



Freedom From Binge-Watching: Finding True Rest in God



A 21-day Bible study to overcome binge-watching addiction by tuning into God's story and discovering true rest and renewal.

Table of contents

<u>Introduction</u>	4
<u>Day 1: 🔍 Recognizing the Grip of Addiction</u>	5
<u>Day 2: 🛑 Setting Boundaries and Gaining Control</u>	11
<u>Day 3: 🎬 Replacing Screens with Scripture</u>	17
<u>Day 4: 💪 Strengthening Spiritual Disciplines</u>	23
<u>Day 5: 🕊 Finding Rest in God, Not Screens</u>	29
<u>Day 6: 🤝 Seeking Support from Community</u>	35
<u>Day 7: ✨ Renewing the Mind</u>	41
<u>Day 8: ⚡ Embracing God's Strength in Weakness</u>	47
<u>Day 9: ⌚ Practicing Patience and Perseverance</u>	53
<u>Day 10: 🔄 Transforming Habits for God's Glory</u>	59
<u>Day 11: 🌅 Establishing a New Rhythm</u>	65
<u>Day 12: ✨ Replacing Boredom with Purpose</u>	71
<u>Day 13: 🕒 Managing Time Wisely</u>	77
<u>Day 14: 💡 Reigniting Your Passions</u>	83
<u>Day 15: 📖 Living by the Spirit</u>	89
<u>Day 16: 🛡 Battling Temptation with God's Armor</u>	95



<u>Day 17: 🏠 Prioritizing Worship and Praise</u>	101
<u>Day 18: 💬 Speaking Truth Over Yourself</u>	107
<u>Day 19: 🔥 Igniting Faith in God's Promises</u>	113
<u>Day 20: 💖 Celebrating Progress and God's Grace</u>	119
<u>Day 21: 🌈 Living Free and Sharing Hope</u>	125



Introduction

Welcome to this 21-day journey focused on breaking free from binge-watching addiction and embracing the life God intends for you. In our fast-paced digital age, it's so easy to get caught in the cycle of endless shows and series. The remote becomes an extension of our hand, and screens hijack our quiet moments. But what if there is a better story—one that brings genuine rest, joy, and fulfillment?

Binge-watching often serves as an escape—a way to temporarily silence the noise or feelings we don't want to face. Yet, true healing comes when we turn away from distractions and turn toward God's living Word which speaks to the deepest parts of our hearts. This study is designed to help you rediscover God's story, hear His voice in your daily life, and replace unhealthy habits with spiritual habits that nourish soul, mind, and body.

Over the next 21 days, you'll explore Scripture passages that address addiction, rest, renewal, and transformation. You will be encouraged to reflect deeply and journal honestly about your personal struggles with binge-watching. Each day offers practical wisdom and prayers to empower you to **put the remote down** and listen more intently to the One who truly knows your story and writes it with purpose and hope.

Let's embark on this journey together. May you experience freedom and find a new rhythm, where God's story captivates your heart more than any screen ever could.





Day 1: 🔍 Recognizing the Grip of Addiction



Your Verse

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

Supporting Scriptures

- *John 10:10 - "I have come that they may have life, and have it to the full."*
- *Proverbs 3:5 - "Trust in the Lord with all your heart and lean not on your own understanding."*



Day 1: 🔍 Recognizing the Grip of Addiction

Devotional: Admit Your Need and Trust God

Today's focus is on admitting the hold that binge-watching has on your life. Addiction often hides behind seemingly harmless habits. But when entertainment becomes an escape from pain, loneliness, or stress, the grip tightens, and the remote transforms from a simple gadget into a barrier between you and God's healing presence.

Psalm 34:18 reminds us that God is closest to the brokenhearted. Even if you feel crushed by habit and unable to break free, God sees you, loves you, and promises rescue. This is the starting point — acknowledging your need for Him and that your current cycle does not reflect the abundant life Jesus offers in John 10:10.

Trusting God fully (Proverbs 3:5) is not easy when faced with cravings and old patterns. Yet it is essential to lean on His wisdom rather than your own strategies or distractions. Today, ask God to reveal the areas of your heart where addiction has taken root and surrender them to His care.



Day 1: 🔍 Recognizing the Grip of Addiction

Reflect and Apply

1. What feelings or needs do you try to satisfy through binge-watching?

2. How does realizing God's closeness to the brokenhearted comfort you today?

3. What does 'trusting God with all your heart' look like in your struggle?



Day 1: 🔍 Recognizing the Grip of Addiction

Journaling Prompts

1. Write honestly about how binge-watching affects other areas of your life.

2. List moments when you felt distant from God and turning to the screen.

3. Record a prayer asking God to reveal your true needs.



Day 1: 🔍 Recognizing the Grip of Addiction

Prayer for Today

Lord, you know my heart and the struggles I face in breaking free from binge-watching. Help me to trust You completely, even when I feel weak. Draw close to me, heal the broken places, and replace empty distractions with Your abundant life. Give me strength to say no to what steals my time and yes to Your renewing presence. May Your story captivate me more than any show ever could.

