Freedom in Christ: Overcoming Addiction Through God's Power



A 21-day journey to surrender prescription pill addiction and experience God's deliverance, healing, and restoration in your life.





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Introduction

Struggling with addiction, especially to prescription medications like painkillers and benzodiazepines, can feel overwhelming and isolating. Yet, the Bible offers profound hope and a path to freedom through God's grace and power. This 21-day Bible study plan is crafted to guide you through a transformational journey — from surrendering your dependence to experiencing God's deliverance and restoration.

Understanding addiction begins with recognizing it as both a physical challenge and a spiritual battle. The Bible acknowledges human weakness but assures us that God's strength is made perfect in our weaknesses (*2 Corinthians 12:9*). Through a daily commitment to reflect on Scripture, pray, and meditate, you will discover how God's Word speaks directly to your struggle. You will be encouraged not only to let go of your chains but also to embrace a renewed identity in Christ.

Each day focuses on themes relevant to your journey: surrender, reliance on the Holy Spirit, healing, overcoming temptation, renewing your mind, and walking in freedom. You'll explore scriptures that remind you God is close to the brokenhearted, offers peace that surpasses understanding, and provides a hope that never disappoints (*Psalm 34:18, Philippians 4:7, Romans 5:5*).

As you progress through this study, embrace the idea that deliverance is not just about stopping something harmful, but about gaining something infinitely better — the fullness of life found in Christ (*John 10:10*). Remember,







this process is a step of faith, not perfection. Allow God's love to meet you where you are and transform you each day. Trust in His timing, lean into His strength, and take heart that victory is possible.

Let the journey begin, and may you find hope, healing, and freedom in God's unfailing arms. \triangle















Your Verse

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

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Acknowledging God's Nearness in Brokenness

Beginning the journey to overcome addiction is often the hardest step — admitting that you cannot do it alone. **God sees your pain, your brokenness, and draws near to you in those moments**. Psalm 34:18 reminds us that the Lord is especially close to those who feel crushed and overwhelmed.

This is not a time for shame, but for honest surrender. God's love covers every failure and every moment of weakness. As you face your dependence on prescription medications, realize that the first step toward freedom is acknowledging your need for His help. You are not alone in this battle; God stands ready to heal and restore.

As you reflect today, open your heart to God's nearness. Talk to Him honestly about your struggles. Feel His compassion and allow His presence to comfort you. Remember, surrendering to God is an act of strength, not weakness.







Reflect and Apply

What feelings arise as you admit your struggle with prescription addiction?
How does knowing God is close to the brokenhearted change your perspective on your addiction?
In what ways can surrendering your struggle to God be an act of strength?







Journaling Prompts

1.	Write about the moment you realized you needed help with your addiction.
2.	List the emotions you've experienced around your dependence on prescription medications.
3.	Describe how you envision God's presence in your current situation.







Prayer for Today

Heavenly Father, I come to You feeling broken and overwhelmed by my addiction. Thank You for being close to the brokenhearted. *Help me surrender my pain and struggles into Your loving hands.* Please heal my wounds and give me the strength to take this first step. Remind me daily that I am not alone. Thank You for Your unfailing love and grace. **In Jesus' name,** Amen. \bigwedge \bigcirc \diamondsuit

















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 46:10 "Be still, and know that I am God."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Devotional: The Power of Trusting God's Guidance

Often, addiction thrives when we try to manage or control our pain on our own. True freedom begins when we surrender control to God, trusting Him with every aspect of our lives. Proverbs 3:5–6 calls us to trust the Lord wholeheartedly and not rely solely on our understanding.

Surrender is not giving up; it is giving over — an act of faith that God can lead you through your recovery journey. It means releasing the illusion of control over cravings, pain, and anxiety, and embracing God's wisdom and timing.

Today, take a moment to pause and be still before God. Let Him meet you amidst your fears and burdens. His promise is to guide you and make your path clear if you submit to Him. Trust that He is working all things together for your good (Romans 8:28), even when the road seems uncertain.







Reflect and Apply

1.	What parts of your addiction do you find hardest to surrender to God?
2.	How does trusting God's plan change how you face daily struggles?
3.	What practical ways can you practice submitting your addiction to God's care?







Journaling Prompts

1.	Write a prayer surrendering control of your addiction to God.
2.	List areas where you struggle to trust God fully.
3.	Describe what it feels like to be still and know God is in control.







