# Breaking Sugar Addiction with God's Strength



A focused 21-day study to rewire cravings and emotional eating through Scripture, finding freedom and strength in God.





#### Table of contents

<u>Introduction</u>	4
Day 1: A Recognizing the Battle	6
Day 2: Renewing the Mind	12
Day 3: Finding Identity in Christ	18
Day 4: A Relying on God's Strength	24
<u>Day 5:                                   </u>	30
Day 6: Embracing God's Grace	36
Day 7: X Overcoming Temptation	42
Day 8: \delta Practicing Self-Control	48
Day 9: 💝 Seeking Support and Community	54
<u>Day 10:  Healing Emotional Triggers</u>	60
Day 11: Cultivating Peace and Patience	66
Day 12: Balancing Body and Spirit	72
Day 13: Replacing Cravings with Godly Habits	78
Day 14: X Focusing on God's Promises	84
<u>Day 15: ₹ Embracing New Beginnings</u>	90
<u>Day 16: A Establishing Daily Discipline</u>	96











#### Introduction

Addiction, whether to substances, behaviors, or foods like sugar, is a powerful force that can control our lives, emotions, and decisions. Many struggle with cravings and emotional eating, feeling trapped in cycles they can't break. Yet, God offers hope and strength to overcome any addiction through His Word and Spirit.

Breaking Sugar Addiction with God's Strength is a 21-day Bible study designed to encourage, equip, and empower you to rewire your cravings and emotional responses with Scripture. Each day presents passages rooted in truth that remind you of your identity in Christ, God's power over temptation, and the promise of freedom.

Throughout this journey, you will discover practical spiritual tools for healing, renewal, and victory over sugar cravings. The Bible speaks to the heart of addiction — not just physically but emotionally and spiritually. God's Word provides guidance on strengthening your mind, renewing your emotions, and relying on His sustaining power.

This study is much more than simply saying "no" to sugar; it is about saying "yes" to a deeper reliance on God, His promises, and the transformation that comes from His grace. Each devotional will help you reflect on how God's truth interacts with your daily struggle, providing wisdom and encouragement for real, lasting change.







As you spend these 21 days meditating on God's Word, praying, and journaling, you will begin to experience a rewiring of your desires and habits. You won't have to face the battle alone — God is your strength and refuge in every moment of weakness. Prepare for a journey of hope, renewal, and freedom as you lean on God's truth to conquer sugar addiction.

















#### 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 1:14 "...Each person is tempted when they are dragged away by their own evil desire and enticed."
- Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."







# Devotional: Understanding Your Temptations and God's Faithfulness

Temptation and addiction often feel overwhelming and isolating, but the Bible reassures us that what we're experiencing is common to humanity, and we are never alone in our struggles. Today, we begin by recognizing sugar addiction for what it is: a form of temptation empowered by our own desires but not beyond God's capacity to help us endure and overcome.

1 Corinthians 10:13 reminds us of God's faithfulness and limits to temptation, affirming that He will never let us face more than we can bear. This means your craving for sugar, no matter how strong, is not beyond God's control or your ability to overcome with His help.

Understanding that temptation is not a sin until we act upon it helps us see that cravings are signals — invitations to turn to God rather than to sugar. James 1:14 highlights that temptation starts internally, emphasizing our need to guard our hearts and minds. Psalm 34:17 encourages us to call out to God since He listens and rescues those who seek Him.

Recognizing that this is a battle you're not fighting alone is the first empowering step. Today, become aware of your cravings as moments to seek God's strength rather than quick fixes. Let this truth build hope as you embark on this 21-day journey to break free.







## Reflect and Apply

How have you experienced sugar cravings as temptations rather than just habits?
In what ways do you think God is inviting you to seek Him during these cravings?
What does knowing God won't let you face more than you can bear mean for your struggle?







## **Journaling Prompts**

1.	Write about a recent moment when you felt strongest in resisting sugar cravings.
2.	Describe what emotional patterns you notice before or during sugar cravings.
3.	List ways you have sought God's help in your battles — what has worked or not?







#### Prayer for Today

Lord, thank You for Your faithfulness and presence in my battles. I acknowledge my struggle with sugar cravings and temptation. Please help me to remember that You are with me in every moment of weakness, and You provide the strength I need to endure and overcome. Help me to turn to You instead of temporary fixes and to trust that You will not let me be tempted beyond what I can bear. Teach me to recognize cravings as opportunities to seek You more deeply. I lean on Your promises today and every day, knowing recovery is possible through Your power. Amen.











# Day 2: Renewing the Mind









Day 2: Renewing 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 "...whatever is true, whatever is noble, whatever is right... think about such things."
- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."