In Jesus' name, Amen. 🙏📖❤️





Day 2: Setting Boundaries and Gaining Control



Your Verse

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

Supporting Scriptures

- *Galatians 5:22-23 – “But the fruit of the Spirit is love, joy, peace... self-control...”*
- *Psalms 119:9 – “How can a young person stay on the path of purity? By living according to your word.”*



Day 2:  Setting Boundaries and Gaining Control

Devotional: God Empowers Self-Control

Temptations to binge-watch may feel overwhelming, but God promises they are never beyond our capacity to resist. 1 Corinthians 10:13 encourages us with God's faithfulness — He equips us with the strength to overcome patterns of addiction when we rely on Him.

Self-control is a fruit of the Spirit (Galatians 5:22-23), meaning as you draw closer to God, He nurtures your ability to make wise choices with your time and attention. This isn't about legalistic rules but cultivating freedom through God's power in your life.

Psalm 119:9 highlights that immersing yourself in God's word renews your mind and heart, making it easier to say no when the urge to binge-watch arises. Today, prayerfully identify and set clear boundaries around screen time, trusting God to help you stick to them.



Day 2:  Setting Boundaries and Gaining Control

Reflect and Apply

1. What triggers your binge-watching episodes and how can you create physical or mental boundaries?

2. How can the fruit of the Spirit, especially self-control, grow in your life?

3. In what ways does knowing God won't give you more than you can bear encourage you?



Day 2:  Setting Boundaries and Gaining Control

Journaling Prompts

1. Write out a practical, God-led plan to limit screen time.

2. Describe how living by God's word affects your choices about entertainment.

3. List ways you can invite the Holy Spirit's help daily.



Day 2:  Setting Boundaries and Gaining Control

Prayer for Today

Father, thank You for reminding me that I am not alone in temptation. *Grant me the self-control that comes from Your Spirit.* Help me to set wise boundaries with my time and say no when binge-watching calls to me. Fill my heart with Your word so it becomes my guiding light, and strengthen me to honor You in all my choices.

In Jesus' name, Amen.   





Day 3: Replacing Screens with Scripture



Your Verse

Joshua 1:8 - “Keep this Book of the Law always on your lips; meditate on it day and night.”

Supporting Scriptures

- *Psalm 1:2 - “But whose delight is in the law of the Lord, and who meditates on his law day and night.”*
- *Colossians 3:16 - “Let the word of Christ dwell in you richly.”*



Devotional: Meditate on God's Word Instead

What fills your mind when you put the remote down? Often, the silence reveals how much we have turned to screens for comfort or escape. Joshua 1:8 invites us to replace those moments with meditation on God's Word, a practice that renews the heart and mind.

Psalm 1:2 describes delighting in God's law as a source of joy and stability. Rather than filling your free moments with shows, cultivate delight in Scripture. Allow God's truth and promises to penetrate your thoughts, gradually reorienting your desires.

Colossians 3:16 reminds us to let Christ's word dwell richly within. This richness will overflow into your daily life and give you a new story to experience and share. Meditation and memorization can become powerful spiritual tools that replace the patterns of addiction.



Reflect and Apply

1. How can you practically increase your exposure to Scripture each day?

2. In what ways does God's word bring deeper satisfaction than entertainment?

3. What new habits could help you delight in Scripture like Psalm 1 describes?



Journaling Prompts

1. List favorite verses that bring comfort or strength.

2. Describe what it feels like to rely on Scripture instead of screens.

3. Write a plan for a daily Scripture meditation habit.



Day 3: 📺 Replacing Screens with Scripture

Prayer for Today

Lord, help me to find delight in Your Word even when the lure of binge-watching is strong. *Let Your truths fill my mind and heart so fully that I crave You above all else.* Teach me to meditate day and night, and replace empty distractions with Your life-giving presence.

In Jesus' name, Amen. 📖 ❤️ ✨





Day 4: 💪 Strengthening Spiritual Disciplines



Day 4: 📖 Strengthening Spiritual Disciplines

Your Verse

Hebrews 12:11 – “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness.”

Supporting Scriptures

- *2 Timothy 1:7 – “For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”*
- *1 Corinthians 9:27 – “I discipline my body and keep it under control.”*



Day 4:  Strengthening Spiritual Disciplines

Devotional: Discipline Yields Spiritual Victory

Breaking an addiction requires intentional spiritual discipline, and that isn't always pleasant initially. Hebrews 12:11 acknowledges the discomfort of discipline but encourages us with the promise of a harvest of righteousness.

