# Freedom in Christ: Breaking Addictions through God's Love



A 21-day journey to overcome bulimia and selfharm eating patterns, embracing God's mercy to break shame and find true freedom.





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#### Introduction

**Welcome** to this 21-day Bible study focused on finding *freedom from addiction*, specifically addressing bulimia and self-harm eating patterns. Addiction shapes the way we see ourselves, often chaining us in cycles of shame, guilt, and despair. However, God's Word shines a powerful light into these dark places, showing us a path to healing, hope, and restoration.

Throughout the next three weeks, you will explore Scripture passages highlighting God's mercy, love, and power to transform brokenness into wholeness. You'll be gently encouraged to face your struggles honestly while embracing the renewing truth of Christ's compassion for those who suffer. This plan is not about quick fixes but a compassionate journey aligned with God's heart, where shame is replaced with grace, and bondage gives way to freedom.

Whether you're feeling overwhelmed by the pattern of harmful eating behaviors, or you've carried the heavy burden of self-judgment for years, remember: God sees you, deeply and tenderly. His mercies are new every morning (Lamentations 3:22–23). You are not alone, and your pain doesn't define your future.

Each day includes a primary Scripture for focused reflection, supporting verses for deeper context, a devotional to guide your heart, reflective questions to engage your soul, journaling prompts to process your thoughts, and a prayer to invite God's presence and power into your healing process.







**As you embark on this journey,** be patient and gentle with yourself. Healing is a process, not a destination. May you discover *God's unfailing love* and freedom that goes beyond your circumstances—transforming your mind, body, and spirit.















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: God's Presence in Your Broken Places

Many who struggle with bulimia or self-harm eating patterns feel isolated by their pain and shame. Yet, God's Word opens with comfort, assuring us He is near to the brokenhearted. Psalm 34:18 reminds us that even when we feel crushed by emotional and physical burdens, we are not alone. God is intimately present in our suffering and longs to bring peace to our restless hearts.

Sometimes, the cycle of addiction convinces us that the weight of shame is unbearable, hiding God's nearness. Today, focus on God's promise that His presence does not depend on our perfection or strength but on His unfailing love. Embrace the invitation in Matthew 11:28, where Jesus welcomes the weary and burdened to find rest in Him.

Freedom begins when we acknowledge our brokenness and allow God to draw near, comforting and healing us bit by bit. There is hope for a new beginning as you open your heart to His soothing touch today.







### Reflect and Apply

| 1. | How have shame and guilt influenced your view of yourself recently? |
|----|---|
|    |   |
| 2. | Do you believe God is near even in your deepest moments of pain?    |
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|    |   |
| 3. | What rest do you long for in your heart right now?                  |
|    |   |
|    |   |







### **Journaling Prompts**

| 1. | Write about a moment when you felt God's comfort in pain.             |
|----|---|
|    |   |
| 2. | Describe what 'rest' in Jesus might look like for you today.          |
|    |   |
| 3. | Note any fears you have about opening up to God about your struggles. |
|    |   |







#### Prayer for Today

**Dear Lord,** thank You for being close to me when I feel broken and overwhelmed. Help me to trust in Your presence even when my heart is heavy. Teach me to rest in Your gentle love and let go of the shame that weighs me down. Surround me with Your peace and renew my hope for healing and freedom. I surrender my hurts to You today, knowing You care deeply for me.

In Jesus' name, Amen. 🙏 🎔 🥬









Day 2: A Embracing God's Mercy









#### Your Verse

Lamentations 3:22-23 - "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

#### **Supporting Scriptures**

- Ephesians 2:4–5 "But because of his great love for us, God, who is rich in mercy, made us alive with Christ."
- Titus 3:5 "He saved us, not because of righteous things we had done, but because of his mercy."







### Devotional: Mercy That Makes All Things New

One of the most beautiful truths for those struggling with addiction is the boundless mercy of God. The writer of Lamentations reminds us that God's compassion never runs dry, even when we feel like we have failed repeatedly. Every morning brings a fresh start because of His unending faithfulness.

Our healing does not come from our strength or accomplishments but from God's rich mercy—His undeserved kindness given to us despite our flaws. Ephesians 2:4–5 powerfully states that God raises us to new life *because of His love and mercy*.

When shame urges you to believe you are beyond hope, let truth speak louder. *God is not waiting to withhold grace, but to lavish mercy on your heart today.* This new mercy invites you to release guilt, repent sincerely, and accept the freedom He so lovingly offers.