Day 2: PRenewing the Mind

#### Devotional: Transforming Your Thoughts to Combat Cravings

Breaking sugar addiction is not only about changing habits but also about transforming how we think. Our cravings often come from conditioned thought patterns and emotional associations with food. Romans 12:2 calls us to reject worldly patterns and instead be transformed through the renewal of our minds.

This renewal means intentionally choosing thoughts that align with God's truth rather than fleeting cravings or lies that tell us sugar is a needed comfort. Philippians 4:8 gives us a clear standard — focus on whatever is true, noble, right, pure, lovely, or admirable. This mental discipline rewires emotional triggers.

2 Corinthians 10:5 reminds us to actively take captive thoughts that try to make us act contrary to God's will. Conquering addiction begins in the mind. Each time a craving arises, you can pause, identify the thought fueling it, and replace it with Scripture or God-honoring truth.

As you become more aware of your inner dialogue, invite God to help you reshape it. Your mind is a powerful battleground where transformation begins, and God's Word is the most potent weapon.







Day 2: 
Renewing the Mind

## Reflect and Apply

1.	What kinds of thoughts usually lead to your sugar cravings?
	How can you practice 'taking captive' these thoughts and replacing them with God's truth?
	Which truths from Philippians 4:8 resonate most to help renew your mind?







Day 2: PRenewing the Mind

## **Journaling Prompts**

	Write down some common negative or craving-driven thoughts you notice throughout the day.
2.	Journal verses or truths you can meditate on when cravings come.
	Describe a moment you successfully changed a craving-triggering thought recently.







Day 2: PRenewing the Mind

#### Prayer for Today

Heavenly Father, renew my mind and help me to reject patterns that lead to addiction. Teach me to focus on Your truth and to take control of every thought that tries to pull me toward sugar cravings. Guide my thoughts, Lord, to align with what is pure and right, replacing lies and cravings with Your promises. Strengthen me daily as I depend on Your Word for mental transformation and freedom.



















Day 3: Finding Identity in Christ

#### Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me..."

#### **Supporting Scriptures**

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Day 3: Finding Identity in Christ

#### Devotional: Embracing Your New Identity in Christ

Addiction often tricks us into defining ourselves by our cravings and failures, but God reveals our true identity in Christ. Galatians 2:20 encourages believers that our old selves, including sinful habits and addictions, are crucified with Christ. We live now through Him, strengthened and renewed.

This truth means that sugar addiction does not define who you are. Your true self is a beloved child of God, a new creation with purpose and worth (2 Corinthians 5:17). Recognizing this identity empowers you to reject shame and step into freedom.

Ephesians 2:10 underscores that we are God's masterpiece, created for good works. Addiction hinders that purpose, but through Christ's life in you, that purpose is restored. Let this truth shape how you see your cravings — not as insurmountable, but as obstacles Christ's power can overcome.

Remember today, your identity is anchored in Christ and His righteousness, not in sweets or temporary comfort. Embrace your new life and let it fuel your resolve.







Day 3: V Finding Identity in Christ

## Reflect and Apply

1.	How has sugar addiction influenced your self-image?
	What does it mean for you personally to be crucified with Christ regarding your cravings?
3.	In what ways can embracing your identity as God's masterpiece affect your recovery?







Day 3: V Finding Identity in Christ

## **Journaling Prompts**

1.	Reflect on moments when shame influenced your cravings or eating
	habits.
2.	Write about how knowing you are a new creation changes your perspective.
3.	List ways you can remind yourself daily of your identity in Christ.







Day 3: Finding Identity in Christ

#### Prayer for Today

Lord Jesus, thank You for giving me a new identity in You. Help me to see myself through Your eyes — not as someone enslaved by addiction but as Your beloved child, created for great purpose. When I feel weak or ashamed, remind me that my old self died with You, and I live through Your strength. Empower me to live according to this truth and break free from sugar's control.



















#### Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

#### **Supporting Scriptures**

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- Nehemiah 8:10 "...The joy of the Lord is your strength."







#### Devotional: Trusting God's Strength Over Your Own

Overcoming addiction is not about willpower alone, but about leaning fully on the strength God supplies. Philippians 4:13 is a powerful declaration that we can face every challenge — even the challenge of sugar cravings — through the strength Christ provides.

Addiction often leaves us feeling weak and unable to change, but Isaiah 40:29 offers hope: God renews the weary and weak. It is in our moments of helplessness that His power shines brightest.

Additionally, Nehemiah 8:10 encourages us by showing how joy from the Lord supplies strength. When we focus on God's goodness, even amid struggles, we tap into a supernatural energy that surpasses physical cravings.

Today, commit to entrusting your weakness and cravings to God. Ask Him to empower and renew your strength moment by moment, knowing it's not by your might but His Spirit that you will triumph.







