Freedom from Online Shopping Addiction



Explore biblical truths to overcome online shopping addiction, embrace simplicity, and find lasting freedom in Christ over material desires.





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Introduction

In today's digital age, it's easy to fall into the trap of **online shopping addiction**. The convenience of endless choices, flashy ads, and one-click purchases can subtly bind us in chains of materialism and dissatisfaction. This 21-day Bible study is designed to guide you gently but firmly toward freedom from the grips of digital consumerism. Through Scripture, reflection, and prayer, you will discover how God offers a deeper joy and contentment beyond the allure of possessions.

Addiction—even to something seemingly harmless like online shopping—can fill a void that only God can truly satisfy. This study invites you to explore what God's Word says about craving beyond need, the heart's desires, and the peace that comes from simplicity and trust in Him. Each day presents Scripture that addresses the pull of materialism, reflections to tune your heart with God's purposes, and prayers for renewal and freedom.

As you journey, you'll learn how to let go of digital materialism by cultivating spiritual disciplines and renewing your mind according to God's truth. Simplicity is not deprivation but a freeing embrace of what matters most—relationships, purpose, and a heart aligned with Christ. May these 21 days draw you closer to that freedom, restoring your joy and peace beyond every fleeting purchase.

















Your Verse

1 John 2:15 "Do not love the world or anything in the world."

Supporting Scriptures

- Matthew 6:19: "Do not store up for yourselves treasures on earth."
- Hebrews 12:1: "Lay aside every weight, and sin which clings so closely."







Devotional: Identify the Chains Binding Your Heart

Online shopping can become a subtle chain, binding us to the love of things rather than the love of God. The Bible warns us not to love the world or its temporary treasures, which lose their appeal and often lead to bondage. Start by honestly recognizing your current relationship with online shopping. Are you shopping to fill deeper needs, distractions, or emotions? Like any addiction, it starts when the heart seeks satisfaction in the wrong places.

Today is about awareness. Reflect on areas where you might be storing up treasures on earth, seeking fulfillment in material things rather than God's presence. Remember, laying aside sinful weight is a daily process, starting with truth and surrender.







Reflect and Apply

	In what ways has online shopping become more than just convenience for you?
2.	What emotional needs might you be trying to satisfy through purchases?
3.	How does 1 John 2:15 challenge your perspective on materialism?







Journaling Prompts

1.	Write about a recent purchase and what motivated it.
2.	List feelings you experience before, during, and after online shopping.
3.	Describe what 'treasures in heaven' might look like in your life.







Prayer for Today

Father God, today I come humbly before You, asking for help to see my heart clearly. Reveal any chains of materialism and addiction to online shopping that separate me from You. *Help me lay aside every weight* and redirect my desires toward Your lasting treasure. Grant me wisdom and strength to choose freedom and simplicity.

In Jesus' name, Amen. 🙏 🖏 😽







Day 2: V Understanding True Contentment









Day 2: Vunderstanding True Contentment

Your Verse

Philippians 4:11 "I have learned to be content whatever the circumstances."

Supporting Scriptures

- 1 Timothy 6:6: "Godliness with contentment is great gain."
- Hebrews 13:5: "Keep your lives free from the love of money and be content."







Day 2: V Understanding True Contentment

Devotional: Learn the Art of Godly Contentment

Contentment is at the heart of overcoming addiction. Paul's declaration in Philippians reminds us that contentment is learned and cultivated, not a natural state for many. The constant desire for new items or deals can camouflage a restless heart.

True contentment flows from trust in God's provision and an understanding that our worth and satisfaction do not come from possessions. Digital materialism promises joy but often leaves us emptier. Ask God to teach you His rhythm of sufficiency and gratitude as antidotes to compulsive buying.

Choose today to practice thankfulness for what you have, letting it fill the space that desire for more tries to occupy.







Day 2: Vunderstanding True Contentment

Reflect and Apply

1.	What does contentment mean in your current lifestyle and mindset?
2.	How do feelings of dissatisfaction fuel your urge to shop online?
3.	How can you practically cultivate thankfulness daily as a defense?







Day 2: V Understanding True Contentment

Journaling Prompts

1.	List things you are grateful for that cannot be bought.
2.	Describe how contentment impacts your relationship with God.
3.	Write a prayer asking God to increase your contentment today.







