Fellowship: Strength in Overcoming Addiction



Explore how accountability groups provide strength, hope, and healing through fellowship in overcoming addiction.





Table of contents

<u>Introduction</u>	3
<u>Day 1: 🌣 God's Design for Fellowship</u>	4
Day 2: 7 Healing Through Accountability	10
Day 3: Strength in Spiritual Support	16
Day 4: 1 Overcoming Temptation Together	22
Day 5: Freedom in Fellowship	28







Introduction

Fellowship is a powerful force in the life of any believer, especially for those facing the challenge of addiction. Addiction often brings isolation, shame, and despair, but the Bible offers us hope through community and mutual support. When we come together in *fellowship*, we find strength to overcome trials and encouragement to keep walking in faith.

This study focuses on the vital role of **accountability groups**—small, trusting communities where believers can share honestly, pray together, and hold each other up. Through biblical examples and scripture, we will see how *fellowship* is not just social time but a divine provision for healing and transformation.

Over the next five days, we will explore God's design for fellowship, the blessings it brings, and how it fosters victory over addiction. Let's open our hearts to the healing presence of Christ in community, knowing that we do not have to fight our battles alone. Together, bound by love and accountability, we can experience freedom and restoration.

















Day 1: 🂢 God's Design for Fellowship

Your Verse

Hebrews 10:24–25 – "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- Acts 2:42 "They devoted themselves to the apostles' teaching and to fellowship..."







Day 1: 🂢 God's Design for Fellowship

Devotional: God's Intentional Design for Community

Fellowship is God's intentional design for His people to live in community, encouraging and supporting one another. Hebrews 10:24–25 reminds us not to neglect meeting together, especially important for healing from addiction where isolation can be a stronghold. Mutual encouragement helps us stay focused on love and good deeds rather than falling back into old patterns.

Ecclesiastes 4 shows that two are better than one because they help each other succeed. This is foundational to accountability groups where believers come alongside one another. Acts 2 portrays the early church devoted to fellowship, emphasizing its importance in spiritual growth and strength. If you're facing addiction, remember you were made for relationship—not isolation.

Embrace the community God has placed around you as a gift to help you in your journey.







Day 1: 🌣 God's Design for Fellowship

Reflect and Apply

Why do you think God values fellowship so highly according to these scriptures?
How does isolation affect your spiritual and emotional health, especially in addiction?
In what ways can meeting regularly with others encourage your walk with Christ?







Day 1: 🌣 God's Design for Fellowship

Journaling Prompts

1.	List the people in your life who can walk with you in accountability.
2.	Write about a time when fellowship helped you overcome a challenge.
3.	Pray and journal your feelings about opening up to a community.







Day 1: 🂢 God's Design for Fellowship

Prayer for Today

Lord, thank You for Your beautiful design of fellowship. Help me to see community as a source of strength and healing. Open my heart to receive support from others and give me courage to be honest. May I never isolate myself but find peace in Your body of believers. *In Jesus' name, Amen.* 🙏 💝















Your Verse

James 5:16 – "Therefore confess your sins to each other and pray for each other so that you may be healed."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Devotional: Restoration Through Confession and Prayer

James 5:16 highlights the power of confession and prayer within fellowship for healing. Addiction thrives in secrecy, but acknowledging our struggles in a trusting group is life-giving. Accountability is not about judgment but about loving support that leads to restoration.

Galatians teaches us to carry one another's burdens—this is the heart of an accountability group. When we share struggles and pray for each other, healing flows. Proverbs reminds us that fellowship sharpens us, making us stronger and wiser.

In accountability, brokenness becomes a bridge to freedom rather than a barrier.







Reflect and Apply

	What fears or hesitations do you have about confessing struggles to others?
2.	How can sharing your burdens lighten your journey?
3.	Who might be a trustworthy person to start sharing with?







Journaling Prompts

1.	Write about a sin or struggle you want to lift to God through others.
2.	Reflect on a time someone's prayers helped you heal.
3.	Journal five affirmations that remind you you're loved despite your battles.







Prayer for Today

Father, teach me the courage to confess and the humility to receive prayer.

Help me trust others with my struggles and lean on their support. Restore my soul as I share my burdens and experience Your healing through community. *Thank You for never leaving me alone.* Amen.

















