# Freedom and Renewal: Overcoming Addiction God's Way



A 21-day Bible study guiding you to recover from caffeine dependence by embracing God's strength, rest, and renewal.





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#### Introduction

Welcome to this transformative 21-day journey focused on recovery and renewal through God's Word. Addiction, even to something like caffeine, can hold us captive in subtle yet powerful ways. Our bodies and minds crave that energy boost, but at what cost? This study is crafted to help you find freedom by learning how to rest deeply and live energized by God's Spirit rather than by stimulants.

Throughout these 21 days, you will explore Scripture that addresses our inner struggles, God's power to renew, and practical ways to lean on Him daily. Addiction is often rooted in unmet needs such as rest, peace, or purpose. By turning to God, who offers true refreshment and strength, you can replace unhealthy patterns with spiritual vitality.

Imagine waking each day energized not because of a caffeine fix but because of the peace and presence of God filling you. This is not just about quitting something; it's about embracing something greater—God's design for rest and renewal. You will be encouraged to reflect, journal, and pray, cultivating a deeper reliance on God's sustaining grace.

Remember, recovery is a journey, not a quick fix. Be patient and gentle with yourself as you walk through these days. Trust that God is working in your heart, even in moments of weakness. Let His Word be a lamp guiding your steps to freedom and His peace be your true source of energy.







Let us begin this journey toward rest and energized living in God's way. 🙏 









# Day 1: TRecognizing Your Need for God's Strength









Day 1: Recognizing Your Need for God's Strength

#### Your Verse

2 Corinthians 12:9 - "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**

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







Day 1: F Recognizing Your Need for God's Strength

#### Devotional: God's Power Shines in Our Weakness

Beginning your recovery begins with recognizing where true strength comes from. Addiction to caffeine often signals that we're trying to compensate for tiredness or stress by using external stimulants. But God tells us that His grace is not only enough; it actually shines brightest when we are weak.

When you feel the urge for caffeine, remember that God's power is available to strengthen your inner being. Admitting weakness is not defeat but an invitation for God's perfect power to work in you. Instead of relying on a drink or pill, lean into prayer and ask God to be your strength.

Invite Him to replace your cravings with His peace and empowerment. Rest in Him today knowing you don't have to do this alone. God's grace will uphold and renew you, providing a steady energy that caffeine cannot match.







Day 1: 🍞 Recognizing Your Need for God's Strength

# Reflect and Apply

1.	When do you most feel weak or dependent on caffeine?
2.	How can God's grace meet you in those moments of weakness?
	What does it mean to you that Christ's power rests on you despite your struggles?







Day 1: 🍞 Recognizing Your Need for God's Strength

### **Journaling Prompts**

	Write about the moments when you feel weakest in your caffeine dependence.
	Describe how inviting God's strength can change your recovery experience.
3.	List scriptures or prayers you want to turn to when cravings hit.







Day 1: 7 Recognizing Your Need for God's Strength

#### Prayer for Today

Lord, today I acknowledge my weakness and ask for Your strength. Help me rely not on caffeine but on Your grace that is sufficient for every need. Fill me with Your peace and power so I can face each craving with confidence. Renew my body and mind with Your Spirit. Thank You for never leaving me alone in this journey. *In Jesus' name, Amen.*

















Day 2: Day 2: Dependence

#### Your Verse

Galatians 5:1 - "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 "So if the Son sets you free, you will be free indeed."
- Romans 6:14 "For sin shall no longer be your master, because you are not under the law, but under grace."







Day 2: Day 2: Dependence

#### Devotional: Christ Has Set You Free From Addiction

God desires freedom for you—not just temporary fixes or control by caffeine. Addiction is a form of slavery, subtly chaining you to habits that drain your life force. But the good news is that Christ has already broken those chains through His sacrifice.

Freedom is not a license to do whatever you want but a call to live fully in God's grace and strength. As you resist returning to old dependencies, stand firm on the promise that you are free.