Spiritual growth, including overcoming binge-watching, demands courage and strength. 2 Timothy 1:7 reassures us that God's Spirit empowers us not to live timidly but with power, love, and sound mind—including self-discipline.

Paul models this in 1 Corinthians 9:27 by exercising control over his own body. Like him, we can choose to treat our habits with serious care, training ourselves to respond differently when temptations arise and allowing God's strength to lead us.



Day 4:  Strengthening Spiritual Disciplines

Reflect and Apply

1. What spiritual disciplines (prayer, fasting, accountability) could help you fight binge-watching?

2. How can you rely on God's power rather than your own to build self-control?

3. What "harvest" do you hope to see after enduring the discipline today?



Journaling Prompts

1. Write about a past time you experienced growth through discipline.

2. Plan a simple spiritual discipline to practice this week.

3. Describe how you can invite the Holy Spirit's power daily.



Day 4: 🦵 Strengthening Spiritual Disciplines

Prayer for Today

Father, discipline feels hard, but I trust Your promise of a harvest of righteousness. *Strengthen me with Your Spirit to pursue self-control, love, and courage.* Help me to take captive every temptation and to partner with You in this transformation.

In Jesus' name, Amen. 🦵 🙏 📖





Day 5: 🕊️ Finding Rest in God, Not Screens



Day 5: 🕊 Finding Rest in God, Not Screens

Your Verse

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

Supporting Scriptures

- *Psalm 62:1 – “Truly my soul finds rest in God; my salvation comes from him.”*
- *Isaiah 40:31 – “Those who hope in the Lord will renew their strength.”*



Day 5: 🕊 Finding Rest in God, Not Screens

Devotional: True Rest Is Found in Jesus Alone

Often, binge-watching is a misguided search for rest and relief from our burdens. Jesus offers a different kind of rest—one that refreshes our souls, not just our bodies.

Matthew 11:28 invites the weary to come to Christ for true rest. Screens can't satisfy this deep need in the long run. Psalm 62:1 is a beautiful declaration that our souls find real rest only in God.

Isaiah 40:31 promises renewed strength for those who hope in the Lord. This spiritual renewal is the antidote to exhaustion that binge-watching temporarily masks but never heals.

Today, choose to give your tired soul over to Jesus instead of the remote. Experience His peace as you rest in Him.



Day 5: 🕊 Finding Rest in God, Not Screens

Reflect and Apply

1. How have you sought rest in screens instead of God?

2. What does Jesus' invitation to rest mean for you personally?

3. How can you remind yourself to seek God first when weary?



Journaling Prompts

1. Describe a moment when you felt refreshed by God's presence.

2. Write about ways to rest spiritually instead of watching TV.

3. List practical steps to remind yourself to turn to Jesus each time you feel burdened.



Day 5: 🕊️ Finding Rest in God, Not Screens

Prayer for Today

Jesus, I bring my weariness to You today. *Give me the rest only You can provide and renew my strength.* Help me to stop running to screens for relief and instead find peace in Your loving arms.

In Your name, Amen. 🕊️❤️📺❌





Day 6: Seeking Support from Community



Day 6: 🧡 Seeking Support from Community

Your Verse

Ecclesiastes 4:9 - "Two are better than one, because they have a good return for their labor."

Supporting Scriptures

- *Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds."*
- *Galatians 6:2 - "Carry each other's burdens."*



Day 6: 🧡 Seeking Support from Community

Devotional: Community Strengthens Our Journey

Overcoming addiction is rarely a solo journey. Ecclesiastes 4:9 reminds us that partnerships and community multiply strength and encouragement.

Hebrews 10:24-25 challenges believers not to isolate but to motivate one another and gather regularly for support. When fighting the urge to binge-watch alone, reaching out to trusted friends, family, or a faith community can provide accountability and prayer support.

Galatians 6:2 calls on us to carry each other's burdens. Inviting others into your struggle allows God's grace and love to flow through relationships, making the path to freedom less daunting.



Reflect and Apply

1. Who in your life can support and encourage you in this struggle?

2. How does sharing your burden bring you closer to healing?

3. What fears or barriers keep you from seeking help?



Journaling Prompts

1. List people you trust to confide in about your binge-watching habits.

2. Write about ways community has helped you before.

3. Plan a step to reach out or join a support group this week.



Day 6: 🧡 Seeking Support from Community

Prayer for Today

God, thank You for placing me in communities of support. *Give me courage to reach out and receive help.* Help me to build relationships that foster honesty, love, and accountability as I press toward freedom from addiction.