Your Verse

Ecclesiastes 4:12 – "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

Supporting Scriptures

- 1 Thessalonians 5:11 "Therefore encourage one another and build each other up."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Devotional: United in Strength and Love

Facing addiction alone can feel overwhelming, but Ecclesiastes 4:12 shows the power of combined strength—just as a threefold cord is strong and resilient. Accountability groups, where spiritual support is shared, embody this truth.

1 Thessalonians encourages believers to build each other up—this is vital for those recovering from addiction. It requires intentional love and devotion as Romans 12 reminds us. In fellowship, we become a protective shield for each other against temptation and despair.

Let the strength of community be your defense and hope.







Reflect and Apply

	How does knowing you are not alone in your struggles change your perspective?
2.	In what ways can you contribute to building others up?
3.	What does it mean for you to be part of a 'threefold cord' in fellowship?







Journaling Prompts

1.	Describe how fellowship has been a strength for you so far.
2	Write about a spiritual support person who encourages you.
۷,	write about a spiritual support person who encourages you.
3.	Pray and journal your willingness to be devoted to others.







Prayer for Today

Lord, thank You for the protecting power of fellowship. Bind me to others in love and strength so I will not be overcome. Help me encourage others as You encourage me. Together, may we be unbreakable cords, shining Your light. *In Jesus' strong name, Amen.*







Day 4: Overcoming Temptation Together









Day 4: 🖰 Overcoming Temptation Together

Your Verse

1 Corinthians 10:13 – "No temptation has overtaken you except what is common to mankind. And God is faithful..."

Supporting Scriptures

- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Day 4: 🔥 Overcoming Temptation Together

Devotional: Faithful God and Fellowship in Temptation

Temptation in addiction can feel relentless, but Scripture reassures us that it is common and God provides a way through. 1 Corinthians 10:13 reminds us God is faithful to help us endure.

Fellowship and accountability groups are part of God's provision, helping us walk by the Spirit as Galatians 5 urges so that fleshly desires lose their grip. James 4:7 commands resistance combined with submission to God, both easier and stronger when lived out in community.

Together, we can stand firm against temptation and walk in freedom.







Day 4: 💍 Overcoming Temptation Together

Reflect and Apply

1.	What temptations feel strongest for you and why?
2.	How does being in fellowship help you resist these temptations?
	Are there practices you can adopt with your accountability group for spiritual strength?







Day 4: 💍 Overcoming Temptation Together

Journaling Prompts

1.	Reflect on a victory over temptation through fellowship.
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2.	Journal your Prayer for greater reliance on the Spirit.
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3.	List strategies you and your group can use to resist relapse.
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Day 4: 🖰 Overcoming Temptation Together

Prayer for Today

Faithful God, thank You for providing strength and escape in temptation.

Help me to walk by Your Spirit and resist the enemy with community by my side. Surround me with accountability partners who uphold me in prayer and truth. Lead me in victory over addiction. Amen. \$ & &

















Your Verse

John 8:36 - "So if the Son sets you free, you will be free indeed."

Supporting Scriptures

- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."
- Romans 8:1 "There is now no condemnation for those who are in Christ Jesus."







Devotional: Freedom Found in Christ and Community

The ultimate goal of fellowship and accountability is freedom through Jesus Christ. John 8:36 declares the freedom we have when Christ sets us free—this is not just physical or emotional, but spiritual freedom from sin and its chains.

2 Corinthians speaks of the Spirit bringing freedom, and Romans assures us there is no condemnation in Christ. Fellowship nurtures this freedom by creating a safe space to grow, confess, and be renewed.

Let this freedom breathe new life and hope into your journey beyond addiction.







Reflect and Apply

1.	What does true freedom in Christ mean for you personally?
2.	How has fellowship helped reveal or deepen this freedom?
3.	How can you help others experience this freedom through community?







Journaling Prompts

1.	Write about how you've experienced freedom in your journey.
2.	Pray for those still struggling with addiction to find fellowship.
3.	Journal steps you can take to deepen your walk with Christ and others.







Prayer for Today

Jesus, thank You for setting me free. Help me live fully in the freedom You have given, surrounded by supportive community. May Your Spirit continually renew me and keep me free from addiction's chains. Use me to encourage others on this journey. *Amen.* *







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