### Reflect and Apply

| 1. | What does God's mercy mean to you personally?                  |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | How might embracing God's mercy change your self-perception?   |
|    |  |
|    |  |
| 3. | In what ways can you begin to let go of guilt and shame today? |
|    |  |
|    |  |







### **Journaling Prompts**

| 1. | List moments when you experienced God's mercy in your life.                    |
|----|--|
|    |  |
| 2. | Write a letter to yourself accepting God's mercy and forgiveness.              |
|    |  |
|    | Identify any barriers you feel that keep you from receiving God's mercy fully. |
|    |  |
|    |  |







### Prayer for Today

Merciful Father, thank You for Your love that never fails and Your compassion that renews each day. I confess the shame and guilt that have weighed on me and ask You to wash them away with Your mercy. Help me to accept Your forgiveness and live anew, resting in the truth that You cherish me beyond measure. Strengthen me to walk forward in freedom and hope.

In Jesus' name, Amen. 🕰 💙 🙏























#### Your Verse

Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."

#### **Supporting Scriptures**

- John 8:36 "So if the Son sets you free, you will be free indeed."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







#### Devotional: Living Without Condemnation in Christ

Shame can feel like an unbreakable chain, especially in the context of addiction. It tells us lies: that we are unlovable, unworthy, or beyond help. But Scripture loudly proclaims a different reality. Romans 8:1 declares that if we are in Christ, there is no condemnation. That means shame has no legal right to accuse or imprison your soul.

Freedom begins when we recognize that God's grace is more powerful than shame. John 8:36 promises that the Son can set us free—completely and truly —from every bond. We don't have to carry the weight of shame; instead, we can embrace God's grace, which is made perfect precisely in our weakness (2 Corinthians 12:9).

Each time shame tries to speak louder than God's truth, declare the victory Jesus has won for you. You are not defined by your past or your struggles—you are defined by His love and grace.







### Reflect and Apply

| 1. | What specific shame do you feel tied to your addiction?                      |
|----|--|
|    |  |
|    | How does understanding there is no condemnation in Christ affect your heart? |
|    |  |
| 3. | How can you actively resist shame's lies in your daily life?                 |
|    |  |
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### **Journaling Prompts**

| 1. | Write down the lies shame has told you about yourself.                            |
|----|---|
|    |   |
| 2. | Script a declaration of freedom based on Romans 8:1.                              |
|    |   |
|    | List practical ways to remind yourself of God's grace during moments of struggle. |
|    |   |
|    |   |







#### Prayer for Today

**Gracious God,** thank You for the freedom that comes through Jesus Christ. I reject the shame and condemnation that have held me captive. Help me to live daily in the truth that Your grace covers my weakness and Your love defines my identity. Strengthen me to stand firm and walk free, confident in Your victory over sin and guilt.

In Jesus' name, Amen. 🖺 🗱 🙏

















#### Your Verse

John 14:6 – "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me."

#### **Supporting Scriptures**

- Psalm 34:13 "Keep your tongue from evil and your lips from telling lies."
- Ephesians 6:14 "Stand firm then, with the belt of truth buckled around your waist."







#### Devotional: Armor of Truth Against Lies

With addiction, the mind often becomes a battleground between truth and lies. Lies about worthlessness, failure, and hopelessness whisper persistently, sabotaging our healing.

Jesus proclaims in John 14:6 that He is both the way and the truth—our ultimate source of pure, life-giving truth. To embrace freedom, we must anchor ourselves in His Word and reject the lies that addiction feeds us.

Psalm 34:13 reminds us to guard what we speak—for the words we believe and say shape our realities. Ephesians 6:14 encourages us to wear truth as a protective belt, standing firm against the enemy's attacks.

Today, commit to replacing lies with God's truth—both in your thoughts and your speech. Speak life over yourself and claim the freedom Jesus offers.







### Reflect and Apply

| 1. | What lies about yourself have affected your recovery journey? |
|----|---|
|    |   |
| 2. | How can you apply Jesus as the Truth in these moments?        |
|    |   |
| 3. | What are some scriptures you can memorize to combat lies?     |
|    |   |







### **Journaling Prompts**

| 1. | Write down common lies that trouble your mind.                        |
|----|---|
|    |   |
| 2. | Counter each lie with a scriptural truth.                             |
|    |   |
| 3. | Reflect on how speaking God's truth has impacted your feelings today. |
|    |   |
|    |   |







### Prayer for Today

Lord Jesus, You are the Truth and Life. Help me to recognize and reject the lies that have embedded themselves deeply within me. Guard my tongue and heart, empowering me to speak Your truth over my life daily. Equip me with Your Word as armor to stand strong in the face of deception, and lead me closer to freedom in You.

In Your holy name, Amen. 🕡 🔲 🖴

















#### Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

#### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







#### Devotional: God's Power in Your Weakness

It's natural to feel broken and powerless in the midst of addiction, but here we find good news: your weakness is the very place God's power shines brightest. In 2 Corinthians 12:9, God reminds us that His grace is enough, and His strength is most fully revealed when we admit our limitations.

