Freedom from Addiction: God's Path to Nicotine Victory



A 21-day Bible study offering daily spiritual support and Scripture to help overcome nicotine addiction through God's strength and grace.





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Introduction

Welcome to this transformative 21-day journey, designed specifically for those seeking freedom from nicotine addiction. Whether you're struggling to quit smoking or vaping, this study will guide you through God's Word, offering encouragement, spiritual support, and practical insights to help you overcome the chains of addiction. *Quitting nicotine is not just a physical battle; it is deeply spiritual.*

Every day, you will discover Scriptures that reveal God's power to break strongholds and bring healing. You'll learn how to lean on Him when cravings feel overwhelming, embrace His grace when setbacks happen, and find renewed hope for a healthier, smoke–free life. Addiction can feel isolating, but remember: you are not alone. God is with you every step, ready to strengthen you with His love and help you persevere.

As you meditate on God's truth, you will be equipped to replace old habits with spiritual habits—prayer, Scripture reflection, and dependence on the Holy Spirit. These practices build lasting change far beyond mere willpower. With each day, you are growing in freedom. Be patient with yourself and celebrate each victory as a step closer to the full life God desires for you.

Let this study be your companion, encouragement, and prayer partner through this challenging but hopeful road. Embrace God's promises for restoration, and trust that by His Spirit you can overcome addiction completely. Together, let us journey toward victory, one day at a time.















Your Verse

Psalm 34:17-18 - "The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- John 15:5 "Apart from me you can do nothing."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: Admit Weakness and Embrace God's Strength

Admitting that you cannot overcome nicotine addiction on your own is the first brave step toward freedom. **God invites us to come to Him in our brokenness**, promising to hear our cries and deliver us from trouble. When addiction feels overpowering, this passage reminds us that we are not alone or helpless. *The Lord draws near to those who are brokenhearted.*

Nicotine addiction often creates shame and isolation. But God's grace is present precisely in those moments of weakness. Paul reminds us that God's power is most evident when we recognize our limitations and depend on Him fully. You don't have to rely solely on your own willpower; lean into God's strength today.

Take a moment to acknowledge your struggles honestly. Pray and ask God to reveal His power in your life as you commit to letting Him lead you out of addiction.







Reflect and Apply

	How have you tried to overcome addiction on your own? What emotions arise as you consider asking God for help?
2.	What does it mean to you that God is close to the brokenhearted?
	In what ways can admitting your weakness actually be a source of strength?







Journaling Prompts

1.	Write down your honest feelings about your nicotine addiction and your current attempts to quit.
2.	Describe a time when you felt God's help in a difficult situation.
3.	List specific ways you want God to help you in this journey.







Prayer for Today

Heavenly Father, I come before You recognizing my weakness and my need for Your strength. Please draw near to me in this struggle with nicotine addiction. Help me resist temptation and fill me with Your power when I feel weak. Thank You for loving me even when I stumble. Lead me step by step toward freedom, and give me patience and hope. In Jesus' name, Amen. 🙏 🖔

















Day 2: 😂 Find Peace in God's Presence

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

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







Day 2: 😂 Find Peace in God's Presence

Devotional: Let God's Peace Guard Your Heart

Addiction often causes restless anxiety and a restless spirit. Nicotine cravings can bring stress and agitation that feel overwhelming. Yet, God offers a peace that the world cannot give or understand. Through prayer and thankfulness, we can exchange anxiety for God's tranquility.

When you feel tempted or overwhelmed today, pause and bring your worries to God in prayer. Thanksgiving shifts our focus from what we lack to what we have in Him—a deep, guarding peace. This peace acts as a shield around your heart and mind, protecting you from destructive thoughts and urges.

Trust that God's presence is ever near, ready to calm your spirit. Let His rest renew your courage to keep fighting addiction day by day with confidence that He is carrying you.







Day 2: 🖏 Find Peace in God's Presence

Reflect and Apply

	What anxieties about quitting smoking can you bring to God in prayer today?
2.	How does practicing thanksgiving change your perspective?
3.	How can you remind yourself to rely on God's peace during cravings?







Day 2: 🖏 Find Peace in God's Presence

Journaling Prompts

1.	List the things causing anxiety or fear related to quitting nicotine.
2.	Write a short prayer asking God for His peace to guard your heart today.
3.	Reflect on moments you have experienced God's peace in past struggles.







