## Finding Freedom: Trusting God Beyond Addiction to Being Needed



21-day journey to overcome addiction to being needed and embrace peace by letting others rely on God, not your fixing.





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#### Introduction

Welcome to a transformative 21-day Bible study journey focused on breaking free from the addiction of constantly needing to be needed. Many of us experience a deep, often unspoken compulsion to always be the helper, the fixer, or the go-to person in relationships. While caring for others is biblical and beautiful, an addiction to being needed can drain us, steal our peace, and even hinder the spiritual growth of those we aim to support.

This study invites you to explore how Scripture guides us toward healthy dependence on God rather than on ourselves or others. It encourages you to surrender the heavy burden of having to control outcomes or 'fix' problems, and to release those you care about into God's loving hands.

Over the next three weeks, you will encounter passages that reframe your value, your role in relationships, and your ultimate peace source. You will be encouraged to lean into God's sufficiency — His perfect provision and guidance — for yourself and those you love.

As you engage with the Bible, reflect deeply, pray honestly, and journal your thoughts, expect to see a gentle release from anxiety, a fresh perspective on your boundaries, and renewed joy in trusting God's plan. With each day, may you find freedom in letting others rely fully on the Lord, and discover peace beyond the need to fix everyone.







Let's embark on this journey together, inviting God to restore, renew, and redefine how you love and serve.  $\triangle$ 















#### Your Verse

Galatians 6:4 - "Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him..."
- Psalm 46:10 "Be still, and know that I am God."







#### Devotional: Awareness: The First Step to Freedom

Many who struggle with addiction to being needed don't immediately recognize the burden they carry. Perhaps you find your identity wrapped up in constantly being the helper or fixer, believing your value comes from how much others depend on you. But God's word invites us to examine our hearts deeply.

In *Galatians 6:4*, Paul encourages self–examination and warns against unhealthy comparisons or measuring worth by others' reliance. This addiction can subtly creep in, leaving us exhausted and anxious because we mistakenly believe if we stop, the world around us will crumble.

But God's call is different. We are invited to trust Him wholeheartedly — not lean on our own efforts or on how indispensable we seem. *Proverbs 3:5-6* reminds us to submit our ways to God, allowing Him to direct our paths. And *Psalm 46:10* calls us to pause, be still, and recognize God's sovereignty.

Today is about recognizing the patterns that make you feel you must always be needed. It's the first step toward freedom: awareness. Lean into God's truth that your worth is in Him, not in how much you fix or provide for others.







## Reflect and Apply

1.	In what ways do you feel you seek value by being needed?
2.	How does comparing yourself to others impact your identity and peace?
	What fears emerge when you consider stepping back from always fixing things?







#### **Journaling Prompts**

1.	Write about a recent time you felt overwhelmed by needing to be needed.
2.	Reflect on what 'being still' might look like in your daily life.
	Describe how trusting God might change your perspective on your role in relationships.







#### Prayer for Today

**Father,** thank You for revealing areas in my heart where I am addicted to being needed. Help me to see my worth through Your eyes and not through how much others depend on me. Teach me to trust You fully and to rest in Your provision and care. Grant me the courage to begin releasing control and find peace in being still before You. *In Jesus' name, Amen.*  $\bigwedge$ 







## Day 2: Od's Love Defines Your Value









Day 2: Od's Love Defines Your Value

#### Your Verse

Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

#### **Supporting Scriptures**

- Ephesians 2:8 "For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God."
- 1 John 3:1 "See what great love the Father has lavished on us..."







Day 2: 💙 God's Love Defines Your Value

#### Devotional: Resting in God's Unconditional Love

One powerful root of addiction to being needed is tying our value to what we do instead of who we are in God's eyes. When we rely on being indispensable, we miss the profound truth of unconditional love that defines us.

*Romans 5:8* reminds us that God's love is not based on our performance or usefulness. He loved us while we were broken and unworthy. Our value is not earned but given freely through grace, as *Ephesians 2:8* confirms.

Understanding this changes everything. *1 John 3:1* shows the lavishness of God's love and invites us to rest in it fully. This love satisfies our deepest needs and frees us from compulsions to control or fix to feel worthy.

**Today, fix your eyes on the love of God for you.** Let that truth re-center your heart and release you from the cycle of addiction to being needed.