When facing bulimia or self-harm, we may be tempted to hide our weakness or pretend we have control. Yet, authentic healing flows from humility—opening our hearts to God's sufficiency.

Philippians 4:13 strengthens this truth and Isaiah 40:29 assures us God renews our strength when we are weary. Today, acknowledge your weakness, and let God's power uplift and sustain you as you walk the path of recovery.







### Reflect and Apply

| 1. | In what areas do you feel weak or powerless related to your addiction? |
|----|--|
|    |  |
| 2. | How might surrendering your weakness to God change your journey?       |
|    |  |
| 3. | What does it mean to boast in your weakness like Paul did?             |
|    |  |
|    |  |







### **Journaling Prompts**

| 1. | Describe how you can rely more on God's strength today.          |
|----|--|
|    |  |
|    |  |
| 2. | Journal moments when God's power was evident in your struggle.   |
|    |  |
|    |  |
| 3. | Write a prayer embracing your weakness and inviting God's grace. |
|    |  |
|    |  |







#### Prayer for Today

**Heavenly Father,** I confess my weakness and my inability to overcome this addiction alone. Pour out Your grace and let Your power rest upon me. Renew my spirit when I feel weary and remind me daily that Your strength is perfect in my weakness. Help me to trust You more and lean into Your sustaining power.

In Jesus' mighty name, Amen. 💪 🥦 🙏









# Day 6: Renewal of the Mind









Day 6: 7 Renewal of 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**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Day 6: 7 Renewal of the Mind

## Devotional: Transforming Your Thoughts Daily

Healing from addiction requires transformation—not just behavior changes but renewing the way we think. Romans 12:2 challenges us to reject the unhealthy patterns of the world and invite God to reshape our minds according to His truth.

Renewal happens through daily exposure to God's Word, prayer, and intentionally focusing on God's promises rather than urges or negative thoughts. Isaiah 26:3 highlights the peace that comes when our minds stay fixed on God. Colossians 3:2 encourages us to redirect our mental focus from destructive cycles to heavenly things.

This fresh perspective is vital to breaking the shame cycle and embracing freedom. Invite the Holy Spirit to uncover and replace any harmful thoughts with God's love and truth today.







Day 6: 🍞 Renewal of the Mind

# Reflect and Apply

| 1. | What thought patterns keep you trapped in addictive behaviors?  |
|----|---|
|    |   |
| 2. | How can you actively renew your mind with scripture and prayer? |
|    |   |
| 3. | Which truths from God's Word can replace negative self-talk?    |
|    |   |







Day 6: 🍞 Renewal of the Mind

# **Journaling Prompts**

| 1. | Identify and write down recurring unhealthy thoughts.             |
|----|---|
|    |   |
| 2. | Replace those thoughts with Bible verses and truths.              |
|    |   |
| 3. | Reflect on how your thoughts influence your feelings and actions. |
|    |   |







Day 6: 7 Renewal of the Mind

## Prayer for Today

**Holy Spirit**, guide me to renew my mind and reject harmful patterns. Help me fix my thoughts on Your truth and peace. Transform my heart and mind daily so I can live in freedom and hope. Teach me to think as You do and trust Your plans for me.

In Jesus' name, Amen. 🥬 🔾 🦴















#### Your Verse

Romans 5:8 - "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

## Supporting Scriptures

- 1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God!"
- Jeremiah 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness."







## Devotional: Resting in God's Endless Love

One of the hardest barriers to healing is believing we are lovable despite our struggles. Addiction often convinces us that we must earn love through our performance or hide from it out of shame.

Yet, Romans 5:8 reveals a revolutionary truth: God's love is unconditional. He demonstrated this love by sending Christ to die for us while we were still sinners—still broken and struggling.

This radical love calls you to rest in your identity as God's cherished child. 1 John 3:1 and Jeremiah 31:3 echo this persistent, unchanging love that pursues you relentlessly, drawing you near with kindness.

Today, let God's love soften your heart and erase the lie that you must prove your worth.







# Reflect and Apply

| 1. | How have you struggled to accept God's love because of your addiction? |
|----|--|
|    |  |
| 2. | What does it feel like to be called a child of God?                    |
|    |  |
| 3. | How can understanding God's unconditional love impact your healing?    |
|    |  |
|    |  |







## **Journaling Prompts**

| 1. | Write about a time when you felt truly loved by God.            |
|----|---|
|    |   |
|    |   |
|    |   |
| 2. | List ways God has shown His kindness and love to you recently.  |
|    |   |
|    |   |
| 3. | Reflect on any barriers you feel to accepting God's love fully. |
|    |   |
|    |   |







## Prayer for Today

Father God, thank You for loving me even when I am flawed and broken. Help me to accept Your unconditional love and know that I am Your beloved child. Heal the wounds where I have doubted my worth, and fill me with Your kindness and peace. Teach me to rest securely in Your everlasting love.

