# Freedom from Addiction: Hearing God Beyond the Noise



A 21-day journey to overcome addiction to Instagram Reels & TikTok by silencing noise and reconnecting with God's voice.





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#### Introduction

In today's world, addictive behaviors can sometimes be disguised as harmless habits — endlessly scrolling through Instagram Reels or TikTok videos can consume our time and attention without us even realizing. **These platforms are designed to captivate and engage, often pulling us away from deeper, more meaningful experiences, especially our relationship with God.** If you find yourself trapped in this cycle, feeling distant from God's voice amid a sea of digital noise, this 21-day Bible study plan is crafted especially for you.

Over the next three weeks, we will explore how Scripture addresses addiction, distraction, and the power of God's presence in our lives. We'll learn how to intentionally silence the noise of constant stimulation, regain control over our habits, and hear God's voice above all else.

Each day includes a focused Scripture passage, thoughtfully chosen supporting verses, encouraging devotionals, reflective questions, journaling prompts, and a heartfelt prayer. Whether your addiction to social media reels and videos feels mild or overwhelming, this study will gently guide you to freedom, offer practical biblical wisdom, and restore your sensitivity to God's direction.

Remember, this is a sacred journey of transformation, not just a quick fix. Be patient and honest with yourself as you progress. God's grace is sufficient, His power perfect in our weakness, and His voice ever-present, waiting for you to







listen. Let's begin this journey of breaking free and experiencing life as God intends—unburdened, purposeful, and joyfully connected to Him.

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 34:18 NIV "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- 1 Corinthians 10:13 NIV "No temptation has overtaken you except what is common to mankind."







#### Devotional: Guard Your Heart from Digital Addiction

Today, we begin by acknowledging the hold that addiction has on our hearts and minds. Addiction to Instagram Reels and TikTok may seem innocent, but when unchecked, it can deeply influence our relationships, mood, and spiritual walk. Proverbs 4:23 reminds us to guard our hearts above all else—because our actions and thoughts originate there.

Admitting there is a struggle is the first powerful step toward freedom. *It's important to remember God's closeness to those who feel broken or trapped.* Psalm 34:18 encourages us that God is near when we feel crushed by weakness or temptation.

Don't be discouraged; no temptation is beyond God's power to help you overcome. 1 Corinthians 10:13 assures us that He provides a way out. As we embark on this journey, be honest with yourself and God about your addiction. His grace will strengthen your resolve to break free.







# Reflect and Apply

	What emotions or needs drive you to repeatedly watch Instagram Reels or TikTok videos?
2.	How does this habit impact your relationship with God and others?
3.	Are you willing to admit you need God's help to overcome this addiction?







# **Journaling Prompts**

1.	Write about a recent moment when you felt controlled by your social media use.
2.	List ways this addiction has affected your daily life and spiritual walk.
3.	Record your honest feelings about starting this 21-day journey to freedom.







### Prayer for Today

**Dear Lord,** I come before You acknowledging the grip addiction has on my heart. Help me guard my heart and mind from things that pull me away from You. Draw near to me in my brokenness and empower me to resist temptation. Thank You for Your grace and the promise that I am not alone. Guide me as I take these first steps toward freedom. In Jesus' name, Amen.



















#### Your Verse

1 Kings 19:11–12 NIV – "The Lord said, 'Go out and stand on the mountain in the presence of the Lord...after the earthquake came a fire, but the Lord was not in the fire; and after the fire came a gentle whisper."

#### **Supporting Scriptures**

- Psalm 46:10 NIV "Be still, and know that I am God."
- John 10:27 NIV "My sheep listen to my voice; I know them, and they follow me."







#### Devotional: Create Quiet Spots to Hear God's Whisper

The addiction to constant digital noise often drowns out the gentle whisper of God. In 1 Kings 19, Elijah waits expectantly for God to appear in dramatic ways—earthquake, fire—but God's presence is found in a gentle whisper.

This teaches us that to hear God clearly, we need to silence the distractions.

Psalm 46:10 invites us to be still and recognize God's sovereignty and presence. Yet, stillness is rare when our fingers scroll endlessly, seeking stimulation. Instead, *cultivating moments of quiet helps us tune in to God's voice*, who knows us intimately and calls us to follow Him, as John 10:27 says.

To overcome our addiction, it's vital to create intentional space in our lives where God's whisper can be heard above the noise of social media's constant stream.







