# Freedom from Addiction: Finding Peace Beyond the Bottle



A 7-day journey to break the habit of using alcohol for anxiety relief through God's strength and peace.





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#### Introduction

Welcome to this transformative 7-day Bible study on addiction. Many wrestle with the grip of addiction, especially when it becomes a coping mechanism for anxiety or stress. Using alcohol to calm nerves may feel like a quick fix, but it can trap us in a cycle that numbs more than it heals. This study is designed to gently lead you through God's truths and promises, offering hope, strength, and freedom.

Throughout history, God has provided a way out for those who seek Him, offering peace that surpasses understanding and power beyond human strength. These readings are not just Bible verses; they are lifelines. As you invest daily time reflecting on these passages and applying the devotional thoughts, you will discover new weapons against anxiety and addiction.

Each day builds on the previous, starting with recognizing God's presence amidst our struggles, embracing His peace, and surrendering the need to control our circumstances through substances like wine. We will explore how the Holy Spirit leads us towards freedom and how community and prayer are essential in this journey.

Remember, breaking a habit is often challenging but never impossible when God is your strength! Let's embark on this journey together with an open heart, being honest before God and ourselves, trusting He will replace anxiety and the desire to escape with His perfect peace and purpose.

















#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: God Is Near When You Are Hurting

Feeling broken and overwhelmed by anxiety often leads to seeking relief through temporary escapes like alcohol. Today, God reminds us that He is close to those who are hurting deeply. If you've been using wine to calm your nerves, know that you are not alone in your struggle. Your pain and anxiety are real, but so is God's nearness and desire to save you from that crushed spirit.

Recognizing the reality of your struggle is the first step toward freedom. God doesn't condemn; He comforts and heals. These verses invite you to bring your brokenness boldly before Him, to admit the need for His help rather than relying solely on substances that offer only fleeting peace.

God is not distant or indifferent — He is present as your healer and protector. Today, acknowledge His closeness even if your heart feels heavy. This honest confrontation with your pain opens a pathway for hope and healing.







# Reflect and Apply

1. l	n what ways have you tried to numb your anxiety with alcohol?
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	How does knowing God is close to the brokenhearted change your perspective today?
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3. V	What feelings or thoughts come up as you admit the struggle before God?
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## **Journaling Prompts**

1.	Write about a moment when you felt overwhelmed and turned to alcohol.
2.	Describe how you imagine God's presence around you in your pain.
3.	List fears or doubts you have about facing anxiety without wine.







#### Prayer for Today

**Father,** thank You that You are close when I feel broken and overwhelmed. Help me to bring my anxiety and struggles honestly before You today. I ask for the courage to face my fears and the strength to begin breaking this harmful habit. Surround me with Your healing presence and remind me that I am never alone in this journey. Give me peace that truly satisfies my heart. *Amen.* 









# Day 2: 😂 Finding Peace Beyond the Bottle









Day 2: 🛱 Finding Peace Beyond the Bottle

#### 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. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 2: 🛱 Finding Peace Beyond the Bottle

#### Devotional: Prayer Unlocks God's Peace in Anxiety

Anxiety often tempts us to turn to wine for comfort, but God offers a far greater peace that cannot be found in any bottle. Paul encourages believers to replace anxiety with prayer and thanksgiving. Presenting our worries to God is like unloading a heavy burden — He invites you to tell Him everything honestly.

This peace is not dependent on life's circumstances or temporary fixes. It "transcends all understanding" — meaning it defies human logic and reason. When you actively choose to bring your fears to God, His peace will guard your heart and mind, protecting you from falling back into old habits.

Replacing alcohol's false comfort with God's true peace takes time and faith, but it is available to you today. Make prayer your first response to anxiety rather than reaching for a drink. Remember that God's peace is a powerful weapon against any craving or fear.







Day 2: W Finding Peace Beyond the Bottle

## Reflect and Apply

1.	How often do you bring your anxiety to God in prayer instead of alcohol?
	What is stopping you from trusting God's peace completely in anxious moments?
3.	How can thanksgiving deepen your experience of God's peace?







Day 2: W Finding Peace Beyond the Bottle

## **Journaling Prompts**

Write a prayer presenting your current anxieties honestly to God.
Recall a time when God's peace helped you through a difficult situation.
List things you are thankful for even amid your struggles.