In Jesus' name, Amen. 💙 🌈 🙏























Day 8: 🔼 Surrendering Control to God

#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

## **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."
- Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself."







Day 8: 🔼 Surrendering Control to God

## Devotional: Letting Go and Trusting God

Many trapped in addiction feel the burden of trying to control the uncontrollable. There is a weariness in fighting these battles alone, which often leads to despair.

Proverbs 3:5-6 calls us to trust God fully and surrender our understanding and control to Him. True healing often requires saying "no" to the illusion of control and "yes" to God's wise guidance.

Casting your cares upon God, as Psalm 55:22 encourages, invites peace amidst uncertainty. Matthew 6:34 reminds us not to be overwhelmed by tomorrow but to focus on God's provision for today.

Freedom is found in surrender—giving your struggles over to the One who knows you best and loves you most.







Day 8: 💪 Surrendering Control to God

# Reflect and Apply

| 1. | In what ways have you tried to control your addiction on your own? |
|----|--|
|    |  |
| 2. | What fears come up when you think of surrendering control to God?  |
|    |  |
| 3. | How can trusting God bring peace in moments of uncertainty?        |
|    |  |
|    |  |







Day 8: 💪 Surrendering Control to God

## **Journaling Prompts**

| 1. | Write about what surrendering control to God looks like for you.   |
|----|--|
|    |  |
| 2. | Identify specific worries and cast them before God in writing.     |
|    |  |
| 3. | Journal how trust in God has affected your healing process so far. |
|    |  |







Day 8: 🔼 Surrendering Control to God

## Prayer for Today

**Lord,** I admit that I cannot overcome this addiction by my own strength or understanding. Teach me to trust You wholeheartedly and surrender every aspect of my life into Your loving care. Help me to release control and rest in Your faithful guidance, knowing You will make my path straight. Sustain me when fears arise, and fill me with peace.

In Jesus' name, Amen. 🙌 🧇 🙏

















Day 9: ① Guarding Your Heart with Faith

#### Your Verse

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

#### **Supporting Scriptures**

- Ephesians 6:16 "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 9: ① Guarding Your Heart with Faith

## Devotional: Protecting Your Heart with God's Word

The heart is the wellspring of life, and addiction often attacks it directly through unhealthy thoughts and emotions. Proverbs 4:23 challenges us to protect our hearts vigilantly, as life's quality flows from what we cherish inside.

Faith acts as a shield protecting us from destructive influences and temptations. Ephesians 6:16 portrays faith as a shield extinguishing the 'flaming arrows' of lies and discouragement thrown by the enemy.

Filling your heart with God's Word, as Psalm 119:11 suggests, equips you to resist temptation and maintain your freedom.

Today, intentionally guard your heart by embracing faith, Scripture, and prayer to fortify your healing journey.







Day 9: **(**) Guarding Your Heart with Faith

# Reflect and Apply

| What influences currently affect your heart and mind negatively?   |
|--|
|  |
| How strong is your faith as a shield during moments of temptation? |
|  |
| What practical steps can you take to guard your heart daily?       |
|  |
|  |







Day 9: **(**) Guarding Your Heart with Faith

# **Journaling Prompts**

| 1. | Write down things that steal peace from your heart.               |
|----|---|
|    |   |
|    |   |
| 2. | List ways to strengthen your faith and guard your heart.          |
|    |   |
|    |   |
| 3. | Reflect on how Scripture has helped you resist temptation so far. |
|    |   |
|    |   |







Day 9: **(**) Guarding Your Heart with Faith

## **Prayer for Today**

**Father,** help me guard my heart from harmful thoughts and feelings. Strengthen my faith as a shield to protect me from the enemy's attacks. Let Your Word dwell deeply within me, guiding my steps and preserving my freedom. I choose to trust You and stand firm today.

In Jesus' name, Amen. 🕡 🛄 🙏

















#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."







## Devotional: Trusting God's Timing in Healing

Recovery from addiction, especially from complex struggles like bulimia and self-harm eating, is rarely quick or linear. Patience is a vital virtue on this journey and a form of trusting God's timing.

James 1:4 encourages perseverance, assuring that enduring difficulties helps us grow into maturity and wholeness. Galatians 6:9 exhorts us not to grow weary, promising a harvest if we remain steadfast.

Waiting on God, as Psalm 27:14 advises, is not passive but an active, courageous trust that He is working unseen in our lives. Today, embrace patience and allow healing to unfold at God's pace.







