Freedom and Healing: Overcoming Addiction Through God's Strength



A 21-day journey to find freedom from addiction and anxiety through God's Word and healing power.





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Introduction

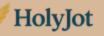
Welcome to this 21-day Bible study on Addiction and Deliverance. If you or someone you love is struggling with addiction to Xanax or anti-anxiety medications, this study aims to offer not only spiritual encouragement but practical spiritual tools for healing and freedom. Addiction is a complex challenge, often rooted in deep emotional and spiritual struggles, particularly anxiety. However, God's Word promises hope, deliverance, and restoration to all who seek Him with a sincere heart.

In these next three weeks, you'll read Scripture that addresses fear, anxiety, strength, and God's ability to set us free from bondage. You'll discover how to replace dependency on medications with dependency on God, embracing His peace which surpasses understanding. This journey is not a quick fix — it is a commitment to spiritual growth and healing. Expect to meet moments of struggle, but also moments of profound encouragement as God's truth sinks deep into your heart.

Each day, you'll have a Scripture to meditate on, supporting verses to reinforce the theme, a thoughtful devotional to guide your reflection, and journaling prompts that help personalize your experience and healing journey. Our prayer for you is a deep deliverance—not just from the chains of addiction, but from the root causes: anxiety, fear, and hopelessness. **God's way leads to true freedom.** Let's embark on this transformative walk together, inviting the Holy Spirit to guide you into peace and strength beyond what







medications can provide. Remember, God's grace is sufficient and His power is made perfect in our weakness (2 Corinthians 12:9). You are not alone.







Day 1: 5 God's Peace Overwhelms Anxiety









Day 1: 🤋 God's Peace Overwhelms Anxiety

Your Verse

Philippians 4:6-7 NIV - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Supporting Scriptures

- Isaiah 41:10 NIV So do not fear, for I am with you; do not be dismayed, for I am your God.
- John 14:27 NIV Peace I leave with you; my peace I give you. I do not give to you as the world gives.







Day 1: 39 God's Peace Overwhelms Anxiety

Devotional: Embracing Divine Peace over Anxiety

Anxiety often drives addiction, creating a cycle of fear and dependence. The Apostle Paul's words in Philippians 4:6–7 offer a powerful invitation: instead of succumbing to worry, we can bring every anxiety to God through prayer and thanksgiving. This is not mere positive thinking; it's a spiritual exchange. We give our fears to God, and He replaces them with supernatural peace, a peace that guards our hearts and minds even when circumstances remain difficult.

As you begin this journey, acknowledge the areas where anxiety rules your life. Consider what it feels like to hand over these burdens to God daily, trusting His promise to bring peace. God's peace is a protective presence, closing the door to panic and the cravings that often accompany it. It won't always be easy to release control, especially after relying on medications like Xanax to cope, but God's grace empowers us to surrender.

Today, invite God to be your calm amid the storm. Seek His peace earnestly and watch how it begins to transform your heart from the inside out.







Day 1: 🦻 God's Peace Overwhelms Anxiety

Reflect and Apply

1.	In what areas of your life do you feel the most anxiety or fear?
2.	How do you currently cope with anxiety, and how might turning to God instead affect your healing?
3.	What does God's promise of peace mean to you personally?







Day 1: 🦻 God's Peace Overwhelms Anxiety

Journaling Prompts

1.	Write down the specific anxieties you want to surrender to God today.
2.	Describe how you envision God's peace working in your heart and mind.
3.	Record any emotions or resistance you feel about releasing control to God.







Day 1: Tood's Peace Overwhelms Anxiety

Prayer for Today

Heavenly Father, thank You for Your promise of peace that surpasses understanding. Today, I choose to bring my fears and anxieties to You instead of relying on medications to numb or control them. Help me trust Your timing and Your power to heal. May Your peace guard my heart and mind, breaking the chains of fear that bind me. Teach me to lean on You in moments of weakness and to find rest in Your loving presence. *Guide me on this path of deliverance and renewal.* In Jesus' name, Amen.

















Your Verse

2 Corinthians 12:9 NIV – 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

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







Devotional: God's Power Shines Through Our Weakness

When struggling with addiction, it's easy to feel weak, ashamed, or hopeless. Paul's honesty in 2 Corinthians 12 reminds us that real strength comes from God's grace resting on our weaknesses. Rather than hiding your struggles, invite God's power to work through those very imperfections and limitations.

Dependence on medications can make us feel falsely in control, but true control comes from surrendering to God's powerful grace. He promises to be our refuge and source of strength in every moment of trouble. In those moments when you feel weakest, God is strongest.