In Jesus' name, Amen. 🧡 ❤️ 🙏





Day 7: ✨ Renewing the Mind



Your Verse

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

Supporting Scriptures

- *Philippians 4:8 – “Whatever is true, noble, right... think about such things.”*
- *Ephesians 4:23 – “Be made new in the attitude of your minds.”*



Day 7: ✨ Renewing the Mind

Devotional: Transform Your Mind with God's Truth

Addiction often rewires our minds to seek immediate gratification through unhealthy habits. Romans 12:2 calls us to a radical transformation by renewing our minds through God's truth.

Philippians 4:8 encourages focused thoughts on what is pure and praiseworthy, replacing pull toward constant entertainment with intentional thinking.

Ephesians 4:23 reinforces the idea that renewal is ongoing and shapes attitudes that resist conformity to unhealthy patterns. You can retrain your mind, weaving God's perspective into your daily thought life, strengthening your resolve and healing your soul.



Reflect and Apply

1. What patterns of thinking fuel your binge-watching habit?

2. How can focusing on Philippians 4:8 truths change your mindset?

3. What steps can you take to renew your mind daily?



Journaling Prompts

1. Write down recurring thoughts that lead you to binge-watch.

2. List scriptural truths to memorize and meditate on.

3. Plan when and how to practice renewing your mind each day.



Day 7: ✨ Renewing the Mind

Prayer for Today

Lord, renew my mind and help me to think according to Your truth. *Fill my thoughts with what is pure and good and steer me away from harmful desires.* Transform my heart so my habits align with Your will.

In Jesus' name, Amen. 🧠 ✨ 📖





Day 8: ⚡ Embracing God's Strength in Weakness



Day 8: ⚡ Embracing God's Strength in Weakness

Your Verse

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

Supporting Scriptures

- *Psalm 46:1 – “God is our refuge and strength, an ever-present help in trouble.”*
- *Isaiah 41:10 – “Do not fear, for I am with you...”*



Day 8: ⚡ Embracing God's Strength in Weakness

Devotional: God's Power Shines in Your Weakness

Many feel powerless over addiction, but God's grace meets us in our weakest moments. 2 Corinthians 12:9 declares that God's power works best when we admit our limitations and lean fully on Him.

Psalms 46:1 assures us that God is a refuge and source of strength anytime we struggle—including the fight against binge-watching.

Isaiah 41:10 encourages us not to fear because God's presence is constant. Today, surrender your weakness and invite God's strength to take center stage in your healing.



Reflect and Apply

1. Where do you feel weakest in your battle with binge-watching?

2. How can embracing God's grace change your perspective on addiction?

3. What fears might you need to release into God's hands today?



Journaling Prompts

1. Write about moments you felt helpless and God's strength came through.

2. Describe what it means to rely on God's grace daily.

3. List fears or doubts you want to give to God.



Day 8: ⚡ Embracing God's Strength in Weakness

Prayer for Today

Lord, I acknowledge my weakness and cling to Your sufficient grace. *Fill me with Your power to overcome habits that control me.* Be my refuge and strength, and calm my fears with Your promises.

In Jesus' name, Amen. 🙏🕊️💪





Day 9: Practicing Patience and Perseverance



Your Verse

James 1:12 – “Blessed is the one who perseveres under trial.”

Supporting Scriptures

- *Romans 5:3-4 – “Suffering produces perseverance; perseverance, character; and character, hope.”*
- *Galatians 6:9 – “Let us not become weary in doing good.”*



Devotional: Keep Going: God Rewards Perseverance

Breaking addiction is a process that requires patience and persistence. James 1:12 blesses those who endure trials without giving up.

Romans 5:3–4 shows the valuable growth that comes through perseverance—building character and hope.

Galatians 6:9 reminds us not to lose heart when progress feels slow. Each small victory over binge-watching is a step toward freedom. Trust God's timing and keep pressing on.



Reflect and Apply

1. What challenges make you want to give up your healing journey?

2. How have you grown through past struggles?

3. What motivates you to persevere despite setbacks?



Journaling Prompts

1. Record victories, no matter how small, in battling addiction.

2. Write about how God has worked character and hope in your life.

3. Plan strategies to maintain hope when discouraged.



Day 9: ⌚ Practicing Patience and Perseverance

Prayer for Today

Father, grant me endurance to keep fighting the temptation of binge-watching. *Help me to recognize the growth You're working in me and to never lose hope.* Strengthen my spirit to stand firm in Your promises.

In Jesus' name, Amen. ⌚ 🙏 🌱





Day 10: Transforming Habits for God's Glory



Day 10:  Transforming Habits for God's Glory


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

- *Colossians 3:10 – “Put on the new self, which is being renewed in knowledge in the image of its Creator.”*
- *Romans 6:13 – “Offer yourselves to God as those who have been brought from death to life.”*



Day 10:  Transforming Habits for God's Glory

Devotional: Renew Your Mind and Actions Daily

True freedom comes when we actively replace old behaviors with new ones that honor God. Ephesians 4:22-24 calls believers to put off the old self and embrace renewal in mind and heart.