# Reflect and Apply

| 1. | How do you typically respond when healing feels slow or difficult? |
|----|--|
|    |  |
| 2. | What does patience look like in your current season?               |
|    |  |
| 3. | How can trusting God's timing encourage you today?                 |
|    |  |







# **Journaling Prompts**

| 1. | Write about times when patience helped you grow.           |
|----|--|
|    |  |
| 2. | Describe areas where you struggle with waiting on God.     |
|    |  |
| 3. | List practical things that encourage perseverance for you. |
|    |  |







## Prayer for Today

**Lord God,** help me cultivate patience as I walk this healing journey. When I grow weary or discouraged, remind me to trust Your perfect timing. Strengthen my heart to persevere and believe that You are completing Your work in me. Fill me with hope and courage to wait faithfully.

In Jesus' name, Amen. 🍞 🛚 🙏









# Day 11: Healing Through Tears









Day 11: \( \rightarrow \) Healing Through Tears

#### Your Verse

Psalm 56:8 – "You keep track of all my sorrows. You have collected all my tears in your bottle."

#### **Supporting Scriptures**

- Revelation 21:4 "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain."
- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."







Day 11: \( \square\) Healing Through Tears

#### Devotional: God Cares for Your Tears

Pain, sorrow, and tears are common companions in the journey toward freedom from addiction. God does not dismiss our tears but treasures each one, as Psalm 56:8 tenderly assures.

Your tears are not a sign of weakness, but an expression of your heart's deep longing for healing and wholeness. Revelation 21:4 offers hope that God will one day remove every tear and banish suffering forever.

In this present moment, Psalm 34:17 reminds us that God hears our cries and is actively delivering us from our troubles. Allow yourself permission to grieve, to weep, and to bring your sorrows before God today.







Day 11: 👌 Healing Through Tears

# Reflect and Apply

| 1. | How comfortable are you with expressing your pain to God?   |
|----|---|
|    |   |
| 2. | What might it look like to give God your tears and sorrows? |
|    |   |
| 3. | In what ways do you sense God's comfort during hard times?  |
|    |   |







Day 11: 👌 Healing Through Tears

# **Journaling Prompts**

| 1. | Write about emotions you've been hesitant to face.              |
|----|---|
|    |   |
| 2  | Reflect on how God has comforted you through difficult moments. |
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|    |   |
| 2  | In a proving releasing a value pain and tooks to Cod            |
| Э. | Journal a prayer releasing your pain and tears to God.          |
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|    |   |







Day 11: A Healing Through Tears

## Prayer for Today

Compassionate Father, I bring You my sorrows and tears. Thank You for collecting each one and understanding my pain deeply. Comfort me in moments of sadness and remind me that You are near. Help me to trust in Your promise to wipe away every tear and bring healing to my soul.

In Jesus' name, Amen. 👌 💝 🙏

















Day 12: Choosing Joy in the Journey

### Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

### **Supporting Scriptures**

- Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"
- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."







Day 12: 😂 Choosing Joy in the Journey

### Devotional: Embracing Joy as Strength

Healing is often accompanied by ups and downs, but God invites us to choose joy as a source of strength. Nehemiah 8:10 reminds us that the joy found in the Lord empowers us to endure challenges.

Paul's exhortation in Philippians 4:4 to rejoice always is a reminder that joy is a choice rooted in faith, not just circumstances. Psalm 16:11 offers encouragement that God's presence fills us with true and lasting joy.

Amid addiction recovery, intentionally cultivating joy strengthens resilience and renews hope. Reflect on the ways God's joy can fuel your healing today.







Day 12: 🔁 Choosing Joy in the Journey

## Reflect and Apply

| 1. | How do you currently experience joy in your healing journey? |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | What are practical ways to choose joy even during hard days? |
|    |  |
|    |  |
|    |  |
| 3. | How does God's presence bring you comfort and strength?      |
|    |  |
|    |  |
|    |  |







Day 12: 🔁 Choosing Joy in the Journey

## **Journaling Prompts**

| 1. | Write about moments of joy you recently experienced.     |
|----|--|
|    |  |
| 2. | List activities or thoughts that help you embrace joy.   |
|    |  |
| 3. | Reflect on how joy has sustained you in difficult times. |
|    |  |







Day 12: 😂 Choosing Joy in the Journey

### Prayer for Today

**Joyful Father,** thank You for being the source of true joy and strength. Help me choose to rejoice in You despite my struggles. Fill me with Your presence that brings lasting joy and renews my hope. Strengthen me for each step of healing with Your joyful Spirit.

In Jesus' name, Amen. 👯 🏂 🙏









# Day 13: 🗱 Identity in Christ









Day 13: 🎇 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 in Christ Jesus to do good works."







Day 13: 🎇 Identity in Christ

### Devotional: Living as a New Creation in Christ

**Recovering from addiction often involves wrestling with identity and self-worth.** God's Word offers powerful reassurance: in Christ, you are a new creation. The past—the old addictive patterns and shame—no longer define you.