## Reflect and Apply

	When have you tried to overcome cravings on your own, and what was the result?
	How can you practically rely more on God's strength during strong cravings?
3.	What does it look like to find joy in the Lord even when struggling?







#### **Journaling Prompts**

1.	Describe a time when God gave you strength in a difficult situation.
2.	Write how you can remind yourself daily to depend on God's power.
3.	Identify practical ways to invite God's joy into moments of craving.







#### Prayer for Today

Father, I confess that sometimes I rely too much on my own willpower and grow weary. Thank You for promising to give me strength when I am weak. Help me to trust You fully and receive Your power today as I face cravings. Fill me with Your joy that strengthens my heart and sustains my spirit. I choose to lean on You, confident that Your strength will enable me to overcome.











# Day 5: **(** Guarding Your Heart









Day 5: **(**) Guarding Your Heart

#### Your Verse

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

#### **Supporting Scriptures**

- Matthew 6:21 "For where your treasure is, there your heart will be also."
- Jeremiah 17:9 "The heart is deceitful above all things and beyond cure. Who can understand it?"







Day 5: **(**) Guarding Your Heart

#### Devotional: Protecting Your Heart to Break Addictive Cycles

Your heart is the wellspring of life, influencing your actions, emotions, and cravings. Proverbs 4:23 reminds us to guard our hearts carefully, especially as addiction often targets the emotional and spiritual core of who we are.

Sugar cravings can be connected to unguarded areas of emotional need or past hurt. Matthew 6:21 points out that our hearts follow what we value most, meaning that uncovering where your true treasures lie helps guard your heart against unhealthy dependencies.

Yet, Jeremiah 17:9 reveals the heart's tendency to deceive, making it crucial to constantly examine and bring it under God's truth. Guarding your heart means identifying lies that fuel cravings, choosing God's truth, and protecting your emotional well-being.

Begin today by prayerfully assessing the state of your heart. Ask God to reveal what needs healing and invite Him to guard your heart through the work of His Spirit. The flow of your life, including your freedom from sugar addiction, depends on it.







Day 5: ① Guarding Your Heart

## Reflect and Apply

1.	What emotional or spiritual 'treasures' might be influencing your cravings?
2.	Where might your heart be vulnerable or deceived regarding sugar and comfort?
3.	In what ways can you actively guard your heart daily?







Day 5: ① Guarding Your Heart

#### **Journaling Prompts**

1.	Reflect on moments when your emotions strongly influenced cravings.
2.	Write prayers asking God to guard and heal specific areas of your heart.
3.	List healthy 'treasures' or passions that can replace unhealthy ones.







Day 5: **(**) Guarding Your Heart

#### Prayer for Today

Lord, guard my heart and help me to recognize lies and deceptive feelings that drive my cravings. Protect me from unhealthy attachments and direct my heart toward You and the things that bring true life. Heal the emotional wounds hidden deep inside, and fill me with Your peace and strength today.











## Day 6: Embracing God's Grace









Day 6: C Embracing God's Grace

#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

## **Supporting Scriptures**

- Hebrews 4:16 "...let us then approach God's throne of grace with confidence..."
- Psalm 103:12 "...as far as the east is from the west, so far has he removed our transgressions from us."







Day 6: C Embracing God's Grace

## Devotional: Resting in God's Sufficient Grace

In the journey to break addiction, failure and weakness may come, but God's grace covers all. Paul reminds us in 2 Corinthians 12:9 that God's grace is enough — His power shines brightest in our moments of weakness.

Don't let guilt or shame over past slip-ups discourage you. Hebrews 4:16 invites us to confidently approach God's throne, where grace empowers us to continue forward. No past failure dims the hope God offers.

Psalm 103:12 beautifully illustrates the completeness of God's forgiveness, removing our transgressions as far as the east is from the west. This means that your addiction struggles and missteps are fully covered by His mercy.

Today, rest in this grace. When cravings lead to mistakes, remember you are not condemned but lovingly restored to keep pressing on. Grace gives you permission to keep trying, relying on God's power rather than your own.







Day 6: Embracing God's Grace

## Reflect and Apply

1.	How have guilt or shame affected your efforts to overcome addiction?
2.	What does it mean to you that God's power is perfected in weakness?
3.	How can approaching God's throne of grace change your daily battle?







Day 6: Day 6: Embracing God's Grace

## **Journaling Prompts**

1.	Write about a time when God's grace helped you after failing.
2.	List ways to remind yourself of God's forgiveness during struggles.
3.	Journal a prayer thanking God for His grace and mercy.







Day 6: C Embracing God's Grace

## Prayer for Today

Gracious Father, thank You for Your sufficient grace that covers all my weaknesses and failures. Help me to approach You boldly, knowing You welcome me with mercy and love. When I stumble in my battle with sugar addiction, remind me that Your power is displayed through my dependence on You. Renew my hope and strength to keep moving forward.



