Recognize your frailty today not as a failure, but as a doorway to divine power that lifts and sustains you beyond what human effort alone can do. Your weakness is not your end; it is where God begins to work mightily through you.







Reflect and Apply

	How do you typically respond to feelings of weakness or failure in your addiction journey?
	What would it look like to boast in your weaknesses, as Paul does, and depend on God's strength instead?
3.	How can you invite God's grace to be sufficient for you today?







Journaling Prompts

1.	Write about a recent time you felt weak and how you dealt with it.
	Describe how you might shift your perspective to embrace God's strength in weakness.
3.	List practical ways you can rely on God instead of your own efforts.







Prayer for Today

Lord, thank You that Your grace is enough for me, even in my weakest moments. Help me to stop striving in my own power and to rely fully on Your strength. When I feel overwhelmed or helpless, remind me that Your power is perfect when I am weak. Fill me with boldness to confess my struggles and to trust You for deliverance. Teach me to rest in Your refuge today and every day. I surrender my weakness to You, believing Your power will carry me through. In Jesus' name, Amen.









Day 3: Overcoming Fear by Faith









Day 3: Overcoming Fear by Faith

Your Verse

1 John 4:18 NIV – There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

Supporting Scriptures

- Psalm 34:4 NIV I sought the Lord, and he answered me; he delivered me from all my fears.
- Romans 8:15 NIV You have received the Spirit of adoption. The Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."







Day 3: ○ Overcoming Fear by Faith

Devotional: Love Casts Out Fear and Addiction

Fear and anxiety often feed addiction by convincing us we must control our pain at all costs. Yet 1 John teaches a profound truth: perfect love removes fear. This love is God's own love, poured into our hearts through the Holy Spirit.

Fear thrives in darkness, isolation, and misunderstanding of God's character as a loving Father. When we embrace His love—accepting that we are His beloved children—fear loses its grip. God's love tells us we have nothing to fear, no punishment awaiting us unless we turn from Him.

As you reflect today, consider the ways fear fuels your addiction and how inviting God's perfect love into those places can start to dissolve fear's hold. Freedom begins when we accept that God's love is greater than our anxieties and the temptations to rely on substances for relief.







Day 3: Overcoming Fear by Faith

Reflect and Apply

1.	What fears most contribute to your feelings of anxiety or need to use medications?
2.	How does understanding God's perfect love challenge or comfort you?
3.	In what ways can embracing your identity as God's child reshape how you approach your healing?







Day 3: Overcoming Fear by Faith

Journaling Prompts

1.	List the fears that feel most overwhelming to you right now.
2.	Write a letter to yourself from God's perspective of unconditional love.
3.	Describe a time when you experienced God's love driving out your fear.







Day 3: ○ Overcoming Fear by Faith

Prayer for Today

Father God, thank You for loving me perfectly and completely. Thank You that Your love drives out fear in my heart and mind. Help me to grasp the depth of Your love today—love that frees me from the chains of anxiety and addiction. Teach me to rest as Your child, knowing You will never abandon or punish me. Fill me with courage to face fears through faith and love. Lead me into healing and peace, wrapped securely in Your arms. In Jesus' name, Amen. \heartsuit

















Your Verse

Galatians 5:1 NIV – It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Supporting Scriptures

- John 8:36 NIV So if the Son sets you free, you will be free indeed.
- Psalm 107:14 NIV He brought them out of darkness, the utter darkness, and broke away their chains.







Devotional: Christ's Freedom Breaks Addiction's Hold

Addiction feels like chains—binding, controlling, and stealing joy. But Scripture reminds us that Christ's sacrifice was for our freedom. Galatians 5:1 encourages us to stand firm and refuse to be entangled again by the chains we were once freed from.

Freedom in Jesus is not just a future hope but a present reality we must claim and live daily. Though overcoming addiction is hard, remember that the chains are broken and never meant to bind you forever. God's power breaks through darkness and bondage, restoring hope and strength.

Today, commit to standing firm in the freedom Christ offers, resisting the pull back into dependency. Freedom requires action, courage, and trust.

Remember, you are no longer a slave to your addiction but a child of God eagerly walking into new life.







Reflect and Apply

	What chains—physical, emotional, spiritual—do you feel most burdened by?
2.	How can you stand firm in the freedom Christ has given you each day?
3.	What practical steps can you take to resist being 'burdened again'?







Journaling Prompts

1.	Describe what freedom from addiction would look like in your life.
	Write about ways you might fall back into old patterns and how to avoid them.
	List resources—spiritual, emotional, relational—that support your freedom journey.