Galatians 2:20 reveals the profound truth that our old self died with Christ, and His life now fills us. This new identity is not just about behavior change but about who you fundamentally are in God's eyes.

God has created you intentionally and beautifully to accomplish good works, as Ephesians 2:10 states. Embrace this new identity today and allow it to shape your thoughts, actions, and hopes.







Day 13: 🗱 Identity in Christ

## Reflect and Apply

| 1. | How does your addiction challenge your sense of identity?        |
|----|--|
|    |  |
| 2. | What does being a new creation in Christ mean to you personally? |
|    |  |
| 3. | How can embracing your identity in Christ empower your healing?  |
|    |  |
|    |  |







Day 13: 🗱 Identity in Christ

## **Journaling Prompts**

| 1. | Write a declaration of your identity in Christ.               |
|----|---|
|    |   |
|    |   |
|    |   |
| 2. | List qualities that God says you have as His handiwork.       |
|    |   |
|    |   |
|    |   |
| 3. | Reflect on changes you'd like to see in your self-perception. |
|    |   |
|    |   |







Day 13: 🎇 Identity in Christ

### Prayer for Today

**Lord Jesus,** thank You for making me a new creation. Help me to live fully in this truth and let go of the old labels and shame. Teach me to see myself as You see me, loved and chosen, empowered for good works. Strengthen my identity in You as I walk toward wholeness.

In Your name, Amen. 🗱 📺 🙏

















### Your Verse

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

### **Supporting Scriptures**

- 1 Thessalonians 5:17 "Pray continually."
- Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."







### Devotional: Power of Persistent Prayer

**Prayer is a powerful tool for anyone recovering from addiction.** It connects us intimately with God, allowing us to express our fears, hopes, and needs honestly.

Philippians 4:6 encourages us to bring every concern to God, paired with thanksgiving, to experience peace beyond understanding.

Praying continually, as instructed in 1 Thessalonians 5:17, nurtures an ongoing relationship with God, not just a momentary fix. Jesus assures us in Matthew 7:7 that seeking Him is always fruitful.

Today, open your heart to God in prayer, trusting that He hears and responds lovingly.







## Reflect and Apply

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## **Journaling Prompts**

| 1. | Write out a prayer expressing your current needs and hopes. |
|----|---|
|    |   |
| 2. | Reflect on answers to prayer or moments God felt near.      |
|    |   |
| 3. | List ways to cultivate a more consistent prayer life.       |
|    |   |







### Prayer for Today

**Heavenly Father,** I bring my worries, fears, and desires to You today. Help me to pray without ceasing and trust in Your loving response. Fill my heart with peace as I seek You in every situation. Teach me to be thankful and persistent in prayer, growing deeper in my relationship with You.

In Jesus' name, Amen. 🙏 💙 😵

















Day 15: 🎔 Finding Support in Community

### Your Verse

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

### **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 15: 🎔 Finding Support in Community

# Devotional: Strengthening Healing Through Community

Addiction can bring isolation, but God designed us for community and mutual support. Hebrews 10:24–25 emphasizes the importance of gathering together to encourage and strengthen one another's faith and walk.

Ecclesiastes 4:9 highlights the benefits of partnership—help, encouragement, and shared strength.

Galatians 6:2 reminds us to carry each other's burdens, fulfilling Christ's law of love. God often uses supportive relationships to bring healing and accountability. Seek out trusted friends, support groups, or your faith community as you heal.







Day 15: 🌣 Finding Support in Community

## Reflect and Apply

| 1. | How has isolation affected your addiction and recovery?           |
|----|---|
|    |   |
| 2. | Who can you reach out to for support in your healing journey?     |
|    |   |
| 3. | What barriers exist that prevent you from connecting with others? |
|    |   |







Day 15: 🌣 Finding Support in Community

## **Journaling Prompts**

| 1. | List people who encourage and support your faith.            |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | Write about how community has helped you in difficult times. |
|    |  |
|    |  |
| 3. | Plan ways to build or strengthen your support network.       |
|    |  |
|    |  |







Day 15: 🌣 Finding Support in Community

### Prayer for Today

**Lord,** thank You for placing community in my life. Help me to find and embrace the support You have provided through others. Soften my heart to receive encouragement and to be open about my struggles. Teach me to carry others' burdens with love as You carry mine. Strengthen my connections for mutual healing.

In Jesus' name, Amen. 💝 🥩 🙏









# Day 16: 🕹 Restoring Your Soul









### Your Verse

Psalm 23:3 - "He restores my soul. He leads me in paths of righteousness for his name's sake."