Remember that true freedom comes from the Spirit, who transforms your desires and empowers change. Each time cravings try to pull you back, remind yourself that you belong to Christ, who has the ultimate power over all things.







Day 2: Dependence

### Reflect and Apply

1.	What chains do you feel caffeine has on your life and habits?
2.	How does knowing Christ has set you free impact your mindset about addiction?
3.	What practical steps can you take to stand firm in this freedom?







Day 2: Dependence

### **Journaling Prompts**

1.	Write about what freedom from caffeine dependence looks like for you.
2.	Describe any fears or doubts you have about breaking free and how God can help.
3.	Make a list of actions you will take to stand firm against cravings.







Day 2: Day 2: Dependence

#### Prayer for Today

Father, thank You that Jesus has set me free from every form of slavery. Help me today to stand firm and not be burdened again by my cravings or habits. Transform my desires and renew my mind so I live in true freedom. Give me courage to make choices aligned with Your will. I receive Your grace to walk this path of healing. *In Jesus' powerful name, Amen.* 









# Day 3: 💋 Finding True Rest in God









Day 3: B Finding True Rest in God

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Hebrews 4:9–10 "There remains, then, a Sabbath–rest for the people of God; for anyone who enters God's rest also rests from their own work."







Day 3: **B** Finding True Rest in God

#### Devotional: Rest that Revives Beyond Caffeine

Much caffeine dependence stems from a deep thirst for rest and renewal, often unmet in our busy lives. Jesus offers something no stimulant can: rest for your soul. This rest isn't just physical sleep but a spiritual renewal that refreshes your entire being.

When tiredness tempts you to cling to caffeine, turn your heart toward Jesus' invitation to come to Him. He wants to carry your burdens and renew your strength.

Rest in God means releasing control and trusting Him to revitalize you. It is embracing peace that transcends productivity and deadlines. Practicing this rest daily reduces your need for caffeine's quick fixes and leads you into sustainable energy for life.







Day 3: 🥬 Finding True Rest in God

# Reflect and Apply

1.	How do you currently try to find rest, and how effective is it?
2.	What can it look like to accept Jesus' invitation to rest today?
3.	How might resting in God reduce your dependence on caffeine?







Day 3: 🥬 Finding True Rest in God

### **Journaling Prompts**

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Day 3: **B** Finding True Rest in God

#### **Prayer for Today**

Jesus, thank You for inviting me to find rest in You. When I am weary and tempted to rely on caffeine, remind me to lean into Your peace. Restore my soul and help me trust You more deeply. Teach me how to rest in You daily, so I can live renewed and energized by Your Spirit. *In Your gentle name, Amen.* 









# Day 4: The Battle Within: Spiritual Warfare









Day 4: 🔥 The Battle Within: Spiritual Warfare

#### Your Verse

Ephesians 6:12 - "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world."

#### **Supporting Scriptures**

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- 1 Peter 5:8-9 "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."







Day 4: 🔥 The Battle Within: Spiritual Warfare

# Devotional: Understanding Addiction as Spiritual Battle

It's important to recognize that addiction is not just physical or emotional but also spiritual. The cravings and the struggle can often feel like a fierce battle. Ephesians reminds us that our real enemy is spiritual, and we are engaged in warfare that requires divine armor.

This means your fight against caffeine dependence isn't about willpower alone; it's about surrendering to God and resisting the spiritual forces that perpetuate bondage.

Through prayer, Scripture, and community, you put on God's armor every day, standing firm against temptation. Acknowledge the enemy's schemes but don't fear them. Remember, greater is the One living in you than the one in the world.







Day 4: 🖰 The Battle Within: Spiritual Warfare

# Reflect and Apply

1.	How does viewing addiction as a spiritual battle change your perspective?
2.	What pieces of God's armor do you need to put on more intentionally?
3.	Where do you see opportunities to resist temptation with God's help today?







