# Freedom and Faith: Healing from Gambling Addiction



A 7-day journey to overcome gambling addiction by embracing God as the true Provider and finding lasting freedom in His grace.





#### Table of contents

<u>Introduction</u>	3
Day 1: Day 1: Recognizing True Provision	5
<u>Day 2: Breaking Free from Bondage</u>	11
Day 3: W Healing the Heart Wounds	17
Day 4: Rejecting False Security	23
Day 5:  Surrender and Support	29
Day 6: Renewing Your Mind	35
Day 7: 🔊 Walking in New Freedom	41







#### Introduction

Welcome to this 7-day Bible study on Addiction, focusing specifically on healing from the grip of gambling, especially sports betting. Many find themselves caught in the destructive cycle of wagering, hoping for a quick gain but often facing loss, regret, and broken trust. Yet, there is hope and a path to freedom—rooted in the Word of God.

Gambling addiction can obscure our view of God's provision, causing us to seek security and excitement in chance rather than in the faithful, good hand of our Provider. Throughout this study, you'll discover how to replace the pursuit of fleeting thrills and false hope with worship and trust in the One who truly sustains and satisfies.

Each day, we will explore Scripture passages that shine light on God's nature as a generous Provider, the dangers of putting hope in money or luck, and the deep peace found in surrendering control to Him. You'll be invited to reflect deeply, journal your thoughts, and pray for strength and healing.

**Healing is a process,** marked by honest self-examination and a willingness to let go of harmful habits. As you embark on this journey, remember that God's grace meets us where we are—not where we wish we were—and His power is made perfect in our weakness. Embrace His love, lean into His promises, and step daily toward the abundant life He offers.







Your freedom from gambling begins with the choice to worship and trust the true Provider over the fleeting chances of betting. Let's begin this transformative journey together.

















Day 1: Precognizing True Provision

#### Your Verse

Philippians 4:19 – "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

#### **Supporting Scriptures**

- Matthew 6:31–33 "So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' But seek first his kingdom... and all these things will be given to you as well."
- Psalm 23:1 "The Lord is my shepherd, I lack nothing."







Day 1: Precognizing True Provision

#### Devotional: Trusting God as Your Ultimate Provider

When battling gambling addiction, it's easy to fall into the trap of believing that money, chance, or a lucky bet will meet our needs. Yet Scripture reminds us that God alone is our true Provider. Philippians 4:19 encourages us that God will supply all our needs from His glorious riches, not limited by earthly circumstances.

Gambling can distort our perception of provision, making us think we must rely on fleeting luck or risky bets to secure our future. But Jesus teaches in Matthew 6 to seek God's kingdom and righteousness first, promising that our basic needs will be met when we trust Him. This is radical because it shifts our focus away from worry and obsession over resources to resting in God's faithful care.

Psalm 23 reminds us that with the Lord as our Shepherd, we lack nothing. This means that even if we don't have to control every outcome, we can live in peace, trusting God to provide in ways we cannot always see.

Today, begin reflecting on how your view of provision aligns or conflicts with God's promise. Let this truth become the foundation for releasing gambling's grip and stepping into freedom.







Day 1: 🦻 Recognizing True Provision

## Reflect and Apply

1.	How has gambling shaped your understanding of provision and security?
	In what ways can you surrender your financial worries to God's care today?
3.	What does it mean to seek God's kingdom first in your daily life?







Day 1: 🦻 Recognizing True Provision

## **Journaling Prompts**

1.	Write about a time you relied on luck or chance instead of trusting God.
	List your current fears about letting go of gambling and entrusting God with those needs.
3.	Describe what trusting God's provision would look like in your life.







Day 1: Precognizing True Provision

#### Prayer for Today

**Dear Lord,** help me to recognize You as my true Provider. I confess how I have relied on gambling to meet my needs instead of trusting in Your faithful care. Teach me to seek Your kingdom first and to rest in Your promises. Strengthen me to let go of betting and to rely solely on Your abundant grace. Fill me with Your peace and guide my steps as I walk away from addiction. In Jesus' name, *amen*.











# Day 2: Breaking Free from Bondage









Day 2: A Breaking Free from Bondage

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 6:14 "For sin shall no longer be your master..."
- Galatians 5:1 "It is for freedom that Christ has set us free."







Day 2: A Breaking Free from Bondage

#### Devotional: Embracing the Freedom Christ Offers

Gambling addiction often feels like bondage—a chain that controls decisions, emotions, and actions. Yet Jesus offers a freedom unlike any other. In John 8:36, He promises genuine, lasting freedom for those who are His.

