



Finding Freedom: A Recovery Journey



Explore God's strength and grace over five days to overcome nicotine and vaping dependence, drawing hope and power from Scripture.

Table of contents

<u>Introduction</u>	3
<u>Day 1: 🕊 Embracing Freedom in Christ</u>	5
<u>Day 2: 🧠 Renewing Your Mind</u>	11
<u>Day 3: 🔥 Finding Strength in Weakness</u>	17
<u>Day 4: 🌿 Restoring Peace and Hope</u>	23
<u>Day 5: 🌟 Walking Forward with Courage</u>	29



Introduction

Welcome to your recovery journey. Nicotine and vaping addiction can feel overwhelming, but *God's Word offers hope, healing, and strength* to help you break free. This study invites you to lean into God's promises, truth, and empowering Spirit over the next five days.

Recovery is not just physical; it's spiritual and emotional as well. This plan will encourage you to reflect deeply and cultivate new habits, replacing old dependencies with God's peace and purpose. You'll find Scripture that speaks directly to your struggle—reminding you that **you are not alone**, that God's grace is sufficient, and His power is made perfect in weakness.

Each day includes a primary passage focused on aspects of recovery, such as freedom from bondage, renewing your mind, and finding rest in the Lord. Supporting verses provide additional encouragement and affirmation. The devotionals are written to help you connect scripture to your unique experience with nicotine and vaping.

We'll reflect on questions that uncover your heart's longings and challenges, guiding you toward deeper healing. Journaling prompts help you personalize your healing process, and daily prayers ask God to empower you on this path. Embrace this time as a sacred opportunity to let go, surrender, and receive new life in Christ. Remember: every step forward is a victory worth celebrating.



Let's begin together, trusting God's faithful presence to lift you above the struggle into true, lasting recovery.





Day 1: 🕊 Embracing Freedom in Christ



Your Verse

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

Supporting Scriptures

- *Galatians 5:1 - "It is for freedom that Christ has set us free."*
- *Psalms 34:17 - "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."*



Devotional: True Freedom Comes Through Christ Alone

Nicotine and vaping can feel like chains, binding us to habits we long to break. Yet Jesus promises true freedom—freedom that only He can give. When He sets us free, we are free indeed. This freedom is not simply about stopping a behavior; it is about breaking the spiritual hold that addiction holds over our lives.

God invites you today to step into this freedom by trusting in His power, not your own strength. Often, we try to quit on our own and feel defeated when we fail. *But Jesus meets you in your weakness and offers a hope that is greater than any craving or temptation.*

Remember that freedom is a process, not a one-time event. It's daily choosing to lean into God, to rely on His Spirit's help, and to resist the lies that say you are powerless. Every cry for help, every small step away from nicotine is met by God's steadfast love and deliverance.

Receive this truth: you are not a slave to addiction but a child of God, called to live in freedom and hope.



Reflect and Apply

1. What parts of your nicotine or vaping habit feel like chains holding you back?

2. How can you rely more on Christ's strength rather than your own willpower?

3. What does it mean for you personally to be "free indeed" in this struggle?



Journaling Prompts

1. Write down the reasons you want to be free from nicotine or vaping.

2. List any fears or doubts you have about quitting and offer them to God.

3. Describe what freedom looks like in your daily life without addiction.



Day 1: 🕊 Embracing Freedom in Christ

Prayer for Today

Lord, thank You for the freedom You offer through Your Son, Jesus. Help me to experience this freedom daily as I face my dependence on nicotine or vaping. When I feel weak, remind me that Your strength is perfect in weakness. Deliver me from any bondage and fill me with hope and courage. Teach me to rely on Your Spirit to overcome each temptation and to walk boldly as Your beloved child. Amen. 🙏🕊💪🌿





Day 2: 🧠 Renewing Your Mind



Day 2: 🧠 Renewing Your 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

- *2 Corinthians 10:5 - "Take captive every thought to make it obedient to Christ."*
- *Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."*



Day 2: 🧠 Renewing Your Mind

Devotional: Transform Your Mind, Transform Your Habits

Recovery from nicotine and vaping is as much about changing your mind as it is about changing your habits. The world constantly bombards us with triggers and voices telling us to give in. But God calls us to a higher way—a transformation that starts by renewing how we think.

This renewal isn't a quick fix but a daily discipline. It involves intentionally capturing every thought and aligning it with God's truth, rejecting lies like "I can't quit" or "one puff won't hurt." Replace those lies with promises of strength, healing, and God's faithfulness.

Fill your mind with what is true, pure, and uplifting. Surround yourself with encouraging Scripture, worship music, or supportive friends who remind you of God's power. This mental transformation creates a strong foundation that supports your physical and emotional recovery.

By renewing your mind, you are retraining your heart and spirit to desire what God desires: freedom and wholeness.



Day 2: 🧠 Renewing Your Mind

Reflect and Apply

1. What negative thoughts or beliefs about recovery do you struggle to overcome?

2. How can you practically renew your mind each day with God's truth?

3. What positive influences can you bring into your environment to reinforce this renewal?



Day 2: 🧠 Renewing Your Mind

Journaling Prompts

1. Identify and write down recurring negative thoughts related to your addiction.

2. List Scriptures or affirmations that you can meditate on to combat those thoughts.

3. Plan a daily routine or activity to help renew your mind (e.g., prayer, Scripture reading).



Day 2: 🧠 Renewing Your Mind

Prayer for Today

Father, help me to renew my mind according to Your Word. When temptations come and lies whisper, remind me to take every thought captive and make it obedient to Christ. Fill my heart with Your peace and purity, and guard my mind against deception. Strengthen me to focus on what is true and noble, so my thoughts lead to freedom and victory over addiction. Amen.