Day 4: 🖰 The Battle Within: Spiritual Warfare

#### **Journaling Prompts**

1.	Write about times you've sensed spiritual battles during your recovery.
2.	List ways you can pray or act to strengthen your spiritual defenses.
3.	Identify one habit or mindset to surrender fully to God this week.







Day 4: 🔥 The Battle Within: Spiritual Warfare

#### Prayer for Today

Lord, I recognize this struggle is more than physical—it is spiritual warfare. Strengthen me to put on Your armor every day and to resist the enemy's schemes. Help me to stand firm in Your power and truth. Let Your Spirit guide me and give me alertness in temptation. I claim victory in Jesus' name. *Amen.* 









Day 5: 🗞 Renewing Your Mind









#### Your Verse

Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

#### **Supporting Scriptures**

- Philippians 4:8 "Whatever is true, whatever is noble...think about such things."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







#### Devotional: Transforming Thoughts to Break Dependency

Your thoughts influence your cravings and responses. To overcome caffeine addiction, transformation must begin with renewing your mind. Romans urges us not to follow worldly patterns but to be changed by focusing on God's truth.

This means replacing negative or anxious thoughts with Scripture and godly reflections. When you crave caffeine, redirect your mind toward what is pure, lovely, and uplifting.

Intentional thought renewal reduces the power of addiction. It rewires your brain to desire what fuels your spirit rather than temporary energy boosts. Meditate on God's promises, and let them shape your perspective and choices.







### Reflect and Apply

1.	What negative thoughts typically lead to caffeine cravings for you?
2.	How can you intentionally renew your mind daily?
3.	What Scriptures could you memorize and use when cravings arise?







### **Journaling Prompts**

1.	Write down common triggers and thoughts that cue caffeine use.
2.	Create a list of positive verses or affirmations to counter cravings.
3.	Plan a daily meditation or prayer schedule focused on mind renewal.







#### Prayer for Today

God, help me to renew my mind by Your truth. When temptation arises, fill my thoughts with what is pure and good. Teach me to replace old patterns with godly habits and to focus on You above all else. Transform my mind for freedom and healing. *In Jesus' name, Amen.* 







# Day 6: Spiritual Energy vs. Temporary Stimulants









Day 6: A Spiritual Energy vs. Temporary Stimulants

#### Your Verse

John 4:14 - "But whoever drinks the water I give them will never thirst."

# **Supporting Scriptures**

- Isaiah 40:31 "Those who hope in the Lord will renew their strength."
- Psalm 23:3 "He refreshes my soul."







Day 6: \( \sqrt{\text{Spiritual Energy vs. Temporary Stimulants}} \)

# Devotional: Satisfying Your Deepest Thirst in Christ

Caffeine provides temporary physical energy, but it cannot satisfy the deeper thirst of your soul. Jesus invites us to drink from the living water that leads to eternal satisfaction and lasting renewal.

When you rely on caffeine, it's often because your spirit is thirsty—longing for rest, joy, or peace. Jesus offers a source of energy that never runs out, unlike any drink or stimulant.

Surrender your craving and embrace God's living water to nourish your entire being. Trust that He will renew your strength and refresh your soul even in the hardest moments.







Day 6: 🛆 Spiritual Energy vs. Temporary Stimulants

# Reflect and Apply

1.	What needs are you trying to fulfill through caffeine?
2.	How can you drink from Jesus' living water daily?
3.	What might change in your life by relying on God's energy rather than stimulants?







Day 6: 👌 Spiritual Energy vs. Temporary Stimulants

# **Journaling Prompts**

1.	Write about where you feel the deepest thirst in your life.
2.	Describe how Jesus' living water can refresh that part of you.
3.	Plan practical ways to turn to God for renewal throughout your day.