Prayer for Today

Lord Jesus, I come weary and burdened. Today, I choose to surrender control over my addiction to You. Help me to trust You with my heart, my pain, and my recovery journey. *Make my path straight and guide me by Your Spirit.*Teach me to be still and rest in Your presence. Thank You for Your loving care and faithfulness. **Amen.** \bigcirc

















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 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."







Devotional: Standing Firm Against Temptation

Addiction is often fueled by temptation — the persistent voice urging you to give in. Yet Scripture assures us that temptation is not unique to us and that God promises a way out. 1 Corinthians 10:13 encourages us that God is faithful and will not let us be tempted beyond what we can endure.

Standing firm means recognizing the spiritual battle and arming yourself accordingly. James reminds us to submit to God and resist the devil so that he flees. This resistance requires preparation, prayer, and reliance on God's strength, as emphasized in Ephesians 6 by putting on the full armor of God.

Today, identify triggers or situations where temptation feels strongest. Pray for God's protection and ask Him to equip you with His truth and power to overcome each challenge. Remember, every temptation you face is an opportunity to choose God's way and grow stronger in your faith.







Reflect and Apply

1.	What temptations do you face in your addiction journey?
2.	How can recognizing temptation as common help you feel less isolated?
3.	What spiritual 'armor' do you need to put on today?







Journaling Prompts

1.	Write about a recent temptation and how you responded.
2.	List ways God has helped you resist temptation before.
3.	Pray for God's protection in specific areas of vulnerability.







Prayer for Today

Father God, I face temptations that try to pull me back into addiction. Thank You for Your faithfulness and for providing a way out. *Strengthen me to resist the enemy's schemes, equip me with Your armor, and help me stand firm.* Fill me with Your power when I feel weak. I trust in Your protection and grace. **In Jesus' name, Amen.**









Day 4: P Renewing the Mind









Day 4:
Renewing the Mind

Your Verse

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

Supporting Scriptures

- Philippians 4:8 "Whatever is true, whatever is noble...think about such things."
- Ephesians 4:23 "Be made new in the attitude of your minds."







Day 4:
Renewing the Mind

Devotional: Transforming Through a Renewed Mind

Addiction often rewires our thought patterns, leading us to justify harmful behaviors or feel trapped in despair. God calls us to be transformed by renewing our minds, choosing thoughts that align with His truth and goodness.

Romans 12:2 emphasizes that transformation begins internally. As you meditate on Philippians 4:8, intentionally focus on what is true, lovely, and praiseworthy. This conscious choice begins to dismantle lies addiction may have planted.

Ephesians 4:23 encourages a new attitude — one that trusts in God's power to change you daily. Take practical steps: replace lies with scripture, avoid negative triggers, and fill your mind with God's promises. As your mind renews, your desires and choices will begin to align with freedom and life.







Day 4: 🖓 Renewing the Mind

Reflect and Apply

1.	What negative thought patterns contribute to your addiction?
2.	How can focusing on God's truth reshape your mindset?
3.	What practical steps can you take to renew your mind daily?







Day 4: 🖓 Renewing the Mind

Journaling Prompts

1.	Identify lies you believe about yourself and replace them with God's truths.
2.	Write out Philippians 4:8 and reflect on how to apply it today.
3.	List positive influences that can help renew your attitude.







Day 4: PRenewing the Mind

Prayer for Today

Lord, I surrender my mind and thoughts to You. Help me to reject lies and conformity to the world's patterns. *Renew my mind with Your truth and transform my attitude daily.* Teach me to focus on what is pure and good. I want to walk in freedom through the power of my renewed mind. **Amen.** \bigcirc















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 8:36 "So if the Son sets you free, you will be free indeed."
- Isaiah 58:6 "To set the oppressed free...to break every yoke of bondage."







Devotional: Living in the Freedom Christ Provides

The chains of addiction create a yoke of slavery that binds not only the body but the spirit. Yet, Jesus came to bring freedom—full and lasting freedom—from every form of bondage. Galatians 5:1 commands us to stand firm in that freedom and refuse to be entangled again in captivity.

True freedom is a gift from Christ, but it requires your active participation to stand firm and reject the pull back into addiction. Today, meditate on the promise in John 8:36 that you can be free indeed, because of Jesus' work on your behalf.

Ask God to break every chain in your life, including dependency on prescription medications. Isaiah's prophecy reminds us that freedom involves liberation on every front — physical, emotional, and spiritual. As you lean into God's power, declare your freedom and live as one who is no longer enslaved.