### Supporting Scriptures

- Matthew 11:28–29 "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







### Devotional: Receiving Soul Restoration from God

The journey through addiction often leaves the soul weary and depleted. Psalm 23:3 assures us that God is our restorer, leading us toward righteousness and peace.

Jesus' invitation in Matthew 11:28–29 offers gentle rest for the weary—an invitation to learn from Him and exchange our burdens for His peace.

Isaiah 40:31 promises renewed strength for those who place their hope in God. Engage in spiritual rest today by surrendering your cares and receiving His restoration for your soul.







## Reflect and Apply

| 1. | What areas of your soul feel weary or depleted?     |
|----|---|
|    |   |
| 2. | How can you accept Jesus' invitation to rest today? |
|    |   |
| 3. | What does soul restoration look like in your life?  |
|    |   |







### **Journaling Prompts**

| 1. | Describe what makes you feel emotionally or spiritually drained. |
|----|--|
|    |  |
| 2. | Reflect on moments when you felt refreshed by God.               |
|    |  |
| 3. | Write a prayer asking for restoration and renewed strength.      |
|    |  |







### Prayer for Today

**Restoring God,** I feel weary in my soul, burdened and worn. I accept Your invitation to rest and be renewed. Restore my soul and lead me on Your righteous paths. Help me hope in You and receive the strength only You can give. Fill me with Your peace and compassion.

In Jesus' name, Amen. 🖏 👌 🙏

















### Your Verse

2 Corinthians 12:9b – "Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

### **Supporting Scriptures**

- Romans 6:14 "For sin shall no longer be your master, because you are not under the law, but under grace."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."







### Devotional: Walking Humbly with God's Grace

**Grace is the foundation of your healing journey.** It does not demand perfection but empowers you in your weakness through Christ's power.

Romans 6:14 reminds us that sin no longer has mastery over us because we live under grace, not condemnation. This grace frees us to come boldly before God, as Hebrews 4:16 encourages.

Living in grace daily means embracing God's power and presence even when weaknesses tempt you to despair. Today, boast in your weaknesses knowing Christ's strength is made perfect through them.







## Reflect and Apply

| 1. | How has grace played a role in your recovery so far?       |
|----|--|
|    |  |
| 2. | In what ways can you boast in your weaknesses today?       |
|    |  |
| 3. | How does living under grace free you from fear of failure? |
|    |  |







## **Journaling Prompts**

| 1. | Write about times when God's grace sustained you.             |
|----|---|
|    |   |
| 2. | Reflect on struggles that revealed God's power in your life.  |
|    |   |
| 3. | Journal how confidence in God's grace can shape your actions. |
|    |   |







### Prayer for Today

**God of Grace,** thank You for your unmerited favor that lifts me in my weakness. Help me to boast gladly in my frailty, knowing Your power covers me. Teach me to live each day under Your grace confidently and humbly, walking in freedom and hope.

In Jesus' name, Amen. 🛠 💙 🙏







# Day 18: Fearing Fruit of Transformation









Day 18: 💗 Bearing Fruit of Transformation

#### Your Verse

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

### **Supporting Scriptures**

- John 15:5 "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit."
- Ephesians 3:16 "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."







Day 18: 💗 Bearing Fruit of Transformation

## Devotional: Growing Christlike Character

True freedom in Christ produces lasting change reflected in our character and actions. Galatians 5:22–23 describes the fruit of the Spirit that naturally grows when we remain connected to Jesus.

John 15:5 teaches that abiding in Christ—the vine—is essential for bearing much fruit. This fruitful life demonstrates transformation and hope to the world.

Ephesians 3:16 prays for God's Spirit to strengthen us inwardly so this fruit grows abundantly. Today, invite the Holy Spirit to nurture love, joy, peace, and self-control in your heart as evidence of healing.







Day 18: 🍪 Bearing Fruit of Transformation

# Reflect and Apply

| 1. | What fruits of the Spirit do you see growing in your life?     |
|----|--|
|    |  |
|    |  |
|    |  |
| 2. | How does staying connected to Jesus influence your healing?    |
|    |  |
|    |  |
|    |  |
| 3. | Which area of your character needs the Spirit's strength most? |
|    |  |
|    |  |
|    |  |







Day 18: 🍪 Bearing Fruit of Transformation

# **Journaling Prompts**

| 1. | List qualities that reflect God's work in you.                                |
|----|---|
|    |   |
|    | Write about challenges in producing spiritual fruit and how to overcome them. |
|    |   |
| 3. | Pray for the Spirit's strengthening in specific areas of your life.           |
|    |   |
|    |   |







Day 18: 💗 Bearing Fruit of Transformation

## Prayer for Today

**Holy Spirit,** nurture Your fruit in my heart—love, joy, peace, and self-control. Help me remain deeply connected to Jesus, the true vine. Strengthen me from within to live transformed by Your power and to reflect Your glory in my daily actions.