Day 2: Odd's Love Defines Your Value

## Reflect and Apply

How does knowing God loves you unconditionally affect your view of yourself?
Do you sense a difference between earning worth and receiving grace? How so?
What are ways you can remind yourself of God's love when tempted to overextend yourself?







Day 2: Odd's Love Defines Your Value

#### **Journaling Prompts**

1.	Recall a moment you felt deeply loved by God despite your flaws.
2.	Write down truths about God's love that you find comforting.
3.	List areas in relationships where you want to release the need to prove your worth.







Day 2: Odd's Love Defines Your Value

#### Prayer for Today

**Lord,** thank You for loving me even when I felt unworthy. Help me to grasp the depths of Your grace that flows to me freely. Teach me to rest in that love and no longer seek approval through being needed. Free me to live from Your truth and not from my fear. *In Jesus' name, Amen.*  $\heartsuit$   $\bigwedge$ 















#### Your Verse

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

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







#### Devotional: Letting Go to Receive True Peace

An addiction to being needed often fuels anxiety and restlessness, but God's promise is peace that surpasses all understanding.

*Philippians 4:6–7* speaks directly into the heart of this struggle, urging us to release anxiety through prayer and trust. When we consciously give our burdens and worries to God, His peace acts as a guard around our hearts and minds.

*Matthew 11:28* extends an invitation to find rest in Jesus when weary from trying to control or fix others. And *Isaiah 26:3* highlights the perfect peace God offers those who keep their minds steady by trusting Him.

**Today, lean into God's peace as you start letting go of the need to fix.** Allow His tranquility to replace your inner turmoil and inspire new boundaries shaped by faith.







#### Reflect and Apply

	What anxieties arise when you consider trusting God more with people you want to help?
2.	How can prayer become a tool to combat compulsive fixing?
3.	What does God's peace look like in your daily challenges?







#### **Journaling Prompts**

1.	Write about your experience of God's peace in moments of letting go.
2.	List worries you are willing to release to God today.
3.	Describe what rest feels like when you stop carrying heavy burdens.







#### Prayer for Today

**Dear Jesus,** I give You my anxieties and burdens today. Teach me to release my need to fix and control, and fill me with Your transcendent peace. Help me to walk in Your rest and trust Your perfect care for those I love. *In Your name, Amen.* 🔾 🙏 💙







# Day 4: Setting Healthy Boundaries in Love









Day 4: We Setting Healthy Boundaries in Love

#### Your Verse

Galatians 6:2,5 - "Carry each other's burdens... each one should carry their own load."

#### **Supporting Scriptures**

- Matthew 22:39 "Love your neighbor as yourself."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 4: Setting Healthy Boundaries in Love

#### Devotional: Love Requires Boundaries and Self-Discipline

Boundaries are God's way of protecting both you and those you care for. Addiction to being needed can make it hard to say no, leading to burnout or enabling dependence.

*Galatians 6:2* encourages carrying each other's burdens, which is an expression of love, but balances this by calling for individuals to carry their own load (*Galatians 6:5*). Healthy boundaries honor this balance.

Jesus commands love of neighbor as yourself (*Matthew 22:39*), reminding us self-care is vital. The Spirit gives us power, love, and self-discipline (*2 Timothy 1:7*), enabling us to love through boundaries without fear or guilt.

Today, pray for wisdom to set boundaries that protect your heart and empower others. Healthy limits free us to serve well without losing ourselves.







Day 4: We Setting Healthy Boundaries in Love

## Reflect and Apply

1.	What boundaries might God be calling you to set in relationships?
2.	How can boundaries reflect love rather than selfishness?
3.	Where do you struggle with saying no or letting go?







Day 4: Setting Healthy Boundaries in Love

## **Journaling Prompts**

1.	List areas where you need healthier boundaries.
2.	Describe how loving yourself well empowers you to love others better.
3.	Write a prayer asking for courage to set needed limits.







Day 4: 🧛 Setting Healthy Boundaries in Love

#### **Prayer for Today**

**God of wisdom,** teach me to love others as You love them and to love myself rightly. Give me courage and self-discipline to set boundaries that honor Your design. Help me to say no when needed and yes when prompted by Your Spirit. May my limits be rooted in love, not fear. *In Jesus' name, Amen.*







## Day 5: 💋 Finding Identity in Christ Alone









Day 5: 💋 Finding Identity in Christ Alone

#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Colossians 3:3 "For you died, and your life is now hidden with Christ in God."
- Ephesians 2:10 "For we are God's handiwork... created in Christ Jesus to do good works."