Day 6: A Spiritual Energy vs. Temporary Stimulants

# Prayer for Today

**Jesus, I thirst for Your living water.** Replace my cravings for caffeine with Your lasting refreshment. Quench the deepest parts of my soul with Your love and strength. Teach me to depend on You for energy and peace. Thank You for renewing me day by day. *Amen.*  $\Diamond \$ 

















#### Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

## **Supporting Scriptures**

- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







# Devotional: Strength and Discipline from God's Word

Holding onto God's promises strengthens your resolve when facing addiction. Philippians encourages us that, through Christ, we are capable of overcoming challenges.

Difficult days will come, but God hears your cries and is ready to deliver you. His Spirit gifts you not only power but also self-discipline—essential qualities for recovery.

Claim these promises boldly, and let God's Word anchor your efforts. Recite, meditate, and internalize Scripture to build spiritual muscles that overcome temptation.







# Reflect and Apply

Which promises from God do you find most encouraging?
How can you use Scripture to build self-discipline daily?
What does strength from God look like in your struggle?







# **Journaling Prompts**

1.	List your favorite encouraging Bible verses about strength and victory.
2.	Describe a time when God's promise helped you say no to a craving.
3.	Write a prayer declaring your trust in God's power and discipline.







# Prayer for Today

God, Your promises give me strength and hope. Fill me with Your Spirit's power and self-discipline. Help me stand firm and resist every temptation. Remind me each day that I can overcome through You. Thank You for hearing me and walking beside me. *Amen.* 















#### Your Verse

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

# **Supporting Scriptures**

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







# Devotional: Patience in God's Healing Process

**Recovery is a process, and God works in His timing, not ours.** We often want immediate results, but healing and freedom take time.

Ecclesiastes reminds us that everything has a season. There will be moments of progress and moments of rest or trial. Trust that each season serves a purpose in your growth and recovery.

Waiting on God requires courage and faith. He is faithful to bring renewal in the right time. Embrace patience today, knowing God's timing is perfect.







# Reflect and Apply

	How do you typically respond when you want quick change but things take longer?
2.	What does it mean to wait patiently on God in your recovery?
3.	How can you encourage yourself during slower seasons of healing?







# **Journaling Prompts**

1.	Write about a time God showed His perfect timing in your life.
2.	List encouraging truths about patience and hope.
3.	Create a personal declaration to trust God's timing in addiction recovery.







# Prayer for Today

**Lord, teach me patience as You work in my healing journey.** Help me to trust Your perfect timing and not lose heart. Strengthen my hope and courage to wait on You. Thank You for never abandoning Your promises. *In Jesus' name, Amen.*  $\Sigma$   $\Sigma$   $\Sigma$   $\Sigma$ 

















#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

## **Supporting Scriptures**

- 1 Thessalonians 5:17 "Pray continually."
- Matthew 6:6 "But when you pray, go into your room, close the door and pray to your Father, who is unseen."







# Devotional: Prayer as Your Peaceful Anchor

**Prayer is a powerful tool to calm anxiety and reduce cravings.** When you feel stress or temptation rising, pause and bring your concerns to God.

Philippians teaches us not to be anxious but to pray with thanksgiving, presenting every need to God. This daily habit cultivates deep peace—the kind that guards your heart and mind.

Regular prayer reconnects you to God's presence, grounding you against addiction's pull. It's not just about asking but about resting in God's care.







# Reflect and Apply

1.	How does anxiety influence your caffeine cravings?
2.	What would it look like to pray constantly throughout your day?
3.	How can thanksgiving transform your prayers and mindset?







# **Journaling Prompts**

1.	List your current worries and bring them to God in a written prayer.
2.	Write about how prayer has helped you in any struggle before.
3.	Plan specific times today for focused prayer and thanksgiving.







# Prayer for Today

Father, help me to turn to You in prayer whenever anxiety or cravings rise.







# Day 10: Seeking Godly Community and Support









Day 10: 🎔 Seeking Godly Community and Support

#### 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**

- Hebrews 10:24-25 "Let us encourage one another."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 10: 🍑 Seeking Godly Community and Support

# Devotional: The Power of Fellowship in Recovery

**Recovery is not meant to be walked alone.** God designed us for community, where encouragement and accountability help us stay strong.