Day 2: V Understanding True Contentment

Prayer for Today

Gracious Lord, teach me the secret of contentment in every circumstance. Help me to trust Your provision and timing rather than chasing after fleeting desires. *Fill my heart with gratitude* and peace that resists the pull of materialism. Renew my mind to delight in You alone.

Thank You for Your faithful love. Amen. 🥬 🙏 🦃















Your Verse

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

Supporting Scriptures

- Jeremiah 17:9: "The heart is deceitful above all things."
- Matthew 15:18: "Out of the heart come evil thoughts, ..."







Devotional: Guard and Heal Your Heart's Deepest Desires

Your heart is the battleground that defines your actions and choices. Online shopping can become a symptom of deeper heart issues such as insecurity, loneliness, or the desire to control. The Bible warns us to guard our hearts carefully because what dwells within influences everything we do.

Today is a day of honest reflection—to look beneath the surface behavior of shopping addiction and ask what needs or wounds are driving it. Remember, God's grace meets every heartache and hidden longing. He invites you to cast your cares on Him rather than on material goods.

Be patient with yourself and open to the Spirit's work in healing and transforming your desires.







Reflect and Apply

1.	What feelings or circumstances often trigger your urge to shop online?
	How might your heart be trying to find security or comfort in the wrong places?
3.	How can you invite God into your heart's hidden struggles today?







Journaling Prompts

1.	Write honestly about the emotions behind your shopping habits.
2.	Describe a moment when God brought peace instead of a purchase.
3.	Identify one unhealthy belief about possessions you want to change.







Prayer for Today

Dear Lord, I come before You with an open heart, asking You to reveal what lies beneath my desire for online shopping. *Heal my hurts, insecurities, and fears* that feed this habit. Guard my heart from deceit and lead me to find all I need in You alone.

Thank You for Your unfailing love and patience. Amen. 💖 🛐 🖴









Day 4: 💋 Embracing Simplicity









Day 4: **B** Embracing Simplicity

Your Verse

Matthew 6:33 "Seek first his kingdom and his righteousness."

Supporting Scriptures

- Luke 12:15: "Life does not consist in an abundance of possessions."
- Psalm 119:105: "Your word is a lamp to my feet."







Day 4: **B** Embracing Simplicity

Devotional: Pursue God's Kingdom through Simplicity

Simplicity is not about sacrificing joy; it is about focusing on what truly matters. Jesus calls us to seek God's kingdom above all else, promising that when we prioritize Him, everything else falls into place.

Online shopping can clutter our lives and minds, distracting us from God's purposes and peace. Embracing simplicity helps clear that clutter, reshaping our hearts to appreciate God's gifts and live intentionally.

Today, consider what simplicity looks like in your digital habits and material possessions. Let God's Word be your guiding lamp, illuminating the path to freedom from distraction and excess.







Day 4: 💋 Embracing Simplicity

Reflect and Apply

1.	How does busyness and material clutter affect your spiritual life?
	What practical steps can you take to simplify your online shopping habits?
3.	How can seeking God first transform your relationship with possessions?







Day 4: 💋 Embracing Simplicity

Journaling Prompts

1.	Describe areas where you can simplify your spending and consumption.
2.	Write how prioritizing God over possessions changes your perspective.
3.	List distractions you want to remove to focus more on God.







Day 4: **B** Embracing Simplicity

Prayer for Today

Lord Jesus, teach me to seek Your kingdom first and let go of distractions that clutter my heart. *Help me embrace simplicity* in my lifestyle and shopping habits. May Your Word guide all my decisions and desires, leading me into freedom.

Thank You for Your peace and grace. Amen. 🥬 🙏 🔲









Day 5: Renewing Your Mind









Day 5: 🖸 Renewing Your Mind

Your Verse

Romans 12:2 "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 5: CRenewing Your Mind

Devotional: Transform Your Mind with God's Truth

Change begins in the mind. The pull of online shopping often stems from patterns of thinking conditioned by ads, social media, and cultural messages equating worth with possessions. Scripture calls us to be transformed by renewing our minds.

Renewing your mind involves actively rejecting worldly values and replacing them with God's truth. This transformation empowers freedom from compulsive behavior, grounding your identity and satisfaction in Christ.