Day 2: 😂 Find Peace in God's Presence

Prayer for Today

Lord, thank You for the promise of peace that surpasses understanding. When I feel anxious or tempted to smoke or vape, help me to turn to You in prayer and thanksgiving. Guard my heart and mind, calming my spirit with Your presence. Teach me to trust You fully, finding rest in Your loving arms. Amen. 🖏 🙏 👀

















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 "For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live."
- Ephesians 3:16 "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."







Devotional: Choose the Spirit Over Fleshly Cravings

Nicotine addiction caters to the desires of the flesh, but walking by the Spirit offers true freedom. In Galatians, Paul encourages believers to live under the guidance and power of the Holy Spirit so that cravings and harmful desires lose their control.

Today, focus on inviting the Holy Spirit to fill and strengthen your inner being. This divine power helps you resist urges and renews your mind to desire what honors God rather than habits that enslave you.

Choosing the Spirit is an ongoing daily decision. When temptation arises, pray for the Spirit's empowerment and consciously redirect your thoughts and actions. This spiritual partnership helps put unhealthy habits to death and breathes life into your journey toward freedom.







Reflect and Apply

1.	What does it mean to 'walk by the Spirit' in everyday life?
2.	How can you depend on the Holy Spirit when cravings attack?
3.	Where can you see the Spirit working already in your journey?







Journaling Prompts

	Describe moments when you've sensed God's strength in your fight against addiction.
2.	Write a prayer asking the Holy Spirit to empower you today.
3.	List practical ways you can 'walk by the Spirit' during triggers or cravings.







Prayer for Today

Holy Spirit, I ask You to fill me and strengthen me today. Help me choose Your guidance and power over my fleshly cravings for nicotine. Renew my heart and mind so I can live in freedom and honor God with my body. Lead me each step of this journey. Amen.

















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

Your Verse

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

Supporting Scriptures

- Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble...think about such things."
- 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: Protect Your Inner Life to Build Freedom

The battle against nicotine addiction is not only physical but deeply mental and emotional. **Proverbs warns to guard your heart** because your choices, actions, and ultimately freedom flow from what you allow into your inner life.

Cultivating healthy thoughts is essential. Paul encourages believers to focus on truth, purity, and things that build us up. Negative thought patterns can trigger cravings and feelings of defeat. Instead, intentionally choose to meditate on God's promises and noble ideas.

Also, remember God gives us self-discipline through His Spirit, not fear or shame. As you guard your heart and mind today, ask God to give you power and love to replace old thought cycles, strengthening your resolve to quit nicotine.







Day 4: ① Guarding Your Heart and Mind

Reflect and Apply

1.	What negative or tempting thoughts tend to lead to cravings?
2.	How can you actively guard your mind throughout the day?
	In what ways does God's Spirit bring self-discipline and love to your heart?







Day 4: ① Guarding Your Heart and Mind

Journaling Prompts

1.	Identify common triggers or thought patterns that lead to nicotine use.
	Write out a short list of truths or Scriptures to focus on when cravings come.
3.	Reflect on how God's Spirit has helped you demonstrate self-control before.







Day 4: ① Guarding Your Heart and Mind

Prayer for Today

Lord, help me to guard my heart and mind today. Teach me to focus on Your truths and reject tempting or harmful thoughts. Fill me with Your Spirit's power, love, and self-discipline so I may stand strong in this journey to freedom. Amen.















Your Verse

Matthew 4:4 – "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Supporting Scriptures

- Ephesians 6:17 "Take the helmet of salvation and the sword of the Spirit, which is the word of God."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Devotional: Use Scripture as Your Spiritual Weapon

Jesus demonstrated that God's Word is our most powerful weapon against temptation. In Matthew's Gospel, He counters the devil's lure by declaring dependence on Scripture rather than physical cravings.

When nicotine cravings hit, remind yourself of God's promises. Memorizing and meditating on key verses gives you immediate defense. Scripture renews your mind and arms you spiritually to resist harmful urges.

Taking up the 'sword of the Spirit' means regularly reading, internalizing, and declaring God's Word in moments of weakness. It is both a shield and a sword —protecting you and enabling victory over addiction.