Colossians 3:10 speaks of daily renewing our knowledge and becoming more like our Creator. This transformation affects not just thoughts but actions, such as how we spend our time.

Romans 6:13 reminds us that our entire selves are now instruments for God's purposes. Consider how breaking free from binge-watching is part of offering a renewed life in service to His kingdom.



Reflect and Apply

1. Which old habits do you need to 'put off'?

2. How can you live intentionally to 'put on the new self'?

3. What does offering your body to God look like in daily choices?



Journaling Prompts

1. List habits you want to discard and new ones to develop.

2. Describe what your 'new self' looks like practically.

3. Write a commitment statement to live for God's glory.



Day 10:  Transforming Habits for God's Glory

Prayer for Today

God, give me the strength to shed old habits and walk in newness of life. *Help me to renew my mind daily and offer all I am to You.* Transform my heart and actions to glorify You.

In Jesus' name, Amen.   





Day 11: Establishing a New Rhythm



Day 11: 🌅 Establishing a New Rhythm

Your Verse

Mark 6:31 - "Come with me by yourselves to a quiet place and get some rest."

Supporting Scriptures

- *Exodus 20:8 - "Remember the Sabbath day by keeping it holy."*
- *Psalms 46:10 - "Be still, and know that I am God."*



Day 11: 🌅 Establishing a New Rhythm

Devotional: Create Space for Rest and Renewal

Creating a healthy daily rhythm is vital to overcoming binge-watching addiction. Jesus models rest and solitude in Mark 6:31, inviting us to withdraw from busyness and distractions.

Observing deliberate pauses like Sabbath (Exodus 20:8) teaches us to honor God by resting, not filling every moment with screens or activities.

Psalm 46:10 calls for stillness and awareness of God's sovereignty. Integrate regular quiet times to hear His voice and regain perspective.

Developing this rhythm reclaims your time and focus for spiritual growth and true rest.



Day 11: 🌅 Establishing a New Rhythm

Reflect and Apply

1. What rhythms currently dominate your day?

2. How can you incorporate more intentional rest and quietness?

3. What challenges do you anticipate and how can you plan for them?



Day 11: 🌅 Establishing a New Rhythm

Journaling Prompts

1. Describe your ideal daily rhythm including time with God.

2. Write down distractions to reduce or remove.

3. Plan specific times for rest and reflection.



Day 11: 🌅 Establishing a New Rhythm

Prayer for Today

Jesus, teach me to rest as You did and find peace in quiet moments. *Help me to establish rhythms that honor You and renew my spirit.* Guide me in creating space that fosters growth instead of empty distractions.

In Your name, Amen. 🌅 🙌 🙏





Day 12: ✨ Replacing Boredom with Purpose



Day 12: ✨ Replacing Boredom with Purpose

Your Verse

Colossians 3:23 – “Whatever you do, work at it with all your heart, as working for the Lord.”

Supporting Scriptures

- *Ecclesiastes 3:1* – “There is a time for everything.”
- *Proverbs 16:3* – “Commit to the Lord whatever you do, and He will establish your plans.”



Day 12: ✨ Replacing Boredom with Purpose

Devotional: Live with Purpose to Overcome Boredom

Binge-watching often happens out of boredom or lack of purposeful activity. Colossians 3:23 inspires us to do all things wholeheartedly as acts of worship to God.

Recognize the seasons of life (Ecclesiastes 3:1) and find meaningful ways to fill your time aligned with God's purposes.

Proverbs 16:3 encourages commitment to God in your plans, knowing He will direct your steps. When boredom tempts you toward the remote, turn to intentional pursuits that build your faith and bless others.



Reflect and Apply

1. What activities give your life purpose and joy?

2. How can you commit these to God to guide your plans?

3. When boredom strikes, how can you respond differently?



Day 12: ✨ Replacing Boredom with Purpose

Journaling Prompts

1. List hobbies or ministries you want to explore or develop.

2. Write about past moments when purposeful living kept you engaged.

3. Plan a weekly schedule including purposeful activities.



Day 12: ✨ Replacing Boredom with Purpose

Prayer for Today

Lord, help me to live each day with purpose and passion for You. *Replace my boredom with meaningful work and joy in serving You.* Guide my plans and establish my steps as I seek to honor You.

In Jesus' name, Amen. ✨ 🙏 ❤️





Day 13: Managing Time Wisely



Your Verse

Ephesians 5:15-16 – “Be very careful, then, how you live — making the most of every opportunity.”

Supporting Scriptures

- *Psalm 90:12 – “Teach us to number our days, that we may gain a heart of wisdom.”*
- *Proverbs 21:5 – “The plans of the diligent lead to profit.”*



Devotional: Redeem Time with Wisdom and Purpose

Time is a gift from God, and managing it wisely is crucial to overcoming binge-watching. Ephesians 5:15–16 challenges us to live carefully and seize every opportunity because our days are limited.