# Reflect and Apply

1.	How often do you spend intentional, quiet time without digital distractions?
	Have you noticed God's voice in the calm moments, or is it lost in background noise?
3.	What practical steps can you take to create silence to hear God this week?







## **Journaling Prompts**

1.	Describe a moment when you sensed God speaking to you in quietness.
2.	List current noise sources in your daily life that drown out God's voice.
3.	Write a commitment to initiate at least one daily quiet moment this week.







### Prayer for Today

**Lord,** I ask for the courage to silence the noise that fills my days. Help me find stillness and hear Your gentle whisper above the barrage of distractions. Teach me to recognize Your voice and follow where You lead. May Your presence calm my restless heart. In Jesus' name, Amen.  $\angle$ 







# Day 3: The Value of Time and Self-Control









Day 3: 
☐ The Value of Time and Self-Control

#### Your Verse

Ephesians 5:15–16 NIV – "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity..."

#### **Supporting Scriptures**

- Galatians 5:22–23 NIV "But the fruit of the Spirit is...self-control..."
- Psalm 90:12 NIV "Teach us to number our days, that we may gain a heart of wisdom."







Day 3: 
☐ The Value of Time and Self-Control

#### Devotional: Redeem Your Time with God's Wisdom

Every moment spent scrolling through endless Instagram Reels or TikTok videos is a moment that could be used more wisely. Paul's letter in Ephesians encourages believers to live wisely and intentionally to make the most of every opportunity.

Self-control is a fruit of the Spirit, reflecting growth in Christ. Our addiction often signals a lack of this fruit in practice, letting external content consume moments that could be dedicated to prayer, rest, or service. Psalm 90 shows us the value of time and urges us to gain wisdom by considering how fleeting life is.

Today is an invitation to evaluate how you use your time, and trust God to help you grow in self-control as you break free from digital dependence.







Day 3:  $\overline{\mathbf{X}}$  The Value of Time and Self-Control

# Reflect and Apply

1.	In what ways are you currently wasting time on social media?
2.	How can you replace some of that time with spiritually nourishing activities?
3.	What area of your life shows a need for greater self-control?







Day 3:  $\overline{\mathbf{X}}$  The Value of Time and Self-Control

# **Journaling Prompts**

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Day 3: 
☐ The Value of Time and Self-Control

### Prayer for Today

Heavenly Father, teach me to use my time wisely and to grow in self-control by Your Spirit. Help me to see moments I waste and replace them with what honors You. Grant me wisdom to live intentionally and freedom from habits that enslave me. May my time glorify You. In Jesus' name, Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- Philippians 4:8 NIV "Finally, brothers and sisters, whatever is true, noble, right...think about such things."
- 2 Corinthians 10:5 NIV "We take captive every thought to make it obedient to Christ."







# Devotional: Focus Your Thoughts to Transform Your Heart

Our addiction to constant digital stimulation can shape our thinking patterns, often aligning us with the world's transient values rather than God's eternal truth. Romans 12:2 calls us to be transformed through renewing our minds.

This means intentionally choosing what we feed our thoughts and focusing on what pleases God. Philippians encourages us to dwell on truth, nobility, righteousness, purity, and love. When we practice this, over time, our desires for unhealthy habits begin to diminish.

Taking captive every thought, as Paul says in 2 Corinthians, is an active, daily battle requiring dependence on God's strength. Commit to renewing your mind away from fleeting content toward God's enduring promises.







# Reflect and Apply

1.	What kinds of content dominate your thoughts throughout the day?
2.	How can you redirect your mind toward things that reflect God's truth?
	What thoughts challenge your efforts to break free from social media addiction?







## **Journaling Prompts**

1.	Write down the most common themes of your digital consumption.
2.	List Scripture verses or truths to meditate on instead of scrolling.
3.	Describe how you will actively take thoughts captive today.







### Prayer for Today

**Lord,** renew my mind and transform how I think about the world and myself. Help me to capture every distracting thought and redirect it toward You. Fill my mind with Your truth and guide me away from content that leads me away from You. Strengthen me daily. In Jesus' name, Amen.















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 107:14 NIV "He brought them out of darkness, the utter darkness, and broke away their chains."
- 2 Timothy 1:7 NIV "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







#### Devotional: Jesus Frees You From Addiction's Chains

Addiction feels like chains that bind and confine us. But Jesus offers true freedom through His love and power. John 8:36 assures us that if the Son frees us, we are truly free—no longer enslaved by habits or compulsions.