Reflect and Apply

1.	What Scripture verses encourage you in your fight against addiction?
-	
	How can you prepare yourself today to use God's Word when cravings strike?
-	
	Why is Scripture a more reliable nourishment than the 'bread' of nicotine?
-	







Journaling Prompts

	Write down a few key verses that inspire strength to overcome temptation.
2.	Describe a time when Scripture helped you resist a difficult temptation.
	Plan practical ways to memorize or keep Scripture handy during cravings.







Prayer for Today

Father, thank You for the gift of Your Word, a powerful weapon against temptation. Help me to treasure and apply Scripture when urges arise. Strengthen me by Your Spirit to stand firm and overcome nicotine's pull. May Your Word live deeply in my heart today. Amen. \square \swarrow \bigwedge









Day 6: Renew Your Mind Daily









Day 6: Frenew Your Mind Daily

Your Verse

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

Supporting Scriptures

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







Day 6: 7 Renew Your Mind Daily

Devotional: Transformation Through Mental Renewal

Breaking free from nicotine addiction requires not just resisting physical cravings, but renewing your thought life. Paul teaches that transformation happens through a daily renewal of the mind, turning away from worldly patterns toward godly ones.

Commit to filling your mind with uplifting, spiritual truths every day. Avoid triggers that reinforce addiction habits. Replace old thoughts with new ones focused on freedom, health, and God's purposes.

This transformation is a process—sometimes slow and difficult—but God promises change as you seek Him consistently. Let today be a fresh start to guard your mental space and welcome God's renewing power.







Day 6: 🎖 Renew Your Mind Daily

Reflect and Apply

1.	What mental 'patterns of this world' might be influencing your addiction?
2.	How can you practically renew your mind each day during this journey?
3.	In what ways does focusing on 'things above' help combat cravings?







Day 6: 🎖 Renew Your Mind Daily

Journaling Prompts

1.	Identify common thoughts or scenarios that lead to nicotine cravings.
2.	Write affirmations based on God's truth to replace negative thinking.
	Plan one new habit to renew your mind daily (e.g., Scripture reading, prayer).







Day 6: Renew Your Mind Daily

Prayer for Today

Lord, transform my mind and help me break free from worldly patterns that feed my addiction. Renew my thoughts and desires so I focus on Your will and freedom. Teach me to walk daily in mind renewal by Your Spirit. Amen. 🦖





















Your Verse

Matthew 6:34 - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Supporting Scriptures

- 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."
- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."







Devotional: Focus on Today's Steps to Freedom

The journey to quit nicotine can feel overwhelming when looking too far ahead. Jesus advises us to live in today's grace, trusting God for what comes next. **One day at a time is God's wisdom and mercy in action.**

Each morning brings new mercies and fresh strength to face challenges. Don't be discouraged by slips or setbacks—view them as part of the process, not failure.

Concentrate on daily victories and make wise choices moment by moment. Prayerfully seek God's help each day anew, knowing He is faithful to carry you through.







Reflect and Apply

How does worrying about the future affect your ability to quit?
What are some practical ways to live 'one day at a time' in this struggle?
How can God's daily mercies encourage you when you feel weak?







Journaling Prompts

	Write down your fears or worries about the future related to quitting nicotine.
2.	List ways you can rely on God's mercy every morning.
3.	Record your goals for today in your journey toward freedom.







Prayer for Today

Dear God, teach me to focus on today's steps and not be overwhelmed by tomorrow. Thank You for Your new mercies every morning. Help me trust You moment by moment to overcome addiction. Give me wisdom and strength today. Amen.

















Day 8: 🌣 Seek Support in Fellowship

Your Verse

Hebrews 10:24-25 - "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together...but encouraging one another."

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one... If either of them falls down, one can help the other up."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 8: 🌣 Seek Support in Fellowship

Devotional: You Are Not Alone—Find Encouragement

Quitting nicotine addiction is hard, and God designed His people to help one another. **Fellowship and accountability provide encouragement, strength, and practical support.** Being part of a community helps reduce shame and isolation.

Reach out to trusted friends, family, or faith groups who can walk alongside you. Sharing your struggles and victories allows others to pray for you and spur you on. Remember, carrying burdens together fulfills God's law of love.

Don't underestimate the power of God working through others to bolster your faith and determination.







Day 8: 🎔 Seek Support in Fellowship

Reflect and Apply

1.	Who in your life can support and encourage you during this journey?
2.	How does community help combat feelings of isolation?
3.	In what ways can you encourage others facing struggles?







