# Freedom from Shopping Addiction: God's Path to Overcoming



Discover practical and spiritual guidance through Scripture to overcome shopping addiction and find freedom from materialism in God's grace.





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#### Introduction

Welcome to this 21-day journey focused on breaking free from the chains of shopping addiction and compulsive buying. Many struggle with compulsive consumption fueled by materialism, leading to financial stress, emotional emptiness, and spiritual disconnect. This study is designed to guide you through God's Word to find healing, renewal, and true freedom.

Shopping addiction, like other compulsive behaviors, often masquerades as comfort or solution to deeper needs—stress, loneliness, insecurity. Yet, Scripture reminds us that only God can truly satisfy our hearts (*Psalm 107:9*). This study will gradually lead you to understand how God views materialism and how His love and power can restore your life.

**Each day**, you will engage with a primary Scripture and supporting verses that shed light on issues such as contentment, stewardship, temptation, identity in Christ, and living by faith rather than cravings. The devotionals will encourage reflection, help you recognize triggers, and equip you with spiritual tools to resist worldly pressures.

Finally, the journaling prompts and prayer are designed to deepen your personal connection with God's grace and strength, helping you move beyond guilt into the freedom He offers. Remember, overcoming addiction is a process, but with God's help, victory is possible. Let's begin this transformational journey together!















#### Your Verse

1 Corinthians 6:12 - "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

#### **Supporting Scriptures**

- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."
- Galatians 5:1 "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."







#### Devotional: Acknowledging the Bondage of Addiction

**Today, we begin by facing the reality of addiction.** The Apostle Paul clearly states that while we might have rights or freedoms, we must be cautious not to be enslaved by any habit or behavior. Shopping addiction may start subtly, but when compulsive buying masters your decisions, it becomes a chain that restricts freedom.

Recognizing you are bound is the first courageous step toward liberation. This addiction often hides behind seemingly harmless actions, driven by emotions or the urge for immediate satisfaction. But God's Word reminds us that true freedom comes from Him, not from your next purchase.

Reflect on your shopping habits: Are they serving your life, or are they controlling you? Where might walls be broken down in your self-control? Today, ask God to reveal any unhealthy patterns and strengthen your resolve to break free. Remember, freedom is God's gift—accept it.







## Reflect and Apply

1.	In what ways do your shopping habits control your life?
2.	How does Paul's message about freedom challenge your feelings about your addiction?
3.	What areas in your life currently lack self-control?







### **Journaling Prompts**

1.	Write about a recent time when your shopping felt compulsive or out of control.
2.	List feelings or triggers that lead you to shop impulsively.
3.	What does true freedom from addiction mean to you personally?







#### Prayer for Today

Lord, today I come to You admitting the chains that bind me. Help me see my shopping addiction clearly and grant me the courage to face it. Strengthen my self-control and remind me that true freedom is only found in You. Guide me on this journey to healing and restoration. In Jesus' name, Amen. 😂 🙏 💪







# Day 2: Q God's True Source of Satisfaction









Day 2: OGod's True Source of Satisfaction

#### Your Verse

Psalm 107:9 - For he satisfies the thirsty and fills the hungry with good things.

#### **Supporting Scriptures**

- Isaiah 55:2 "Why spend money on what is not bread, and your labor on what does not satisfy?"
- John 6:35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry..."







Day 2: OGod's True Source of Satisfaction

#### Devotional: Finding Lasting Satisfaction in God Alone

One of the reasons shopping addiction grabs hold is the false belief that material things can fill the emptiness inside. Yet, Psalm 107:9 assures us that God alone satisfies our deepest thirsts and hunger.

**Isaiah's challenge** echoes: why invest in things that fail to truly nourish us? Compulsive buying often masks a spiritual or emotional void that only God can fill. Jesus calls Himself the bread of life — an unending source of fulfillment beyond temporary pleasures.

As you meditate today, *consider the difference* between fleeting satisfaction from shopping and lasting peace from God. Invite Jesus to fill the emptiness driving your addiction. This shift in perspective is foundational to your healing.