Day 7: XX Overcoming Temptation

#### Your Verse

Matthew 4:1-4 - "Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.""

## **Supporting Scriptures**

- 1 Corinthians 10:13 "God will not let you be tempted beyond what you can bear..."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Day 7: XX Overcoming Temptation

## Devotional: Using God's Word to Defeat Cravings

Jesus' response to His own temptations reveals the key to defeating craving and addiction: relying on God's Word. In Matthew 4, Jesus refused physical bread in favor of spiritual nourishment, showing us that God's truth is essential to overcoming temptation.

Your cravings for sugar may feel urgent, like a hunger that needs filling immediately. But these cravings can be resisted by feeding your soul with Scripture and focusing on God's promises.

1 Corinthians 10:13 promises limits to your temptation and assures help always exists. James 4:7 instructs us to submit to God and actively resist temptation — when you do, the enemy flees.

When sugar cravings come, use this spiritual strategy. Speak God's Word aloud or quietly; remind yourself of Jesus' strength and victory. Lean on Scripture as your weapon against addiction.







Day 7: 💥 Overcoming Temptation

## Reflect and Apply

1.	How can Jesus' example guide your response to cravings?
2.	What Scriptures can you memorize to use during temptation?
3.	In what ways can submitting to God help you resist sugar urges?







Day 7: 🔀 Overcoming Temptation

## **Journaling Prompts**

1.	Write down favorite Bible verses that strengthen you against temptation.
2.	Describe a past time when Scripture helped you resist an urge.
3.	Plan specific ways to use God's Word when cravings arise.







Day 7: XX Overcoming Temptation

## Prayer for Today

Lord Jesus, thank You for Your example when tempted. Teach me to respond to cravings with Your Word, not food or feelings. Help me to submit fully to You and resist every temptation that leads me away from freedom. Strengthen me through Your promises and presence as I seek true nourishment from You.











# Day 8: 🕹 Practicing Self-Control









Day 8: 👶 Practicing Self-Control

#### Your Verse

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

## **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."
- Titus 2:11–12 "...training us to say 'No' to ungodliness and worldly passions..."







## Devotional: Growing Self-Control Through the Spirit

Self-control is a fruit of the Spirit, meaning it's produced in us as we live in connection with God. Addiction, by nature, seeks to destroy self-control, but God's Spirit is available to empower us to choose differently.

Galatians 5:22–23 points out self-control as essential to the Christian life. This is not a self-help command but a spiritual gift and evidence of the Spirit working within us.

God has not given us a spirit of fear or weakness but of power, love, and sound mind (2 Timothy 1:7). This power enables self-discipline, allowing us to say no to sugar cravings and other passions contrary to God's best.

Titus 2 reminds us that God's grace teaches us how to reject ungodliness. Practicing self-control starts by walking daily in the Spirit, depending on Him to guide your choices.

Today, ask God to cultivate self-control in your heart. With His help, say no to cravings and confidently step into a disciplined, healthy lifestyle.







## Reflect and Apply

1.	How do you currently experience self-control in your daily life?
	What areas of your addiction reveal a need for greater Spirit-led discipline?
	How can you invite the Holy Spirit to strengthen you in moments of weakness?
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## **Journaling Prompts**

1.	List situations where you successfully exercised self-control recently.
2.	Journal your prayer asking God to increase your self-discipline.
3.	. Write how relying on the Spirit differs from relying on your own strength.







## Prayer for Today

Holy Spirit, fill me with Your power and self-control. I choose to depend on You, not my feelings or weaknesses. Help me to resist cravings and live by Your disciplined guidance. Strengthen me to make choices that honor You and bring freedom from addiction.

















#### Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

## **Supporting Scriptures**

- Hebrews 10:24–25 "...encourage one another... not giving up meeting together..."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







# Devotional: Drawing Strength from Godly Community

Breaking an addiction is rarely a solo journey—God designed us for community and mutual support. Ecclesiastes highlights the benefits of partnership, emphasizing how we benefit from encouragement, accountability, and help when we stumble.

Hebrews encourages believers not to neglect meeting together but to support one another. Sharing struggles with trusted friends or groups can provide perspective, strength, and prayer support critical to overcoming cravings.

Galatians 6 exhorts us to carry each other's burdens — addiction can feel isolating, but sharing it allows others to help carry that weight and remind you of God's hope.

Today, consider who God might be leading you to connect with—a friend, counselor, or group. Pray for courage to be honest and receive help. Surrounding yourself with support is a powerful weapon in the battle against sugar addiction.