Day 8: 🌣 Seek Support in Fellowship

Journaling Prompts

	List people you can share your desire to quit nicotine with for prayer and support.
2.	Write about any fears or hesitations you have about asking for help.
3.	Plan how you could engage with a support group or spiritual community.







Day 8: 🌣 Seek Support in Fellowship

Prayer for Today

Lord, thank You for the gift of community. Help me to seek and receive support from others as I fight nicotine addiction. Lead me to encouragement and accountability that strengthens me. Use me, too, to encourage others. Amen. \heartsuit \bigwedge \diamondsuit







Day 9: 👶 Practice Self-Control as a Fruit of the Spirit









Day 9: \delta Practice Self-Control as a Fruit of the Spirit

Your Verse

Galatians 5:22–23 – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- 2 Peter 1:5-7 "Add to your faith goodness; and to goodness, self-control."
- Titus 2:11-12 "Teach us to say 'No' to ungodliness and worldly passions."







Day 9: 👶 Practice Self-Control as a Fruit of the Spirit

Devotional: Cultivate Godly Self-Control Daily

Self-control is a vital fruit of the Spirit, essential for overcoming addiction. Unlike willpower alone, fruit-bearing self-control flows from a heart rooted in God.

Ask God daily to cultivate this fruit in your life. Self-control enables you to resist cravings, say no to old habits, and make choices honoring God with your body.

Remember that growing self-control is a gradual process. When you stumble, seek God's forgiveness and keep moving forward in faith, trusting His Spirit to strengthen you anew.







Day 9: \delta Practice Self-Control as a Fruit of the Spirit

Reflect and Apply

	How does self-control as a fruit of the Spirit differ from human willpower?
2.	What situations challenge your self-control most?
3.	How can you invite the Holy Spirit to produce more self-control in you?







Day 9: 👶 Practice Self-Control as a Fruit of the Spirit

Journaling Prompts

	Write about moments when you struggled or succeeded to exercise self-control.
	List specific ways you can depend on God for self-control during cravings.
3.	Pray for the Spirit to grow fruit in your life, especially self-control.







Day 9: \delta Practice Self-Control as a Fruit of the Spirit

Prayer for Today

Father, I ask You to grow the fruit of self-control in my life through Your Spirit. Help me to say no to nicotine cravings and live in victory. When I am weak, strengthen me. May my actions honor You always. Amen. & 🙏 💆







Day 10: Replace Old Habits with Godly Practices









Day 10: Replace Old Habits with Godly Practices

Your Verse

Ephesians 4:22–24 – "You were taught...to put off your old self...and to be made new in the attitude of your minds."

Supporting Scriptures

- Psalm 51:10 "Create in me a pure heart, O God."
- Romans 6:6 "Our old self was crucified with him."







Day 10: Replace Old Habits with Godly Practices

Devotional: Renew Yourself by Changing Habits

Nicotine addiction often involves ingrained habits tied to daily routines and triggers. God's Word calls us to put off the 'old self' and be renewed in mind and attitude.

Today, identify one or two nicotine-related habits you can intentionally replace with godly, healthy ones. For example, replace moments of craving with prayer, Scripture reading, or going for a walk.

God's transforming power helps break the cycle of old behaviors and install new spiritual rhythms that reinforce freedom and health.







Day 10: \bigcirc Replace Old Habits with Godly Practices

Reflect and Apply

1.	What habitual actions or triggers lead you to nicotine use?
2.	What godly habits can you establish to replace them?
3.	How does renewing your mind support these changes?







Day 10: \bigcirc Replace Old Habits with Godly Practices

Journaling Prompts

1.	Make a list of habits linked to nicotine use you want to change.
2.	Write out a new habit plan for when cravings arise.
3.	Reflect on how God's renewal empowers behavioral change.







Day 10: PReplace Old Habits with Godly Practices

Prayer for Today

God, create in me a pure heart and help me put off old behaviors tied to addiction. Teach me to embrace new habits that honor You and promote freedom. Renew my mind daily. Amen. ? ?

















Your Verse

1 Corinthians 6:19–20 – "Your body is a temple of the Holy Spirit...Therefore honor God with your body."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- 3 John 1:2 "I pray that you may enjoy good health and that all may go well with you."







Devotional: Honor God by Caring for Your Body

Nicotine harms the body God created and indwells with His Spirit. Taking intentional steps to care for your physical health honors Him and supports your journey to quit.