Start today by noticing your thoughts before you shop online. Are they rooted in need, fear, envy, or emptiness? Invite God's Word to redirect those thoughts toward hope, contentment, and eternal perspective.







Day 5: 🖸 Renewing Your Mind

Reflect and Apply

1.	What common thoughts trigger your urge to shop online impulsively?
2.	How can Scripture help you reframe those thoughts for freedom?
3.	What practical ways can you renew your mind daily?







Day 5: CRenewing Your Mind

Journaling Prompts

1.	. Identify mindset shifts you want to make regarding possessions.
2.	. Write a scripture verse to meditate on when tempted to shop.
3.	. Describe moments when God's truth replaced a worldly thought.







Day 5: 🖸 Renewing Your Mind

Prayer for Today

Heavenly Father, I ask You to transform my mind and renew my heart according to Your Word. *Help me resist worldly messages* that equate worth with material things and instead find my identity in You. Guide my thoughts to be pure, focused, and freedom-filled.

Thank You for Your power to change me from the inside out. Amen. 🔘 🙏 📜







Day 6: Finding Support and Accountability









Day 6: 🌣 Finding Support and Accountability

Your Verse

Ecclesiastes 4:9 "Two are better than one..."

Supporting Scriptures

- James 5:16: "Confess your sins to each other and pray."
- Galatians 6:2: "Carry each other's burdens."







Day 6: 🌣 Finding Support and Accountability

Devotional: Strength in Community and Confession

Freedom is often found in community. Battling an addiction to online shopping doesn't have to be a lonely fight. God designed us for relationships where we support, encourage, and hold each other accountable.

Sharing your struggle with trusted friends or groups invites healing and strength beyond your own effort. It also breaks the cycle of secrecy and shame that deepens bondage. Be brave in reaching out to others who can walk alongside you through prayer, honest conversation, and encouragement.

Remember that carrying each other's burdens lightens the load and leads to restoration.







Day 6: 🎔 Finding Support and Accountability

Reflect and Apply

1.	Who in your life can you trust to share your struggle with?
2.	How might accountability bring healing and freedom?
3.	What fears or barriers hold you back from seeking support?







Day 6: 🎔 Finding Support and Accountability

Journaling Prompts

List potential accountability partners or groups you could join.
Write about what you'd want to share and how it would help you.
Create a prayer asking for courage to be vulnerable with others.







Day 6: 🌣 Finding Support and Accountability

Prayer for Today

God of Community, thank You for placing me in relationships for support and healing. *Help me to open up* honestly about my struggles and to find safe spaces for accountability. Surround me with encouraging people who point me to You.

Grant me courage to trust and strength to walk this journey. Amen. 💝 🙏 💬















Your Verse

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

Supporting Scriptures

- Galatians 5:22-23: "Fruit of the Spirit includes self-control."
- Proverbs 25:28: "Whoever has no rule over his own spirit is like a city broken down."







Devotional: Cultivate Self-Control for Lasting Freedom

Self-control is essential to overcoming addiction. Paul describes discipline as a vital part of the Christian life, treating the body and desires with care and restraint. Online shopping addiction can be weakened by cultivating spiritual and practical discipline habits.

Develop routines and boundaries such as setting budgets, scheduling offline periods, and using accountability software. Most importantly, invite the Holy Spirit to bear fruit of self-control characterized by strength, peace, and perseverance.

Discipline is not harshness but loving stewardship of God's gifts—the body, mind, and resources entrusted to us.







Reflect and Apply

1.	What areas of your online shopping are lacking discipline?
2.	How can you implement boundaries that promote self-control?
3.	In what ways does the Spirit's fruit empower disciplined living?







Journaling Prompts

1.	Write down practical steps to limit impulsive online buying.
_	
2. 1	Describe how you feel when you exercise self-control successfully.
-	
3.]	Pray for strength to remain disciplined in difficult moments.
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Prayer for Today

Holy Spirit, please cultivate in me the fruit of self-control. Teach me how to discipline my desires and steward my resources wisely. *Help me create healthy boundaries* that lead to lasting freedom and peace.

Thank You for empowering me to live a disciplined life for Your glory. Amen.

















Your Verse

Psalm 49:16-17 "Do not be overawed when others grow rich... a man cannot redeem himself."