Ecclesiastes and Hebrews emphasize how vital it is to have others who build you up, especially during struggles. Surround yourself with godly friends or groups who understand your journey.

Sharing your struggles openly invites God's healing through relationships. Let their prayers, counsel, and presence be a lifeline when cravings or discouragement threaten your progress.







Day 10: 🌣 Seeking Godly Community and Support

# Reflect and Apply

1.	Who currently supports you spiritually and emotionally?
2.	How can you be more intentional about connecting with godly community?
3.	What fears or barriers keep you from seeking support?







Day 10: 🌣 Seeking Godly Community and Support

# **Journaling Prompts**

1.	Make a list of trusted people you can reach out to in recovery.
2.	Write about how fellowship has helped or could help your healing.
3.	Plan one step to strengthen community ties this week.







Day 10: 🎔 Seeking Godly Community and Support

# Prayer for Today

**Lord, thank You for the gift of community.** Help me to seek and cherish godly friendships that encourage and uplift me. Give me courage to be honest and receive support. May I also be a source of strength for others. *In Jesus' name, Amen.*  $\heartsuit$   $\diamondsuit$   $\diamondsuit$   $\diamondsuit$ 

















#### Your Verse

1 Corinthians 10:13 – "God is faithful; he will not let you be tempted beyond what you can bear."

## **Supporting Scriptures**

- Galatians 5:22–23 "The fruit of the Spirit is love, joy, peace, forbearance...self-control."
- Proverbs 25:28 "A person without self-control is like a city with broken-down walls."







# Devotional: Replacing Old Patterns with Spirit-Led Habits

Breaking addiction requires creating new habits that nurture your health and spiritual growth. God's faithfulness means you have strength to overcome temptation if you rely on Him.

Galatians reminds us the Spirit produces self-control, a vital fruit for recovery. Building daily routines like hydration, exercise, prayer, and rest fortify your "walls" against old cravings.

Focus on small, Spirit-led changes that gradually transform old patterns. Celebrate each victory and ask God daily for self-control and wisdom.







# Reflect and Apply

1.	Which habits currently enable your caffeine dependence?
2.	What new habits can you introduce to sustain your recovery?
3.	How does the fruit of the Spirit empower healthy living?







# **Journaling Prompts**

1.	Identify unhealthy behaviors to replace and healthy alternatives.
2.	Write about how self-control manifests in your life today.
3.	Plan a realistic daily schedule incorporating Spirit-led habits.







# Prayer for Today

God, thank You for Your faithfulness and Spirit's power to help me change.

Teach me self-control and guide me in building habits that honor You and my body. Strengthen me when temptation comes and celebrate progress made. *In Jesus' name, Amen.*







# Day 12: A Embracing a New Identity in Christ









#### 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**

- Galatians 2:20 "Christ lives in me."
- Romans 8:1 "There is now no condemnation for those who are in Christ Jesus."







# Devotional: Living as a New Creation, Free from Addiction

Your identity is not defined by addiction but by who you are in Christ. Being a new creation means your past habits and dependencies no longer control you.

Galatians affirms that Christ lives in you, empowering you to walk in freedom and victory. This truth removes condemnation and provides hope instead.

Each day, choose to live from this new identity rather than old labels or chains. Remind yourself that God's love defines you—not caffeine or any struggle.







## Reflect and Apply

	How does your new identity in Christ shift how you see yourself and your addiction?
2.	What old labels or feelings do you need to release today?
3.	How can embracing this truth empower your daily recovery?







## **Journaling Prompts**

1.	Write a letter to yourself as God's new creation.
2.	List truths about your identity in Christ to memorize.
	Reflect on moments when you felt defined by old habits and how to overcome that.