Prayer for Today

Mighty Savior, thank You for setting me free from the bondage of addiction and anxiety. Help me to stand firm in this freedom and not return to old patterns of dependence. Strengthen my will and heart to resist temptation and to embrace the abundant life You offer. Break every chain that holds me and fill me with hope and courage to walk the path of healing. Remind me daily that I am free indeed through You. In Jesus' powerful name, Amen.

The strength of the bondage of addiction and anxiety. Help me to stand firm in this freedom and not return to old patterns of dependence. Strengthen my will and heart to resist temptation and to embrace the abundant life You offer. Break every chain that holds me and fill me with hope and courage to walk the path of healing. Remind me daily that I am free indeed through You. In Jesus' powerful name, Amen.









Day 5: Renew Your Mind









Day 5: Renew Your Mind

Your Verse

Romans 12:2 NIV - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Supporting Scriptures

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







Day 5: Renew Your Mind

Devotional: Transformation Through Mind Renewal

Addiction is often sustained by patterns of thinking and beliefs that keep us trapped. Romans 12:2 calls us to a profound change—not just in actions but in the very way we think. Renewing the mind means rejecting old lies, destructive habits, and harmful dependencies embedded in our thoughts.

To heal anxiety and dependency on medications, it is essential to focus on God's truth daily. This transformation empowers us to discern God's perfect will and live in the freedom He provides. Renewal is a continuous process—prayer, Scripture meditation, and godly community help shape our thinking.

Today, invite God to help you identify thought patterns that feed your anxiety and addiction. Replace them intentionally with His promises and truths. A transformed mind leads to transformative living.







Day 5: Q Renew Your Mind

Reflect and Apply

1.	What negative or fearful thoughts do you notice repeating in your mind?
2.	How can you practically participate in renewing your mind each day?
3.	What truths from God's Word stand out as powerful counters to anxiety or cravings?







Day 5: Q Renew Your Mind

Journaling Prompts

1.	Write down recurring thoughts that trigger your anxiety or cravings.
2.	List Scripture verses or affirmations that can replace those thoughts.
3.	Describe a moment today when you chose God's truth over fear.







Day 5: Renew Your Mind

Prayer for Today

Lord, renew my mind to think in ways that honor You. Help me to reject patterns that feed addiction and anxiety, and fill my thoughts with Your truth and hope. Guide me in learning to discern Your will as I grow in freedom and peace. Teach me to walk in transformation day by day, setting my mind firmly on things above. I surrender my mind to You today, trusting Your power to change me inside out. In Jesus' name, Amen.









Day 6: Trusting God's Timing









Your Verse

Ecclesiastes 3:1 NIV - There is a time for everything, and a season for every activity under the heavens:

- Psalm 27:14 NIV Wait for the Lord; be strong and take heart and wait for the Lord.
- Isaiah 40:31 NIV But those who hope in the Lord will renew their strength.







Devotional: Patience in God's Perfect Timing

Healing from addiction and anxiety is rarely instant—it follows God's perfect timeline. Ecclesiastes tells us there is a time for everything. Sometimes we may feel discouraged when progress feels slow, but this season is part of God's refining process.

Waiting on God requires strength and courage, especially in vulnerable moments. Psalm 27:14 encourages us to take heart and remain strong while we wait. Renewed strength comes from placing hope in the Lord, trusting that He orchestrates each step toward healing.

Today, let God's timing anchor your hope. Resist the temptation to rush or control outcomes; instead, rest in His sovereign plan and steady love. Healing is a journey walked with God's patience and grace.







1. I	How do you react when healing or deliverance feels slow?
_	
	What practices help you remain patient and hopeful during waiting seasons?
-	
	How might trusting God's timing change your approach to addiction ecovery?
_	







1.	Describe your feelings about where you are in your healing journey.
2.	Write about a time God showed up in His perfect timing in your life.
3.	List steps you can take to cultivate patience and trust today.







Prayer for Today

God of all seasons, teach me to trust Your perfect timing in my healing. When I feel impatient or discouraged, remind me to wait on You with strength and courage. Renew my hope and remind me that You are working even when I cannot see it. Help me to surrender control and rest in Your steady love. Guide me through this journey step by step, knowing You are faithful. In Jesus' name, Amen. Σ \Longrightarrow \Longrightarrow

















Day 7: **\$** Speak Truth to Your Soul

Your Verse

Proverbs 3:5-6 NIV - 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.

- Joshua 1:9 NIV Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.
- Psalm 119:105 NIV Your word is a lamp to my feet and a light to my path.







Day 7: ♥ Speak Truth to Your Soul

Devotional: Renewing Your Mind with God's Truth

One of the weapons against addiction and anxiety is the power of speaking God's truth aloud to your soul. Proverbs reminds us to trust and not lean on our own understanding—our thoughts can become distorted by fear or cravings. Confessing Scripture encourages faith and directs us onto the straight path God has for us.