Day 5: 💋 Finding Identity in Christ Alone

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

Your true identity is rooted in who you are in Christ, not in your usefulness or how much you serve. Addiction to being needed often distorts our self-image, making us believe we must earn belonging through constant giving.

2 Corinthians 5:17 proclaims the powerful truth of new identity in Christ — old ways and labels no longer define us. Colossians 3:3 reveals that our life is securely hidden in Him, safe from shifting opinions or expectations.

We are God's masterpiece, created for good works (*Ephesians 2:10*), but our value exists independent of what we do. This foundation offers freedom to serve from joy and not obligation.

**Today, meditate on who you are as a new creation in Jesus.** Let that identity replace any need to prove yourself by being needed.







Day 5: B Finding Identity in Christ Alone

#### Reflect and Apply

1.	How does being a new creation in Christ redefine your self-worth?
2.	What old labels or expectations do you need to release?
	In what ways can you serve joyfully, free from compulsive approval-seeking?







Day 5: B Finding Identity in Christ Alone

## **Journaling Prompts**

1.	Write a declaration of your identity in Christ.
2.	List aspects of your old self you want to leave behind.
	Reflect on how embracing your identity impacts your interactions with others.







Day 5: B Finding Identity in Christ Alone

#### Prayer for Today

**Jesus,** thank You for making me new. Help me to live fully in this identity, free from the chains of needing others to prove my worth. Strengthen me to serve out of joy and love, grounded in who I am in You. *In Your name, Amen.* 









## Day 6: Q Trusting God's Plan for Others









Day 6: Q Trusting God's Plan for Others

#### Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord...
"plans to prosper you and not to harm you, plans to give you hope and a future."

#### **Supporting Scriptures**

- Proverbs 16:9 "In their hearts humans plan their course, but the Lord establishes their steps."
- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."







Day 6: Q Trusting God's Plan for Others

# Devotional: Replace Control with Trust in God's Guidance

One reason we cling to the addiction of being needed is fear—fear that without our intervention, others will falter. But God invites us to trust in His perfect plan for every person's life.

*Jeremiah 29:11* offers assurance that God desires good and hope-filled futures for those we love. *Proverbs 16:9* reminds us that despite human plans, the Lord is the one who directs steps.

*Psalm 37:5* calls us to commit our ways and those of others into God's hands, trusting Him to act when we step back.

**Today, choose trust over control.** Surrender your loved ones to God's care, knowing He is faithful to guide and prosper them.







Day 6: 🔍 Trusting God's Plan for Others

## Reflect and Apply

1.	What fears drive your need to fix or control others?
2.	How have you seen God guide others despite your absence or limited involvement?
3.	How can trusting God improve your emotional and spiritual wellbeing?







Day 6: 🔍 Trusting God's Plan for Others

#### **Journaling Prompts**

1.	Write about a time you saw God provide or guide unexpectedly.
2.	Identify areas where you want to release control to God.
3.	Pray through any fears that surface regarding others' futures.







Day 6: Q Trusting God's Plan for Others

#### Prayer for Today

**Lord,** I release those I love into Your hands, trusting Your plans for them are good. Help me to surrender fear and control, and rest in Your perfect guidance. Strengthen my faith when doubts arise. *Thank You for holding all our futures. Amen.*















#### Your Verse

James 1:19-20 - "Everyone should be quick to listen, slow to speak and slow to become angry... human anger does not produce the righteousness that God desires."

#### **Supporting Scriptures**

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







#### Devotional: Patience Honors God's Timing and Grace

Patience is essential when letting go of the compulsion to always be needed. Growth takes time, and God's timing is perfect.

*James 1:19–20* equips us with wisdom in relationships—listening carefully and managing our emotions reflects God's heart. Our impatience often leads to frustration and misunderstanding, harming bonds we want to nurture.

There is a time and season for all things (*Ecclesiastes 3:1*), meaning others' healing and steps toward independence unfold differently than we might wish.

