Discipline in Overcoming Addictions



Explore how God's discipline empowers us to break free from addictions through Scripture, reflection, and prayer over seven transformative days.





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Introduction

Welcome to your 7-day journey on Discipline in Overcoming Addictions.

Addiction not only impacts our physical health but deeply affects our spiritual, emotional, and relational well-being. *Discipline* is a vital tool God uses to restore freedom and foster growth in our lives.

In this study, we will examine how God's discipline is not about punishment but about loving correction and empowerment. The Bible offers guidance and encouragement for those struggling with addictive behaviors, emphasizing God's strength available to us when our own willpower falls short.

We will reflect on Scriptures that illuminate how discipline shapes our character, keeps us focused on righteousness, and sustains us in times of temptation. Through daily devotionals, you will find hope and practical steps to rely on God's grace and cultivate self-control.

Remember, discipline grounded in God's love is compassionate, transformative, and liberating. May this week renew your commitment to healing and enable you to walk forward confidently, free from the chains of addiction.

Let's begin this journey together, open to God's healing hand and ready to experience His restoring discipline in our lives.

















Your Verse

Hebrews 12:5-6 NIV - "My son, do not make light of the Lord's discipline...because the Lord disciplines the one he loves..."

Supporting Scriptures

- Proverbs 3:11–12 "Do not despise the Lord's discipline...because the Lord disciplines those he loves, as a father the son he delights in."
- Revelation 3:19 "Those whom I love I rebuke and discipline."







Devotional: God's Discipline: A Loving Correction for Growth

God's discipline is an expression of His deep love for us. When we face the struggles of addiction, it's easy to feel distant from God or assume He's displeased with us beyond repair. However, Scripture — especially Hebrews 12:5–6 — reminds us that God's discipline is *not punishment* but a corrective tool designed to lead us back to health and holiness.

Understanding God's discipline as an act of love helps us to accept it rather than resist or misinterpret it. Addiction can cloud our perception, leading to shame and isolation. But God calls us His beloved children, shaping us toward freedom through discipline. His hands may seem firm but are always tender and purposeful.

Today, reflect on the nature of God's discipline. Consider it as a loving guide, not a condemning force. This mindset opens the door for healing and transformation as you begin your journey to overcome addiction.







Reflect and Apply

1.	How have you previously viewed God's discipline in your life?
	In what ways does understanding discipline as love change your perspective?
	What feelings come up when considering God's correction amidst addiction struggles?







Journaling Prompts

	Write about a time when God's discipline led to positive change in your life.
2.	List any fears or misconceptions you have about God's discipline.
3.	Pray and journal your desire to trust God's loving correction.







Prayer for Today

Dear Heavenly Father, thank You for Your steadfast love and discipline in my life. Help me to receive Your correction with an open heart, understanding it comes from Your desire to see me healed and whole. Strengthen me to face my addiction with courage and trust in Your perfect plan. Guide me through each step and fill me with Your peace and hope. In Jesus' name, Amen. \triangle



















Day 2: K Cutting Ties with Old Habits

Your Verse

Ephesians 4:22–24 NIV – "Put off your old self...and be made new in the attitude of your minds."

Supporting Scriptures

- Romans 6:6 "Our old self was crucified with him so that the body ruled by sin might be done away with."
- Colossians 3:9–10 "You have taken off your old self with its practices and have put on the new self..."







Day 2: K Cutting Ties with Old Habits

Devotional: Shedding the Old Self for Renewal

Overcoming addiction requires intentional discipline to separate from past behaviors and mindsets. Paul urges believers in Ephesians to 'put off the old self'—to make a conscious effort to let go of habits that enslave us.

This process isn't easy; addictions often have deep roots planted in emotional pain, triggers, and routines. Discipline entails establishing boundaries, seeking accountability, and renewing our minds daily to break these chains.

By God's grace, you can nurture a new identity in Christ that no longer tolerates sinful patterns but walks in freedom and healing. Don't be discouraged by setbacks—discipline is a steady commitment to growth, not instant perfection.







Day 2: 🎇 Cutting Ties with Old Habits

Reflect and Apply

1. What old	l habits or thoughts do you need to 'put off' to move forward?
2. How doe	es identifying as a 'new self' impact your recovery journey?
3. What dis	sciplines can help reinforce this new identity daily?
3. What dis	ciplines can help reinforce this new identity daily?