Reflect and Apply

1.	How do you experience the 'yoke of slavery' in your addiction?
2.	What does it mean to you that Christ has set you free?
3.	How can you stand firm daily to maintain your freedom?







Journaling Prompts

1.	Write a declaration of freedom based on Galatians 5:1.
2.	List chains or bonds you want God to break.
3.	Reflect on moments when you felt truly free in Christ.







Prayer for Today

Mighty God, thank You for setting me free through Jesus. I choose today to stand firm and reject every yoke of addiction. *Break the chains that bind me and strengthen me to live in true freedom.* Help me walk boldly as one freed by Your grace. **Amen. ②** •• ••















Your Verse

Jeremiah 30:17 – "I will restore you to health and heal your wounds," declares the Lord.

Supporting Scriptures

- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."
- James 5:16 "The prayer of a righteous person is powerful and effective."







Devotional: Embracing God's Promise of Healing

Healing from addiction is multifaceted, involving body, mind, and spirit. God promises restoration and healing even when wounds run deep. Jeremiah 30:17 offers a beautiful assurance: God declares He will restore you to health and heal your wounds.

Healing is a process that requires patience and trust in God's timing. Psalm 147:3 reassures us that God is intimately aware of our pain and desires to bind up every broken part.

Prayer is a powerful avenue for receiving healing — James 5:16 tells us it is effective and transformational. Today, spend time in God's presence, opening your heart for His healing touch. Do not rush the process; allow God to restore you step by step.







Reflect and Apply

1.	What areas in your life most need God's healing touch?
2.	How can you cultivate patience during your healing process?
3.	In what ways has prayer brought comfort or healing before?







Journaling Prompts

1.	Write about wounds (physical, emotional, spiritual) you want God to heal.
2.	Describe your feelings during times of healing.
3.	Pray for renewed health and restoration today.







Prayer for Today

Healing God, I bring my wounds to You and ask for Your healing touch. Thank You for the promise to restore my health and bind my brokenness. *Help me trust Your timing and receive Your gentle healing.* Strengthen my faith as I walk this journey toward wholeness. **Amen.** \lozenge \heartsuit \swarrow















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 "Encourage one another and build each other up."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Devotional: Strengthening Through Godly Community

The path to freedom is not meant to be walked alone. God designed us for community and mutual support. Ecclesiastes 4:9-10 reminds us that two are better than one because we can support each other through trials.

Healing from addiction becomes stronger and more sustainable when surrounded by encouragement and accountability. Hebrews enjoins believers to encourage and build one another up, while Galatians calls us to carry one another's burdens — a powerful call to empathy and shared strength.

Today, consider reaching out to a trusted friend, counselor, or faith community. Be honest about your struggles and accept their support. Likewise, pray for those who walk this journey with you, that together you may grow stronger in faith and freedom.







Reflect and Apply

1.	How has community helped or hindered your journey with addiction?
2.	Who can you reach out to for support today?
3.	What kind of support do you need most right now?







Journaling Prompts

1.	Write about a time when someone helped you during a struggle.
2.	List people in your life who can support your recovery.
3.	Reflect on ways you can encourage others facing similar battles.







Prayer for Today

God of community, thank You for providing people who can support and encourage me. *Help me to lean on those You've placed in my life and to accept their help with humility.* Give me courage to be honest about my struggles and to build others up as well. **Amen.** \heartsuit \clubsuit \updownarrow

















Your Verse

Philippians 4:6-7 - "Do not be anxious about anything...and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Devotional: Receiving the Peace That Transcends Anxiety

Addiction often breeds anxiety and fear, but God offers a peace beyond our understanding. Philippians 4:6-7 encourages us to turn worry into prayer and trust, promising God's peace to guard our hearts and minds.

True peace comes from resting in Christ, not from circumstances or substances. Jesus Himself said, "My peace I give you" (John 14:27), inviting us to lean into His calm presence.

Isaiah reminds us that a steadfast mind, focused on God, experiences perfect peace. Today, practice exchanging anxiety for prayer and embrace the peace God freely offers. Let His tranquility fill your heart and push out fear.







Reflect and Apply

1.	What anxieties fuel your addiction urges?
2.	How can prayer replace worry in your daily life?
3.	What does God's peace feel like to you personally?







Journaling Prompts

Write about a time when you experienced God's peace amidst difficulty.
List worries you can give to God today.
Pray Philippians 4:6-7 over your heart and mind.