Day 2: 🖓 God's True Source of Satisfaction

# Reflect and Apply

1.	How have you sought satisfaction in things rather than God?
2.	What emptiness do you feel that shopping temporarily disguises?
3.	How can focusing on Jesus as the bread of life transform your cravings?







Day 2: 🖓 God's True Source of Satisfaction

#### **Journaling Prompts**

1.	Describe moments when shopping felt like an attempt to fill a void.
2.	Write a prayer asking God to satisfy your deeper needs today.
3.	List what it might look like to seek God first in times of emptiness.







Day 2: OGod's True Source of Satisfaction

#### Prayer for Today

Father, thank You for being the true source of satisfaction. Help me turn away from things that only temporarily fill me and seek You instead. Satisfy the hunger in my heart and teach me to find joy and contentment in Your presence alone. In Jesus' name, Amen. 

Amen.

















#### Your Verse

1 Timothy 6:6-8 - But godliness with contentment is great gain. For we brought nothing into the world... but if we have food and clothing, we will be content with that.

#### **Supporting Scriptures**

- Hebrews 13:5 Keep your lives free from the love of money and be content with what you have.
- Philippians 4:11 I have learned to be content whatever the circumstances.







#### Devotional: Embracing Godliness Through Contentment

Compulsive buying is often propelled by a lack of contentment—an insatiable craving for more and new things to feel better. Scripture counters this with a call to godliness paired with contentment, which Paul says brings great gain.

True contentment is a gift from God and a discipline to be learned. Hebrews reminds us to not love money or possessions but to appreciate what we already have. Paul's example in Philippians shows that contentment is possible regardless of external circumstances.

**As you reflect today, ask God** to teach you contentment. Recognize how embracing gratitude and simplicity can weaken the grip of materialism. Even small, deliberate changes in mindset open the door to freedom.







## Reflect and Apply

1.	What role does contentment play in breaking your addiction?
2.	How can godliness transform your attitude toward possessions?
3.	In what ways can you practice gratitude daily to resist cravings?







### **Journaling Prompts**

1.	List things you are grateful for today that money cannot buy.
2.	Reflect on how contentment might change your shopping habits.
3.	Write down ways you can remind yourself to be content this week.







#### Prayer for Today

Lord, teach me to be content in all circumstances. Help me to value godliness more than possessions and break my craving for things I don't need. Fill my heart with gratitude and peace so that I no longer chase after temporary happiness. In Jesus' name, Amen.  $\bigwedge$ 

















#### Your Verse

Matthew 6:31-33 - So do not worry, saying, 'What shall we eat?' ... But seek first his kingdom and his righteousness, and all these things will be given to you as well.

#### **Supporting Scriptures**

- Philippians 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.
- Psalm 34:10 Those who seek the Lord lack no good thing.







#### Devotional: Letting Go of Worry Through Trust

Our addiction to shopping can often be rooted in anxiety about having enough—fear of scarcity and insecurity. Jesus teaches us not to worry about material needs but to seek God's kingdom first, trusting that He will provide.

**Trusting God's provision** challenges our urge to control life through buying. It reminds us that security comes from God, not possessions. Philippians assures us God will meet our needs abundantly. Similarly, the Psalmist declares the Lord's faithful provision to those who seek Him.

Today, ask God to replace your anxiety with trust. Remember that purchasing will never guarantee safety or peace—only God can. Lean into His promises to find calm and confidence.







## Reflect and Apply

1.	What worries or fears drive your shopping addiction?
2.	How can seeking God's kingdom reshape your view of provision?
3.	Where do you need to trust God more fully with your needs?







### **Journaling Prompts**

1.	Write about a time God provided for you unexpectedly.
2.	List your worries around finances and possessions.
3.	Pray for increased trust in God's provision in your life.