#### Prayer for Today

**Lord, thank You for making me a new creation.** Help me to live daily in this freedom and not be bound by my past or addictions. Let Your love shape how I see myself. Fill me with hope and courage to walk in my new identity. *In Jesus' name, Amen.* �� • 🙏 🌽

















#### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you."

#### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







#### Devotional: Restoring Peace in Troubled Moments

When cravings or anxiety strike, God's peace can calm your heart and mind. Jesus leaves us His peace—a calm that transcends understanding.

Isaiah promises perfect peace when your mind is focused on God. This peace acts as a shield against stress and temptation.

Practice breathing deeply and inviting God's peace into your body and soul. Let it rule your emotions and provide strength.







# Reflect and Apply

1.	How does anxiety affect your caffeine use?
2.	What practical ways can you access Christ's peace during stress?
3.	How can you make peace ruling your heart a daily reality?







## **Journaling Prompts**

1.	Describe moments when you felt peaceful amidst struggle.
2	Write a prayer asking God for peace in your cravings.
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3.	Plan breathing or meditation exercises that help you focus on God.







#### Prayer for Today

**Jesus, thank You for Your peace that calms my soul.** When I feel restless or tempted, let Your peace fill me and rule my heart. Help me trust You fully and resist anxiety and cravings. Restore my inner calm and strength. *Amen.* 



















#### Your Verse

Zephaniah 3:17 - "He will rejoice over you with gladness."

#### **Supporting Scriptures**

- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."
- 1 Thessalonians 5:18 "Give thanks in all circumstances."







#### Devotional: Gratitude Fuels Spiritual Strength

Recovery includes celebrating even small wins along the way. God rejoices over your progress and invites you to rejoice too.

Psalm encourages us to be glad each day—the gift of life and growth. Gratitude shifts your focus from struggles to blessings, fueling motivation and joy.

Take time to thank God for breakthroughs, however small, and watch your faith and strength grow.







## Reflect and Apply

1.	What small victories have you had in your recovery so far?
2.	How can gratitude shift your perspective during hard days?
3.	How can celebrating growth motivate you forward?







## **Journaling Prompts**

1.	List 3 victories—big or small—in the past week.
2.	Write a prayer of thanksgiving for progress made.
3.	Describe how gratitude affects your emotional and spiritual health.







#### Prayer for Today















#### Your Verse

1 John 1:9 - "If we confess our sins, he is faithful and just and will forgive us our sins."

#### **Supporting Scriptures**

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail."
- Romans 8:38–39 "Nothing can separate us from the love of God."







#### Devotional: Fresh Start in God's Compassion

**Slip-ups or setbacks are common; God's forgiveness is abundant.** Confess openly and receive His faithful grace, not condemnation.

Lamentations reminds us His compassion never fails and renews every morning. God's love is unshakeable, no matter the struggles.

Let go of guilt and embrace each day as a fresh start filled with mercy. Grace empowers you to keep moving forward, not looking back in shame.







# Reflect and Apply

1.	How do you respond when you face setbacks in recovery?
2	What does God's forgiveness feel like to you personally?
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3.	How can embracing grace improve your healing journey?







#### **Journaling Prompts**

1.	Write about any guilt or shame you are carrying and give it to God.
2.	Describe what it means to live under God's grace.
3.	Plan ways to remind yourself of God's forgiveness daily.







#### Prayer for Today

Father, thank You for Your unfailing forgiveness and grace. When I stumble, help me confess honestly and receive Your mercy. Remove all guilt and shame. Renew my heart each day with hope and peace. Guide me to walk forward freed by Your love. *In Jesus' name, Amen.* 















#### Your Verse

Isaiah 40:29-31 - "He gives strength to the weary and increases the power of the weak... those who hope in the Lord will renew their strength."

#### **Supporting Scriptures**

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart."
- Nehemiah 8:10 "The joy of the Lord is your strength."







#### Devotional: Renewed Strength in God's Power

**Fatigue often triggers caffeine urges, but God offers lasting strength.** Isaiah promises renewed power for the weary when we hope in the Lord.