Supporting Scriptures

- Matthew 16:26: "What will it profit a man if he gains the whole world?"
- Luke 18:27: "With God, all things are possible."







Devotional: Discover Your Worth in God Alone

True value is found in God, not possessions. The psalmist reminds us that wealth is fleeting and cannot redeem or satisfy the soul. Online shopping feeds the illusion that happiness and worth come from owning more.

Today, reflect on your intrinsic value as God's beloved child. Your worth is not tied to material things or social status but is eternal and secure. Let go of measuring success through acquisitions, and instead embrace your identity rooted in God's unchanging love.

Trust that God can meet all your needs in ways far beyond what money can buy.







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Day 8: 🛠 Finding Value Beyond Possessions

Reflect and Apply

1.	How do material possessions affect your self-worth?
2.	What truths about God's love counteract materialistic thinking?
3.	How can you remind yourself daily of your true value?







Journaling Prompts

1.	Write a declaration of your identity in Christ.
2.	List ways you can affirm your worth apart from possessions.
3.	Reflect on times God met your needs unexpectedly.







Prayer for Today

Father, remind me that my worth is secure in You alone. Help me to stop chasing after material things to feel worthy or complete. *Root my identity deeply* in Your love and grace, which never fail.

Thank You for valuing me beyond measure. Amen. 💎 🙏 💙















Your Verse

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

Supporting Scriptures

- James 1:14-15: "Each person is tempted when they are dragged away by their own evil desire."
- Psalm 119:11: "I have hidden your word in my heart."







Day 9:
Overcoming Digital Temptation

Devotional: Rely on God to Resist Temptation

Online shopping is often just a click away, making temptation ever-present. But God provides a way out, promising not to allow more than we can endure. Recognizing triggers and preparing strategies protects you from being consumed by impulse shopping.

Filling your heart with Scripture is a powerful tool to resist temptation. When urges come, recall God's promises and truths to counter them. Set intentional limits on your technology use and replace the habit with godly activities.

Remember, winning over digital temptation is a daily choice empowered by God's faithfulness.







Reflect and Apply

1.	What triggers your strongest temptations online?
2.	How does God's promise strengthen your resolve?
3.	What scriptures can you memorize to combat urges?







Journaling Prompts

1.	Identify three digital triggers and ways to avoid them.
2.	Write down key verses to recall during temptation.
3.	Describe a past victory over temptation and what helped.







Prayer for Today

Faithful God, thank You for always making a way of escape when I am tempted. Help me to rely on You and Your Word when online shopping draws me in. *Strengthen my resolve* and guard my heart from impulse.

Fill me with Your peace and power to overcome. Amen. 📢 🙏 🛄















Your Verse

Philippians 2:3-4 "Do nothing out of selfish ambition... each of you should look not only to your own interests but also to the interests of others."

Supporting Scriptures

- Romans 12:10: "Be devoted to one another in love."
- Hebrews 10:24–25: "Encourage one another..."







Devotional: Find Joy Through Serving Others

Community shapes contentment. When we look outward to serve and encourage others, envy and material cravings diminish. Fostering loving relationships helps us find value beyond possessions as we share life with others.

Today, consider how engaging in community can support your freedom from shopping addiction. Serving others, practicing generosity, and receiving encouragement enrich your perspective and satisfy relational needs material things cannot.

Connection with others is a pathway to simplicity and peace in a consumer-driven world.







Reflect and Apply

1.	How does focusing on others affect your desires for things?
2.	In what ways can you serve or encourage someone this week?
3.	How might generosity transform your heart regarding possessions?







Journaling Prompts

1.	Write about a time when helping others brought you joy.
2.	List practical ways to engage more deeply in your community.
3.	Plan one act of generosity to express gratitude today.







Prayer for Today

Lord, help me to look beyond myself and find joy in serving others. Teach me to be generous and loving, so that my heart is satisfied in relationships rather than things. *Use me to encourage and bless those around me.*

Thank You for community and Your abiding presence. Amen. 🤲 💙 🙏















Your Verse

Proverbs 21:5 "The plans of the diligent lead to profit, but everyone who is hasty comes only to poverty."

Supporting Scriptures

- Ecclesiastes 7:9: "Do not be quickly provoked in your spirit."
- James 1:19: "Be quick to listen, slow to speak and slow to become angry."