#### Prayer for Today

Father, I confess my fears about not having enough. Help me to trust You fully and seek Your kingdom above all else. Teach me to rest in Your provision and abandon the false security of material things. Strengthen my faith today, Lord. Amen. (1) (2) (2)









# Day 5: Renewing Your Mind









Day 5: @ Renewing Your Mind

#### Your Verse

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

#### **Supporting Scriptures**

- Ephesians 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: Renewing Your Mind

# Devotional: Transforming Thoughts to Overcome Materialism

Overcoming shopping addiction requires a change—not just in behavior but in thought patterns. The world bombards us with messages that tell us to buy, consume, and find identity in possessions.

**Paul urges believers** in Romans to refuse conformity to this pattern. Instead, we must be transformed through the renewal of our minds. This renewal involves deliberately focusing on God's truth, not worldly cravings.

Today, *reflect on your thinking* related to shopping and materialism. What beliefs and attitudes need God's transforming touch? Invite Him to reshape your desires and priorities, helping you focus on eternal and godly values rather than the temporary allure of possessions.







Day 5: @ Renewing Your Mind

## Reflect and Apply

1.	What worldly patterns influence your shopping addiction?
2.	How can renewing your mind change your behaviors and desires?
3.	What practical steps can you take to focus on heavenly things?







Day 5: @ Renewing Your Mind

### **Journaling Prompts**

	Identify common thoughts or advertisements that trigger impulse buying.
2.	Write about how biblical truth can replace those thoughts.
3.	Plan one way to remind yourself daily to focus on God's perspective.







Day 5: Renewing Your Mind

#### Prayer for Today

Lord, help me not to conform to the world's values about consumption. Renew my mind and transform my desires. Teach me to focus on what is eternal, not temporary. Shape my thoughts to reflect Your goodness and truth. In Jesus' name, Amen. 

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# Day 6: B Resisting Temptation









Day 6: 🖰 Resisting Temptation

#### 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**

- James 1:14–15 Each person is tempted when they are dragged away by their own evil desire and enticed.
- Hebrews 4:15 We do not have a high priest who is unable to empathize with our weaknesses.







Day 6: Besisting Temptation

#### Devotional: Finding Strength to Resist Temptation

Temptation to shop impulsively can feel overwhelming, but Scripture encourages us that God is faithful and will not let us be tempted beyond our ability to resist.

Understanding the nature of temptation helps us not to feel isolated or defeated. James teaches that temptation begins with desire, but victory comes through God's strength, not our own. Hebrews reminds us Jesus fully understands our struggles and intercedes for us.

Today, identify common triggers that lure you into compulsive buying. Pray for God's strength to resist these temptations and lean on Jesus, who walks with you through every challenge. Remember, refusal and divine empowerment pave the way to freedom.







Day 6: 🖰 Resisting Temptation

## Reflect and Apply

1.	What specific temptations lead you into uncontrolled shopping?
2.	How does knowing God's faithfulness impact your readiness to resist?
3.	In what ways can Jesus' empathy encourage you during struggles?
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3.	In what ways can Jesus' empathy encourage you during struggles?







Day 6: 🖰 Resisting Temptation

#### **Journaling Prompts**

1.	Describe a recent shopping temptation and how you responded.
2.	Write a prayer asking God to strengthen your resistance.
3.	List practical strategies to avoid or face your triggers with God's help.







Day 6: 🖰 Resisting Temptation

#### Prayer for Today

God, I acknowledge my weakness and the strong pull of temptation. Thank You for not leaving me alone. Strengthen me to resist urges that enslave me. Help me depend on Jesus, my High Priest, who understands and saves me. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















#### Your Verse

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

#### **Supporting Scriptures**

- 2 Corinthians 10:5 We take captive every thought to make it obedient to Christ.
- Philippians 4:8 Whatever is true, noble...think about such things.







# Devotional: Guarding Your Heart Through Godly Thoughts

Your inner dialogue shapes your actions. When struggling with shopping addiction, negative or deceptive thoughts can reinforce unhealthy habits.

