.	In what ways can I be a light to someone struggling with addiction?







Journaling Prompts







Prayer for Today

God, empower me with Your Spirit to love and support others. Help me to use my freedom to be a light and encouragement for those still struggling. Grant me self-discipline and courage to serve in Your name. Amen.







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