Psalm 107 celebrates God's ability to break chains and bring us out of darkness. This imagery reminds us that **freedom is both a spiritual truth and a practical reality when we cooperate with God.** The Spirit empowers us with power, love, and self-discipline, which are essential in overcoming addiction as 2 Timothy 1:7 says.

Accept God's freedom today. Recognize that chains only have power if we hold them. Surrender to God's power to unleash you from bondage.







# Reflect and Apply

What chains of addiction do you feel bound by currently?
How can you surrender these chains to Jesus and accept His freedom?
What role does the Holy Spirit play in empowering your freedom?







## **Journaling Prompts**

Describe what freedom from your addiction would feel like.
. Write a prayer surrendering your chains to Jesus' power.
List specific areas where you want the Spirit's help for self-discipline.







## **Prayer for Today**

**Jesus, my Savior,** I thank You that You offer me freedom from every form of bondage, including addiction. I surrender my chains to You now, trusting that Your love and power can break every stronghold. Fill me with Your Spirit's strength and discipline so I may walk in freedom each day. In Your name, Amen. **A B C** 

















#### Your Verse

Philippians 4:7 NIV - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- Isaiah 26:3 NIV "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- 1 Peter 5:8 NIV "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion."







# Devotional: Let God's Peace Guard You Daily

As you navigate recovery from social media addiction, your heart and mind need protection. Philippians assures us that God's peace transcends understanding and acts as a guard.

Unhealthy digital habits can unsettle our minds and disrupt peace, opening the door for fear, anxiety, and temptation. Isaiah encourages steadfast minds that trust in God, firmly grounded in His promises, to receive His perfect peace.

Moreover, 1 Peter warns us to stay alert because spiritual adversaries seek to exploit weaknesses. Protect your heart by choosing inputs that nurture peace, staying aware of your digital environment, and strengthening your defenses in Christ.







# Reflect and Apply

1.	What digital content disturbs your peace or stirs anxiety?
2.	How can you invite God's peace to guard your heart and mind more effectively?
3.	In what ways can being alert help you resist temptation?







# **Journaling Prompts**

1.	Identify triggers on social media that disrupt your peace.
2.	Write about practical ways to cultivate God's peace daily.
3.	List reminders or Scripture verses to help maintain alertness.







# Prayer for Today

God of peace, guard my heart and mind with Your transcendent peace. Help me stay alert and sober-minded amidst the digital noise and temptation. Teach me to trust You deeply so that my mind remains steadfast and calm no matter the chaos around me. Thank You for Your protection. In Jesus' name, Amen.

















#### Your Verse

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

#### **Supporting Scriptures**

- Matthew 7:7 NIV "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."
- James 5:16 NIV "The prayer of a righteous person is powerful and effective."







# Devotional: Harness God's Power Through Persistent Prayer

Prayer is an essential weapon in the fight against addiction. Philippians tells us to replace anxiety with prayer, bringing every request, including struggles with addiction, before God trusting in His care.

Jesus invites us boldly to ask, seek, and knock, confident His help will come. Prayer is not only about asking but about aligning our hearts with God and finding His strength.

James reminds us that a righteous person's prayer can move mountains and is powerful and effective. Make prayer your first response to temptation or a craving for distraction. Prayer strengthens your spirit, renews your mind, and welcomes God's peace.







# Reflect and Apply

	How often do you turn to God in prayer when tempted to scroll or distract yourself?
2.	What hesitations or doubts might keep you from praying more regularly?
3.	How can prayer change your perspective and power over addiction?







# **Journaling Prompts**

1.	Write a prayer asking God for strength to overcome addiction today.
2.	List moments when prayer has helped you feel peace or victory.
3.	Plan specific times to pray throughout your day to stay grounded.







# Prayer for Today

**Lord,** help me to bring all my anxieties and struggles to You in prayer. Teach me to ask boldly, seek Your guidance, and knock with persistence. I trust that Your powerful prayer will strengthen me against temptation and bring freedom. Thank You for listening and answering. In Jesus' name, Amen. **A** 

















Day 8: 📀 💝 📀 Seeking Godly Community

#### Your Verse

Hebrews 10:24–25 NIV – "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

#### **Supporting Scriptures**

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







Day 8: 📀 🤝 Seeking Godly Community

# Devotional: Find Strength in Fellowship and Accountability

Overcoming addiction is rarely a solitary journey. The Bible highlights the importance of community—being surrounded by others who encourage, hold accountable, and support us.