Psalm 90:12 asks for a heart of wisdom to value our time well.

Proverbs 21:5 highlights that diligent planning yields profit, including in our spiritual and personal lives. Make a commitment to steward your time intentionally, balancing rest, work, and recreation in healthy ways.



Reflect and Apply

1. How are you currently spending your time each day?

2. What changes can help you use time more wisely?

3. What plans will you develop to avoid time-wasting habits?



Journaling Prompts

1. Track your time for a day or two to identify patterns.

2. Write a revised daily schedule honoring God and your growth.

3. List strategies to overcome time-related temptations.



Day 13: 🕒 Managing Time Wisely

Prayer for Today

God, teach me to number my days and use my time with wisdom. *Help me to seize each moment for Your glory and my healing.* Guide my planning and give me discipline to follow through.

In Jesus' name, Amen. 🕒 🙏 💡





Day 14: 💡 Reigniting Your Passions



Day 14: 💡 Reigniting Your Passions

Your Verse

Psalm 37:4 – “Delight yourself in the Lord, and He will give you the desires of your heart.”

Supporting Scriptures

- *Romans 12:11 – “Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.”*
- *Ecclesiastes 9:10 – “Whatever your hand finds to do, do it with all your might.”*



Day 14: 💡 Reigniting Your Passions

Devotional: Find Joy in God-Given Passions

Overcoming addiction includes rediscovering the passions God has placed **within you**. Psalm 37:4 promises that delighting in the Lord aligns your desires with His.

Romans 12:11 calls for maintaining zeal and spiritual fervor, energizing us to live with purpose and avoid dullness that invites unhealthy habits.

Ecclesiastes 9:10 encourages wholehearted effort in whatever we do, which brings fulfillment and joy often missing in passive binge-watching.

Reignite your God-given passions by exploring interests and gifts that glorify Him, energize you, and fill your time meaningfully.



Reflect and Apply

1. What passions or hobbies have you neglected recently?

2. How does delighting in the Lord transform your desires?

3. What new interests might God be leading you to explore?



Journaling Prompts

1. List passions or talents you want to pursue for God's glory.

2. Write about how your passions connect you to God.

3. Plan steps to cultivate these passions regularly.



Day 14: 💡 Reigniting Your Passions

Prayer for Today

Lord, help me to find delight in You and rekindle my passions. *Fill me with zeal to serve You and pursue what brings joy and purpose.* Guide me to use my gifts for Your glory.

In Jesus' name, Amen. 🔥🙏🎨





Day 15: Living by the Spirit



Day 15: ☐ Living by the Spirit

Your Verse

Galatians 5:16 – “Walk by the Spirit, and you will not gratify the desires of the flesh.”

Supporting Scriptures

- *Romans 8:5 – “Those who live according to the Spirit have their minds set on what the Spirit desires.”*
- *John 14:26 – “The Advocate, the Holy Spirit... will teach you all things.”*



Day 15: ☐ Living by the Spirit

Devotional: Depend on the Holy Spirit Daily

Walking in the Spirit is the key to overcoming fleshly desires, including addiction. Galatians 5:16 teaches that living under the Spirit's guidance helps us resist impulses that derail us.

Romans 8:5 contrasts living for the flesh with a mindset aligned with the Spirit. Set your mind on God's desires by seeking His presence daily.

Jesus promises the Holy Spirit as an Advocate and Teacher (John 14:26), who empowers and guides you. Invite the Spirit to lead your actions, thoughts, and choices especially when temptation arises.



Reflect and Apply

1. How often do you ask the Holy Spirit to guide your decisions?

2. What desires of the flesh commonly challenge your freedom?

3. How can you cultivate a mindset oriented toward the Spirit?



Day 15: ☐ Living by the Spirit

Journaling Prompts

1. Write about times the Holy Spirit helped you overcome temptation.

2. List ways to invite the Spirit's guidance throughout your day.

3. Describe your mindset when you feel most aligned with God.



Day 15: ☐ Living by the Spirit

Prayer for Today

Holy Spirit, fill me and lead me every moment of this day. *Help me to walk by Your power and resist fleshly desires that bind me.* Teach and guide me into freedom and fullness of life in Christ.

In Jesus' name, Amen. 🙌🙏🔥





Day 16: ✖ Battling Temptation with God's Armor



Day 16: 🛡️ Battling Temptation with God's Armor

Your Verse

Ephesians 6:11 – “Put on the full armor of God so that you can take your stand against the devil’s schemes.”