2 Corinthians 12:9 reminds us God's grace covers our weakness and theirs during these seasons. Embracing patience honors God's work and sustains compassion.

Today, practice patience, trusting God's process in your relationships.







## Reflect and Apply

1.	Where do you experience impatience in your relationships?
2.	How might impatience interfere with God's work in others?
3.	What practical steps can you take to cultivate more patience?







#### **Journaling Prompts**

1.	Recall a situation where patience brought healing or clarity.
2.	Write down areas where you want to grow in listening and gentleness.
3.	Create a plan for responding patiently when you feel pressured to fix.







#### Prayer for Today

**Father,** teach me patience as I release control and trust Your timing. Help me listen more, respond with grace, and exhibit Your peace in relationships. Renew my heart when frustration arises and remind me Your grace is sufficient for all weakness. *In Jesus' name, Amen.* 

















#### Your Verse

2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

#### Supporting Scriptures

- Psalm 56:3 "When I am afraid, I put my trust in you."
- Isaiah 41:10 "So do not fear, for I am with you... I will strengthen you and help you."







#### Devotional: Faith Over Fear: Strength to Let Go

Fear often fuels the addiction to being needed; it whispers that if you let go, disaster will follow. God speaks a different truth through His Spirit.

In *2 Timothy 1:7*, we learn God has empowered us with power, love, and self-discipline—not fear. Fear paralyzes; faith propels us forward into freedom.

*Psalm 56:3* shows the antidote to fear: placing trust firmly in God, even when fears arise. *Isaiah 41:10* reinforces God's presence and strength to help us through uncertain situations.

**Today, claim God's spirit over fear.** Let faith displace anxiety and empower your steps toward releasing dependence on being needed.







## Reflect and Apply

1.	What fears keep you stuck in the need to fix others?
	How can you remind yourself of God's promises when fear feels overwhelming?
3.	What practical faith steps can help you overcome fearful habits?







#### **Journaling Prompts**

1.	Write about a time you overcame fear by trusting God.
2.	List fears connected to letting go of control.
3.	Pray over those fears, inviting God's peace and strength.







#### Prayer for Today

**Lord,** You have not given me a spirit of fear but of power and love. Help me to walk in that spirit today. When fear tries to grip my heart, remind me to trust You. Strengthen me to release control and embrace Your perfect plan. *In Jesus'* name, Amen.







# Day 9: State Embracing Your Role without Overextending









Day 9: SEmbracing Your Role without Overextending

#### 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**

- Matthew 5:14 "You are the light of the world."
- Romans 12:4-5 "Just as each of us has one body with many members, and these members do not all have the same function..."







Day 9: SEmbracing Your Role without Overextending

#### Devotional: Celebrate Your Unique Role with Balance

God designs relationships with interdependence, not codependence. You have a unique role in the body of Christ that honors who you are and respects others' responsibilities.

*Ecclesiastes 4:9–10* highlights the beauty of mutual support. It doesn't call us to carry every burden alone but to encourage lifting one another up at appropriate times.

Jesus says we are the light of the world (*Matthew 5:14*)—each with a purpose and influence, but not the entire world's burden. *Romans 12:4–5* reminds us every member has a function, and together we create wholeness.

Today, find joy in your unique role without feeling forced to overextend yourself. Trust that others have roles too.







Day 9: 🗱 Embracing Your Role without Overextending

## Reflect and Apply

1.	Are you trying to carry burdens that belong to others?
2.	How can understanding your part relieve pressure to be needed in every area?
3.	What limits can you set that honor God's design for community?







Day 9: 🗱 Embracing Your Role without Overextending

#### **Journaling Prompts**

1.	List gifts and roles that you bring to relationships.
2.	Describe areas where you want more balance in giving and receiving help.
3.	Write about how teamwork in the body of Christ inspires you.







Day 9: SEmbracing Your Role without Overextending

#### Prayer for Today

**God,** thank You for giving me a purpose and role within Your body. Help me to embrace it fully without overextending or feeling responsible for everything. Teach me to trust others to carry their own burdens and to value mutual support. *In Jesus' name, Amen.* 💝 💸 🙏







# Day 10: Anchoring Yourself in God's Word









Day 10: Anchoring Yourself in God's Word

#### Your Verse

Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."