Prayer for Today















Your Verse

Hebrews 4:12 – "For the word of God is alive and active...it judges the thoughts and attitudes of the heart."

Supporting Scriptures

- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."
- Ephesians 6:17 "Take the helmet of salvation and the sword of the Spirit, which is the word of God."







Devotional: God's Word: Your Spiritual Weapon

The Bible is a powerful weapon in the fight against addiction. Hebrews 4:12 reminds us that God's Word is living, active, and able to discern our innermost thoughts and attitudes.

Memorizing and meditating on Scripture equips you to combat cravings, lies, and despair. Psalm 119:11 highlights the protective power of hiding God's Word in your heart.

In Ephesians 6, the Word of God is described as the 'sword of the Spirit.' Use it daily to challenge negative thoughts and temptations. Let God's promises become your defense and your guide toward wholeness and healing.







Reflect and Apply

	How often do you turn to Scripture in your moments of craving or weakness?
2.	Which verses bring you comfort or strength?
3.	How can you make memorizing scripture a regular habit?







Journaling Prompts

1.	Write down your favorite Bible verses related to freedom and healing.
2.	Reflect on how Scripture has helped you overcome temptation in the past.
3.	Plan a strategy for daily Scripture meditation and memorization.







Prayer for Today

Lord, thank You for Your powerful Word that reveals truth and brings freedom. *Help me to treasure Your Scriptures, hide them in my heart, and wield them as a weapon against temptation and addiction.* Empower me through Your Word to live in strength. **Amen.**















Your Verse

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

Supporting Scriptures

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







Devotional: God's Strength Perfomed in Weakness

When struggling with addiction, feelings of weakness and helplessness can be overwhelming. Yet Scripture offers a powerful truth — God's power is revealed most fully in our weakness. In 2 Corinthians 12:9, God assures us that His grace is enough to sustain us.

Recognizing your weakness opens the door for God's strength to work in your life. Like Paul, you can boast in your weaknesses because they demonstrate God's power.

Today, reflect on the truth in Psalm 73:26 that even when your body and heart fail, God remains your strength. Isaiah adds that God renews the weary and empowers the weak. Receive His strength now as you continue the journey of healing and freedom.







Reflect and Apply

1.	How do you typically respond to your own weaknesses?
2.	In what ways can your weakness be a vessel for God's strength?
3.	How can God's grace support you in moments of struggle?







Journaling Prompts

1.	Write about a time you experienced God's strength during weakness.
2.	List areas where you feel weak but want to trust God's power.
3.	Pray for grace to accept your weaknesses and rely on God.







Prayer for Today

Lord Jesus, I admit my weaknesses and ask for Your power to fill me. *Your grace is enough, and Your strength sustains me when I feel weak.* Help me to lean into Your strength and find courage to continue this journey. **Amen.**



















Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Lamentations 3:22–23 "His mercies are new every morning."







Devotional: Walking Into God's New Work

The past may hold pain, mistakes, and regrets linked to addiction, but God calls you to look forward. Isaiah 43:18-19 encourages us to forget former things and recognize the new work God is doing.

In Christ, you are a new creation, renewed and refreshed. This provides real hope for a fresh start — one not defined or limited by past struggles.

God's mercies are new every morning (Lamentations 3:22–23). Embrace today as the first day of your new journey, marked by God's faithfulness and transformative power. Let go of guilt and step boldly into the new life He offers.







Reflect and Apply

1.	What past experiences do you need to release to God today?
2.	How can you embrace your identity as a new creation in Christ?
3.	What hope does God's promise of new mercies give you?







Journaling Prompts

1.	Write a letter to your past self, offering forgiveness and hope.
2.	Describe what a new beginning looks like to you.
3.	List ways you can celebrate God's mercies each morning.







Prayer for Today

God of New Beginnings, thank You for loving me despite my past. *Help me to release former things and embrace the new work You are doing in my life.*Renew my heart and give me courage to step forward with hope and faith. **Amen.** \triangle \cancel{B} \swarrow















Your Verse

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

Supporting Scriptures

- Psalm 32:8 "I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."
- Romans 8:28 "In all things God works for the good of those who love him."







Devotional: Hope in God's Purposeful Plan

Recovery is a process with its ups and downs, but God assures us that He has a good plan for each of His children. Jeremiah 29:11 is a beacon of hope, promising a future filled with hope and prosperity.