**Proverbs reminds us** to guard our hearts because the way we think and feel influences everything we do. Paul teaches us to capture every thought and submit it to Christ's authority. Additionally, Philippians encourages us to dwell on whatever is true and noble.

Today, practice speaking biblical truth to yourself. Replace lies like "I need this to feel better" with God's promises about identity and worth. Guard your heart vigilantly by filtering thoughts through Scripture.







#### Reflect and Apply

1.	What lies or deceptive thoughts fuel your shopping addiction?
2.	How can you take your thoughts captive in obedience to Christ?
3.	What truths can you meditate on to replace unhealthy patterns?







#### **Journaling Prompts**

1.	Write down common thoughts that prompt impulsive shopping.
2.	Rewrite these with loving, biblical truths.
3.	Create a list of verses to recall in moments of struggle.







#### Prayer for Today

Lord, guard my heart from lies that keep me enslaved to addiction. Help me take captive every thought and make it obedient to You. Teach me to meditate on what is true and pure, so I may live in Your freedom. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















#### Your Verse

Proverbs 21:20 - The wise store up choice food and olive oil, but fools gulp theirs down.

#### **Supporting Scriptures**

- Luke 16:10 Whoever can be trusted with very little can also be trusted with much.
- Psalm 24:1 The earth is the Lord's, and everything in it.







# Devotional: Wisdom in Managing Financial Resources

Shopping addiction often leads to poor financial stewardship. Wisdom includes managing resources well, storing up for the future rather than reckless spending.

**Proverbs highlights** the contrast between the wise who save and fools who squander. Jesus teaches trustworthiness in small things as key to greater responsibility. Psalm reminds us that everything belongs to God; we are stewards, not owners.

Today, consider how your spending habits reflect stewardship. Ask God to help you become wise with money, honoring Him by making conscious decisions, prioritizing needs, and planning for future blessings.







## Reflect and Apply

1.	How has shopping addiction affected your finances and stewardship?
2.	What steps can you take toward wise financial management?
3.	How does viewing your resources as God's influence your spending?







#### **Journaling Prompts**

1.	Review recent spending and identify areas to improve stewardship.
2.	Write goals for budgeting and saving with God's help.
3.	Pray for wisdom to honor God with your finances daily.







#### Prayer for Today

















Day 9: V Finding Identity in Christ

#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 2:20 I have been crucified with Christ and I no longer live, but Christ lives in me.
- Ephesians 2:10 We are God's handiwork, created for good works.







Day 9: Finding Identity in Christ

#### Devotional: Embracing Your True Identity in Jesus

Materialism and shopping addiction often stem from searching for identity and worth in what we own rather than who we are in Christ.

**Paul declares** that in Christ we are made new creations. Our worth is not in possessions but in God's transformative love. Galatians emphasizes our union with Christ, and Ephesians reminds us God has created us purposefully.

Today, embrace your identity rooted in Christ, not in things. Reflect on who God says you are. Let this truth gently free you from dependency on purchases to feel valuable or complete.







Day 9: 💙 Finding Identity in Christ

## Reflect and Apply

How does your identity affect your relationship with possessions?
What does it mean to be a new creation in Christ?
How can reaffirming your God-given worth reduce compulsive buying?







Day 9: 💙 Finding Identity in Christ

#### **Journaling Prompts**

1.	Write about ways your identity has been tied to material things.
2.	Meditate on Scriptures that affirm your value in Christ.
3.	Pray asking God to deepen your understanding of your true self.







Day 9: V Finding Identity in Christ

#### Prayer for Today















#### Your Verse

Proverbs 25:28 - Like a city whose walls are broken through is a person who lacks self-control.

#### **Supporting Scriptures**

- Galatians 5:22–23 But the fruit of the Spirit is self-control...
- 1 Peter 5:8 Be alert and of sober mind.







# Devotional: Building Boundaries to Protect Your Freedom

Establishing practical boundaries is key to overcoming shopping addiction. Without limits, temptation often leads to impulsive behavior.