Devotional: Practice Patience to Resist Impulses

Impulse purchases often arise from haste and unchecked emotions. Scripture encourages us to be deliberate and patient rather than quick to act on fleeting desires. Breaking the cycle of instant gratification involves cultivating patience and planning.

Strategies such as waiting 24 hours before buying, budgeting, and mindful consumption help you regain control. Reflect on your triggers and practice delaying gratification as a spiritual discipline.

This habit reshapes your heart and helps you live wisely, avoiding poverty of both substance and spirit.





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Day 11: O Breaking the Cycle of Impulse

Reflect and Apply

1.	What emotions typically precede your impulsive shopping?
2.	How can waiting before purchases change your habits?
3.	What spiritual principles encourage patience in daily life?







Journaling Prompts

1.	Write about a time waiting changed a decision for the better.
2.	List triggers that prompt hasty buying and how to pause.
3.	Create a personal plan for handling impulse urges.







Prayer for Today

Lord, give me patience and self-control to resist impulsive desires. Teach me to wait, reflect, and plan rather than act hastily. *Help me develop wisdom* in managing my choices and resources.

Thank You for Your enduring guidance and grace. Amen. 🚨 🙏 💰







Day 12: 6 Honoring God with Your Finances







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Day 12: 5 Honoring God with Your Finances

Your Verse

Malachi 3:10 "Bring the whole tithe into the storehouse..."

Supporting Scriptures

- 2 Corinthians 9:7: "God loves a cheerful giver."
- Luke 16:11: "If you are not trustworthy with worldly wealth..."







Day 12: 5 Honoring God with Your Finances

Devotional: Practice Faithful Stewardship and Generosity

How we manage money reflects our hearts. God calls us to honor Him with faithful stewardship, including generosity toward others. Addiction to online shopping can disrupt this calling, leading to selfish or wasteful spending.

Today, seek to align your financial habits with God's principles. Consider your giving, budgeting, and spending as acts of worship rather than mere transactions. When finances are entrusted to God, you experience greater peace and purpose.

Trust God's provision and invite Him to guide your choices toward generosity and wise stewardship.







Day 12: 👸 Honoring God with Your Finances

Reflect and Apply

1.	How does your spending honor or dishonor God's gifts?
2.	What role does generosity play in your financial habits?
3.	How can you invite God to lead your money management?







Day 12: 5 Honoring God with Your Finances

Journaling Prompts

1.	Write about your current giving and what you hope to improve.
2.	Plan one way to practice cheerful giving this month.
3.	Reflect on feelings when aligning finances with God's purposes.







Day 12: 5 Honoring God with Your Finances

Prayer for Today

Generous God, teach me to honor You through my finances. Help me to steward well, give joyfully, and resist selfish spending. *Guide my heart and hands* to use money for Your glory and the good of others.

Thank You for meeting all my needs. Amen. 💷 🙏 🖴







Day 13: 2 Prioritizing Time Over Things









Day 13:

Prioritizing Time Over Things

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..."
- Colossians 3:23: "Whatever you do, work at it with all your heart."







Day 13:

Prioritizing Time Over Things

Devotional: Redeem Your Time with Purpose

Time is one of God's most precious gifts. Yet, addiction to online shopping can consume hours, diverting attention from meaningful pursuits. Prioritizing your time wisely involves intentional choices to invest in lifegiving activities.

Reflect on how you spend your daily hours. Are they fueling fulfillment and growth, or feeding compulsive habits? Seek God's help to order your days so that each moment honors Him.

Choose today to reclaim time for rest, relationships, prayer, and purposeful work rather than temporary pleasures.







Day 13: 🕰 Prioritizing Time Over Things

Reflect and Apply

1.	How much time do you spend on online shopping or browsing?
2.	What activities bring lasting joy and spiritual growth?
3.	How can you rearrange your schedule to focus on priorities?







Day 13: 🕰 Prioritizing Time Over Things

Journaling Prompts

1.	Track your time spent online for one day and reflect on it.
2.	List three activities to replace shopping time.
3.	Pray about ways to honor God with your daily schedule.







Day 13:

Prioritizing Time Over Things

Prayer for Today

Lord, teach me to use my time wisely and purposefully. Help me to make the most of every opportunity You give. *Lead me away from distractions* and toward lives that glorify You through rest, relationship, and work.