Supporting Scriptures

- *James 4:7 – “Submit yourselves, then, to God. Resist the devil, and he will flee from you.”*
- *1 Peter 5:8-9 – “Be alert and of sober mind. Resist him, standing firm in the faith.”*



Day 16: 🛡️ Battling Temptation with God's Armor

Devotional: Stand Firm in God's Armor

Temptations to return to binge-watching can feel like a spiritual battle.

Ephesians 6:11 commands us to put on God's full armor—truth, righteousness, faith, and more—to stand firm.

James 4:7 teaches that submitting to God and actively resisting the devil causes him to flee.

1 Peter 5:8–9 warns of the enemy's strategies and exhorts us to be alert and steadfast in faith.

Today, equip yourself with God's armor through prayer and Scripture to face temptations head-on and walk in victory.



Day 16: 🛡️ Battling Temptation with God's Armor

Reflect and Apply

1. Which pieces of God's armor do you feel weak in?

2. How can submitting to God empower you in temptation?

3. What practical ways can you stay alert and grounded in faith?



Day 16: 🛡️ Battling Temptation with God's Armor

Journaling Prompts

1. Identify areas where you need more 'armor'.

2. Write a prayer putting on each piece of the armor of God.

3. List strategies to remain alert during vulnerable times.



Day 16: 🗡️ Battling Temptation with God's Armor

Prayer for Today

Lord, clothe me with Your full armor to stand firm against temptation. *Help me to resist the devil's schemes and remain steadfast in faith.* Guard my heart and mind in Christ Jesus.

In Jesus' name, Amen. 🛡️ 🗡️ 🙏





Day 17: 🏠 Prioritizing Worship and Praise



Your Verse

Psalm 100:2 - “Worship the Lord with gladness; come before Him with joyful songs.”

Supporting Scriptures

- *Hebrews 13:15 - “Through Jesus, therefore, let us continually offer to God a sacrifice of praise.”*
- *Psalm 95:1-2 - “Come, let us sing for joy to the Lord.”*



Day 17: 🎁 Prioritizing Worship and Praise

Devotional: Joyful Worship Strengthens the Soul

Worship shifts our focus from struggles to the greatness of God. Psalm 100:2 invites us to worship with gladness, filling our hearts with joy.

Hebrews 13:15 calls for continual praise as a spiritual act of obedience and faith, which strengthens us during difficult times.

Psalm 95 encourages us to sing joyfully, creating an atmosphere where God's presence displaces temptation and despair.

Incorporate worship and praise into your daily life to fuel your fight and experience renewed joy in God's presence.



Reflect and Apply

1. How often do you engage in worship outside of church?

2. In what ways does praise empower you against temptation?

3. How can you cultivate a joyful heart even in struggle?



Journaling Prompts

1. Write about a worship experience that brought peace or strength.

2. List favorite worship songs or Psalms to turn to daily.

3. Plan specific times for worship and praise this week.



Day 17: 🏠 Prioritizing Worship and Praise

Prayer for Today

God, I worship You with gladness and lift my voice in praise. *Fill my heart with joy that sustains me through struggles.* Help me to continually offer praise and experience Your powerful presence.


In Jesus' name, Amen. 🎵 🙏 ❤️





Day 18: Speaking Truth Over Yourself



Day 18:  Speaking Truth Over Yourself


Your Verse

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

Supporting Scriptures

- *Joshua 1:9 - "Be strong and courageous... Do not be afraid."*
- *Philippians 4:13 - "I can do all this through Him who gives me strength."*



Day 18:  Speaking Truth Over Yourself

Devotional: Declare God's Truth Over Your Life

Words spoken over ourselves deeply affect our mindset and habits. Proverbs 18:21 reminds us that the tongue holds the power to shape life and death—our words to ourselves matter.

Joshua 1:9 commands strength and courage while dismissing fear, powerful declarations against the lies addiction brings.

Philippians 4:13 offers confidence that through Christ's strength, you can overcome every struggle.

Take authority today by speaking God's truth into areas where binge-watching whispers lies of helplessness and shame.



Day 18:  Speaking Truth Over Yourself

Reflect and Apply

1. What negative words do you often say about yourself?

2. How can you replace them with God's promises?

3. What empowering truths can you declare daily?



Day 18:  Speaking Truth Over Yourself

Journaling Prompts

1. Write down lies you want to renounce and truths to affirm.

2. Create a list of scripture affirmations to speak aloud.

3. Journal about the impact of positive self-talk in your journey.



Day 18: 💬 Speaking Truth Over Yourself

Prayer for Today

Lord, help me to speak life-giving words over myself today. *Replace fear and shame with Your truth and courage.* Empower me through Christ to overcome all challenges.

In Jesus' name, Amen. 💬 🙏 💪





Day 19: 🔥 Igniting Faith in God's Promises



Day 19: 🔥 Igniting Faith in God's Promises

Your Verse

Hebrews 11:1 – “Faith is confidence in what we hope for and assurance about what we do not see.”