**Proverbs illustrates** how lack of self-control leaves us vulnerable like a broken city wall. The Spirit produces self-control as a fruit in our lives, helping us resist temptation. Peter urges vigilance and sobriety in mind to guard against danger.

Today, identify areas where boundaries are needed—such as limiting online shopping, avoiding browsing triggers, or setting budgets. Pray for the Holy Spirit to empower your self-control and help you maintain these defenses.







## Reflect and Apply

1.	Where do you currently lack boundaries related to shopping?
2.	How can cultivating self-control act as spiritual armor?
3.	What specific steps can you take today to establish healthy limits?







#### **Journaling Prompts**

1.	Reflect on situations where lack of boundaries led to compulsive buying.
2.	Plan boundaries for those situations and write them out.
3.	Pray for strength to uphold these boundaries consistently.







#### Prayer for Today

Holy Spirit, produce in me the fruit of self-control. Help me to be vigilant and alert, setting healthy boundaries that honor You. Guard my heart and mind as I establish habits to resist addiction. Amen. 

Amen.

















Day 11: Co Repentance and Renewal

#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 1:18 Though your sins are like scarlet, they shall be as white as snow.
- Psalm 51:10 Create in me a pure heart, O God.







Day 11: C Repentance and Renewal

#### Devotional: Embracing Forgiveness for Fresh Start

Repentance is vital on the path to freedom. Admitting past mistakes and seeking God's forgiveness opens the door to renewal and healing.

**John gives assurance** that confession brings God's faithful forgiveness and purification. Isaiah offers hope that no sin is too great for God's grace to cleanse. Psalm 51 is a heartfelt plea for a renewed and pure heart.

Today, honestly confess your struggles with shopping addiction before God. Allow His forgiveness to lift guilt and shame. Invite Him to create a new heart —one eager to walk in freedom and obedience.







Day 11: 🖸 Repentance and Renewal

## Reflect and Apply

1.	How does guilt affect your progress toward overcoming addiction?
2.	What does true repentance look like in your life?
3.	How can God's forgiveness empower renewal and change?







Day 11: 🖸 Repentance and Renewal

## **Journaling Prompts**

1.	Write a confession of your struggles to God.
2.	Reflect on how forgiveness frees you.
3.	Ask God to renew your heart for His purposes.







Day 11: 🖸 Repentance and Renewal

#### Prayer for Today

Dear God, I confess my addiction and shortcomings. Thank You for Your faithfulness to forgive and cleanse me. Create in me a pure heart and renew my spirit. Help me walk daily in Your freedom. Amen. 🙏 💝 🥬







## Day 12: X Replacing Old Habits with New









Day 12: K Replacing Old Habits with New

#### Your Verse

Ephesians 4:22–24 – Put off your old self...and put on the new self, created to be like God in true righteousness and holiness.

#### **Supporting Scriptures**

- Colossians 3:9–10 Do not lie to each other, since you have taken off your old self with its practices and have put on the new self.
- Romans 6:12 Do not let sin reign in your mortal body.







# Devotional: Transforming Behaviors Through God's Power

Changing unhealthy behavior requires intentional replacement. Paul urges believers to discard their old selves and put on new hearts created in holiness and righteousness.

Shopping addiction can be replaced with new, healthy habits that honor God rather than enslave us. Colossians reiterates this transformation as a renewal of self and practice, and Romans warns us not to let sin continue to rule.

Today, identify specific addictive habits to lay aside and imagine godly practices you can 'put on' instead—perhaps generosity, gratitude, or purposeful budgeting.







### Reflect and Apply

What old habits need to be removed in your life?
What new, godly practices can replace compulsive buying?
How does seeing yourself as a new creation affect daily choices?







#### **Journaling Prompts**

1.	Write down habits to change and practical alternatives.
2.	Describe your vision for yourself as transformed by Christ.
3.	Pray for strength to embrace new, healthy patterns.