Speaking truth is an act of faith that confronts lies from the enemy and our own doubts. When you feel overwhelmed, declaring God's promises—out loud or in your heart—builds spiritual muscle to resist temptation.

Today, identify key Scriptures that encourage you and make a habit of speaking them regularly. Let God's Word illuminate your path and renew your confidence in His deliverance and guidance.







Day 7: ♥ Speak Truth to Your Soul

What negative or fearful messages do you need to replace with God's truth?
How can regularly speaking Scripture help you during moments of temptation or anxiety?
What steps will you take to intentionally memorize and declare God's
promises?







Day 7: **♦** Speak Truth to Your Soul

1.	Write down 3 favorite Scriptures that encourage and strengthen you.
2.	Reflect on a time when speaking God's word helped you through a hard moment.
3.	Plan a daily routine for confessing Scripture over your life.







Day 7: **\$** Speak Truth to Your Soul

Prayer for Today

Lord, help me to trust You fully and not rely on my own understanding or feelings. Teach me to speak Your truth over my life daily, especially when anxiety and temptation rise. Let Your Word be a lamp to my feet and a light to my path, guiding me in freedom and peace. Build faith in my heart as I declare Your promises with boldness. In Jesus' name, Amen. \square

















Your Verse

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

- Isaiah 61:1 NIV He has sent me to bind up the brokenhearted, to proclaim freedom for the captives.
- Matthew 11:28 NIV Come to me, all you who are weary and burdened, and I will give you rest.







Devotional: God's Healing Touch for Emotional Pain

Addiction often masks deeper wounds in the heart—pain, trauma, or unresolved grief. Psalm 147:3 offers assurance that God is a healer of broken hearts and a binder of wounds. He doesn't just focus on surface behaviors but restores from the inside out.

Healing emotional wounds and anxiety requires vulnerability and trust in God's gentle presence. Jesus invites the weary to come to Him for rest—physical dependency can cloud this invitation but God's power can revive even the most hurting soul.

Today, reflect on any emotional pain or unresolved hurts connected to your anxiety or addiction. Invite Jesus to touch those places and begin His restorative work. Healing is hopeful and ongoing.







1.	Are there heart wounds fueling your anxiety or addiction?
2.	How can you invite Jesus to bring healing to those hidden places?
3.	What would emotional healing mean for your recovery journey?







	Write about any past hurts or trauma related to your anxiety or substance use.
2.	Describe how you want God to heal those wounds.
3.	Commit to one step—prayer, counseling, or support group—to address emotional pain.







Prayer for Today

Jesus, You know my heart and every pain I carry. I ask You to heal my brokenness and bind my wounds. Help me lay down my burdens and receive Your rest for my soul. Teach me to trust in Your restorative power and grace. Fill me with hope as You work to make me whole. May Your love bring freedom where pain once ruled. In Your precious name, Amen. 💙 🖏 🔑

















Your Verse

Luke 18:1 NIV – Then Jesus told his disciples a parable to show them that they should always pray and not give up.

- 1 Thessalonians 5:17 NIV Pray continually.
- James 5:16 NIV The prayer of a righteous person is powerful and effective.







Devotional: Never Give Up on Prayer

Persistent prayer strengthens our connection with God and empowers us in moments of struggle. Jesus encourages believers to keep praying without giving up. Addiction recovery and anxiety healing are processes where sustained prayer brings breakthrough.

Continuous communication with God reminds us we are not alone and invites His guidance and strength moment by moment. Persistent prayer also renews our faith and shifts our focus from temporary relief to eternal hope.

Commit to a discipline of regular prayer today—even short prayers throughout the day—trusting that God hears and acts in His perfect timing. Your prayers are powerful and effective, even if answers seem delayed.







1.	What challenges keep you from praying regularly?
2.	How might persistent prayer change your mindset about healing?
	What are some specific things you want to bring before God in prayer daily?







1.	Write a prayer asking God for strength in your recovery.
2.	List moments throughout your day when you can pause and pray.
	Reflect on a time when persistent prayer brought you peace or breakthrough.







Prayer for Today

Lord, teach me to pray continually and not give up even when healing feels slow or hard. Help me to trust that You hear every prayer and are at work on my behalf. Strengthen my faith through sustained conversation with You. Fill me with hope and patience as I depend on Your power. May my persistent prayers open doors to freedom and peace. In Jesus' name, Amen. \triangle

















Day 10: ○ Guard Your Heart and Mind

Your Verse

Proverbs 4:23 NIV - Above all else, guard your heart, for everything you do flows from it.