#### **Supporting Scriptures**

- Hebrews 4:12 "For the word of God is alive and active..."
- Isaiah 40:8 "The grass withers and the flowers fall, but the word of our God endures forever."







Day 10: & Anchoring Yourself in God's Word

#### Devotional: God's Word Lights Your Path and Heart

When addicted to being needed, it's easy to depend on temporary approval or circumstances for our sense of security. God offers a firmer anchor—His living word.

*Psalm 119:105* assures us that God's word guides our steps, especially when uncertainty surrounds us. It dispels confusion and offers clarity.

Hebrews reminds us that God's word is active and powerful (*Hebrews 4:12*), able to penetrate the deepest parts of our hearts and transform us.

And Isaiah declares its enduring nature (*Isaiah 40:8*). Unlike people's expectations, God's word never fades.

Today, anchor your heart in Scripture to withstand the urges of compulsive fixing and neediness.







Day 10: 🚯 Anchoring Yourself in God's Word

## Reflect and Apply

1.	How can Scripture renew your perspective on your worth and role?
2.	What verses bring you peace when you feel overly responsible?
	How might immersion in God's word combat temptation to overfix others?







Day 10: 🚯 Anchoring Yourself in God's Word

## **Journaling Prompts**

	Write your favorite Scripture that reminds you of God's love and guidance.
2.	Reflect on how God's word has helped you in hard times.
3.	Commit to reading a passage daily to strengthen your trust in God.







Day 10: & Anchoring Yourself in God's Word

#### Prayer for Today

**Lord,** Your word brings light and guidance when I feel overwhelmed by people's needs. Help me to anchor my heart in Your truth, letting it shape my identity and leadership in relationships. May Your word guard me against anxiety and compulsion. *In Jesus' name, Amen.* 

















#### Your Verse

Matthew 11:28–30 – "Come to me, all you who are weary and burdened, and I will give you rest..."

#### **Supporting Scriptures**

- Hebrews 4:9-10 "There remains, then, a Sabbath-rest for the people of God."
- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."







#### Devotional: Receive the Rest Jesus Offers You

Over-functioning to be needed drains your soul. God calls you into true spiritual rest.

*Matthew 11:28–30* is one of the most comforting invitations in the Bible. Jesus offers rest not just for the body but for the soul overwhelmed by burdens.

Hebrews speaks of a Sabbath-rest remaining for God's people (*Hebrews 4:9-10*)—a rest we enter by trusting God's finished work, not our efforts.

*Psalm 62:1* captures the peace found when we cease striving and find refuge in God.

Today, accept Jesus' invitation to rest spiritually, emotionally, and mentally. Give yourself permission to pause and refresh.







## Reflect and Apply

Do you find it hard to rest because of your need to be needed?
What might it look like to practice rest this week?
How can resting deepen your relationship with God and others?







#### **Journaling Prompts**

1.	Describe barriers that keep you from resting in God's presence.
2.	Journal about how you currently experience rest or lack thereof.
3.	Plan intentional rest moments to reconnect with God this week.







#### Prayer for Today







# Day 12: 🂝 Finding Support in Community









Day 12: 🎔 Finding Support in Community

#### Your Verse

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

#### **Supporting Scriptures**

- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."
- Romans 15:5 "May the God who gives endurance and encouragement..."







Day 12: 🎔 Finding Support in Community

# Devotional: Healing Grows in God-Centered Relationships

Breaking free from the addiction to being needed is not meant to be a solo journey. God designed community to strengthen and encourage us.

Hebrews 10:24–25 encourages believers to gather regularly to motivate love and good deeds. Isolation often intensifies compulsive behaviors. Honest fellowship and mutual encouragement provide healthy accountability and grace.

*Ecclesiastes 4:12* illustrates the strength of relationships, likening unity to unbreakable cords. *Romans 15:5* blesses us with endurance that comes from God through the encouragement of others.

Today, seek intentional community that supports your healing and growth.







Day 12: 🌣 Finding Support in Community

## Reflect and Apply

1.	Who in your life can encourage your healthy boundaries?
2.	How might community reduce your urge to control or fix?
3.	In what ways can you offer support to others without overextending?







Day 12: 🌣 Finding Support in Community

### **Journaling Prompts**

1.	Identify trusted people you can share your struggles with.
2.	Write about qualities of a supportive spiritual community you desire.
3.	Pray for opportunities and courage to build these relationships.