## Reflect and Apply

1.	Who in your life can you trust to support your journey against addiction?
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2.	How might sharing your struggles bring healing and accountability?
2	What fears or barriers keep you from seeking community help?
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## **Journaling Prompts**

1.	Write about past experiences with support—both positive and negative.
2.	List potential people or groups to reach out to for encouragement.
3.	Journal a prayer for boldness to seek and accept help.







## Prayer for Today

God, thank You for the gift of community and support. Lead me to people who can encourage and pray for me. Give me the courage to be honest and vulnerable, knowing that together we can carry burdens and find freedom. Help me to uplift others on their journey as well.



















#### Your Verse

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

## **Supporting Scriptures**

- Isaiah 61:1 "He has sent me to bind up the brokenhearted..."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







## Devotional: Allowing God to Heal Emotional Wounds

Often, sugar cravings are emotional responses to pain, stress, or unmet needs. Recognizing these emotional triggers is critical to breaking free from addiction.

Psalm 147:3 reminds us that God lovingly heals broken hearts and binds our wounds. Addiction can be a way of numbing emotional pain, but God offers real healing.

Isaiah 61 reinforces this by describing the mission of bringing restoration to the brokenhearted. Jesus invites us in Matthew 11:28 to come with our burdens and find rest in Him — not in temporary fixes like sugar.

Today, identify any emotions or situations that trigger your cravings. Offer these to Jesus for healing and rest. Let His gentle touch bring release, so cravings lose their emotional power.







## Reflect and Apply

1.	What emotions or situations tend to trigger your sugar cravings?
2.	How can you invite God's healing into these areas?
3.	What rest might Jesus offer that sugar cannot provide?







## **Journaling Prompts**

1.	List emotional triggers connected to your cravings.
2.	Write a prayer asking Jesus to heal and restore these areas.
3.	Describe what rest in Jesus feels like to you.







## Prayer for Today

Jesus, You know my heart and the wounds behind my cravings. Please heal the brokenness I try to cover with sugar. Bring rest to my weary soul and help me to find comfort only in You. Teach me to turn to You first when I feel overwhelmed.









## Day 11: W Cultivating Peace and Patience









Day 11: ধ Cultivating Peace and Patience

#### Your Verse

Isaiah 26:3 – "You will keep in perfect peace those whose minds are steadfast..."

## **Supporting Scriptures**

- Psalm 37:7 "Be still before the LORD and wait patiently for him;"
- Galatians 5:22 "...peace, patience..."







Day 11: W Cultivating Peace and Patience

## Devotional: Growing Peace and Patience Amidst Cravings

Cravings often urge immediate satisfaction, but God calls us to patience and peace during struggles. Isaiah promises perfect peace when our minds remain focused on God's faithfulness.

Learning to be still and wait on the Lord, as Psalm 37 advises, helps us resist impulsive responses to cravings. Patience grows as a fruit of the Spirit, developing as we grow closer to God.

Galatians 5:22 reminds us that peace and patience arise not by effort alone, but by living yielded to the Spirit.

Practice slowing your response to cravings today, breathing in God's peace, and patiently waiting on His timing and strength to act.







Day 11: 📞 Cultivating Peace and Patience

## Reflect and Apply

1.	How do cravings affect your sense of peace and patience?
2.	What practices help you remain still and patient with God?
3.	How can you cultivate a mind steadfast on God during hard moments?







Day 11: 📞 Cultivating Peace and Patience

## **Journaling Prompts**

	Describe a time when waiting on God brought peace instead of frustration.
2.	List ways to remind yourself to be still during cravings.
3.	Journal a prayer asking God to increase your peace and patience.







Day 11: ধ Cultivating Peace and Patience

## Prayer for Today

Father, help me to cultivate peace and patience when cravings arise. Keep my mind steadfast on You so that I may experience Your perfect peace. Teach me to be still before You and trust Your timing. Fill me with Your Spirit's fruit, guiding my responses today.



















Day 12: Day Balancing Body and Spirit

#### Your Verse

1 Corinthians 6:19-20 - "Your body is a temple of the Holy Spirit..."

#### **Supporting Scriptures**

- Romans 12:1 "...offer your bodies as a living sacrifice, holy and pleasing to God."
- 3 John 1:2 "I pray that you may enjoy good health and that all may go well with you."







Day 12: Balancing Body and Spirit

#### Devotional: Honoring God Through Physical Care

God cares about your whole being — body, mind, and spirit. Sugar addiction affects the body, but healing involves honoring God with your physical self as well as your spirit.

1 Corinthians 6:19–20 reminds us that our bodies are temples of the Holy Spirit, meaning caring for our health is a form of worship. Offering your body as a living sacrifice (Romans 12:1) means choosing life–giving habits and rejecting anything harmful.