- Philippians 4:8 NIV Think about whatever is true, noble, right, pure, lovely, admirable—anything excellent or praiseworthy.
- 2 Timothy 1:7 NIV For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.







Day 10: \bigcirc Guard Your Heart and Mind

Devotional: Protecting Your Inner Life

Your thoughts and emotions strongly influence your response to anxiety and addiction triggers. Proverbs advises guarding your heart carefully because it is the wellspring of life. This includes monitoring what you feed your mind and spirit.

Replacing negative or toxic thoughts with what is pure and good, as Paul instructs, helps keep anxiety and cravings in check. The Holy Spirit equips you with power, love, and self-discipline—all essential for this guarding process.

Today, consider ways to guard your heart and mind intentionally—through Scripture, limiting harmful influences, and embracing self-control empowered by God. Protecting your inner world is critical for lasting freedom.







Day 10:

Guard Your Heart and Mind

1.	What influences currently affect your thoughts and feelings negatively?
	How can focusing on noble, pure, and praiseworthy things help your recovery?
	In what ways can you cooperate with the Holy Spirit to develop self-discipline?







Day 10:

Guard Your Heart and Mind

	Identify three things you can remove or limit that negatively impact your mind.
2.	List positive habits or influences you want to add to your daily life.
3.	Write about how you can rely on the Spirit's power for self-control.







Day 10: \bigcirc Guard Your Heart and Mind

Prayer for Today

God, help me to guard my heart and mind from harmful thoughts, influences, and emotions. Fill me with Your Spirit's power, love, and self-discipline to choose what is pure and good. Teach me to protect my inner life so that everything I do flows from Your truth and peace. Strengthen me daily in this battle for my mind. In Jesus' name, Amen. () ()









Day 11: 🗱 New Identity in Christ









Your Verse

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

- Galatians 2:20 NIV I have been crucified with Christ and I no longer live, but Christ lives in me.
- Ephesians 2:10 NIV For we are God's handiwork, created in Christ Jesus to do good works.







Devotional: Embracing Your New Self

Struggles with addiction can leave us identifying with pain, shame, or failure. But God calls us into a new identity through Christ. When you surrender your life to Him, the 'old self'—with its struggles and sins—passes away and a new creation emerges.

This new identity is powerful; it is grounded in God's love and purpose. You are not defined by your past or your addiction but by who Christ has made you to be—redeemed, loved, and purposeful.

Today, focus on embracing and walking in this new identity. Let go of old labels and let God's truth shape your self-image and hope for recovery. You are God's masterpiece, created to live fully free.







	How do you currently define yourself, and how does this affect your addiction?
2.	What does it mean to you to be a new creation in Christ?
	How can adopting your new identity change the way you approach healing?







1.	Write down old labels or identities you want to let go of.
2.	Describe who God says you are now in Christ.
3.	Commit to a daily affirmation based on your identity in Christ.







Prayer for Today

Lord Jesus, thank You for making me a new creation. Help me to fully embrace the identity You have given me, free from past mistakes and addiction. Remind me daily that I am Your handiwork, loved and purposed for good works. Strengthen me to walk confidently as Your child, living in freedom and hope. I surrender my old self to You and receive Your new life today. In Your name, Amen. �� *









Day 12: Bestoring the Soul









Your Verse

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

Supporting Scriptures

- Matthew 11:28–30 NIV Come to me, all you who are weary and burdened, and I will give you rest.
- Isaiah 40:31 NIV Those who hope in the Lord will renew their strength.







Devotional: Finding Soul Rest in God

Addiction and anxiety weary the soul, draining energy and joy. Psalm 23 reminds us that God refreshes our souls and leads us in right paths. True rest is found only in Him.

Jesus offers rest for those who are burdened—rest that soothes and renews deeply, unlike temporary relief substances provide. Allowing God to restore your soul means slowing down, surrendering, and following His guidance moment by moment.

Today, accept God's invitation to rest and be refreshed. Take time to listen, pray, and receive His restoration. Your soul's healing is part of your whole-body recovery.







Reflect and Apply

1.	In what ways is your soul weary?
2.	How can you practically rest and accept God's refreshment today?
3.	What paths has God been guiding you to for healing?







Journaling Prompts

1.	Describe what rest for your soul feels like or would look like.
2.	Write about barriers you face in accepting God's rest.
3.	List ways to create space daily for soul-refreshing practices.







Prayer for Today

Dear Lord, my soul is tired and heavy. I come to You for rest and renewal. Guide me along Your paths and refresh my inner being. Teach me to surrender burdens and receive Your peace fully. Strengthen me to keep hoping in You as You renew my strength daily. Fill me with Your rest and healing power. In Jesus' name, Amen. ****** Y A ******









Day 13: Surrendering Control









Your Verse

Psalm 46:10 NIV - Be still, and know that I am God!