Day 2: 🎇 Cutting Ties with Old Habits

Journaling Prompts

1.	. Describe the 'old self' you want to leave behind.
2.	. Write down practical steps you can take to 'put off' old habits.
3.	Pray for strength and guidance to embrace your new identity in Christ.







Day 2: K Cutting Ties with Old Habits

Prayer for Today

Lord, help me to release my old ways and embrace the new life You offer. Discipline my heart and mind to reject addictive behaviors and align with Your truth. Strengthen my will and renew my spirit daily. Teach me to walk faithfully with You, free and restored. In Jesus' name, Amen. 😂 🛨 💙 😂







Day 3: Strengthening Your Spirit with Self-Control









Day 3: • Strengthening Your Spirit with Self-Control

Your Verse

2 Timothy 1:7 NIV – "For God gave us a spirit not of fear but of power and selfcontrol."

Supporting Scriptures

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







Day 3: Strengthening Your Spirit with Self-Control

Devotional: Empowered by the Spirit to Exercise Self-Control

Self-control is a fruit of the Spirit and a crucial discipline in overcoming addiction. Addictions often bypass our willpower, but God equips us with His Spirit to regain authority over our lives.

2 Timothy 1:7 declares that God does not give us a spirit of fear but a spirit of power, love, and self-discipline. This truth reminds us that fear, shame, or helplessness do not define us—God's power does.

Developing self-control is like rebuilding the broken walls of a city; it takes patience and reliance on God's strength. Each time we choose God's way over addiction's pull, we fortify ourselves and grow stronger.







Day 3: **(**) Strengthening Your Spirit with Self-Control

Reflect and Apply

1.	What areas need stronger self-control in your addiction recovery?
	How can relying on the Holy Spirit empower you beyond your own strength?
3.	What fears or feelings threaten your self-control?







Day 3: **(**) Strengthening Your Spirit with Self-Control

Journaling Prompts

1.	List moments when self-control was difficult and how you responded.
2.	Write about how the Holy Spirit has helped you resist temptation.
3.	Pray for empowerment to exercise self-discipline today.







Day 3: Strengthening Your Spirit with Self-Control

Prayer for Today

Father God, thank You for the gift of Your Spirit who empowers me with self-control and courage. Help me to overcome fear and shame, embracing Your power to live free from addiction's grip. Strengthen my resolve and guide my steps toward holiness. Filled with Your love, I choose discipline today. In Jesus' name, Amen.







Day 4: 🎇 Building Healthy Habits Daily









Day 4: K Building Healthy Habits Daily

Your Verse

1 Corinthians 9:24–27 NIV - "I discipline my body and keep it under control..."

Supporting Scriptures

- Philippians 4:8 "Whatever is true, noble, right...think about such things."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 4: K Building Healthy Habits Daily

Devotional: Daily Steps Toward Lasting Freedom

Discipline is strengthened by cultivating daily healthy habits that support recovery. Paul's example in 1 Corinthians shows the intentional effort it takes to keep our bodies and minds aligned with God's will.

Overcoming addiction isn't just about saying no; it's about replacing old patterns with new, life-giving rhythms—prayer, Scripture meditation, accountability, rest, and healthy connections.

Embedding God's Word and His truth deeply into your heart equips you to resist temptations and develop lasting change. These habits may seem small but, over time, they build consistent strength and resilience.







Day 4: 🚜 Building Healthy Habits Daily

Reflect and Apply

1.	What positive habits can replace addictive behaviors in your life?
2.	How can Scripture influence your daily mindset and choices?
3.	What routines would help anchor your recovery?







Day 4: 🎇 Building Healthy Habits Daily

Journaling Prompts

1.	Identify three healthy habits you want to develop this week.
2.	Write a prayer committing to daily meditation on Scripture.
3.	Reflect on how small consistent changes make a difference over time.







Day 4: **%** Building Healthy Habits Daily

Prayer for Today

Lord, guide me as I build new habits that honor You and sustain my recovery. Help me to discipline my body and mind with patience and perseverance. Fill my heart with Your Word so it becomes my strength against temptation. Teach me to live each day faithfully in Your grace. In Jesus' name, Amen. 🝞



















Your Verse

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

Supporting Scriptures

- Hebrews 10:24–25 "Let us consider how we may spur one another on…and encourage one another."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: The Power of Godly Community Support

Discipline in overcoming addiction is not meant to be walked alone. God designed us for community, where mutual support strengthens our resolve and brings accountability.