Hebrews urges believers not to neglect meeting together, because encouragement and love flourish in community. Ecclesiastes points out the strength found in companionship—when one stumbles, the other can lift them up. This is vital when battling compulsive habits.

Galatians teaches us to bear one another's burdens, reflecting Christ's heart through mutual care and accountability. Seek out godly friends, small groups, or mentors who can walk this journey alongside you with prayer, honesty, and support.







Day 8: 💮 💝 🧑 Seeking Godly Community

# Reflect and Apply

1.	Who in your life encourages and supports your spiritual walk?
2.	Are you willing to share your struggle with trusted believers?
3.	How can you contribute to others' victories in community?







Day 8: 💮 💝 🧑 Seeking Godly Community

# **Journaling Prompts**

1.	List people or groups you can turn to for support.
2.	Write about your fears or hopes about sharing your addiction with others.
3.	Create a plan to connect with a community or accountability partner.







Day 8: 📀 🤝 Seeking Godly Community

# Prayer for Today

**Father,** thank You for the gift of community. Lead me to godly friends and mentors who will encourage me and help carry my burdens. Give me courage to be transparent and receive support. May I also be a source of strength to others in their struggles. In Jesus' name, Amen.  $\triangle$ 

















Day 9: \delta Cultivating Rest and Sabbath

#### Your Verse

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

#### **Supporting Scriptures**

- Exodus 20:8 NIV "Remember the Sabbath day by keeping it holy."
- Psalm 62:1 NIV "Truly my soul finds rest in God; my salvation comes from him."







Day 9: 🕹 Cultivating Rest and Sabbath

#### Devotional: Embrace God's Gift of Rest and Renewal

Addiction to constant digital feed can stem from an inner restlessness or weariness looking to be numbed. Jesus invites the weary and burdened to come to Him for rest in Matthew 11:28—true rest for the soul.

Observing Sabbath or intentional rest is a biblical rhythm designed to restore our bodies, minds, and spirits. Exodus commands us to remember the Sabbath and keep it holy as a day of cessation from work and distractions.

Psalm 62 declares that our soul finds true rest only in God. As you work to overcome addictive habits, intentionally practice rest—not just physical but spiritual rest—trusting God to refresh and renew you beyond the pull of distraction.







Day 9: 👶 Cultivating Rest and Sabbath

# Reflect and Apply

Do you feel truly rested or perpetually tired and overstimulated?
How can you honor God's design for rest amid your daily routine?
What activities or habits interfere with you experiencing genuine rest?







Day 9: 👶 Cultivating Rest and Sabbath

# **Journaling Prompts**

1.	Describe what true rest means for your body and soul.
2.	Plan a regular time or day for Sabbath rest and reflection.
3.	Write about barriers preventing you from resting well.







Day 9: \delta Cultivating Rest and Sabbath

# Prayer for Today

**Jesus, my Rest,** I come weary and burdened. Teach me to find true rest in You, beyond screens and distractions. Help me honor the Sabbath and receive Your renewal for my soul and body. Refresh me that I might walk free from addiction. In Your name, Amen.  $\triangle$ 

















#### Your Verse

Psalm 139:23-24 NIV - "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me..."

#### **Supporting Scriptures**

- 2 Corinthians 13:5 NIV "Test yourselves to see if you are in the faith; examine yourselves."
- James 5:16 NIV "Therefore confess your sins to each other and pray for each other so that you may be healed."







#### Devotional: Invite God to Reveal and Heal Your Heart

Biblical transformation requires deep honesty and examination. Psalm 139 is a prayer asking God to search our hearts and reveal hidden areas needing change. Addiction often comes with denial or excuses, but true healing begins with candid self-awareness.

Paul encourages believers in 2 Corinthians to regularly examine themselves spiritually. Coupled with James' call to confess sins and pray for healing in community, these verses push us toward transparent honesty.

Today, prayerfully reflect on your addiction. Allow God to reveal hidden patterns or motivations. This honesty opens the door for healing and liberation.







# Reflect and Apply

1.	What hidden feelings or excuses have allowed your addiction to persist?
	Are you willing to invite God's searching light into your heart without hiding anything?
3.	How can confessing struggles to trusted believers advance your healing?