Supporting Scriptures

- *2 Corinthians 5:7 – “We live by faith, not by sight.”*
- *Romans 10:17 – “Faith comes from hearing the message.”*



Day 19: 🔥 Igniting Faith in God's Promises

Devotional: Hold Fast to Hope Through Faith

Faith fuels the journey from addiction to freedom, even when results aren't immediate. Hebrews 11:1 defines faith as confident hope and assurance beyond the visible.

Living by faith (2 Corinthians 5:7) means trusting God's promises to transform your life, despite daily challenges.

Romans 10:17 teaches that faith grows through hearing God's word regularly, so keep immersing yourself in Scripture to deepen trust and perseverance.



Reflect and Apply

1. What hopes do you have for your freedom from binge-watching?

2. How does faith help you trust God in the unseen?

3. How can you increase daily hearing and believing of God's word?



Day 19: 🔥 Igniting Faith in God's Promises

Journaling Prompts

1. Write about moments when faith helped you persevere.

2. List scriptures that build your confidence and hope.

3. Plan ways to regularly hear and meditate on God's promises.



Day 19: 🔥 Igniting Faith in God's Promises

Prayer for Today

Father, increase my faith and help me hold on to hope. *Give me confidence in Your promises when I cannot see the outcome.* Help me live by faith and hear Your word daily.

In Jesus' name, Amen. 🔥 🙏 📖





Day 20: 🧡 Celebrating Progress and God's Grace



Day 20: ❤ Celebrating Progress and God's Grace

Your Verse

1 Corinthians 15:10 – “But by the grace of God I am what I am.”

Supporting Scriptures

- *Philippians 1:6 – “He who began a good work in you will carry it on to completion.”*
- *Lamentations 3:22-23 – “His compassions never fail. They are new every morning.”*



Day 20: ❤ Celebrating Progress and God's Grace

Devotional: Rejoice in God's Ongoing Grace

As you near the end of this journey, pause to celebrate the progress made through God's grace. 1 Corinthians 15:10 acknowledges that who you are today is because of God's unmerited favor.

Philippians 1:6 promises God is faithfully completing the work He began in you.

Lamentations 3:22-23 is a beautiful reminder that God's mercy renews every day, offering continual chances to grow and strengthen.

Take time to thank God for victories, big and small, and rest in His steadfast love.



Reflect and Apply

1. What victories can you celebrate on your journey?

2. How has God's grace been evident in your life?

3. What encourages you to trust God to complete His work?



Day 20: ❤️ Celebrating Progress and God's Grace

Journaling Prompts

1. Write a gratitude list for progress made.

2. Describe moments where you felt God's grace most deeply.

3. Journal your hopes and prayers for continued growth.



Day 20: ❤️ Celebrating Progress and God's Grace

Prayer for Today

Thank You, Lord, for Your amazing grace that sustains me. *Help me celebrate progress and trust You to finish Your work in me.* Renew my spirit each day with Your faithful love.

In Jesus' name, Amen. ❤️ 🙏 🎉





Day 21: Living Free and Sharing Hope



Day 21:  Living Free and Sharing Hope

Your Verse

John 8:36 – “So if the Son sets you free, you will be free indeed.”

Supporting Scriptures

- *2 Timothy 1:7 – “For the Spirit God gave us does not make us timid.”*
- *Matthew 5:14 – “You are the light of the world.”*



Day 21: 🌈 Living Free and Sharing Hope

Devotional: Walk Boldly in Freedom and Light

Congratulations on this journey toward freedom! John 8:36 affirms that true freedom comes only from Jesus, and it is lasting.

2 Timothy 1:7 reminds us that God’s Spirit empowers us to live boldly, no longer bound by addiction or fear.

Matthew 5:14 calls you to be a light in the world—sharing your testimony to encourage others toward God’s healing power.

As you move forward, live fully free, empowered to glorify God and bring hope to those struggling around you.



Day 21:  Living Free and Sharing Hope

Reflect and Apply

1. How has your understanding of freedom changed?

2. What fears do you want to release as you live boldly?

3. Who in your life might you encourage with your story?



Day 21:  Living Free and Sharing Hope

Journaling Prompts

1. Write your testimony of transformation and hope.

2. List ways to shine Christ's light in your sphere of influence.

3. Plan how you will maintain freedom moving forward.



Day 21: 🌈 Living Free and Sharing Hope

Prayer for Today

Jesus, thank You for setting me free from addiction. *Fill me with boldness to live fully for You and share Your hope with others.* Let me be a light that points to Your love and power.

In Your name, Amen. 🌈 🙏 ✨





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot


We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.





What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):




 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy


 A place to grow your faith alongside believers worldwide

Bonus for You:


Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.