Day 3: 🔥 Finding Strength in Weakness



Your Verse

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

Supporting Scriptures

- *Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."*
- *Psalms 46:1 - "God is our refuge and strength, an ever-present help in trouble."*



Day 3: 🔥 Finding Strength in Weakness

Devotional: God's Grace Empowers You in Weakness

In moments of craving or failure, it's easy to feel discouraged and weak. Yet God's grace shines brightest when we are weakest. The apostle Paul reminds us that God's power is made perfect not in our strength but in our weakness.

When you feel you can't go on, that's the opportunity to lean into God's grace—to ask for His help and receive His strength. You don't have to do this alone or by sheer will. Grace is God's unmerited favor, empowering you to rise again each time you stumble.

Embrace your limitations as the doorway to experiencing God's mighty power. Let today be a reminder that your weakness is not a defeat but a place where God's glory can be revealed. Trust He is your refuge and will strengthen you in every struggle.

You are not defined by your failures but by the faithfulness of God's sustaining grace.



Reflect and Apply

1. How have you experienced God's strength during your toughest moments?

2. What feelings arise when you consider relying fully on God's grace instead of your own effort?

3. In what ways can acknowledging your weaknesses bring you closer to God?



Journaling Prompts

1. Describe a recent moment when you felt weak but saw God's grace at work.

2. Write a prayer asking God to empower you in your current challenges.

3. List practical ways you can remind yourself daily of God's sustaining grace.



Day 3: 🔥 Finding Strength in Weakness

Prayer for Today

Lord, I confess my weaknesses and ask for Your sufficient grace. When I am weary and tempted, please lift me with Your strength and remind me that Your power is perfect in my weakness. Help me to embrace Your help without shame and to walk confidently because of Your faithfulness. Be my refuge and stronghold today and always. Amen. 🙏❤️💪✨





Day 4: 🌱 Restoring Peace and Hope



Day 4: 🌱 Restoring Peace and Hope

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and minds."

Supporting Scriptures

- *Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."*
- *Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him."*



Day 4: 🌿 Restoring Peace and Hope

Devotional: God's Peace Guards Your Heart and Mind

Addiction often leaves us anxious and burdened, longing for relief. God offers a peace that transcends our understanding—a peace that guards our hearts and minds from worry and despair.

Today, God invites you to bring every anxious thought, every craving, and every fear to Him in prayer. *He promises rest for your weary soul.* When you surrender your burdens, His peace floods your heart, providing hope and calm even in the midst of struggle.

Recovery is a process of trusting more deeply. Trust that God is with you, that He strengthens your resolve, and that He fills you with joy and hope. This peace is a powerful weapon against the stress and anxiety that often trigger nicotine or vaping use.

Let God restore your spirit and renew your hope as you take each step forward in faith.



Reflect and Apply

1. What anxieties or fears are most tempting you to return to nicotine or vaping?

2. How can you practice resting in God's promises when cravings hit?

3. In what ways does God's peace provide a foundation for ongoing recovery?



Day 4: 🌿 Restoring Peace and Hope

Journaling Prompts

1. Write down your current worries and surrender them to God in a written prayer.

2. Reflect on times God brought peace during previous struggles.

3. Plan specific ways to remind yourself of God's rest during anxious moments.



Day 4: 🌿 Restoring Peace and Hope

Prayer for Today

Dear Jesus, thank You for Your invitation to find rest in You. When anxiety and cravings rise, help me to bring those burdens to Your feet. Fill me with Your peace that surpasses all understanding and guard my heart and mind from fear. Renew my hope daily and strengthen my trust in Your faithful presence.

Amen. 🌸🕊️❤️🙏





Day 5: ✨ Walking Forward with Courage



Your Verse

Joshua 1:9 - "Be strong and courageous... The Lord your God will be with you wherever you go."

Supporting Scriptures

- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you."*
- *Psalms 27:1 - "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"*



Day 5: ✨ Walking Forward with Courage

Devotional: Step Boldly Forward with God's Strength

As you near the completion of this plan, it's time to look forward with courage. Recovery is a lifelong journey and requires strength beyond what we naturally have. But God commands us to be strong and courageous—not in our own might, but because He is with us wherever we go.

Fear, doubt, or past failures may whisper lies, but God's presence is your constant source of courage. Remember, you do not walk this path alone; His light illuminates the way, and His power sustains your steps.

Walking forward in freedom means making daily choices backed by God's promises. Each day, lean into His strength and stand firm against temptation. Celebrate every victory, no matter how small, trusting God's ongoing work in your heart.

With God by your side, you can confidently embrace healing and claim a new future of hope.



Reflect and Apply

1. What fears or doubts might keep you from continuing your recovery journey?

2. How can knowing God is always with you give you courage to resist temptation?

3. What steps can you take to maintain your commitment to freedom long-term?



Journaling Prompts

1. Write a letter to your future self encouraging perseverance in recovery.

2. List ways God has been faithful during your journey so far.

3. Plan practical habits or support systems to help you stay strong going forward.



Day 5: ✨ Walking Forward with Courage

Prayer for Today

Father, thank You for Your unfailing presence and strength. As I move forward in my recovery, fill me with courage and confidence. When fear or temptation arise, remind me that You are my light, my salvation, and my stronghold. Empower me to stand firm in freedom and to walk boldly in the new life You've given me. Amen. 💪 ✨ 🙏 🕊





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):



 100k+ Bible Study Plans on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy

 A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.