#### Prayer for Today

Lord, help me to put off my old habits and embrace the new self You created. Empower me to replace addiction with righteousness and holiness. Thank You for making me new in Christ. Amen. 

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## Day 13: 🍑 Seeking Support and Community









Day 13: 🌣 Seeking Support and Community

#### Your Verse

Ecclesiastes 4:9-10 - Two are better than one... if either of them falls down, one can help the other up.

#### **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 13: 🌣 Seeking Support and Community

#### Devotional: The Power of Support in Recovery

Overcoming addiction is not meant to be a solo journey. God designed community to provide encouragement, accountability, and help.

Ecclesiastes affirms the strength of companionship. Hebrews exhorts believers to motivate and support each other, while Galatians calls us to carry one another's burdens.

Today, consider who in your life can be a trusted support in your recovery—friends, family, church leaders. Reach out, share your struggle, and invite prayer and encouragement. Leaning on godly community strengthens your path to lasting freedom.







Day 13: 🎔 Seeking Support and Community

### Reflect and Apply

1.	Who can you turn to for encouragement and accountability?
2.	How does community provide strength in overcoming addiction?
3.	What fears might you have about sharing your struggles?







Day 13: 🌣 Seeking Support and Community

#### **Journaling Prompts**

1.	List potential support persons or groups in your life.
2.	Write a letter or prayer asking God to help you find community.
3.	Plan a step to connect with others about your journey.







Day 13: 🌣 Seeking Support and Community

#### Prayer for Today

Father, thank You for placing me in community. Help me to find trusted people who can support and encourage me. Teach me humility to ask for help and openness to receive it. May I also be a source of strength for others.

Amen. 💝 🙏 💬

















#### 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**

- 2 Corinthians 10:4 The weapons we fight with have divine power.
- James 4:7 Submit yourselves, then, to God. Resist the devil.







#### Devotional: Equipping Yourself for Spiritual Victory

Shopping addiction is not only a physical or emotional struggle—it is a spiritual battle. Satan seeks to entangle us in chains that hinder our purpose.

Paul's call to put on God's armor reminds us that spiritual weapons—truth, righteousness, faith—are powerful against the enemy's lies. We are to submit to God and actively resist evil schemes.

Today, put on your spiritual armor through prayer and Scripture. Identify areas where the enemy tries to deceive you and stand firm in God's power and protection.







#### Reflect and Apply

1.	Do you recognize shopping addiction as a spiritual struggle?
2.	How can God's armor protect you from temptation?
3.	What practical ways can you resist the enemy daily?







#### **Journaling Prompts**

1.	Write about how you see spiritual forces influencing your addiction.
2.	List aspects of God's armor you want to focus on.
3.	Pray for strength to take your stand in spiritual battle.







#### Prayer for Today

Lord, equip me with Your full armor today. Help me to stand firm against the devil's schemes that tempt me to bondage. Fill me with truth, faith, and righteousness, so I may resist and overcome in Your power. Amen.  $\P$ 















#### Your Verse

James 1:2-4 - Consider it pure joy when you face trials, because the testing of your faith produces perseverance.

#### **Supporting Scriptures**

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







#### Devotional: Growing Strength Through Persistence

Recovery from addiction is a marathon, not a sprint. Patience and perseverance are essential qualities that trials help produce in us.

James encourages believers to rejoice in challenges as they strengthen faith. Galatians reminds us not to grow weary, as consistent effort leads to harvest. Romans confirms that perseverance builds character and hope.

Today, embrace God's refining process. Celebrate small victories and trust Him to complete the work in you over time.







### Reflect and Apply

1.	How do trials deepen your faith in overcoming addiction?
2.	What motivates you to continue when progress feels slow?
3.	How can you find joy in the process of growth?







#### **Journaling Prompts**

1.	Write about a trial that strengthened you spiritually.
2.	List ways to encourage yourself on difficult days.
3.	Pray for patience and perseverance in your journey.