Thank You for each moment of today. Amen. 🛚 🙏 💸







Day 14: W Healing Emotional Triggers









Day 14: W Healing Emotional Triggers

Your Verse

Psalm 34:18 "The Lord is close to the brokenhearted..."

Supporting Scriptures

- Isaiah 41:10: "I will strengthen you and help you."
- Matthew 11:28: "Come to me, all who are weary..."







Day 14: WHealing Emotional Triggers

Devotional: Invite God to Heal Your Heart's Wounds

Many addictions have roots in emotional pain. Online shopping might provide temporary relief or comfort from loneliness, anxiety, or stress. God is near the brokenhearted and offers healing and rest unlike any purchase.

Today, bring your struggles to Him. Identify emotional triggers that lead you to shop impulsively and surrender those hurts to God's loving hands. Allow Him to replace comfort through things with lasting peace and renewal.

Healing happens over time, but every step toward vulnerability opens room for God's grace.





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Day 14: W Healing Emotional Triggers

Reflect and Apply

What emotions most frequently drive your shopping urges?
How have you tried to soothe these feelings before?
How can you turn to God first when emotions arise?





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Day 14: W Healing Emotional Triggers

Journaling Prompts

1.	Write honestly about emotional triggers and your responses.
2.	Pray a surrender of your pain and desire for quick fixes.
3.	Describe moments when God comforted you instead of things.







Day 14: W Healing Emotional Triggers

Prayer for Today

Comforting Father, I bring my broken heart and weary soul to You. Heal my emotional wounds that drive me to unhealthy habits. *Replace my desire for temporary relief* with Your eternal peace and strength.

Thank You for never leaving me alone. Amen. 💖 🙏 🖏















Your Verse

James 1:12 "Blessed is the one who perseveres under trial."

Supporting Scriptures

- Hebrews 12:1: "Run with perseverance the race marked out for us."
- Galatians 6:9: "Do not become weary in doing good."







Devotional: Encourage Yourself with God's Strength

Recovery and freedom take time. Celebrate the small victories in resisting online shopping temptations and growing in contentment. Perseverance is key, and God promises blessing for those who endure trials.

Reflect on how far you have come. Each choice to say no, every moment of self-control, is a step toward lasting freedom. If setbacks occur, remember God's grace and keep pressing forward with renewed hope.

Encourage yourself and others by sharing progress and calling on God's strength to continue.







Reflect and Apply

1.	What victories can you celebrate in your journey so far?
2.	How do you react to setbacks in overcoming addiction?
3.	What motivates you to keep persevering in faith?







Journaling Prompts

1.	List moments when you successfully resisted buying impulsively.
2.	Write about lessons learned through challenges faced.
3.	Pray for strength to persevere through difficulties.







Prayer for Today

Lord of endurance, thank You for walking with me through every step. Help me to keep persevering and celebrating progress, no matter how small. *Strengthen my resolve* and renew my hope in You daily.

I trust in Your unfailing love. Amen. 🧆 🙏 💪

















Day 16: Cultivating Gratitude Daily

Your Verse

1 Thessalonians 5:18 "Give thanks in all circumstances."

Supporting Scriptures

- Psalm 107:1: "Give thanks to the Lord, for he is good."
- Colossians 3:15: "Let the peace of Christ rule in your hearts."







Day 16: Cultivating Gratitude Daily

Devotional: Practice Daily Gratitude for God's Gifts

A grateful heart is a joyful heart. Gratitude shifts your focus from what you lack to what you have, dissolving desires for more possessions. The Bible instructs believers to give thanks continually, finding joy in every circumstance.

Make gratitude a daily habit by listing blessings, thanking God for simple gifts, and recognizing His faithfulness. This practice transforms your mindset and breaks the cycle of material craving fueled by dissatisfaction.

As gratitude grows, peace replaces unrest, anchoring you in God's goodness rather than things.







Day 16: 💮 Cultivating Gratitude Daily

Reflect and Apply

1.	How does being thankful affect your urge to shop?
2.	What blessings can you count that bring deep joy?
3.	How can you nurture a lifestyle of gratitude amid temptation?







Day 16: 💮 Cultivating Gratitude Daily

Journaling Prompts

1.	Write three things you're grateful for today.
2.	Describe how gratitude changes your feelings about possessions.
3.	Pray a prayer of thanks to God's faithful provision.