Your physical strength may wane, but God is the strength of your heart and spirit. Joy found in Him replenishes energy beyond what caffeine can offer.

Pray for renewed strength and trust God to sustain you through exhaustion. Let His power energize your recovery.







# Reflect and Apply

1.	When are you most physically or mentally tired?
2.	How can you turn those moments into opportunities to rely on God?
3.	What does renewed strength in the Lord look like practically?







## **Journaling Prompts**

1.	Write about times exhaustion led to caffeine cravings.
2.	List ways to ask God for strength during tiredness.
3.	Describe how joy in the Lord has strengthened you before.







#### Prayer for Today

**Lord, I am weary but I trust You to renew my strength.** Fill me with Your power and joy today. Help me to rest in You when tired and resist cravings. Strengthen my heart and spirit to keep moving forward. *In Jesus' name, Amen.* 4 6 4 6

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the Lord and he will sustain you."
- Matthew 6:34 "Therefore do not worry about tomorrow."







#### Devotional: Surrendering Control and Trusting God

Addiction can stem from a desire to control how we feel or perform. Proverbs counsels us to trust the Lord completely and not rely on our own understanding.

By casting your cares on Him, you release the pressure to self-manage everything perfectly and surrender your need for control to God.

Trust that God who cares for you will sustain you moment by moment. Let go of worry and live rooted in faith rather than fear.







## Reflect and Apply

1.	What areas of your recovery feel hardest to surrender to God?
2.	How can trusting God replace your need to control caffeine use?
3.	What worries or fears can you cast on Him today?







## **Journaling Prompts**

1.	Write about control issues related to caffeine or life stress.
2.	List ways you can practice trusting God more fully.
3.	Pray over specific worries and give them to God in writing.







#### Prayer for Today

















Day 18: 

Creating Boundaries for Health

#### Your Verse

1 Corinthians 9:27 - "I discipline my body and keep it under control."

#### **Supporting Scriptures**

- Proverbs 25:28 "A person without self-control is like a city with broken-down walls."
- Hebrews 12:11 "No discipline seems pleasant at the time, but painful. Later, however, it produces a harvest of righteousness and peace."







Day 18: 

Creating Boundaries for Health

#### Devotional: Discipline as a Pathway to Freedom

Creating boundaries around caffeine use requires discipline and self-control. Paul emphasizes disciplining the body like an athlete training for a race.

Self-control is like walls protecting a city. Without them, everything is vulnerable. Though discipline may feel difficult or painful, it leads to righteousness and peace.

Establish clear limits and routines to guard your health and recovery. Let God's Spirit guide your discipline daily.







Day 18: 🕰 Creating Boundaries for Health

# Reflect and Apply

1.	What boundaries around caffeine can you create or strengthen?
2.	How can self-discipline become a form of worship and obedience?
3.	What difficulties do you anticipate and how will you handle them?







Day 18: 🕰 Creating Boundaries for Health

## **Journaling Prompts**

1.	Identify areas lacking discipline in your recovery.
2.	Write about how discipline has helped you previously.
3.	Plan specific boundaries (time, amounts, situations) to guard against cravings.







Day 18: 

Creating Boundaries for Health

### Prayer for Today

God, give me discipline to care for my body and walk in freedom. Help me set healthy boundaries and keep my cravings under control. Strengthen me when self-control feels difficult. Thank You for shaping me into Your likeness. *In Jesus' name, Amen.* \$\mathbb{E} \times \times \times\$









# Day 19: // Hope for the Future









Day 19: @ Hope for the Future

#### 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."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Psalm 16:11 "You make known to me the path of life; in your presence there is fullness of joy."







Day 19: @ Hope for the Future

### Devotional: Trusting God's Plan of Hope

Recovery is about looking forward with hope, not backward with regret. God has good plans for your life, plans that include flourishing and peace.

Romans speaks of God filling you with joy and peace as you trust Him. Walking forward in faith's choice breathes hope into your days.