# **Journaling Prompts**

Write honestly about your feelings related to your social media use.
List any excuses or justifications you have used about your addiction.
Pray and journal a confession of what God reveals to you.







# Prayer for Today

**God,** search my heart and reveal what I cannot see. Help me be honest with myself and You about my addiction and its roots. Give me courage to confess and seek healing, trusting in Your mercy. Lead me to freedom and restoration. In Jesus' name, Amen. 🙏 🔍 🎔















#### Your Verse

Colossians 3:9-10 NIV - "Do not lie to each other, since you have taken off your old self with its practices and have put on the new self..."

#### **Supporting Scriptures**

- Romans 6:12–13 NIV "Do not let sin reign in your mortal body...offer yourselves to God as those who have been brought from death to life."
- Proverbs 25:28 NIV "Like a city whose walls are broken through is a person who lacks self-control."







### Devotional: Build Strong Walls with Healthy Habits

Breaking addiction is not only about saying no to old habits but also putting on new, healthier practices. Paul's letter to Colossians encourages believers to put off their old self and put on the new self, created to be like God.

This transformation involves actively rejecting sin and embracing disciplines that nurture spiritual growth. Romans advises us not to let sin reign over us, but to offer ourselves to God fully. Self-control is vital, as Proverbs explains—it is like the walls protecting a city.

Today, plan to substitute unhealthy scrolling with practices like prayer, reading Scripture, exercise, or creative hobbies. These habits protect and strengthen you in the fight for freedom.







# Reflect and Apply

1.	What positive habits can you develop as alternatives to screen time?
2.	How does putting on the new self in Christ motivate your choices?
3.	What might be the biggest challenges to changing your routine?







# **Journaling Prompts**

	Identify triggers that lead you to addictive scrolling and replacement activities.
2.	Make a daily schedule including new, healthy habits.
3.	Write about the benefits you hope these new habits will bring.







# Prayer for Today

**Gracious God,** help me to put off the old habits that enslave me and embrace the new life You offer. Teach me self-control and guide me to build protective walls with healthy practices. May my life reflect Your transforming power each day. In Jesus' name, Amen.  $\triangle$ 

















#### Your Verse

Matthew 5:29 NIV - "If your right eye causes you to stumble, gouge it out and throw it away..."

#### **Supporting Scriptures**

- 1 Corinthians 15:33 NIV "Do not be misled: 'Bad company corrupts good character."
- James 4:7 NIV "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







#### Devotional: Remove Temptations to Guard Your Walk

Jesus uses strong language about cutting off anything causing us to stumble. While not literal, this teaches the importance of decisively removing temptation from our lives.

In digital addiction, this might mean deleting apps, turning off notifications, or setting strict limits. 1 Corinthians warns us that bad company (or influences) can corrupt, so guard what you expose yourself to carefully.

James exhorts us to submit to God's authority and resist the devil's schemes. Removing sources of temptation is a practical expression of resistance aligned with dependence on God.

Consider what drastic steps you can take today to create a safer environment for your spiritual health.







#### Reflect and Apply

1.	What specific triggers or digital habits feed your addiction?
2.	What concrete steps can you take to 'cut off' these temptations?
3.	How can you maintain vigilance once temptations are removed?







#### **Journaling Prompts**

	Make a list of apps, times, or situations that trigger your addictive behavior.
2.	Write a plan to limit or eliminate these triggers from daily life.
3.	Pray and journal your commitment to resist temptation with God's help.







#### Prayer for Today

**Lord,** give me courage to remove anything in my life that causes me to stumble. Help me to submit fully to You and resist temptation determinedly. Guide me in creating an environment that fosters freedom and peace. Thank You for strengthening me to stand firm. In Jesus' name, Amen. 🙏 💸 😂

















#### Your Verse

Joshua 1:8 NIV – "Keep this Book of the Law always on your lips; meditate on it day and night..."

#### **Supporting Scriptures**

- Psalm 1:2 NIV "But whose delight is in the law of the Lord, and who meditates on his law day and night."
- Hebrews 4:12 NIV "The word of God is alive and active...it judges the thoughts and attitudes of the heart."







#### Devotional: Let Scripture Renew Your Mind and Heart

The Word of God is a powerful source of transformation, strength, and guidance. Joshua commands us to meditate on God's law day and night to see success and alignment with God's will.

Meditation involves more than reading; it's pondering, internalizing, and letting God's truth change our hearts and habits. Psalm 1 describes a person blessed because their delight and meditation are on God's law.