Day 2: 😂 Finding Peace Beyond the Bottle

#### Prayer for Today

**Lord Jesus,** help me to choose prayer over my old habit of reaching for wine when anxious. Teach me to give You all my worries, receiving Your perfect peace in return. Guard my heart and mind from fear and cravings. Thank You for Your unchanging presence and peace that heals. *Amen.* 🙌 👽 🕹

















#### Your Verse

2 Corinthians 12:9 - "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 "God is our refuge and strength, an ever-present help in trouble."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







#### Devotional: God's Power Perfects Our Weakness

At times, addiction makes us feel weak and helpless, but God's word turns that idea upside down. Paul admits his own weaknesses and finds that God's power shines brightest in those moments. It's not our strength, but His grace that carries us when we feel unable to stand.

Surrender can be intimidating; it requires admitting that we can't control our struggles alone. For someone using alcohol to calm nerves, surrender means choosing to rely on God's strength instead. This is where true freedom begins. When you accept your weakness, you open space for God's power to fill you.

God doesn't abandon the weak; He becomes their refuge and source of strength. Today, let go of self-reliance and welcome God's sustaining grace. Your weakness is not a failure—it is an invitation for Christ to work mightily through you.







## Reflect and Apply

1.	What weaknesses in your addiction journey do you struggle to admit?
2.	How could surrendering control open the door for God's strength?
3.	What does God's grace being 'sufficient' mean to your daily battles?







### **Journaling Prompts**

1.	Write about moments when you tried to fight addiction alone.
2.	Describe what surrendering to God looks like for you personally.
3.	List ways God's strength has helped you in other areas of life.







#### Prayer for Today

**Heavenly Father,** I confess my weakness in dealing with anxiety and addiction. Help me surrender fully to Your grace and power. Teach me to depend on You and not on my own efforts or harmful habits. Strengthen me when I feel weary and fill me with hope that Your power works best in my weakest moments. *Amen.* \$\mathcal{L} \lambda \

















Day 4: ① Guarding Your Heart and 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**

- Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Day 4: **(**) Guarding Your Heart and Mind

#### Devotional: Renew Your Mind for Lasting Freedom

Your mind is a battlefield where addiction often entrenches itself through negative thoughts and temptation. God calls us not to imitate destructive patterns of this world but to be transformed by renewing our minds in His truth. This renewal helps break the chains of habitual thinking linked to anxiety and alcohol dependence.

Putting on God's armor means choosing daily to reject lies and embrace what is true, noble, and pure. The Holy Spirit empowers you with self-discipline, courage, and love, essential weapons against relapse and anxiety-driven cravings.

Transformation starts in your thoughts. By meditating on Scripture, rejecting harmful influences, and practicing self-control empowered by God, you protect your heart and mind from addiction's grip. Today, seek to recognize and replace any thoughts that justify or invite turning to wine.







Day 4: ① Guarding Your Heart and Mind

## Reflect and Apply

1.	What thoughts commonly lead you to seek comfort in alcohol?
2.	How can renewing your mind with Scripture help disrupt these patterns?
3.	What practical steps can you take today to 'put on God's armor'?







Day 4: ① Guarding Your Heart and Mind

## **Journaling Prompts**

Identify and write down negative thoughts you face regarding anxiety.
List Bible verses or truths you want to meditate on regularly.
Set goals for replacing harmful habits with healthy spiritual practices.







Day 4: **(**) Guarding Your Heart and Mind

#### Prayer for Today

**Lord God,** renew my mind and help me reject thoughts that pull me toward addiction. Fill me with Your Spirit's power, love, and self-discipline. Equip me daily with Your armor so I can stand firm against temptation. Guard my heart and mind as I walk this path of healing. *Amen.* () ( )









# Day 5: The Power of Community









Day 5: 🍑 The Power of Community

#### Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

#### Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."







Day 5: \* The Power of Community

# Devotional: Healing Through Supportive Relationships

Addiction thrives in isolation, but freedom flourishes in community. God designed us for connection and mutual support. When anxiety and cravings press hard, having trusted believers around to carry burdens, encourage, and pray can be a lifeline.

It's okay to be vulnerable and ask for help — doing so reflects obedience to Christ's command to love one another. True healing moves beyond the self and embraces the strength found in relationships.