3 John 1:2 expresses a desire for our health and prosperity, showing God's heart for our well-being.

As you work on breaking sugar addiction, invite God to help you care for your body in ways that honor Him—balanced eating, rest, and exercise. Physical health supports spiritual growth and freedom.







Day 12: Palancing Body and Spirit

#### Reflect and Apply

1.	How do your eating habits reflect your view of your body?
2.	In what areas of physical care do you need God's guidance?
3.	How can caring for your body support your spiritual freedom?







Day 12: Palancing Body and Spirit

#### **Journaling Prompts**

1.	Write about your current physical habits related to food and health.
2.	Journal goals for honoring God with your body.
3.	Pray for strength and wisdom to make healthy choices.







Day 12: Palancing Body and Spirit

#### Prayer for Today

Lord, thank You for my body as Your temple. Help me to care for it and honor You in my eating habits and lifestyle. Give me wisdom to make choices that promote my health and wellbeing, supporting the freedom You have given me in Christ.









# Day 13: Replacing Cravings with Godly Habits









Day 13: CREPLATE Replacing Cravings with Godly Habits

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."
- Proverbs 3:5-6 "Trust in the LORD with all your heart... he will make your paths straight."







Day 13: C Replacing Cravings with Godly Habits

# Devotional: Building Healthy Habits Rooted in Scripture

One key to overcoming sugar addiction is replacing old craving-driven habits with healthy, God-centered ones. Colossians 3:2 encourages us to focus on heavenly things rather than earthly cravings.

Filling your heart with God's Word (Psalm 119:11) provides resilience and direction, distracting from temptations and redirecting desires.

Proverbs 3:5-6 reminds us to trust the Lord fully, and He will guide our steps —helping us build new, godly routines that honor Him.

Today, identify one old craving habit and consciously replace it with a positive spiritual or physical practice, like prayer, Scripture reading, or physical activity. Over time, these choices rewire your brain and heart towards freedom.







Day 13: C Replacing Cravings with Godly Habits

#### Reflect and Apply

1.	What cravings can you consciously replace with Godly habits?
2.	How can focusing on 'things above' change your daily choices?
3.	Which Scripture verses empower you to build new routines?







Day 13: C Replacing Cravings with Godly Habits

#### **Journaling Prompts**

1.	List unhealthy habits tied to sugar cravings you want to change.
2.	Write new habits or practices you want to develop.
3.	Journal a plan for consistently choosing godly replacements.







Day 13: CREPLATE Replacing Cravings with Godly Habits

#### Prayer for Today

Father, help me to set my mind on You and heavenly things rather than earthly cravings. Teach me to replace destructive habits with those that honor You and sustain my spirit. Guide me each day as I build new routines rooted in Your love and truth.

















#### Your Verse

Joshua 1:9 - "Be strong and courageous... Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

#### **Supporting Scriptures**

- Psalm 23:4 "Even though I walk through the darkest valley, I will fear no evil..."
- Romans 8:38–39 "Nothing will separate us from the love of God..."







## Devotional: Standing Firm on God's Unshakable Promises

God's promises anchor us in hope, especially when addiction battles feel discouraging. Joshua 1:9 commands strength and courage because God is always with us. This truth empowers you not to fear the struggle.

Psalm 23:4 encourages us that even in the darkest moments, God's presence protects us. No craving or temptation can separate you from His constant love.

Romans 8:38–39 underscores an unbreakable love that provides safety and confidence.

Today, meditate on these promises. Let them be a shield and motivation to keep walking in freedom, knowing God never leaves nor forsakes you.







#### Reflect and Apply

1.	How can God's promises inspire courage in your addiction journey?
2.	What fears or discouragement do you need to surrender to God today?
3.	Which promise feels most personal and powerful for you right now?







#### **Journaling Prompts**

1.	Write about fears or discouragement you're facing.
2.	List God's promises that encourage and strengthen you.
3.	Journal a prayer claiming His presence in your struggle.







#### Prayer for Today

Lord, thank You that You are with me always, giving me strength and courage. Help me not to fear or lose heart during cravings or dark moments. Remind me that nothing can separate me from Your love and presence.









### Day 15: 🗱 Embracing New Beginnings









Day 15: 🗱 Embracing New Beginnings

#### Your Verse

Lamentations 3:22–23 – "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning..."

#### **Supporting Scriptures**

- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"
- 2 Corinthians 5:17 "...if anyone is in Christ, the new creation has come..."







Day 15: 💢 Embracing New Beginnings

#### Devotional: Walking Forward in God's Fresh Mercy

#### Recovery from addiction includes daily renewal and fresh starts.

Lamentations reminds us that God's mercy is new every morning, giving hope to keep trying even after setbacks.