In Jesus' name, Amen. 🎺 🐚 🙏

















#### Your Verse

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."

### **Supporting Scriptures**

- John 8:32 "Then you will know the truth, and the truth will set you free."
- Isaiah 61:1 "...to set the oppressed free."







## Devotional: Standing Firm in Christ's Freedom

**Freedom is the heart of God's promise for your healing journey.** Christ has already set you free from the bondage of addiction and shame.

Galatians 5:1 exhorts us to stand firm and reject returning to a yoke of slavery, whether physical, emotional, or spiritual.

Knowing truth sets us free, as John 8:32 says, and God's purpose includes freeing the oppressed (Isaiah 61:1). Step into your freedom courageously today and claim your God-given liberty.







# Reflect and Apply

| 1. | What chains do you need to break from effectively today?             |
|----|--|
|    |  |
| 2. | How can truth empower you to maintain your freedom?                  |
|    |  |
| 3. | What practical steps help you resist falling back into old patterns? |
|    |  |







# **Journaling Prompts**

| 1. | Write about the freedom Christ has already given you.       |
|----|---|
|    |   |
| 2. | List situations where you can stand firm in your freedom.   |
|    |   |
| 3. | Plan specific actions to avoid returning to harmful habits. |
|    |   |
|    |   |







## Prayer for Today

**Lord Jesus,** thank You for setting me free from the bondage of addiction and shame. Help me stand firm in this freedom and resist anything that would enslave me again. Guide me in walking boldly in Your truth and living as an expression of Your liberation and love.

In Your powerful name, Amen. 🧘 📋 🙏

















#### Your Verse

1 John 4:4 – "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."

### **Supporting Scriptures**

- Romans 8:37 "In all these things we are more than conquerors through him who loved us."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







### Devotional: Overcoming Through God's Power

Though addiction feels overpowering, God's Spirit within you is greater than any struggle. 1 John 4:4 reminds us that we are children of God, empowered to overcome trials because of His presence inside us.

Romans 8:37 celebrates us as more than conquerors through Christ's love. James 4:7 teaches that submission to God and resistance to temptation lead to victory.

This truth encourages you to face addiction with boldness, knowing you are not alone and are empowered to triumph.







# Reflect and Apply

| 1. | What fears do you have about fully overcoming your addiction?               |
|----|---|
|    |   |
| 2. | How does knowing God's Spirit is greater help you face challenges?          |
|    |   |
|    | What does submission to God and resistance to temptation look like for you? |
|    |   |
|    |   |







# **Journaling Prompts**

| 1. | Write about victories you have experienced in your recovery.       |
|----|--|
|    |  |
| 2. | Reflect on moments where God's power helped you resist temptation. |
|    |  |
| 3. | Journal your commitment to trust God's power over your struggles.  |
|    |  |







## Prayer for Today

**Mighty God,** thank You for the power You have placed within me. Remind me that You are greater than all my struggles and temptations. Help me submit fully to You and resist the enemy's lies. Empower me to overcome addiction confidently through Your love and strength.

In Jesus' name, Amen. 👌 📋 💪

















#### Your Verse

Romans 6:4 - "We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead... we too may live a new life."

### **Supporting Scriptures**

- 2 Corinthians 5:17 "The old has gone, the new is here!"
- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."







### Devotional: Walking Forward in New Life

Today we celebrate the new life God offers—a life free from the chains of addiction and shame. Romans 6:4 compares this new life to Christ's resurrection—rising victoriously from death to live renewed.

2 Corinthians 5:17 affirms the old self no longer dictates who you are—God has made you new! Psalm 118:24 invites you to rejoice in this day, recognizing each moment as a gift from the Lord.

Let today mark a celebration of freedom, hope, and God's faithfulness to sustain you onward. Walk forward empowered by grace, fully alive in Christ!







# Reflect and Apply

| 1. | How has God brought new life through your healing journey?          |
|----|---|
|    |   |
| 2. | What does living in freedom mean to you now?                        |
|    |   |
| 3. | How will you continue to celebrate and nurture this new life daily? |
|    |   |
|    |   |







# **Journaling Prompts**

| 1. | Write a letter to your future self celebrating progress and freedom. |
|----|--|
|    |  |
| 2. | List blessings and lessons learned during this 21-day journey.       |
|    |  |
| 3. | Plan meaningful ways to celebrate your new life with God.            |
|    |  |







## Prayer for Today

Gracious God, thank You for the new life You have given me through Christ. Help me to live each day rejoicing in Your goodness and freedom. May I continue to grow in grace and walk boldly in the hope You provide. I celebrate Your faithfulness and trust You for every step ahead.

In Jesus' victorious name, Amen. 🌈 🐎 🙏











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