Trusting God's plan means relying on Him to guide each step of your recovery journey — even when the path feels unclear or difficult. Psalm 32:8 assures that God instructs, teaches, and watches over us with love.

Romans 8:28 encourages us to believe that God is orchestrating everything — including your struggles and healing — for your ultimate good. Cling to this promise as you continue forward, knowing God's plan is perfect.







Reflect and Apply

1.	How do you feel about trusting God with your recovery?
2.	What doubts or fears might be holding you back?
3.	How can you remind yourself daily of God's promises?







Journaling Prompts

1.	Write about what hope means for your future.
2.	List ways God has shown guidance or provision in your life.
3.	Pray for increased trust in God's plans.







Prayer for Today

Faithful God, thank You for the hope You give through Your plans. *Help me to trust You fully in my recovery journey, knowing You work all things for my good.* Teach me to listen to Your voice and follow Your guidance with confidence. **Amen.** \triangle \Leftrightarrow \triangle















Your Verse

Psalm 37:23-24 - "The Lord makes firm the steps of the one who delights in him; though he may stumble, he will not fall."

Supporting Scriptures

- Proverbs 24:16 "Though the righteous fall seven times, they rise again."
- Lamentations 3:22 "Because of the Lord's great love we are not consumed, for his compassions never fail."







Devotional: Grace to Rise After Falling

Setbacks and relapses can be discouraging on the recovery journey, but Scripture teaches us that stumbling doesn't mean the end. Psalm 37:23–24 assures that even if you stumble, you will not fall because the Lord supports you.

God's grace covers every misstep, inviting you to rise again and press forward. Proverbs reminds us the righteous fall multiple times but always get back up.

God's unfailing compassion (Lamentations 3:22) is present even in our lowest moments. Embrace this grace today and remember that setbacks are temporary opportunities to grow stronger and more reliant on God.







Reflect and Apply

How do you respond emotionally and spiritually when setbacks occur?
What can you learn from past setbacks in your recovery?
How can God's compassion encourage you to keep going?







Journaling Prompts

1.	Write about a recent setback and what you learned from it.
2.	List encouraging scriptures that help you during hard times.
3.	Pray for strength and grace to move forward after falling.







Prayer for Today

Merciful God, when I stumble, remind me that You are holding me up. *Thank* You for Your grace that never fails. Help me to rise and continue walking in freedom, trusting Your compassion and love. Strengthen my heart to persevere. **Amen.** \$\mathbb{F} \mathcal{L}\$

















Your Verse

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

Supporting Scriptures

- 1 Corinthians 15:58 "Your labor in the Lord is not in vain."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest."







Devotional: Finding Joy in Every Step Forward

Recovery is a marathon, not a sprint. It is important to acknowledge and celebrate each small victory, no matter how minor it seems. Zechariah reminds us not to despise small beginnings, because God rejoices when progress starts.

Every step forward, no matter how small, counts in God's eyes. 1 Corinthians 15:58 assures us that our labor for the Lord is never wasted.

When fatigue or discouragement creeps in, remember Galatians' encouragement to keep persevering — the harvest will come in God's perfect timing. Celebrate your milestones with gratitude and renew your motivation to continue.







Reflect and Apply

1.	What small victories have you experienced recently?
2.	How can celebrating progress help maintain motivation?
3.	How does God's joy in your growth inspire you?







Journaling Prompts

1.	List recent accomplishments, no matter how small.
2.	Write a prayer of thanksgiving for progress made.
3.	Plan ways to celebrate healthy milestones moving forward.







Prayer for Today

Joyful Father, thank You for rejoicing over my small victories. *Help me to recognize and celebrate each step forward on my recovery journey.* Renew my strength and keep me motivated to press on. **Amen.**

















Day 15: 🐚 Restoring Your Identity in Christ

Your Verse

1 Peter 2:9 - "You are a chosen people, a royal priesthood...called to declare the praises of him who called you out of darkness into his wonderful light."

Supporting Scriptures

- Ephesians 2:10 "We are God's handiwork, created for good works."
- Galatians 2:20 "The life I now live in the body, I live by faith in the Son of God."







Day 15: 🍆 Restoring Your Identity in Christ

Devotional: Living Fully as God's Beloved Child

Addiction can distort how we see ourselves, but God's Word restores our true identity. 1 Peter 2:9 reveals that you are chosen, royal, and called into God's light.

Your worth and identity are rooted in Christ, not in addiction. Ephesians 2:10 reminds you that God has crafted you for good works, with purpose and hope.