This freedom is not just about stopping a behavior but about being liberated from sin's mastery, which is exactly what addiction is. Romans 6:14 reminds us that sin, and all its forms of control, no longer need to be our master because of what Christ has done.

Galatians 5:1 challenges us to stand firm in the liberty Christ provided—not again be entangled in the yoke of slavery. Deciding to quit gambling isn't merely willpower but a spiritual act of embracing freedom Jesus purchased for you.

Take heart today knowing that though addiction is strong, the One who broke sin's chains offers you empowerment and hope to break free as well.







Day 2: <a>Breaking Free from Bondage</a>

## Reflect and Apply

1.	How has gambling felt like a form of bondage in your life?
2.	What fears or doubts arise as you consider Jesus' promise of freedom?
	In what ways can you rely on Christ's power rather than your own willpower?
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Day 2: <a>Breaking Free from Bondage</a>

#### **Journaling Prompts**

1.	Describe what freedom means to you in the context of your addiction.
2.	Write about a moment when you sensed hope or breakthrough in overcoming gambling.
3.	List any spiritual or emotional barriers you feel are keeping you bound.







Day 2: <a>Breaking Free from Bondage</a>

#### Prayer for Today

**Lord Jesus,** You say that if You set me free, I will be truly free. I claim that freedom today. Break every chain and every stronghold gambling has on my life. Help me to rely on Your power and not my own strength. Teach me to walk in the liberty You provide and to stand firm against temptation. Thank You for loving me enough to set me free. *Amen.* 



















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."
- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord."







#### Devotional: God's Gentle Healing for Hurt Hearts

Addiction is often rooted in deep pain, loss, or unmet needs in the heart. The struggle to gamble may have been an attempt to fill emptiness or numb hurt.

Psalm 147:3 offers beautiful hope: God Himself heals the brokenhearted and binds up wounds. He knows your pain intimately and desires restoration, not just the absence of addiction but the healing of the broken places that led to it.

Isaiah 41:10 encourages us not to fear or be dismayed because God is always present, offering strength and comfort. And Jeremiah 30:17 promises restoration and health from the Lord.

Invite God today to gently heal your heart. Trust that healing may take time but is possible because of His loving kindness and faithfulness.







## Reflect and Apply

	What emotional or spiritual wounds do you see hidden beneath your gambling habit?
2.	How can you invite God to bring healing and restoration to those areas?
3.	What fears do you have about facing your pain instead of escaping it?







## **Journaling Prompts**

1.	Write a letter to God describing the pain gambling has tried to mask.
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	List ways you have tried to self-soothe and what God might want to do nstead.
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	Describe how God's healing could change your perspective on your addiction.
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#### Prayer for Today

**Heavenly Father,** You see my brokenness and wounds hidden beneath my addiction. I ask You now to heal my heart and bind up my pain. Help me to not fear the process of healing but to lean on Your presence and promises. I trust You to restore my soul and renew my strength each day. Thank You for being my refuge and comfort. In Jesus' name, *amen*.



















#### Your Verse

Hebrews 13:5 - "Keep your lives free from the love of money and be content with what you have... for God has said: 'Never will I leave you; never will I forsake you."

#### **Supporting Scriptures**

- 1 Timothy 6:10 "The love of money is a root of all kinds of evil."
- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."







#### Devotional: Finding Contentment Beyond Money

One trap in gambling is placing our security and hope in money or winning rather than God. Hebrews 13:5 warns us to keep free from the love of money and be content, anchoring our confidence in God's never-failing presence instead.

The desire for quick financial gain can mask deeper dissatisfaction and a lack of trust in God's provision. 1 Timothy 6:10 calls the love of money a root of many evils, which includes behaviors that harm our soul and relationships.

Proverbs 3:5-6 teaches us to trust the Lord fully, even when our circumstances or understanding tempt us to look elsewhere for security.

Choosing to reject false security means allowing God to be our steady foundation amid uncertain finances and emotional ups and downs.







## Reflect and Apply

1.	How has money been a source of false security for you?
2.	What fears or desires drive your urge to gamble for financial gain?
3.	In what ways can you deepen your trust in God's provision today?







## **Journaling Prompts**

	List moments when money felt like your security and how that affected your choices.
2.	Write about the difference between contentment and greed in your life.
	Describe how trusting God could transform your relationship with money.







#### Prayer for Today

**God,** I confess the times I have loved money more than You and sought security in wealth rather than Your presence. Help me to be content with what I have, knowing You will never leave or forsake me. Teach me to trust You completely, even when life is uncertain. I surrender my desires for quick gain and ask for Your peace to fill my heart. In Jesus' name, *amen*.











## Day 5: 🍑 Surrender and Support









Day 5: 🎔 Surrender and Support

#### Your Verse

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, and he will make your paths straight."