Hebrews reminds us that Scripture is living and active, able to expose and correct our thoughts and attitudes. To combat addiction, saturate your mind in God's Word, letting it renew your perspective and empower freedom.







#### Reflect and Apply

1.	How often do you meditate deeply on God's Word?
2.	What Scriptures bring you strength or conviction about your addiction?
3.	How can meditating on God's Word impact your daily routine?







#### **Journaling Prompts**

1.	Select a favorite Scripture and write about its meaning to you personally.
2.	Plan a specific time daily to meditate on Scripture this week.
3.	Record thoughts and feelings that arise during your Scripture meditation.







#### Prayer for Today

**Father,** thank You for the living and powerful Word. Help me to meditate deeply on Your truth day and night. Use Your Word to expose wrong thoughts and fill me with Your wisdom and strength. May it be a lamp for my path every day. In Jesus' name, Amen.

















#### Your Verse

John 10:27 NIV - "My sheep listen to my voice; I know them, and they follow me."

#### **Supporting Scriptures**

- Isaiah 30:21 NIV "Whether you turn to the right or to the left, your ears will hear a voice behind you."
- Psalm 32:8 NIV "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."







#### Devotional: Hear God's Voice and Follow His Lead

Recovery from addiction requires knowing and following God's leading and being sensitive to His voice. In John, Jesus speaks of His sheep hearing His voice distinctly and following.

Isaiah promises guidance in decisions, and Psalm 32 assures us of God's personal instruction and counsel. Yet, this voice becomes harder to distinguish when we are constantly distracted by screens and noise.

Practicing intentional listening and discernment sharpens your spiritual senses, allowing you to align your choices with God's perfect will. Commit today to listening before acting.







#### Reflect and Apply

	How easy or difficult is it for you to recognize God's voice amid distractions?
2.	What practices help you tune into God's guidance?
	Are you willing to follow God's instructions even if they challenge your desires?







#### **Journaling Prompts**

1.	Write about a time you sensed God's guidance clearly.
2.	List habits that help or hinder your ability to listen to God.
3.	Journal your commitment to follow God's voice daily.







#### Prayer for Today

**Lord Jesus,** help me to hear Your voice clearly above all other sounds. Teach me to be obedient and follow Your guidance faithfully. Open my heart and ears to Your counsel, so I may live securely in Your love and purpose. In Your name, Amen. *A P Y* 

















#### Your Verse

2 Corinthians 12:9 NIV – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Isaiah 40:29 NIV "He gives strength to the weary and increases the power of the weak."
- Psalm 73:26 NIV "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."







#### Devotional: God's Grace Empowers You in Weakness

Struggling with addiction can bring feelings of weakness, failure, or discouragement. Yet, God's grace is not only enough but is gloriously perfected in our weakness as Paul reflects in 2 Corinthians.

Isaiah assures us God renews strength for the weary, and Psalm 73 poetically declares God as our everlasting strength, even when we falter. Your weakness is a canvas for God's power to shine, so do not be discouraged by setbacks.

Embrace weakness, knowing grace will carry and empower you toward victory as you rely on Him daily.







#### Reflect and Apply

1.	How has your weakness felt during your battle with addiction?
	Can you shift your perspective to see weakness as God's opportunity to show strength?
3.	What ways can you lean more into God's grace today?







#### **Journaling Prompts**

	Write about moments when you felt God's strength despite your weakness.
	Describe feelings of discouragement and how God's grace can overcome them.
3.	Pray for a deeper awareness of God's sustaining power.







#### Prayer for Today

**Lord,** when I feel weak and overwhelmed by addiction, remind me Your grace is sufficient. Fill me with Your power that makes me strong, especially when I falter. Be the strength of my heart forever. Help me embrace Your grace with faith and hope. In Jesus' name, Amen.  $\triangle$ 







# Day 16: Cultivating Patience and Persistence









Day 16: B Cultivating Patience and Persistence

#### Your Verse

James 1:4 NIV - "Let perseverance finish its work so that you may be mature and complete, not lacking anything."

#### **Supporting Scriptures**

- Galatians 6:9 NIV "Let us not become weary in doing good, for at the proper time we will reap a harvest."
- Romans 5:3-4 NIV "Suffering produces perseverance; perseverance, character; and character, hope."