Day 16: 💮 Cultivating Gratitude Daily

Prayer for Today

Faithful God, teach me to have a grateful heart that rejoices in Your blessings. Help me to see all that You have given and to find contentment in Your goodness. Fill me with peace that quiets restless desires.

Thank You for Your abundant grace. Amen. 🙏 餐 💝













Day 17: Practicing Mindfulness and Prayer









Day 17: \delta Practicing Mindfulness and Prayer

Your Verse

Psalm 46:10 "Be still, and know that I am God."

Supporting Scriptures

- Philippians 4:6: "Do not be anxious about anything; pray about everything."
- Isaiah 40:31: "Those who hope in the Lord will renew their strength."







Day 17: 🕹 Practicing Mindfulness and Prayer

Devotional: Gain Peace Through Stillness and Prayer

Mindfulness and prayer anchor your soul. Restlessness often drives addictive impulses, but practicing stillness and intentional prayer invites God's peace. Becoming aware of your thoughts and emotions before acting creates space for wise choices.

Today, spend moments in quiet reflection, acknowledging your struggles and surrendering them to God. When the urge to shop arises, pause and pray, seeking His strength and guidance. This spiritual discipline strengthens awareness and rewires habits.

Trust that God renews your strength as you abide in Him.







Day 17: 👶 Practicing Mindfulness and Prayer

Reflect and Apply

1.	How often do you pause to reflect before acting on urges?
2.	What difference does prayer make in your decision-making?
3.	How can mindfulness help break unhealthy habits?







Day 17: \delta Practicing Mindfulness and Prayer

Journaling Prompts

1.	Describe your experience trying silence and prayer today.
2.	Write about feelings that surfaced during mindfulness.
3.	Pray for God's presence to guard your heart and mind.







Day 17: \delta Practicing Mindfulness and Prayer

Prayer for Today

Lord of Peace, teach me to be still and know You in the midst of temptation. Help me to pause, pray, and rely on Your strength instead of impulsive desires. *Fill me with Your calming presence* and renew my spirit.

Thank You for being my refuge and strength. Amen. 🕹 🙏 🖏







Day 18: 4 Breaking Free from Comparison









Day 18: 4 Breaking Free from Comparison

Your Verse

Galatians 6:4 "Each one should test their own actions."

Supporting Scriptures

- 2 Corinthians 10:12: "Do not compare yourselves with one another."
- Proverbs 14:30: "A heart at peace gives life to the body."







Devotional: Reject Comparison to Find Contentment

Comparison fuels dissatisfaction and desire. Social media and online ads often amplify feelings of envy and inadequacy, pushing us toward unnecessary shopping to 'keep up.' The Bible warns against imitation and comparison, encouraging us to focus on our own journey.

Break free from the trap of measuring worth against others' possessions or lifestyles. Celebrate your unique blessings and ask God to protect your heart from envy. True peace comes when you stop comparing and find contentment where God has placed you.

Choose today to rest in your identity and journey.







Reflect and Apply

1.	How does comparing yourself to others influence your shopping habits?
2.	What steps can you take to limit exposure to envy-triggering content?
3.	How can you embrace your unique path and blessings today?







Journaling Prompts

1.	Write about a recent moment of comparison and its impact.
2.	List ways to cultivate self-acceptance and peace.
3.	Pray for freedom from envy and contentment in God's plans.







Prayer for Today

Father, free me from the bondage of comparison and envy. Help me to celebrate the life and blessings You have given me. *Guard my heart against dissatisfaction* and fill me with peace in my own journey.

Thank You for Your perfect love. Amen. 🦃 🙏 🕡

















Day 19: **③** Setting Purposeful Goals

Your Verse

Proverbs 16:3 "Commit to the Lord whatever you do, and your plans will succeed."

Supporting Scriptures

- Habakkuk 2:2: "Write the vision; make it plain on tablets."
- Philippians 3:14: "I press on toward the goal..."







Day 19: **(3)** Setting Purposeful Goals

Devotional: Align Your Goals with God's Purpose

Setting clear, God-centered goals empowers change. A vague desire to 'shop less' can easily fade, but purposeful goals aligned with God's plan equip you to move forward. Commit your goals to the Lord and seek His guidance in their pursuit.