Isaiah encourages us to leave past failures behind and embrace the new things God is doing in our lives.

Being a new creation in Christ (2 Corinthians 5:17) means every day offers a clean slate, a chance to walk free and strong.

Today, receive God's fresh mercy and embrace the new beginning He provides. Let go of past mistakes and step forward in faith, trusting He is making all things new.







Day 15: 😂 Embracing New Beginnings

#### Reflect and Apply

1.	What past failures are you holding onto that hinder your freedom?
2.	How can you accept God's compassions as new every morning?
3.	What 'new thing' do you sense God doing in your life now?







Day 15: ₹ Embracing New Beginnings

#### **Journaling Prompts**

1.	Write a letter forgiving yourself and embracing a fresh start.
2.	List mercies and blessings you notice each day.
3.	Journal prayers thanking God for new beginnings.







Day 15: ₹ Embracing New Beginnings

#### Prayer for Today

Merciful God, thank You for Your unfailing compassion and fresh mercies each day. Help me to release past mistakes and embrace the new life You offer. Empower me to walk forward with hope and faith, confident in Your ongoing work in me.



















#### Your Verse

Hebrews 12:11 - "No discipline seems pleasant at the time, but painful. Later, however, it produces a harvest of righteousness..."

#### **Supporting Scriptures**

- Proverbs 12:1 "Whoever loves discipline loves knowledge..."
- 1 Corinthians 9:27 "...I discipline my body and keep it under control..."







## Devotional: Committing to Discipline for Lasting Freedom

**Discipline is often uncomfortable but necessary for lasting freedom.** Hebrews reminds us that discipline produces fruit, including righteousness and growth.

Loving discipline (Proverbs 12:1) means choosing the path of growth, even if it involves sacrifice. Paul's example in 1 Corinthians shows that spiritual athletes practice self-control to run well.

Developing daily disciplines — prayer, Scripture, healthy eating, exercise — form the foundation to resist sugar addiction.

Consider this an investment: pain now leads to freedom and joy later. Commit today to consistent discipline guided by God's Spirit.







#### Reflect and Apply

1.	What disciplines currently help or hinder your recovery?
2.	How do you view discomfort related to discipline?
3.	What small daily disciplines can you start or improve?







#### **Journaling Prompts**

1.	Write about past successes through discipline.
2.	List new disciplines you want to begin.
3.	Journal challenges you face regarding self-control.







#### Prayer for Today

**Father, help me embrace discipline, even when it's difficult.** Strengthen my commitment to daily habits that bring freedom and honor You. May I reap a harvest of righteousness and joy as I rely on Your grace.









# Day 17: Loving Yourself with God's Compassion









#### Your Verse

Psalm 139:14 - "I praise you because I am fearfully and wonderfully made."

#### **Supporting Scriptures**

- Mark 12:31 "Love your neighbor as yourself."
- 1 John 4:19 "We love because he first loved us."







#### Devotional: Embracing God's Compassion for Yourself

Healing addiction involves not just self-discipline, but also self-compassion grounded in God's love. Psalm 139:14 reminds you that you are wonderfully made—worthy of love and care.

Jesus' command to love others as yourself (Mark 12:31) assumes that healthy self-love is essential. 1 John reminds us that our capacity to love comes from God's first love.

Instead of harsh self-judgment for your struggle, choose to treat yourself with kindness and patience. God's compassion for you calls you to care for your body and soul tenderly.

Spend time reflecting on God's love and directing that same love inward. This strengthens your heart and makes recovery sustainable.







#### Reflect and Apply

1.	How do you treat yourself during moments of craving or failure?
2.	What difference would self-compassion make in your healing?
3.	How can God's love shape your view of yourself?







#### **Journaling Prompts**

1.	Write affirmations that reflect your worth and God's love.
2.	Journal a letter of forgiveness and kindness to yourself.
3.	Describe ways to nurture your body and soul day-to-day.
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#### Prayer for Today

Lord, thank You for creating me wonderfully and loving me unconditionally. Teach me to extend that same love and compassion to myself, especially in difficult times. Help me be patient and kind as I walk toward freedom.











### Day 18: A Restoring Spiritual Focus









#### Your Verse

Matthew 6:33 - "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







#### Devotional: Prioritizing God to Renew Your Strength

Addiction distracts us from our true purpose—seeking God's kingdom first. Matthew 6:33 calls us to prioritize God above all, trusting He will provide our needs, including strength to overcome cravings.

Psalm 46:10 invites quietness and awareness of God's sovereignty. Restoring spiritual focus requires pausing amid cravings and drawing near to God.

Isaiah assures that hoping in the Lord renews strength — vital for breaking cycles of addiction.

Today, commit to putting God first in your thoughts and actions. When sugar cravings distract you, redirect your focus to Him and His kingdom promises.