Cling to the promise that God knows your path and brings fullness of joy and life. Hope fuels perseverance and a new purpose.







Day 19: 🌈 Hope for the Future

## Reflect and Apply

1.	What hopes do you have for your life beyond caffeine dependence?
2.	How can trusting God's plan strengthen your commitment today?
3.	What joy and peace do you already experience from God?







Day 19: 🌈 Hope for the Future

## **Journaling Prompts**

1.	Write your hopes and goals for a caffeine-free life.
2.	Describe how trusting God's plans impacts your mindset.
3.	List ways you experience God's joy and peace now.







Day 19: @ Hope for the Future

#### Prayer for Today

**Lord, thank You for the hope You give me.** Help me trust Your plans and walk confidently in Your purpose. Fill me with joy and peace as I seek You. Let my future be marked by freedom and abundant life. *Amen.* 💋 🙏 💝 🦴

















#### Your Verse

Hebrews 12:1 - "Let us run with perseverance the race marked out for us."

#### **Supporting Scriptures**

- James 1:12 "Blessed is the one who perseveres under trial."
- Galatians 6:9 "Let us not become weary in doing good."







### Devotional: Endurance Through God's Strength

**Recovery is a marathon, not a sprint.** Hebrews encourages us to run with perseverance, fixing our eyes on Jesus.

Trials may come, but perseverance leads to blessing and reward. Keep doing good and don't grow weary. Lean on God's strength to sustain your endurance.

Remind yourself daily that every step forward is a victory. God equips you to finish well.







# Reflect and Apply

1.	What challenges tempt you to give up in recovery?
2.	How can fixing your eyes on Jesus renew your strength?
3.	What practical steps help you persevere daily?







## **Journaling Prompts**

1.	Write about a time you persevered through difficulty.
2.	List encouraging Scriptures or prayers to recall during trials.
2	Dlan how you will stay motivated and accountable
Э.	Plan how you will stay motivated and accountable.







### Prayer for Today

**Jesus, help me to run this race with perseverance.** Strengthen my heart when I feel weary. Keep my focus on You, my ultimate source of hope and victory. Thank You for equipping me to finish strong. *Amen.*  $\rag{8}$   $\rag{6}$   $\rag{6}$ 







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Day 21: 🏂 Celebrating Freedom and New Beginnings

#### Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free."

#### **Supporting Scriptures**

- Psalm 118:5 "In my anguish I cried to the Lord, and he answered by setting me free."
- Revelation 21:5 "Behold, I am making all things new."







Day 21: 🏂 Celebrating Freedom and New Beginnings

### Devotional: Joy in Embracing God's New Life

Congratulations on reaching this milestone in your recovery journey! Celebrate the freedom Christ has given you and the new life you now embrace.

Galatians affirms our freedom in Christ. You have cried out, and God has answered by setting you free. He is continually making all things new, including your life.

Rejoice in God's grace and commit to walking forward in this freedom. Lean on Him daily, knowing He strengthens and renews you.







Day 21: 🥕 Celebrating Freedom and New Beginnings

# Reflect and Apply

1.	What changes do you see in yourself over these 21 days?
2.	How can you continue to live in the freedom Christ offers?
3.	Who can you encourage by sharing your story of healing?







Day 21: 🥕 Celebrating Freedom and New Beginnings

## **Journaling Prompts**

1.	Write a letter to God thanking Him for your progress.
2.	Reflect on how this journey has reshaped your faith and habits.
3.	Plan next steps to maintain freedom and grow in Christ.







Day 21: 🥕 Celebrating Freedom and New Beginnings

### Prayer for Today

Lord, thank You for the freedom and new beginnings You have given me. I celebrate Your grace and power working in my life. Help me to continue living in this freedom and to inspire others by my story. Renew my strength daily as I walk forward with You. *In Jesus' name, Amen.* > \( \mathbb{A} \) \( \mathbb{P} \)







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