Day 12: 🎔 Finding Support in Community

#### Prayer for Today

**God,** thank You for the gift of community. Lead me to relationships that encourage love, patience, and growth. Help me receive support and offer help within healthy limits. Build unbreakable bonds of grace and truth around me. *In Jesus' name, Amen.* (2) (1)







## Day 13: 🖓 Surrendering Control to God









Day 13: Surrendering Control to God

#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding..."

#### **Supporting Scriptures**

- Psalm 46:10 "Be still, and know that I am God."
- Isaiah 55:8-9 "My thoughts are not your thoughts..."







Day 13: Surrendering Control to God

#### Devotional: Resting in God's Sovereign Control

Letting go of the addiction to being needed involves surrendering control. It means trusting God's wisdom above your own plans and efforts.

*Proverbs 3:5-6* encourage us to trust the Lord wholeheartedly, not relying on our limited understanding. Our impulse to fix often comes from fear that if we don't act, things will go wrong.

*Psalm 46:10* gently beckons us to be still and acknowledge God's sovereignty. *Isaiah 55:8–9* reminds us God's ways far exceed ours, even when situations seem chaotic.

**Today, choose to surrender control and rest in God's perfect plans.** Trust that He is at work even when you cannot see it.







Day 13: 🖓 Surrendering Control to God

## Reflect and Apply

1.	Where in your life do you struggle to surrender control?
2.	How does trusting God challenge your need to fix outcomes?
3.	What helps you remember God's sovereignty in uncertain times?







Day 13: 🖓 Surrendering Control to God

## **Journaling Prompts**

1.	Write about a situation where surrendering brought peace.
2.	Describe feelings that surface when considering letting go of control.
3.	Pray for trust to calmly release control to God.







Day 13: 
Surrendering Control to God

#### Prayer for Today

**Lord,** help me trust You with all my heart. Teach me to be still and rest in Your sovereignty when I want to grasp control. Remind me that Your plans are higher and good. I surrender my need to fix. *In Jesus' name, Amen.* 😂 🙏 🕡

















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 61:1 "The Spirit of the Sovereign Lord is on me... to bind up the brokenhearted."
- Jeremiah 17:14 "Heal me, Lord, and I will be healed; save me and I will be saved."







#### Devotional: God Alone Heals and Restores Fully

When addiction to being needed tempts you to fix everything, remember God alone heals and restores.

*Psalm 147:3* beautifully captures God's tender care—He mends broken hearts and heals wounds no human can fully reach.

*Isaiah 61:1* reveals the Spirit's mission includes binding broken hearts, highlighting that the ultimate fixer is the Lord.

And *Jeremiah 17:14* is a prayer to God for healing, reminding us to look to Him for transformation and salvation.

**Today, entrust those you want to 'fix' into God's healing hands.** Let Him be the restorer of wounds you cannot reach.







### Reflect and Apply

1.	Are there places where you've tried to 'fix' what only God can heal?
2.	How can trusting God's healing reduce pressure on you?
3.	What does it mean to let God be your ultimate helper and fixer?







### **Journaling Prompts**

1.	Identify people or situations you want God to heal rather than you.
2.	Write a prayer of surrender asking God to intervene.
3.	Reflect on ways God has healed your heart or life.







#### Prayer for Today

**Healer God,** thank You for Your tender care and power to restore. I release people and problems into Your loving hands, trusting You to heal what I cannot. May Your Spirit bring peace and wholeness where brokenness exists. *In Jesus' name, Amen.* 💜 🛠 🙏

















#### Your Verse

Ephesians 4:15 – "Speak the truth in love, growing in every way more like Christ."

#### **Supporting Scriptures**

- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







#### Devotional: Love-Filled Truth Unlocks Healthy Relationships

Communication plays a crucial role in breaking the addiction to being needed. Truthful and loving dialogue creates healthy space for growth.

*Ephesians 4:15* challenges us to speak truth accompanied by love, reflecting Christlike character. Balance is key—not enabling unhealthy dependence nor neglecting care.

Colossians 4:6 urges gracious conversations seasoned with wisdom, which can soften hearts and open ears.