# Reflect and Apply

1.	In what ways has sugar addiction distracted you from God?
2.	How can you practically seek God's kingdom first?
3.	What spiritual practices help you refocus during cravings?







# **Journaling Prompts**

1.	Reflect on times when seeking God changed your perspective.
2.	Journal a plan to integrate spiritual focus into daily life.
3.	Write about moments when hope in God renewed your strength.







### Prayer for Today

**Jesus, help me to seek You first in every area of my life.** When cravings arise, remind me to be still and focus on You. Renew my strength and guide me to live according to Your kingdom ways.



















#### Your Verse

1 Thessalonians 5:18 - "Give thanks in all circumstances..."

#### **Supporting Scriptures**

- Psalm 107:1 "Give thanks to the LORD, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts... and be thankful."







#### Devotional: Rewiring the Heart Through Gratitude

Gratitude shifts our focus from lack to abundance, helping us resist cravings rooted in dissatisfaction. Paul encourages believers to give thanks in all circumstances, which fosters joy and peace.

Psalm 107 praises God's enduring goodness, inviting a heart posture of praise despite struggles.

Colossians connects gratitude with peace, demonstrating how thankfulness can rule our emotions and decisions.

Practice gratitude today by listing blessings, focusing on God's faithfulness to help over addiction. This spiritual discipline rewires your heart for freedom.







# Reflect and Apply

1.	How does gratitude affect your cravings and emotional eating?
2.	What blessings can you thank God for even during difficulty?
3.	How can you incorporate gratitude into your recovery routine?







## **Journaling Prompts**

1.	List 5 blessings or answered prayers related to your health journey.
2.	Write a gratitude prayer focusing on God's goodness.
3.	Describe how gratitude changes your attitude during cravings.







### Prayer for Today

**Thank You, Lord, for Your unfailing love, goodness, and presence.** Help me cultivate a grateful heart that sees Your blessings every day. May gratitude fill me with peace and overcome cravings with joy and contentment.









# Day 20: Strengthening Your Willpower









Day 20: Strengthening Your Willpower

#### Your Verse

Proverbs 25:28 - "Like a city whose walls are broken through is a person who lacks self-control."

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; be strong and courageous."
- Psalm 18:32 "It is God who arms me with strength..."







Day 20: Strengthening Your Willpower

### Devotional: Building Resilience Through God's Power

Willpower alone is fragile, but when combined with God's strength, it becomes resilient. Proverbs 25:28 illustrates the vulnerability of lacking self-control, like a defenseless city.

Isaiah encourages strength and courage because God is with us, an everpresent source of power.

Psalm 18 credits God as the one who arms us with strength and makes our way perfect.

Today, reflect on your willpower as incomplete without God. Rely on Him to fortify your resolve, build your defenses, and protect you from cravings that attack.







Day 20: 💪 Strengthening Your Willpower

# Reflect and Apply

1.	What areas of your willpower feel weakest against cravings?
2.	How can God's presence boost your strength and courage?
3.	What defenses can you build to protect against temptation?







Day 20: 💪 Strengthening Your Willpower

### **Journaling Prompts**

1.	Write about moments when willpower alone was insufficient.
2.	Journal how God's strength changes your approach.
3.	Plan practical 'walls' or safeguards against cravings.







Day 20: 💪 Strengthening Your Willpower

#### Prayer for Today

Strong God, I need Your power to strengthen my will and protect me. Build walls of self-control around my heart and mind. Help me be courageous knowing You are with me, and arm me with the strength to stand firm against sugar addiction.

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#### Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free."

#### **Supporting Scriptures**

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







#### Devotional: Walking in the Freedom Christ Provides

**Today marks the culmination of commitment to breaking sugar addiction with God's strength.** Galatians proclaims our freedom in Christ — a freedom that is real, permanent, and invincible.

John assures that Jesus releases us completely, freeing us from guilt, cravings, and shame.

Romans declares no condemnation for those in Christ, so freedom from addiction is not only possible but rooted in grace.

Celebrate this new freedom today, knowing it is not through your effort but through Christ's victory and loving power. Keep pressing forward, living as a free child of God.







# Reflect and Apply

1.	How has this 21-day journey changed your perspective on addiction?
2.	What does freedom in Christ mean for your daily life?
3.	How will you maintain your freedom moving forward?







# **Journaling Prompts**

1.	Write a testimony of God's work during this study.
2.	Journal commitments for maintaining freedom day by day.
3.	Pray a prayer of celebration and dedication to Christ.







#### Prayer for Today

**Jesus, thank You for setting me free from addiction and shame.** I celebrate the freedom You give and commit to living in that freedom each day. Help me to walk in Your power, grace, and love continually.









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