Day 16: B Cultivating Patience and Persistence

# Devotional: Trust God's Timing with Steadfast Patience

Overcoming addiction seldom happens overnight. The Christian life is marked by perseverance, patience, and gradual transformation.

James encourages believers to let perseverance mature them fully. Galatians reassures us not to grow weary but to trust in God's timing for the harvest. Romans describes suffering as the classroom of perseverance, building character and hope.

Be patient and persistent. Trust God's slow but steady work in you. Celebrate every small victory and learn from setbacks with hope.







Day 16: 💋 Cultivating Patience and Persistence

#### Reflect and Apply

1.	How do you handle setbacks or slow progress in overcoming addiction?
2.	What motivates you to keep persevering despite difficulties?
3.	How can you cultivate hope through the struggle?







Day 16: 💋 Cultivating Patience and Persistence

#### **Journaling Prompts**

1.	Write about a time when persistence brought lasting change in your life.
2.	List encouraging verses or quotes to inspire patience.
3.	Plan steps to renew your commitment when feeling discouraged.







Day 16: B Cultivating Patience and Persistence

#### Prayer for Today

**Faithful God,** grant me patience and strength to persevere in this journey. Help me to trust Your timing and purpose for my growth. When I feel weary, renew my hope and character. Let perseverance finish its work in me. In Jesus' name, Amen.  $\triangle$ 

















#### Your Verse

Zechariah 4:10 NIV - "Do not despise these small beginnings, for the Lord rejoices to see the work begin."

#### **Supporting Scriptures**

- Psalm 118:24 NIV "This is the day the Lord has made; let us rejoice and be glad in it."
- 1 Thessalonians 5:16–18 NIV "Rejoice always, pray continually, give thanks in all circumstances."







#### Devotional: Rejoice in Every Step Toward Freedom

Recovery is often slow, made up of daily small victories. Zechariah reminds us not to despise these beginnings; God delights in every step forward.

**Celebrating small wins encourages joy and perseverance.** Psalm 118 calls us to rejoice each day, and 1 Thessalonians encourages continual joy and thanksgiving.

Recognize and celebrate progress—you are moving forward by God's grace. Gratitude fuels strength and builds momentum for lasting freedom.







#### Reflect and Apply

1.	Have you acknowledged the small victories in your progress?
2.	How does celebrating milestones affect your motivation?
3.	What reasons for gratitude can you find today despite struggles?







#### **Journaling Prompts**

1.	List recent small victories in your battle with addiction.
2.	Write a prayer of thanksgiving for God's faithfulness in your journey.
3.	Plan a way to celebrate a future milestone.







#### Prayer for Today

**Thank You, Lord,** for every small victory You bring in my life. Help me to rejoice and give thanks daily, trusting that You delight in my progress. May joy and gratitude continue to strengthen my heart and fuel persistence. In Jesus' name, Amen.  $\triangle$ 









## Day 18: P Seeking God's Purpose









Day 18: 
Seeking God's Purpose

#### Your Verse

Jeremiah 29:11 NIV – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

### **Supporting Scriptures**

- Ephesians 2:10 NIV "For we are God's handiwork, created to do good works..."
- Romans 8:28 NIV "In all things God works for the good of those who love him..."







Day 18: 
Seeking God's Purpose

#### Devotional: Discover and Walk in God's Good Plan

Your journey beyond addiction is not just about freedom but about fulfilling God's unique purpose for your life. Jeremiah assures us God's plans are good, hopeful, and future-focused.

Ephesians reminds us we are God's masterpiece created for good works, and Romans declares that God orchestrates everything for our good. Addiction can cloud purpose, but God invites you to step fully into His plan as you grow in freedom.

Seek God's direction and sense of calling today, knowing your life matters beyond the struggle.







Day 18: 🖓 Seeking God's Purpose

## Reflect and Apply

1.	How has addiction affected your sense of purpose?
2.	What dreams or callings has God placed on your heart?
3.	How can growing freedom help you pursue God's plans?







Day 18: 🖓 Seeking God's Purpose

## **Journaling Prompts**

1.	Write about the future God might be preparing for you.
2.	List gifts or passions you want to use for God's glory.
3.	Pray and journal your willingness to follow God's purpose.







Day 18: 🖓 Seeking God's Purpose

## Prayer for Today

God of purpose, thank You for plans of hope and a future. Help me to embrace Your calling by walking in freedom from addiction. Shape me to do good works for Your glory and trust that You work all things for my good. Guide my steps daily. In Jesus' name, Amen. 🙏 🎇









# Day 19: Experiencing God's Love









#### Your Verse

Romans 8:38–39 NIV – "Neither death nor life...will be able to separate us from the love of God that is in Christ Jesus our Lord."