*Proverbs 15:1* contrasts gentle and harsh words, reminding us that tone affects outcomes.

Today, aim to communicate with honesty and love, fostering trust and healthy boundaries.







### Reflect and Apply

1.	How do you typically communicate your boundaries to others?
2.	What fears prevent honest conversations about your limits?
3.	How can you practice gentleness when speaking difficult truths?







### **Journaling Prompts**

Recall a conversation where truth in love made a positive difference.
Write phrases or truths you need to communicate gently.
Pray for courage and wisdom to speak authentically and lovingly.







#### Prayer for Today

**Lord,** teach me to speak truth in love. Help me communicate my needs and boundaries with grace and kindness. May my words build up and not tear down, reflecting Your heart. Give me courage to be honest without fear. *In Jesus' name, Amen.* 







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Day 16: A Trusting God in the Process of Change

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 8:28 "In all things God works for the good of those who love him."
- 2 Corinthians 3:18 "We all... are being transformed into his image with ever-increasing glory."







Day 16: A Trusting God in the Process of Change

#### Devotional: God Completes the Work He Starts in You

The journey from addiction to freedom is a process, not instant perfection. Trusting God in this process brings peace and perseverance.

*Philippians 1:6* encourages confidence that God will complete the work He began in you, even through setbacks or slow progress.

Romans 8:28 assures us all things work together for good for those who love God.

2 Corinthians 3:18 paints the beautiful picture of ongoing transformation reflecting God's glory.

Today, renew your faith in God's patient, purposeful work in your life and in others.







Day 16: 🛕 Trusting God in the Process of Change

## Reflect and Apply

1.	How do you respond when change feels slow or difficult?
2.	Where can you choose to see progress rather than perfection?
3.	What role does patience play in trusting God's process?







Day 16: 🛕 Trusting God in the Process of Change

### **Journaling Prompts**

1.	Write about an area where you have seen God's growth in you.
2.	Reflect on past struggles and how God has been faithful.
3.	Journal a commitment to trust God's steady work going forward.







Day 16: A Trusting God in the Process of Change

#### Prayer for Today

**Faithful God,** thank You for starting good work in me and promising to complete it. Help me to trust Your timing and plan during struggles. Teach me patience and hope as I mature in You. *In Jesus' name, Amen.* ?















#### Your Verse

Romans 8:1 - "Therefore, there is now no condemnation for those who are in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us..."







#### Devotional: Grace Frees You from Guilt and Shame

Freeing yourself from addiction to being needed requires rejecting the lies of guilt and shame. These feelings often fuel compulsive behaviors and distort God's grace.

*Romans 8:1* offers the liberating truth that in Christ, condemnation no longer holds sway over you.

*Psalm 34:18* encourages those crushed in spirit to find comfort in God's nearness. *1 John 1:9* reminds us that confession leads to cleansing and forgiveness.

Today, embrace grace over guilt and walk forward in freedom from condemnation.







### Reflect and Apply

	What guilt or shame do you carry related to your addiction to being needed?
2.	How does God's forgiveness empower you to release past mistakes?
3.	What steps can you take to walk free from condemnation?







### **Journaling Prompts**

1.	Write a letter of forgiveness from God to yourself.
2.	List lies vs. truths about your worth and past.
3.	Pray a prayer of confession and acceptance of God's grace.







#### Prayer for Today

**Merciful God,** thank You for removing condemnation through Jesus. I lay down my guilt and shame at Your feet. Heal my broken heart and renew my spirit. Help me to walk free, fully embraced by Your grace and love. *In Jesus'* name, Amen.







## Day 18: 1 Renewing Mind and Spirit Daily









#### 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**

- Ephesians 4:23 "Be made new in the attitude of your minds."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







#### Devotional: Daily Renewal Transforms Mind and Spirit

Breaking addiction is ultimately about transformation — a daily renewal of mind and spirit.

Romans 12:2 exhorts us not to conform to worldly patterns but to be transformed through God's renewing power.

*Ephesians 4:23* calls for a new attitude—a continual refresh of perspectives aligned with Christ.

By setting our minds on things above (*Colossians 3:2*), we invite God's kingdom values to shape how we live and relate.

Today, commit to renewing your mind and spirit through God's word and prayer. This ongoing work builds strength to maintain healthy freedom.