#### Prayer for Today

God, thank You for working through challenges to build perseverance in me. Help me to be patient and joyful as I grow in freedom. Strengthen my hope and character as I rely on You daily. Amen. 💋 🙏 💪

















#### Your Verse

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

#### **Supporting Scriptures**

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







# Devotional: Creating Intentional, God-Honoring Habits

Replacing old habits with new ones requires intentional routine-building. Daily structure brings order and reduces opportunities for uncontrolled shopping impulses.

Psalm asks God to teach us to use time wisely. Proverbs assures that committing plans to God leads to success. Ecclesiastes reminds us there is a time for everything, encouraging thoughtful pacing.

Today, start designing new daily habits that draw you closer to God and away from compulsive buying. Pray over your schedule and commit your plans to Him.







### Reflect and Apply

1.	What routines currently enable unhealthy shopping habits?
2.	How can you restructure your days to support recovery?
3.	What role does prayer and planning have in establishing wisdom?







### **Journaling Prompts**

1.	Draft a daily schedule that includes spiritual and healthy activities.
2.	. Write ways to resist shopping urges through planned alternatives.
3.	. Pray for God's guidance in building lasting habits.







#### Prayer for Today

Lord, teach me to manage my time wisely and build routines that reflect Your wisdom. Help me commit my plans to You and establish habits that honor You and support my freedom. Amen.  $\square \bigwedge$ 

















#### Your Verse

Acts 20:35 - It is more blessed to give than to receive.

#### **Supporting Scriptures**

- 2 Corinthians 9:7 God loves a cheerful giver.
- Luke 6:38 Give, and it will be given to you.







#### Devotional: Living Freely Through Generosity

Shopping addiction often focuses on acquiring for self. Turning towards generosity shifts the focus outward and realigns the heart.

Acts highlights the blessing of giving. Paul encourages cheerful giving as an expression of God's grace in us. Jesus promises that giving leads to receiving abundantly.

Today, practice generosity—even small gifts or acts. Reflect on how giving liberates you from selfish cravings and opens your heart to God's abundance.







#### Reflect and Apply

1.	How does generosity challenge materialistic tendencies?
2.	In what ways does giving bless both giver and receiver?
3.	How can you cultivate a cheerful and giving heart?







#### **Journaling Prompts**

1.	List recent things you have bought for yourself and ways to share instead.
2.	Plan a giving activity this week and reflect on its impact.
3.	Pray for a generous spirit to replace selfish cravings.







#### Prayer for Today









# Day 18: Breaking Strongholds









Day 18: Breaking Strongholds

#### Your Verse

2 Corinthians 10:4–5 – The weapons we fight with have divine power to demolish strongholds.

#### **Supporting Scriptures**

- Jeremiah 17:9 The heart is deceitful above all things.
- James 4:7 Resist the devil, and he will flee from you.







Day 18: Breaking Strongholds

# Devotional: Destroying Barriers Through God's Power

Addiction is often held by strongholds—deep-rooted beliefs or emotional ties that enslave us.

Paul declares that the Spirit's weapons demolish these barriers. Jeremiah warns of deceit within the heart, often distorting truth. James encourages active resistance to the enemy's influence.

Today, seek God's power to identify and break any strongholds related to shopping, approval, or worth. Claim victory through Christ's authority.







Day 18: @ Breaking Strongholds

# Reflect and Apply

1.	What strongholds might be reinforcing your addiction?
2.	How can God's divine power help you overcome these?
3.	What lies does your heart believe that need exposing?







Day 18: @ Breaking Strongholds

# **Journaling Prompts**

1.	Write about fears or beliefs that keep you captive.
2.	Confess these to God and ask for deliverance.
3.	List Scriptures to declare against strongholds.







Day 18: @ Breaking Strongholds

# Prayer for Today

Lord, expose and demolish any strongholds in my heart. Empower me with Your Spirit's weapons to resist the enemy and walk in freedom. Help me to trust Your truth above all else. Amen.  $\P$   $\swarrow$ 

















Day 19: 🚳 Strengthening Relationships

#### Your Verse

Colossians 3:13 - Bear with each other and forgive one another.