### **Supporting Scriptures**

- 1 John 4:18 NIV "There is no fear in love. But perfect love drives out fear."
- Ephesians 3:17–19 NIV "...to grasp how wide and long and high and deep is the love of Christ..."







#### Devotional: Let God's Love Heal and Free You

When addiction makes us feel alone, ashamed, or rejected, the truth of God's unwavering love brings deep healing. Romans powerfully assures that nothing can separate us from God's love in Christ.

Love is the antidote to fear, shame, and loneliness. Perfect love casts out fear, as 1 John tells us. Paul prays we might grasp the vastness of Christ's love—its width, length, height, and depth.

Rest today in the security of God's unchanging love and allow it to heal wounds that may feed addictive behaviors.







## Reflect and Apply

1.	How does God's love challenge your feelings of shame or fear?	
2.	In what ways can experiencing His love affect your addiction?	
3.	How can you remind yourself daily of God's loving presence?	







## **Journaling Prompts**

1.	Write about how God's love has been evident in your life.
2.	List fears or feelings of shame to give to God in prayer.
3.	Journal a letter to yourself affirming God's unconditional love.







Day 19: SExperiencing God's Love

## Prayer for Today

**Lord Jesus,** thank You for a love that never fails and cannot be separated from me. Cast out fear and shame from my heart and fill me with the assurance of Your perfect love. Heal my brokenness and free me to live fully in Your grace. In Your name, Amen.

















#### Your Verse

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

### **Supporting Scriptures**

- Galatians 2:20 NIV "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 4:22–24 NIV "Put off your old self, which belongs to your former way of life...and put on the new self, created to be like God."







### Devotional: Walk in Your New Identity in Christ

God's work in your life is transformational. 2 Corinthians celebrates that in Christ you are a new creation; the old patterns—including addiction—can lose their grip.

Galatians reflects the deep spiritual reality that your old self has died, and Christ lives within you. Ephesians urges active participation in putting off the old self and putting on the new self, reflecting God's holiness and love.

Embrace your identity as a new creation and allow that reality to shape choices, thoughts, and behaviors as you step into freedom.







## Reflect and Apply

1.	What does being a new creation in Christ mean to you personally?
2.	How can this new identity empower you to leave addiction behind?
3.	What old habits or thoughts do you still need to 'put off'?







## **Journaling Prompts**

1.	Write a declaration affirming your new identity in Christ.
2.	List old patterns you want God to help you remove.
3.	Describe ways you want to reflect Christ in your daily life.







## Prayer for Today

**Jesus,** thank You for making me a new creation. Help me to live fully in this identity, putting off old habits and walking in freedom. Let Your life shine through me each day. Empower me to reflect You in everything I do. In Your name, Amen.  $\triangle$ 

















#### Your Verse

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

### **Supporting Scriptures**

- John 8:32 NIV "Then you will know the truth, and the truth will set you free."
- Psalm 119:45 NIV "I will walk about in freedom, for I have sought out your precepts."







### Devotional: Stand Firm and Walk in Lasting Freedom

Today marks the culmination of your 21-day journey—a new season of freedom. Galatians reminds us that Christ frees us to stand firm and reject slavery, including addictions.

John promises that embracing truth leads to liberation, and Psalm 119 celebrates walking in freedom by following God's precepts. True freedom is a daily choice—rejecting old bonds and choosing to live by God's truth each moment.

Step forward confidently, knowing God's grace equips you to walk free. Freedom is not a destination but a lifelong walk.







## Reflect and Apply

1.	How has this 21-day journey shifted your view of addiction and freedom?
2.	What truths will you hold onto to stand firm against relapse?
3.	How can you continue daily to walk in freedom through God's Word?







## **Journaling Prompts**

1.	Reflect on key lessons learned during this study.
2.	Write a commitment statement to stand firm in freedom daily.
3.	Plan ongoing spiritual disciplines to maintain your freedom.







## Prayer for Today

**Lord,** thank You for setting me free through Christ. Help me to stand firm and never return to old chains. Let Your truth continue to guide and empower me to walk in freedom every day. Strengthen my resolve and fill me with Your Spirit's presence. In Jesus' name, Amen.







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