## Reflect and Apply

1.	What negative thought patterns feed your addiction to being needed?
2.	How can Scripture shape your daily mindset and choices?
3.	What spiritual disciplines help you reset your heart daily?







## **Journaling Prompts**

1.	Track thoughts throughout the day that need renewal.
2.	Write affirmations based on Scripture to replace lies.
3.	Plan a daily routine for prayer, reading, or meditation.







#### Prayer for Today















#### Your Verse

Colossians 3:12 – "Therefore, as God's chosen people, clothe yourselves with compassion..."

#### **Supporting Scriptures**

- Romans 12:10 "Be devoted to one another in love."
- 1 Peter 4:8 "Above all, love each other deeply, because love covers over a multitude of sins."







#### Devotional: Balance Compassion with Self-Care

Compassion is central to our faith, but loving others wisely includes caring for yourself as well.

*Colossians 3:12* encourages us to clothe ourselves with compassion, kindness, humility, and patience.

Romans teaches devotion in love (*Romans 12:10*), and Peter reminds us love covers many faults (*1 Peter 4:8*).

Being overly responsible can lead to compassion fatigue, robbing both you and others of healthy love. Wise compassion respects limits and trusts God's work.

Today, practice balanced compassion, giving grace while protecting your soul.







## Reflect and Apply

1.	Do you sometimes give beyond your limits out of compulsion?
2.	How does balanced compassion express God's love best?
3.	What boundaries help you sustain compassion long-term?







## **Journaling Prompts**

1.	Write ways you can show love without overextending.
2.	Reflect on how God replenishes you when you care for others.
3.	Plan self-care activities supporting your compassion.







#### Prayer for Today

**Lord,** fill me with compassion that honors others and protects my heart. Teach me balance in giving and receiving love. Renew my strength when I feel drained. May my love reflect Yours—steadfast and wise. *In Jesus' name, Amen.* Amen.















#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything..."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Lamentations 3:25-26 "The Lord is good to those who wait for him..."







#### Devotional: Patience in God's Perfect Timing

**Healing and growth happen in God's perfect timing, not ours.** Learning to wait with hope is part of overcoming compulsive fixing.

Ecclesiastes 3:1 reminds us every season has a purpose and set time.

Psalm 27:14 encourages strength and courage during the wait. Lamentations 3:25-26 praises God's goodness to those who patiently trust Him.

**Today, surrender impatience and trust God's timing for you and others.** Find peace in the season you are in.







## Reflect and Apply

1.	Where do you struggle with impatience toward yourself or others?
2.	How can trusting God's timing relieve pressure to act prematurely?
3.	What practices help you wait with hope and strength?







## **Journaling Prompts**

1.	Write about seasons that required patience in your journey.
2.	List affirmations to encourage hope during waiting times.
3.	Pray for strength to wait well and trust God fully.







#### Prayer for Today

God of all seasons, help me to wait patiently for Your perfect timing in all things. Strengthen my heart during the waiting and fill me with hope and peace. Teach me to trust Your goodness always. *In Jesus' name, Amen.* ∑ △















#### 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."
- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."







#### Devotional: Walk in True Freedom Given by Christ

Congratulations! You have journeyed through awareness, trust, surrender, and renewal to embrace freedom beyond addiction to being needed.

*John 8:36* promises real freedom that Jesus alone provides—freedom not dependent on circumstances or others' approval.

Galatians 5:1 declares that Christ liberates us so we can live free. 2 Corinthians 3:17 connects the presence of God's Spirit with true freedom.

Celebrate God's work in your life. Walk confidently in the liberty that comes from trusting Him. Carry this peace forward as a testimony of God's grace.







## Reflect and Apply

1.	How has your perspective changed through this study?
2.	What freedoms are you now experiencing or longing for?
3.	How will you maintain reliance on God rather than on being needed?







## **Journaling Prompts**

1.	Write a letter of gratitude to God for the freedom you have received.
2.	List commitments to support your ongoing journey of trust and rest.
	Reflect on how you can encourage others struggling with similar struggles.







#### Prayer for Today

**Lord Jesus,** thank You for setting me free from the chains of needing to always be needed. Help me to walk in that freedom daily, trusting You as my source of peace and worth. May Your Spirit continually guide me in truth and love. *In Your name, Amen.*







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