Consider adding gentle exercise or movement into your daily routine.

Physical activity can reduce cravings, improve mood, and strengthen resolve to quit smoking or vaping.

Remember, your body is precious to God. Treat it as a temple by choosing habits that promote health rather than harm.







Reflect and Apply

1.	In what ways does your current nicotine use affect your body?
2.	How can physical activity help your quitting process?
3.	What does it mean to you to honor God with your body?







Journaling Prompts

	List healthy activities you enjoy that can replace smoking or vaping times.
2.	Write about how caring for your body feels emotionally and spiritually.
3.	Plan a simple physical activity you will do daily this week.







Prayer for Today

Lord, thank You for the gift of my body. Help me care for it well as Your temple and resist nicotine's harm. Give me energy and motivation to stay active, honoring You in all I do. Amen. Amen.







Day 12: Embrace God's Forgiveness and Grace









Day 12: 🔁 Embrace God's Forgiveness and Grace

Your Verse

1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Supporting Scriptures

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."







Day 12: Embrace God's Forgiveness and Grace

Devotional: Receive Healing Through Confession and Grace

Quitting addiction is often marked by setbacks and moments of failure. God's Word assures us that when we confess our sins, He forgives and cleanses us completely.

Never let guilt or shame discourage you. Approach God's throne boldly today to receive His grace afresh. His forgiveness frees you from condemnation and fills you with hope and strength to keep going.

Each confession is a powerful step toward healing and complete restoration in Christ.







Day 12: Day 12: Embrace God's Forgiveness and Grace

Reflect and Apply

1.	What feelings do you struggle with after a slip or setback?
2.	How does understanding God's forgiveness impact your healing process?
3.	In what ways can you boldly approach God's grace daily?







Day 12: Day 12: Embrace God's Forgiveness and Grace

Journaling Prompts

	Write about a time you experienced God's forgiveness in quitting struggles.
2.	List ways to remind yourself of God's grace during tough moments.
	Craft a personal confession prayer acknowledging your need for His mercy.







Day 12: C Embrace God's Forgiveness and Grace

Prayer for Today

Father, thank You for Your endless forgiveness and mercy. When I fail or stumble, help me to confess honestly and receive Your cleansing grace. Renew my hope and strength to continue the journey of freedom. Amen.



















Your Verse

Psalm 37:23-24 - "The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall."

Supporting Scriptures

- Isaiah 61:1 "He has sent me to bind up the brokenhearted...to comfort all who mourn."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Devotional: Trust in God's Righteous Guidance

As you work toward freedom, God assures you that stumbling does not mean falling completely. He firmly establishes the steps of those who delight in Him.

God's justice ensures that you are not condemned but sustained. He comforts the brokenhearted and lifts up those who mourn struggles and failures.

Rest in His righteous care and trust that by His grace, you will not be defeated. He is working every step of the way to bring you victory over addiction.







Reflect and Apply

1.	How does knowing God stabilizes your steps encourage you?
2.	What does it mean to delight in the Lord during your struggles?
3.	How can you rest in God's justice rather than condemnation?







Journaling Prompts

1.	Recall times you felt God steadying you after a setback.
2.	Write about what delights you about God in this journey.
3.	Meditate on verses about God's justice and rest today.







Prayer for Today







Day 14: Remember Your New Identity in Christ









Day 14: 🞇 Remember Your New Identity in Christ

Your Verse

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

Supporting Scriptures

- Galatians 2:20 "I have been crucified with Christ and I no longer live."
- Ephesians 2:10 "We are God's handiwork, created in Christ Jesus to do good works."







Day 14: 🗱 Remember Your New Identity in Christ

Devotional: Live as a New Creation, Free and Renewed

Addiction tries to define us by past habits or failures, but in Christ, you are a new creation. The old nicotine-dependent self is gone, and a fresh identity awaits.

Embrace who God says you are—a redeemed, empowered child of God. Your worth and future are not tied to addiction but to Christ's transforming work in your life.

Walk confidently today as someone made new, capable of the good works God has prepared, including living free from nicotine.







Day 14: 🞇 Remember Your New Identity in Christ

Reflect and Apply

1.	How does your identity in Christ differ from your addiction's hold on you?
2.	What does being a 'new creation' practically mean in your daily life?
3.	How can this new identity inspire hope and perseverance?