Write down specific targets, such as monthly budgets or spending-free days, and pray for strength to abide by them. Goals clarify your path and remind you why freedom and simplicity matter.

Press on toward the prize of a heart free from addiction, rich in faith and contentment.





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Day 19: **③** Setting Purposeful Goals

Reflect and Apply

1.	What specific goals can help reduce your online shopping?
2.	How does committing plans to God affect your motivation?
3.	What will pursuing these goals look like daily?





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Day 19: **③** Setting Purposeful Goals

Journaling Prompts

1.	Write down 2-3 achievable goals related to spending.
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۷.	Describe how you will remind yourself of your purpose.
3.	Pray for discipline and wisdom to follow through.







Day 19: **③** Setting Purposeful Goals

Prayer for Today

Lord, I commit my goals and plans into Your hands. Guide me in purposeful steps toward freedom from materialism. *Grant me discipline, clarity, and perseverance* to honor You in all I do.

Thank You for leading me each day. Amen. 6 🙏 📜

















Day 20: Embracing God's Grace

Your Verse

2 Corinthians 12:9 "My grace is sufficient for you."

Supporting Scriptures

- Ephesians 2:8: "For it is by grace you have been saved."
- Romans 5:20: "Where sin increased, grace increased all the more."







Day 20:
See Embracing God's Grace

Devotional: Depend on God's Grace Every Step

Grace sustains us in weakness. Overcoming addiction isn't about perfection but reliance on God's abundant grace. Paul's testimony shows that even in weakness, God's power is perfected.

As you approach the final days of this study, embrace grace fully. When setbacks happen, don't despair but turn to God's mercy for restoration. Freedom is a journey marked by continual grace, forgiveness, and hope.

Rest in the truth that God's grace covers all and empowers your transformation.







Day 20: P Embracing God's Grace

Reflect and Apply

1.	How does God's grace encourage you during struggles?
2.	What mistakes or setbacks do you need to release to God?
3.	In what ways can grace motivate your ongoing journey?







Day 20: P Embracing God's Grace

Journaling Prompts

1.	Write about an experience of God's grace in your life.
2.	Pray for forgiveness and renewed strength today.
3.	Reflect on how grace reshapes your view of addiction.







Day 20: Embracing God's Grace

Prayer for Today

Merciful God, thank You for Your sufficient grace that empowers me in weakness. When I stumble, lift me up with Your mercy and love. *Help me to rest in Your grace* and continue trusting You each day.

You are my hope and strength. Amen. 💖 🙏 🥬







Day 21: 🥕 Living in Freedom and Purpose









Day 21: 🏂 Living in Freedom and Purpose

Your Verse

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

Supporting Scriptures

- John 8:36: "So if the Son sets you free, you will be free indeed."
- Romans 8:1: "There is now no condemnation for those who are in Christ Jesus."







Day 21: 🕭 Living in Freedom and Purpose

Devotional: Celebrate true freedom in Christ daily

Christ's sacrifice brings true freedom. After 21 days of reflection and growth, celebrate the freedom God offers from addiction and material bondage. Living in freedom means walking intentionally, empowered by the Spirit, and anchored in purpose beyond possessions.

Your journey is ongoing, but today is a milestone. Embrace simplicity, contentment, and joy in God's presence. Share your victory with others and continue growing in faith and gratitude.

Remember, no condemnation awaits you, only grace to live fully and freely in Christ.







Day 21: 🏂 Living in Freedom and Purpose

Reflect and Apply

1.	How have your desires and habits changed during this study?
2.	What does living in freedom look like for you now?
3.	How will you continue nurturing a simple, purpose-filled life?







Day 21: 🏂 Living in Freedom and Purpose

Journaling Prompts

1.	Write a testimony of your journey toward freedom.
2.	Describe your vision for life beyond addiction.
3.	Pray for ongoing strength and joy in your walk with God.







Day 21: 🕭 Living in Freedom and Purpose

Prayer for Today

Savior Jesus, thank You for setting me free from the chains of addiction and materialism. Help me to walk in this freedom daily, living with purpose and joy in You. *Keep my heart focused on Your kingdom* and guide me beyond temptation.

All glory to You forever. Amen. 🥕 🙏 🦴







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