Ecclesiastes reminds us that two are better than one because we can lift each other up in times of weakness. Addiction often isolates its victims, but true freedom emerges through connection. Sharing struggles, praying together, and encouraging one another offer powerful tools for enduring discipline and victory.

Being part of God-honoring community provides practical help and emotional support that fuels healing. Whether through church groups, recovery ministries, or trusted friends, let others bear your burdens as you bear theirs.







Reflect and Apply

1.	How has community helped or hindered your recovery in the past?
2.	Who can you invite to support you on this journey?
3.	What fears or barriers exist to receiving help from others?







Journaling Prompts

	List people or groups you can turn to for accountability and encouragement.
2.	Reflect on times when sharing your burden lightened your load.
3.	Pray for courage to open your heart and receive support.







Prayer for Today

Gracious Father, thank You for the gift of community to uplift and encourage me. Help me to find trusted companions who walk beside me in my recovery journey. Teach me to be honest, humble, and open to support. Let Your love flow through us as we strengthen each other in discipline and freedom. In Jesus' name, Amen. \heartsuit \wp \diamondsuit















Your Verse

Matthew 4:1-4 NIV – "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Supporting Scriptures

- Psalm 119:9 "How can a young person stay on the path of purity? By living according to your word."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Devotional: God's Word: Your Fortress in Temptation

Jesus models how to use Scripture as a powerful weapon against temptation. During His wilderness testing, He countered Satan's lies by quoting God's Word, demonstrating the discipline of memorizing and applying Scripture in critical moments.

When addiction triggers cravings or lies, turning to God's promises and commands centers our minds and strengthens our spirits. It reminds us who we are in Christ and the freedom we already have through Him.

Consistently meditating on Scripture arms us to resist temptation and walk in obedience. Let God's Word be your fortress, enabling discipline to flourish amid challenges.







Day 6: \maltese Resisting Temptation with God's Word

Reflect and Apply

1.	How can Scripture help you recognize and reject addictive temptations?
2.	What verses or promises bring you strength in moments of weakness?
3.	How disciplined are you in reading and memorizing God's Word?







Journaling Prompts

1.	Write down verses that encourage you to resist temptation.
2.	Create a plan for daily Scripture meditation and memorization.
3.	Pray for a hunger and love for God's Word in your heart.







Prayer for Today

Father God, thank You for the power of Your Word to protect and guide me. Help me to hide Your truth in my heart so temptation cannot overcome me. Teach me to rely on Scripture as my shield and weapon in the battle against addiction. Strengthen my resolve and deepen my love for You daily. In Jesus' name, Amen.







Day 7: Celebrating Progress and God's Faithfulness









Day 7: 🏂 Celebrating Progress and God's Faithfulness

Your Verse

Philippians 1:6 NIV – "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

Supporting Scriptures

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







Day 7: A Celebrating Progress and God's Faithfulness

Devotional: God Completes What He Begins in You

As this week concludes, celebrate every step forward in your journey toward freedom from addiction. Philippians assures us that God, who started this good work in you, will faithfully continue it. He never abandons His children, even when progress feels slow or setbacks arise.

Remember God's compassion is renewed every morning, and His grace covers our weaknesses. Discipline is not a burdensome task but a loving partnership with God leading to transformation.

Take time to praise God for His faithfulness and your perseverance.

Acknowledge the growth in your spirit and the victories—no matter how small—that point to a freer life in Christ.







Day 7: 🏂 Celebrating Progress and God's Faithfulness

Reflect and Apply

What progress have you noticed in your struggle with addiction?
How has God's faithfulness shown in your journey this week?
In what ways can you celebrate and encourage yourself going forward?







Day 7: 🥕 Celebrating Progress and God's Faithfulness

Journaling Prompts

1.	Make a list of victories and answered prayers from this week.
2	Write a letter of encouragement to yourself from God's perspective.
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3.	Pray a prayer of thanksgiving and renewed commitment to discipline.







Day 7: 🏂 Celebrating Progress and God's Faithfulness

Prayer for Today

Heavenly Father, thank You for never giving up on me. I celebrate the work You are doing in my life and trust You to carry it to completion. Renew my strength and hope each day. Help me embrace discipline as a loving pathway to freedom and new life. In Jesus' name, Amen.



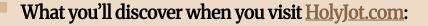




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