Day 14: 💥 Remember Your New Identity in Christ

Journaling Prompts

1.	Write about how your view of yourself is changing through Christ.
2.	List ways you can live out your new identity today.
3.	Pray a declaration of your freedom and newness in Jesus.







Day 14: 🞇 Remember Your New Identity in Christ

Prayer for Today

Jesus, thank You for making me a new creation. Help me live daily in the freedom and hope You give me. Let my old addiction not define me; instead, empower me to walk boldly in Your new life. Amen. 💸 🙏 🍩

















Your Verse

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

Supporting Scriptures

- Romans 6:22 "But now that you have been set free from sin and have become slaves of God, the fruit you get leads to holiness."
- Galatians 5:1 "It is for freedom that Christ has set us free."







Devotional: Step into True Freedom Offered by Christ

Nicotine dependency can feel like slavery, controlling your body and mind. But Christ offers true freedom—complete release and new life.

Decide today to reject nicotine's chains and embrace the liberty Christ gives. Freedom is more than stopping a habit; it's living in the power and fruit of holiness that pleases God.

Remember, when freed by Jesus, you become a servant to God's kingdom rather than sin's bondage, empowered to live fully and victoriously.







Reflect and Apply

1.	What does being 'free indeed' mean to you personally?
2.	How can you practically serve God as a sign of your freedom?
3.	What chains might you need to entirely surrender to Jesus today?







Journaling Prompts

Write down the ways nicotine has felt like slavery in your life.
Reflect on what freedom through Christ looks like for you.
Pray for courage to step fully into the liberty Jesus offers.







Prayer for Today

Lord Jesus, thank You for setting me free from sin's slavery. Help me stand firm in that freedom today. Teach me to serve You wholeheartedly and walk in Your holiness. I surrender every chain to You. Amen.

Amen.

















Your Verse

Hebrews 12:1-2 - "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Supporting Scriptures

- Philippians 3:13–14 "Press on toward the goal to win the prize for which God has called me heavenward."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race."







Devotional: Persevere with Jesus as Your Focus

Like a runner in a race, quitting nicotine requires endurance and focus. Hebrews urges believers to fix their eyes on Jesus, the source and perfecter of our faith.

When cravings tempt you to quit, look to Jesus as your goal and strength. Keeping your spiritual eyes on Him fuels perseverance through hardship.

Remember, this journey is a race worth running, with eternal rewards. You are not alone; Jesus runs alongside you, encouraging and empowering each step.







Reflect and Apply

1.	What does 'fixing your eyes on Jesus' look like in daily life?
2.	How does focusing on the prize strengthen your resolve?
3.	Where have you experienced perseverance growing in your journey?







Journaling Prompts

1.	Describe the 'prize' or goal that motivates you to quit nicotine.
2.	Write how Jesus encourages you when feeling weak.
3.	Plan a reminder or ritual to keep your focus on Christ daily.







Prayer for Today

















Your Verse

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

Supporting Scriptures

- Isaiah 40:31 "Those who hope in the LORD will renew their strength."
- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."







Devotional: Be Patient and Trust God's Perfect Timing

Freedom from addiction unfolds in God's perfect timing and process. Ecclesiastes reminds us that every season has a purpose.

Be patient with yourself and God's work within you. Trust that as you hope and wait on the Lord, your strength will be renewed.

Setbacks may come, but God uses every moment to shape you for lasting freedom. Take heart and rest in His steady work rather than rushing the outcome.







Reflect and Apply

1.	How do you handle impatience or frustration in your quitting process?
2.	In what ways can waiting on God renew your strength?
3.	What does trusting God's timing teach you about surrender?







Journaling Prompts

1.	Reflect on moments when God's timing surprised or blessed you.
2.	Write about any impatience you currently feel and how to release it.
3.	Pray for trust in God's process and timing today.







Prayer for Today

















Day 18: A Start and End the Day with Prayer

Your Verse

Psalm 5:3 - "In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly."

Supporting Scriptures

- 1 Thessalonians 5:17 "Pray continually."
- Philippians 4:13 "I can do all this through him who gives me strength."







Devotional: Build a Habit of Prayerful Dependence

Prayer is vital to sustain you daily in overcoming addiction. Beginning and ending each day with God connects your heart to His strength and guidance.