Supporting Scriptures

- Matthew 6:34 NIV Therefore do not worry about tomorrow, for tomorrow will worry about itself.
- Proverbs 3:5 NIV Trust in the Lord with all your heart and lean not on your own understanding.







Devotional: Letting Go and Trusting God

A key step in healing is surrendering the illusion of control and resting in God's sovereignty. Psalm 46:10 calls us to be still and know that God is in control. When anxiety tempts us to fret and addiction tempts us to self-medicate, God invites us to stop striving alone.

Trusting God with today and tomorrow reduces the burden on your shoulders. It frees you to focus on what you can control while leaving the rest in God's hands.

Today, practice moments of stillness and surrender, consciously releasing control to God. Recognize that His plans are good and His timing is perfect.







Reflect and Apply

1.	What areas of your life do you find hardest to surrender to God?
2.	How does control or worry contribute to your anxiety or addiction?
3.	What practical steps can you take to be still and trust God more?







Journaling Prompts

1.	List worries or controls you want to surrender today.
2.	Describe how 'being still' might change your perspective.
3.	Write a prayer committing control of your life to God.







Prayer for Today

God, teach me to be still and know You are sovereign. Help me to surrender my control and worry to You completely. Remind me to trust Your understanding, not my own. Give me peace in the present moment and courage to face each day depending on You. I choose to rest in Your faithful hands. In Jesus' name, Amen. (?)









Day 14: Resisting Temptation









Day 14: Resisting Temptation

Your Verse

1 Corinthians 10:13 NIV - No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear.

Supporting Scriptures

- James 4:7 NIV Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- Ephesians 6:11 NIV Put on the full armor of God, so that you can take your stand against the devil's schemes.







Day 14: Resisting Temptation

Devotional: Standing Firm Against Addiction Temptations

Temptations to return to addictive habits can feel overwhelming. However, Scripture reminds us that God is faithful and provides a way out. No temptation will come against you beyond what you can endure when relying on God's strength.

James encourages submission to God and active resistance to the enemy's schemes. By putting on God's full armor—truth, righteousness, peace, faith, salvation, and the Word—you can stand firm.

Today, identify common temptations you face and prepare your spiritual defenses accordingly. Resist with intentional faith and God-given power. You are not powerless; God equips you to overcome.







Day 14: (Resisting Temptation

Reflect and Apply

1.	What specific temptations trigger your addictive cravings?
2.	How can submitting to God help you resist those temptations?
3.	Which pieces of God's armor do you need to focus on developing now?







Day 14: (Resisting Temptation

Journaling Prompts

1.	List temptations and triggers you encounter in your recovery.
2.	Write about the armor of God and how each helps you.
3.	Make a plan for how to respond next time temptation arises.







Day 14: (Resisting Temptation

Prayer for Today









Day 15: 🌣 Seeking Godly Support









Day 15: 🎔 Seeking Godly Support

Your Verse

Ecclesiastes 4:9-10 NIV - Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.

Supporting Scriptures

- Hebrews 10:24–25 NIV Let us consider how we may spur one another on toward love and good deeds.
- Galatians 6:2 NIV Carry each other's burdens, and in this way, you will fulfill the law of Christ.







Day 15: 🎔 Seeking Godly Support

Devotional: The Strength of Christian Community

Walking the path of addiction recovery and healing anxiety is not meant to be done alone. God designed community to support, encourage, and uplift us in difficult seasons.

Ecclesiastes reminds us two are better than one: a companion can help lift us when we fall. Hebrews encourages us to spur one another toward good and to meet regularly for encouragement.

Today, consider who you can reach out to for support—trusted friends, family, church members, or counselors. Allow God to use community as part of your healing journey. Sharing your burdens lightens your load.







Day 15: 🍑 Seeking Godly Support

Reflect and Apply

1.	Who currently supports you spiritually and emotionally?
2.	How might you invite others to walk alongside you in recovery?
3.	What fears or barriers keep you from seeking support?







Day 15: 🍑 Seeking Godly Support

Journaling Prompts

1.	List people who could be part of your support system.
2.	Write about a time community helped you through difficulty.
3.	Plan one step to connect or deepen a supportive relationship.







Day 15: 🎔 Seeking Godly Support

Prayer for Today

God, thank You for the gift of community. Help me to seek and receive support from others boldly. Surround me with people who encourage my healing and challenge me to grow closer to You. Teach me to carry burdens with grace and to be a support to others in need. May I never walk alone. In Jesus' name, Amen. \heartsuit \bigwedge \diamondsuit

















Your Verse

Psalm 40:1-3 NIV – I waited patiently for the Lord; he turned to me and heard my cry.

