Endurance: Leaning on God Through Addiction Recovery



A 5-day journey to build spiritual endurance and find God's strength amid addiction recovery challenges.





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Introduction

Welcome to this 5-day Bible study on endurance, specially crafted for those navigating the challenging path of addiction recovery. Addiction recovery is often marked by moments of intense struggle, temptation, and feelings of loneliness. Yet, *God invites us to lean deeply on Him* throughout our journey, offering strength when our own is spent and hope when despair threatens to overwhelm.

This study will guide you through key Scriptures that highlight God's sustaining power, grace, and unfailing presence in the face of trials. Through **Paul's encouragement in Scripture**, the examples of perseverance from biblical heroes, and the comforting promises of Jesus, you will be reminded that endurance is not just about human effort but about depending on God's power to see you through.

Each day, you will delve into God's Word, engage your heart with reflection questions, and be prompted to journal personal insights as you process your healing process. The goal is to help you find spiritual endurance—a Godgiven strength that does not rely merely on willpower but grows out of trusting Him day by day.

Remember this truth: addiction recovery is a marathon, not a sprint.

Endurance comes from fixing your eyes on Jesus, the Author and Perfecter of your faith (Hebrews 12:1-2). Let this study be a steady reminder that God







walks beside you, strengthens you, and will never abandon you on this journey to freedom.

















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

- Isaiah 40:31 "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: God's Power Perfected in Your Weakness

Recovery is a place where human weakness is made evident. Addiction can leave you feeling helpless and drained. Yet, Paul's words in 2 Corinthians remind us of a profound truth: God's grace is sufficient, and His power is displayed most clearly through our weakness.

When you feel your strength failing, it is actually an invitation to depend more fully on Christ. This is not a sign of failure but a doorway to experience His sustaining power. The journey to freedom is tough, but you are never alone, and your limitations make room for God's limitless grace.

Trust that God's strength, not your own, will carry you through every day, every temptation, and every moment of doubt. Lean into Him and watch as He renews your strength and upholds you.







Reflect and Apply

1.	In what specific ways have you relied on your own strength instead of God's during recovery?
2.	How does knowing God's grace is sufficient change your perspective on weakness?
3.	What practical steps can you take today to lean more on God's power?







Journaling Prompts

	Write about a moment when you felt weak but experienced God's strength.
2.	List areas of your recovery where you need to surrender control to God.
3.	Identify Scripture verses that encourage you when feeling weak.







Prayer for Today

Heavenly Father, I thank You that Your grace is enough for me even in my weakest moments. Please help me to stop relying on my own strength and to lean fully on Your power. Renew my soul when I feel weary and remind me daily that Your strength is made perfect in my weakness. Keep me focused on You as I face this journey, and help me to trust that Your sustaining grace will carry me through every struggle. In Jesus' name, Amen. \bigwedge









Day 2: A Running with Endurance









Day 2: A Running with Endurance

Your Verse

Hebrews 12:1-2 - "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Supporting Scriptures

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Day 2: A Running with Endurance

Devotional: Fix Your Eyes on Jesus to Persevere

Recovery can feel like a long race with many obstacles. Hebrews encourages us to 'throw off everything that hinders'—things that slow us down or cause us to stumble. Addiction recovery involves walking away from old habits and patterns that pull us back.

Fixing our eyes on Jesus means prioritizing Him above every craving, temptation, or discouragement. Jesus has gone before us and understands our struggles intimately. He is not just our example but our source of strength and motivation.

Endurance isn't about never feeling tired or tempted but about persevering because of who God is and the hope He inspires. When the race feels overwhelming, remember the eternal prize and the joy that awaits those who do not quit.







Day 2: 🛕 Running with Endurance

Reflect and Apply

1.	What are the 'weights' or sins that hinder your progress in recovery?
2.	How can focusing on Jesus renew your motivation when you feel weary?
2	What does 'running with perseverance' look like in your daily struggles?
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Day 2: 🛕 Running with Endurance

Journaling Prompts

Identify one hindrance you need to lay aside today and write about why.
Describe how Jesus has been your source of strength in recovery.
Write a prayer asking God to help you persevere this week.







Day 2: 🛕 Running with Endurance

Prayer for Today

Lord Jesus, thank You for running this race with me. Help me to lay aside every weight and sin that slows me down. When I am tempted or tired, keep my gaze fixed on You, the Author and Perfecter of my faith. Strengthen my steps as I persevere toward freedom and fill me with hope that I will cross the finish line victorious. In Your powerful name I pray, Amen. 2

















Your Verse

Psalm 23:3 - "He refreshes my soul. He guides me along the right paths for his name's sake."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you."