Morning prayer invites God's help for the challenges ahead, while evening prayer offers thanks and reflection, preparing you for rest and renewal.

Make continual prayer a habit, sharing your struggles, victories, and needs with God throughout the day. This reliance fosters spiritual strength and peace to resist nicotine's hold.







Reflect and Apply

1.	How can starting and ending your day with prayer change your journey?
2.	What prayers do you need to bring to God each morning and evening?
3.	How might frequent prayer throughout the day help during cravings?







Journaling Prompts

1.	Write a simple morning prayer asking God's help today.
2.	Write an evening prayer reflecting on your progress and needs.
3.	Plan reminders or habits to encourage continuous prayer.







Prayer for Today

Lord, help me to seek You first each morning and come to You at day's end. Teach me to pray continually and trust Your strength moment by moment. Carry me through all challenges today. Amen. \triangle \nearrow

















Your Verse

Proverbs 18:21 - "The tongue has the power of life and death."

Supporting Scriptures

- Joshua 1:8 "Keep this Book of the Law always on your lips; meditate on it day and night."
- Mark 11:23 "If anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt...it will be done for them."







Devotional: Declare God's Promises and Life

The words you speak greatly influence your heart and actions. Proverbs reminds us that the tongue holds power for life or death.

Today, practice speaking life-giving truths over yourself. Declare God's promises of freedom, strength, and victory over addiction. Resist lies of failure or hopelessness by boldly proclaiming Scripture.

Speaking God's truth builds your spiritual defenses, shapes your mindset, and encourages perseverance. Your words carry power; use them to build a new reality of freedom.







Reflect and Apply

1.	What negative self-talk do you need to replace with God's truth?
2.	How can spoken declaration strengthen your fight against addiction?
3.	Which Scriptures speak most powerfully to your situation?







Journaling Prompts

	Write down common negative thoughts and counter them with Scripture.
2.	Create a list of affirmations based on God's Word to speak daily.
3.	Reflect on how speaking truth aloud affects your faith.







Prayer for Today















Your Verse

Psalm 118:24 - "This is the day the LORD has made; let us rejoice and be glad in it."

Supporting Scriptures

- 1 Thessalonians 5:18 "Give thanks in all circumstances."
- Nehemiah 8:10 "The joy of the LORD is your strength."







Devotional: Find Strength Through Gratitude and Joy

Quitting nicotine is a journey marked by milestones. Celebrating progress, big or small, nourishes your spirit and strengthens motivation.

Take time today to rejoice in God's faithfulness and the victories you've experienced. Gratitude fosters joy, which the Bible calls a source of strength.

Remember, every step forward reflects God's grace working in your life. Let joy encourage perseverance and deepen your trust in Him.







Reflect and Apply

1.	What progress have you made in your journey so far?
2.	How can gratitude shift your perspective during struggles?
3.	In what ways has God been faithful through this process?







Journaling Prompts

1.	List recent victories or positive changes, no matter how small.
2.	Write a prayer of thanks to God for His help and grace.
3.	Reflect on how joy contributes to your endurance.







Prayer for Today

Thank You, Lord, for every victory You have given me. Help me rejoice and be glad today, finding strength in Your joy. May gratitude fill my heart and fuel my journey toward total freedom. Amen. **>** 🙏 💙















Your Verse

2 Timothy 4:7-8 - "I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness."

Supporting Scriptures

- Philippians 1:6 "He who began a good work in you will carry it on to completion."
- Revelation 21:4 "He will wipe every tear from their eyes."







Devotional: Finish Strong with Hope and Confidence

Today marks a significant milestone on your path to freedom. Paul's words to Timothy encourage believers to fight well, finish strong, and keep faith.

Celebrate the progress you've made and trust that God, who began this work, will complete it. Freedom from addiction is a lifelong journey, but with each new day, empowered by God, you move closer to victory.

Walk forward with confidence and hope, knowing God wipes away tears and rewards perseverance with eternal life—both here and beyond.







Reflect and Apply

1.	How has your view of addiction and freedom changed over these 21 days?
2.	What encourages you to keep fighting and finish strong?
3.	How can you continue to lean on God for lasting freedom?







Journaling Prompts

1.	Write a summary of your journey and key lessons learned.
2.	Express your hopes and prayers for continued freedom.
3.	Plan next spiritual steps to maintain and grow in victory.







Prayer for Today







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