Supporting Scriptures

- Lamentations 3:22–23 NIV Because of the Lord's great love we are not consumed, for his compassions never fail.
- Romans 15:13 NIV May the God of hope fill you with all joy and peace as you trust in him.







Devotional: Hope Lights the Way Forward

Addiction and anxiety can feel like dark tunnels with no end in sight. Yet, God calls us to wait patiently and hope in His unfailing love and faithfulness.

The Psalmist's experience of being heard and lifted is a powerful reminder that God listens to our cries and acts in mercy. Even when days feel bleak, God's compassion never fails.

Today, cling to the hope offered in Scripture and ask God to fill you with joy and peace. Hope is a light breaking through darkness to guide every step. You are held in His loving hands.







Reflect and Apply

1.	How do you hold on to hope in difficult moments?
2.	What does God's compassion mean for your current struggles?
3.	How can you cultivate joy and peace while trusting God?







Journaling Prompts

1.	Write about a time you felt God's hope during a dark season.
2.	Describe fears or doubts that threaten your hope.
3.	List truths from Scripture that inspire you to keep trusting.







Prayer for Today

Lord, in moments of darkness and despair, remind me to wait patiently and place my hope in You. Thank You that Your love never fails and Your compassion lifts me up. Fill me with joy, peace, and strength as I trust You. Help me to see Your light even when I feel lost. May hope be my anchor today and always. In Jesus' name, Amen. 1















Your Verse

2 Peter 3:18 NIV – But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

Supporting Scriptures

- Colossians 2:6-7 NIV Continue to live your lives in him, rooted and built up in him.
- Hebrews 6:1 NIV Let us move beyond the elementary teachings about Christ and be taken forward.







Devotional: Growing in Grace and Faith

Recovery is not just about breaking chains but growing deeper in grace and knowledge of Christ. Peter urges believers to mature, rooted firmly in Jesus.

Spiritual growth sustains long-term healing, giving meaning beyond immediate struggles and building resilience. This growth includes studying Scripture, worship, prayer, and obedience.

Today, focus on cultivating growth habits that deepen your faith and grace. Seek new ways to know Jesus more intimately and to live out your recovery as part of your spiritual journey.







Reflect and Apply

1.	What spiritual growth practices have helped you so far?
	How can growing in grace change your perspective on addiction and healing?
3.	What next step in spiritual growth could you commit to today?







Journaling Prompts

1.	List spiritual practices you want to develop or strengthen.
2.	Write about a recent spiritual breakthrough or encouragement.
3.	Plan one practical step for growing in grace this week.







Prayer for Today

Jesus, help me to grow daily in Your grace and knowledge. Root me deeply in Your love and truth so I may stand strong in my recovery and faith. Teach me more of who You are and what it means to follow You faithfully. Strengthen my heart to be built up in You every day. In Your name, Amen. **?**

















Day 18: P Embracing God's Wisdom

Your Verse

James 1:5 NIV - If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Supporting Scriptures

- Proverbs 2:6 NIV For the Lord gives wisdom; from his mouth come knowledge and understanding.
- Psalm 119:130 NIV The unfolding of your words gives light; it gives understanding to the simple.







Day 18: 🖓 Embracing God's Wisdom

Devotional: Seeking Divine Guidance Daily

Addiction recovery requires not only strength but wisdom—for decisions, boundaries, and growth. James assures us that God generously grants wisdom to those who ask. This wisdom comes through prayer, Scripture, and openness to the Holy Spirit.

God's Word enlightens us, giving understanding even in confusion or complexity. Seeking His guidance daily helps protect from pitfalls and nurtures godly choices.

Today, intentionally ask God for wisdom in your steps forward. Listen attentively for His voice through His Word and Spirit. Wisdom is a gift that supports lasting freedom.







Day 18: 🖓 Embracing God's Wisdom

Reflect and Apply

1.	In what areas do you most need God's wisdom right now?
2.	How do you currently seek or respond to God's guidance?
3.	What steps can you take to cultivate greater spiritual discernment?







Day 18: P Embracing God's Wisdom

Journaling Prompts

1.	Write a prayer asking God specifically for wisdom today.
2.	List decisions or challenges you want God's guidance on.
3.	Record any insights or answers you feel God is giving you.