Devotional: Finding Soul Renewal in God's Care

Recovery can exhaust the body, mind, and spirit. Psalm 23 paints a beautiful picture of God's care—He refreshes our souls and gently leads us on paths of righteousness.

When weariness threatens to overwhelm you, Jesus invites you to come to Him for rest. This rest is not only physical but deeply spiritual: a renewal of hope, clarity, and peace.

Allow God to restore your soul daily by surrendering your burdens and trusting in His faithful guidance. Walking the recovery path doesn't mean walking alone or without relief. God's loving presence offers restoration amidst struggle.







Reflect and Apply

1.	In what ways are you feeling weary or burdened in your recovery?
2.	How can you practically 'come to Jesus' and receive His rest today?
3.	What does it mean to trust God's guidance on the road to freedom?







Journaling Prompts

1.	Write about a time you experienced God's refreshing presence.
2.	Describe the burdens you need to surrender to Jesus right now.
3.	List steps to prioritize spiritual rest throughout your recovery week.







Prayer for Today









Day 4: 🖰 Strengthened by the Spirit









Day 4: 6 Strengthened by the Spirit

Your Verse

Ephesians 3:16 - "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."

Supporting Scriptures

- Romans 8:11 "And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit."
- Galatians 5:16 "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."







Day 4: 💍 Strengthened by the Spirit

Devotional: Empowerment Through the Holy Spirit

Endurance in recovery is not just about willpower but about being strengthened from within by the Holy Spirit. Paul's prayer reminds us that God desires to empower us deeply in our inner being through His Spirit.

The Spirit gives life, peace, and victory over fleshly cravings. When we walk in step with the Spirit, those destructive desires lose their grip, replaced by a supernatural power that sustains us day by day.

Invite the Holy Spirit's presence and strength into your recovery journey today. Yield to His guidance and rely on the spiritual power God provides to overcome temptation and persevere toward lasting freedom.







Day 4: 💍 Strengthened by the Spirit

Reflect and Apply

	How often do you intentionally rely on the Holy Spirit during moments of temptation?
2.	What does 'walking by the Spirit' look like in your daily life?
3.	In what areas do you need the Spirit's power most right now?







Day 4: 🖰 Strengthened by the Spirit

Journaling Prompts

Write about experiences where you sensed the Spirit's strength in your recovery.
Journal any struggles where you are tempted to rely on your own strength.
Make a list of ways you can cultivate sensitivity to the Holy Spirit's leading.







Day 4: 💍 Strengthened by the Spirit

Prayer for Today

Holy Spirit, I ask You to fill my inner being with Your power and strength. Help me to walk in step with You and to resist the cravings and desires that harm me. Remind me that I am not fighting this battle alone, but You are with me, empowering me each day. Teach me to listen to Your guidance and rely on Your grace. In Jesus' mighty name, Amen. (1) (1) (2) (2)









Day 5: Pope Beyond the Struggle









Day 5: Phope Beyond the Struggle

Your Verse

Romans 5:3-5 - "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit."

Supporting Scriptures

- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."
- Revelation 21:4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."







Day 5: 6 Hope Beyond the Struggle

Devotional: Hope That Triumphs Through Endurance

The road to freedom is often filled with trials and suffering, but God uses these experiences to build perseverance, character, and ultimately hope. This hope, grounded in God's never-ending love, fuels us to keep going when the journey feels long and difficult.

Paul's words reassure us that suffering is not meaningless. Through endurance, God shapes us into His likeness and equips us for the victory that lies ahead.

Today, embrace the hope God provides—a hope that cannot fail and a promise of eternal joy beyond present struggles. Let this hope strengthen your resolve and deepen your faith as you move forward toward freedom.







Day 5: 🌈 Hope Beyond the Struggle

Reflect and Apply

1.	How has your suffering produced perseverance and growth so far?
2.	What does hope look like for you in this stage of recovery?
3.	How can God's love sustain you when the struggle feels overwhelming?







Day 5: 🌈 Hope Beyond the Struggle

Journaling Prompts

1.	Write about a moment when hope helped you keep going.
2.	Reflect on the character qualities God is developing through your trials.
3.	List promises of God that bring you comfort for the future.
3.	List promises of God that bring you comfort for the future.







Day 5: 6 Hope Beyond the Struggle

Prayer for Today

Lord, thank You that suffering is not the end but a step toward hope and transformation. Help me to glory in my perseverance and trust that You are shaping my character through every challenge. Pour Your love into my heart and fill me with a confident hope that will not disappoint. Strengthen me to keep fighting the good fight until I reach the freedom You have promised. In Jesus' victorious name, Amen.







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