#### **Supporting Scriptures**

- Ephesians 4:2 Be completely humble and gentle; be patient, bearing with one another in love.
- Romans 12:10 Be devoted to one another in love.







Day 19: 💑 Strengthening Relationships

# Devotional: Healing Through Forgiveness and Love

Addiction often affects relationships through secrecy, guilt, or selfishness.

Paul calls believers to patience, forgiveness, humility, and love within community. Restoring and strengthening relationships builds a supportive atmosphere conducive to healing.

Today, consider how your healing journey could positively impact your relationships. Take practical steps to seek reconciliation and build loving bonds.







Day 19: 💑 Strengthening Relationships

# Reflect and Apply

1.	How has addiction strained your relationships?
2.	What role does forgiveness play in your healing process?
3.	How can loving humility strengthen your community?







Day 19: 🔏 Strengthening Relationships

# **Journaling Prompts**

1.	Write about a relationship needing restoration.
2.	Pray for healing and willingness to forgive or ask forgiveness.
3.	Plan a loving action toward someone in your life.







Day 19: 🚳 Strengthening Relationships

# Prayer for Today

Father, help me to love others with patience and humility. Heal broken relationships and teach me to forgive and seek forgiveness. May my journey toward freedom be a blessing to those around me. Amen.  $\heartsuit$   $\bigwedge$   $\heartsuit$ 















#### 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.







# Devotional: Grateful Hearts Inspire Continued Healing

Recognizing and celebrating progress fosters encouragement and fuels continued growth.

Paul urges giving thanks always, regardless of circumstances. Expressions of gratitude open our hearts to God's goodness and peace.

Today, review your journey and celebrate victories, big and small. Thank God for His faithfulness and grace that sustain you toward freedom.







# Reflect and Apply

What victories have you experienced in this journey?
How has gratitude affected your outlook and recovery?
In what ways can you cultivate ongoing thankfulness?







# **Journaling Prompts**

List milestones you have reached in overcoming addiction.
Write a prayer of thanks for God's guidance and strength.
Identify ways to celebrate your progress with others or yourself.







# Prayer for Today

Lord, thank You for every step of progress You have led me through. Help me cultivate a heart of gratitude in all circumstances. May Your peace continue to rule and guide me. Amen.  $\bigwedge$ 







# Day 21: 🥕 Living in Freedom and Purpose









Day 21: 🥕 Living in Freedom and Purpose

#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 5:13 You, my brothers and sisters, were called to be free.
- Jeremiah 29:11 I know the plans I have for you, declares the Lord.







Day 21: 🥕 Living in Freedom and Purpose

# Devotional: Embracing God's Freedom and Future

As this study concludes, rejoice in the freedom Christ offers. True liberty is not just the absence of addiction but living fully in God's purpose.

Jesus assures us that freedom in Him is complete. Paul reminds believers of their calling to live free, and Jeremiah promises God has plans to prosper and hope us.

Today, commit to walking in this freedom every day, embracing God's plan for a meaningful, joyful life beyond addiction.







Day 21: 🏂 Living in Freedom and Purpose

# Reflect and Apply

1.	What does true freedom in Christ look like to you?
2.	How can you live purposefully beyond your addiction?
2	W/b - 4 b b C - 1 1 - 1 C
3.	What hopes and plans has God revealed for your future?







Day 21: 🏂 Living in Freedom and Purpose

# **Journaling Prompts**

1.	Write a declaration of your freedom in Christ.
2.	Describe your vision for life without addiction.
3.	Pray for guidance to follow God's plans faithfully.







Day 21: 🏂 Living in Freedom and Purpose

# Prayer for Today

Jesus, thank You for setting me free from addiction. Help me to live fully in Your freedom, purpose, and joy every day. Guide my steps and keep me rooted in Your love and truth. Amen. 🤌 🙏 📋







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