Day 18: O Embracing God's Wisdom

Prayer for Today

Father, I ask You for wisdom generously as I navigate recovery and healing. Illuminate my path and give me understanding beyond my own insight. Help me hear Your voice clearly and obey Your guidance faithfully. Thank You for never withholding Your good gifts. I trust You to lead me in the way I should go. In Jesus' name, Amen. \bigcirc \bigwedge \diamondsuit \bigcirc















Your Verse

2 Corinthians 5:7 NIV - For we live by faith, not by sight.

Supporting Scriptures

- Hebrews 11:1 NIV Now faith is confidence in what we hope for and assurance about what we do not see.
- Romans 8:28 NIV And we know that in all things God works for the good of those who love him.







Devotional: Trusting God Beyond Circumstances

Anxiety unsettles us because it focuses on feelings and what we see or anticipate. Yet believers are called to live by faith—trusting God even when circumstances seem uncertain or discouraging.

Faith is confidence in what is hoped for and assurance in the unseen. It looks beyond present struggles to God's promises and faithfulness.

Today, practice living by faith by choosing to trust God over your feelings or fears. Anchor yourself in His promises, knowing He orchestrates all things for your good. Faith sustains when feelings fluctuate.







Reflect and Apply

1.	How often do your feelings control your actions or decisions?
2.	What promises from God help you to live by faith instead of sight?
3.	How can you remind yourself to trust God during anxious moments?







Journaling Prompts

1.	Write about a time you acted on faith, despite fear or doubt.
2.	List Scriptures that encourage trusting God beyond feelings.
3.	Plan a strategy to shift from emotional reactions to faith responses.







Prayer for Today

Lord, teach me to live by faith, not by what I feel or see. Help me to trust Your promises and goodness even in uncertainty. Strengthen my confidence in You as I walk through recovery and anxiety. Remind me that You work all things for my good and Your glory. I place my hope and trust fully in You. In Jesus' name, Amen. 💸 🙏 💝 😂















Your Verse

Psalm 126:3 NIV - The Lord has done great things for us, and we are filled with joy.

Supporting Scriptures

- Philippians 1:6 NIV He who began a good work in you will carry it on to completion.
- 2 Corinthians 9:8 NIV And God is able to bless you abundantly.







Devotional: Rejoicing in God's Faithful Work

Recovery is a journey marked by progress, setbacks, and grace. Psalm 126 invites us to celebrate the great things God has done and to be filled with joy. Even small victories are evidence of God's faithful work in your life.

Paul reminds us that God will bring His work to completion—so don't give up. God's abundant blessings sustain and encourage us when challenges arise.

Today, acknowledge your progress and give thanks for God's grace sustaining you. Celebrate with joy the deliverance, growth, and healing that are happening step by step. Gratitude fuels hope and perseverance.







Reflect and Apply

1.	What progress, however small, can you celebrate today?
2.	How has God's grace been evident in your recovery journey?
3.	In what ways can joy motivate you to continue moving forward?







Journaling Prompts

Write a list of accomplishments and breakthroughs so far.
Describe how gratitude affects your attitude and healing.
Plan a personal celebration or reward for your progress.







Prayer for Today

Gracious God, thank You for the great things You have done in my life. I rejoice in Your faithfulness and grace that carry me through recovery. Help me to celebrate progress and remain hopeful for the journey ahead. Fill me with joy and strength as You complete the good work You began. I praise You for Your abundant blessings. In Jesus' name, Amen.

















Your Verse

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

Supporting Scriptures

- Galatians 5:13 NIV You, my brothers and sisters, were called to be free.
- Romans 8:1 NIV Therefore, there is now no condemnation for those who are in Christ Jesus.







Devotional: Embracing Lasting Freedom in Christ

As this 21-day journey concludes, remember the freedom Christ offers is complete and lasting. John 8:36 says if the Son sets you free, you are truly free. This freedom is not temporary or conditional but rooted in grace.

You were called to live free—not bound by anxiety, addiction, or shame. There is no condemnation for those in Christ, only a new life filled with hope, power, and peace.

Today, step forward in confidence, firmly grounded in God's freedom. Commit to ongoing dependence on Him as your strength for every day. Freedom is now your identity and destiny.







Reflect and Apply

1.	What does freedom in Christ mean to you now compared to before this study?
2.	How will you continue to live in the freedom God provides?
3.	What support and spiritual practices will help you maintain this freedom?







Journaling Prompts

1.	Write a declaration of your freedom in Christ.
2.	Describe your vision for life beyond addiction and anxiety.
3.	Make a commitment plan for staying rooted in faith and recovery.







Prayer for Today

Lord Jesus, thank You for setting me free—free indeed—from addiction, anxiety, and shame. Help me to live boldly in this freedom and to walk daily in Your grace and power. Remind me there is no condemnation for me in You. Guide me in continuing the journey of healing and dependence on You. May my life glorify You as one set free. In Your mighty name, Amen.







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