God uses community to remind us we are not alone in our struggles. Today, consider who you can reach out to — a friend, mentor, or church group — to share your journey. Being accountable and supported helps break isolation and strengthens your resolve to overcome addiction.







Day 5: Ծ The Power of Community

# Reflect and Apply

1.	Who do you trust enough to share your struggle with?
2.	How has being isolated impacted your addiction journey?
3.	What fears or doubts hold you back from seeking community?







Day 5: Ծ The Power of Community

## **Journaling Prompts**

1.	Write about someone who has been a positive support in your life.
2.	List ways you can build or deepen supportive connections.
3.	Describe how you feel about asking for help from others.







Day 5: 🍑 The Power of Community

#### Prayer for Today

**God of Community,** thank You that You do not want me to face addiction alone. Bring trustworthy people into my life who can carry burdens with me, encourage me, and pray for me. Help me step out of isolation with courage. Teach me to receive and give love as part of my healing. *Amen.*  $\bigcirc$ 

















#### Your Verse

Galatians 5:16 - "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

#### **Supporting Scriptures**

- Romans 8:13 "...if by the Spirit you put to death the misdeeds of the body, you will live."
- Ephesians 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."







#### Devotional: Let the Spirit Empower You Against Temptation

Cravings tempt us to turn back to old habits, but God has provided a powerful way to overcome through the Holy Spirit. Walking by the Spirit means inviting God's presence to guide every thought and action, empowering you to resist fleshly desires that lead to addiction.

Replacing the desire to get drunk with the desire to be filled with the Spirit transforms your inner cravings. The Spirit produces fruit like self-control and peace, which actively counteracts the urges that alcohol temporarily fills.

Today, seek the Spirit's help in your moments of weakness. Ask God to remind your heart of the greater pleasure and lasting satisfaction found in His presence. Cravings are difficult, but not undefeatable when you walk closely with the Spirit.







# Reflect and Apply

1.	How do you currently respond to cravings for alcohol?
2.	What does 'walking by the Spirit' look like in your daily life?
3.	In what areas do you need more of the Spirit's self-control?







## **Journaling Prompts**

1.	Recall a recent craving and how you responded — write about it.
2.	List ways you can invite the Spirit's presence more throughout your day.
3.	. Write down fruits of the Spirit you want to cultivate intentionally.







#### Prayer for Today

**Holy Spirit,** fill me now and empower me to overcome cravings. Help me to walk closely with You and rely on Your strength instead of fleeting desires. Produce Your fruit in me, especially self-control and peace. Guide my steps and remind me of the freedom found in You. *Amen.* \(\bigcirc\)







# Day 7: 🥕 Celebrating Progress and Renewed Hope









Day 7: A Celebrating Progress and Renewed Hope

#### Your Verse

Lamentations 3:22–23 – "Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."

#### **Supporting Scriptures**

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Day 7: 🏂 Celebrating Progress and Renewed Hope

#### Devotional: God's Faithfulness Gives New Hope

As this 7-day journey concludes, take time to celebrate the progress you've made. Recovery from addiction is rarely quick or perfect, but God's mercy is new every morning. His faithfulness sustains you even when setbacks happen.

Look back on how God has brought you closer to Him, strengthened your resolve, and renewed your hope. Each step away from anxiety-driven alcohol use is a victory worth rejoicing over.

Remember that in Christ you are a new creation. The old habits are being replaced with new life filled with purpose and peace. Continue to lean on God daily and trust that He will complete the good work He has started.







Day 7: 🕭 Celebrating Progress and Renewed Hope

# Reflect and Apply

What positive changes have you noticed during this study?
How has your view of God and addiction shifted?
What hopes do you have for your ongoing journey of freedom?







Day 7: 🕭 Celebrating Progress and Renewed Hope

#### **Journaling Prompts**

1.	Write about the biggest lesson you've learned about God's grace.
2.	List ways you will continue relying on God to maintain freedom.
3.	Describe a moment this week when you felt hope or peace.







Day 7: A Celebrating Progress and Renewed Hope

#### Prayer for Today

**Gracious God**, thank You for Your unfailing love and mercy that renew me daily. I celebrate the small and big victories on this journey away from addiction. Continue to guide me and fill me with hope as I walk forward trusting in Your faithfulness. Help me embrace my new life in Christ with joy and courage. *Amen.* 



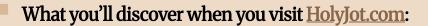




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