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 "Two are better than one... if either of them falls down, one can help the other up."
- James 5:16 "...confess your sins to each other and pray for each other so that you may be healed."







Day 5: 🎔 Surrender and Support

#### Devotional: The Power of Trust and Community

**Healing from addiction is not meant to be done alone.** Proverbs 3:5–6 invites us to fully trust and submit to God's guidance instead of relying on self-understanding.

Part of surrender includes seeking support from others who can walk alongside you in this journey. Ecclesiastes highlights the strength found in companionship—when one falls, the other can lift them up.

James 5 encourages believers to confess sins and pray for one another to experience healing and restoration.

Today, consider who God might be leading you to connect with for accountability, prayer, or counseling. Surrender isn't weakness but a courageous step toward freedom.







Day 5: 🌣 Surrender and Support

## Reflect and Apply

1.	Who can you invite to support and pray for you in your healing journey?
	What does it look like for you to fully trust God rather than your own understanding?
3.	How might surrender bring peace even in moments of struggle?







Day 5: 🎔 Surrender and Support

## **Journaling Prompts**

Write about past experiences with support—positive or negative—and what you desire now.
List practical steps to seek help or build community around your recovery.
Describe what surrender to God means personally in your addiction battle.







Day 5: 🎔 Surrender and Support

#### Prayer for Today

**Lord,** I admit my need for You and for others. Help me to trust You fully and to surrender my desire to control everything. Bring trustworthy people into my life to encourage, pray, and walk with me. Thank You that I do not walk this journey alone. Give me courage to reach out and receive help. In Jesus' name, *amen*.



















#### 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 "Finally, brothers and sisters, whatever is true, whatever is noble... think about such things."







# Devotional: Transforming Your Thought Life for Freedom

Addiction often rewires our thoughts—favoring temptation, doubt, or despair. Romans 12:2 calls us not to conform to worldly patterns but to be transformed by renewing our minds.

This transformation means actively managing thoughts—to 'take every thought captive' as 2 Corinthians 10:5 directs—and align them with Christ's truth and love. Filtering your mind through Philippians 4:8's instructions reminds you to focus on whatever is true, noble, right, pure, lovely, and admirable.

As you renew your mind daily through Scripture, worship, and prayer, you build resilience against the triggers and lies that feed addiction.







## Reflect and Apply

1.	What thoughts tend to lead you toward gambling temptation?
2.	How can you replace these with God's truth and promises?
3.	What role does meditation on Scripture play in your mental renewal?







## **Journaling Prompts**

1.	Identify common negative or tempting thoughts and write biblical truths to counter them.
	Describe a new habit or practice you can cultivate to transform your mind.
3.	Write a prayer asking God to help you control your thoughts.







#### Prayer for Today

**Father God,** renew my mind and help me to take every thought captive to obey You. Replace harmful patterns and lies that fuel my addiction with Your truth and peace. Guide me to focus on what is pure and noble, strengthening my heart to resist temptation. Transform me by Your Spirit daily. In Jesus' name, *amen*.



















Day 7: 🤌 Walking in New Freedom

#### 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**

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







Day 7: 🤌 Walking in New Freedom

#### Devotional: Celebrating New Life in Christ's Freedom

The journey through addiction and healing culminates in new life through Christ. 2 Corinthians 5:17 celebrates this identity as a new creation, where the old chains no longer define us.

Though scars from addiction might remain, Psalm 34:18 reminds us that the Lord is near to the brokenhearted and offers salvation and restoration. Isaiah 43 speaks powerfully about God doing a new thing—inviting us to forget the pain and mistakes of the past and embrace His transformative work.

Today is a celebration of stepping forward into freedom, worshiping the true Provider, and living with hope that God's grace renews every part of your story.







Day 7: 🕭 Walking in New Freedom

## Reflect and Apply

1.	How can you embrace your new identity as a creation in Christ?
	What steps can you take to maintain freedom and avoid falling back into addiction?
3.	In what ways can you share your story to encourage others?







Day 7: 🕭 Walking in New Freedom

## **Journaling Prompts**

1.	Write a declaration of your new identity and freedom in Christ.
2.	List practical boundaries or habits to sustain your recovery.
	Reflect on how your experience might inspire or support others struggling with addiction.







Day 7: 🤌 Walking in New Freedom

#### Prayer for Today

**Thank You, Lord,** that in You I am a new creation. I release the past, trusting You to do a new thing in my life every day. Help me to walk confidently in freedom and grace. Surround me with support and fill me with joy as I worship You, the true Provider. Use my story for Your glory and the encouragement of others. In Jesus' name, *amen*.









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