Galatians 2:20 speaks of a new life lived by faith in Jesus. Today, embrace your identity as God's beloved child, called out of darkness and into a life filled with purpose and light.







Day 15: 🍆 Restoring Your Identity in Christ

Reflect and Apply

1.	How has addiction affected your sense of identity?
2.	What does it mean to be chosen and called by God?
3.	How can you align your daily life with your true identity in Christ?







Day 15: 🍆 Restoring Your Identity in Christ

Journaling Prompts

1.	Describe your identity in Christ using these scriptures.
2.	Write about ways you want to live out God's purpose for you.
3.	Pray for a deeper revelation of God's love shaping your identity.







Day 15: 🐚 Restoring Your Identity in Christ

Prayer for Today

God of Identity, thank You for calling me out of darkness and into Your light. Help me to live fully as Your chosen and beloved child, walking boldly in the purpose You have created for me. Renew my sense of worth and identity today. Amen. 🗀 😂 🙏















Your Verse

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

Supporting Scriptures

- Ephesians 4:29 "Let no corrupting talk come out of your mouths, but only what is good..."
- James 3:5 "The tongue is a small part of the body, but it makes great boasts."







Devotional: Powerful Words Bring Life and Healing

The words we speak have tremendous power to shape our reality. Proverbs 18:21 reminds us that our tongue holds power over life and death. The way you talk to yourself and others about your addiction can either heal or harm.

Ephesians urges us to speak only what builds up and benefits others. Negative self-talk can reinforce addiction's lies, but declaring God's truth can bring breaking chains and restoration.

James warns that the tongue can be small but mighty — choose to wield it for life today. Start by speaking God's promises over yourself and your situation, rejecting condemnation and embracing grace.







Reflect and Apply

What negative words or labels have you spoken over yourself?
How can you begin to replace them with God's truths?
Who can encourage you with life-giving words today?







Journaling Prompts

1.	Write down negative statements you want to change.
2.	Create a list of positive, truthful affirmations from Scripture.
3.	Pray asking God to help you control your words.







Prayer for Today

Lord of Words, help me to tame my tongue and use it for life. *Teach me to speak truth over my addiction, declaring Your promises of healing and freedom.* Fill my speech with grace and encouragement. **Amen.**















Your Verse

Ephesians 3:17-19 - "...be rooted and established in love, may have power to grasp...the love of Christ..."

Supporting Scriptures

- Jeremiah 17:7 "Blessed is the one who trusts in the Lord...their roots will grow down into...in times of drought they will not fear."
- John 15:5 "I am the vine; you are the branches...apart from me you can do nothing."







Devotional: Standing Firm Rooted in God's Love

Recovery is sustained when deeply rooted in God's love. Ephesians prays for believers to be rooted and established in Christ's love, understanding its vastness and power.

Like a tree with deep roots, when you trust God fully, you stand firm even in dry, difficult seasons. Jeremiah encourages us that those rooted in the Lord will not fear droughts — spiritual or emotional.

Jesus illustrates our dependence on Him as branches on a vine (John 15:5). Apart from His love and connection, we can do nothing. Grow your roots intentionally by daily abiding in God's love and drawing nourishment from His presence.







Reflect and Apply

1.	How deeply do you feel rooted in God's love right now?
2.	What helps you stay connected to Christ daily?
3.	How does being rooted in love make you resilient?







Journaling Prompts

1.	Write about times you felt deeply loved by God.
2.	Describe spiritual disciplines that help you draw close to Jesus.
3.	Pray asking God to deepen your roots in His love.







Prayer for Today

Abba Father, root me firmly in Your steadfast love. *May I grasp fully the breadth and depth of Christ's love, and remain unshaken through life's challenges.* Teach me to abide in You daily, drawing strength and nourishment. **Amen.** • • • •







Day 18: Compassion for Yourself and Others









Your Verse

Luke 6:36 - "Be merciful, just as your Father is merciful."

Supporting Scriptures

- Psalm 103:8 "The Lord is compassionate and gracious, slow to anger, abounding in love."
- Colossians 3:12 "Clothe yourselves with compassion, kindness, humility, gentleness and patience."







Devotional: Reflecting God's Compassion and Mercy

Recovery involves extending the same compassion God shows you — both to yourself and others. Luke 6:36 challenges us to be merciful as our Father is merciful.

Often, addiction leads to harsh self-judgment, which can stall healing.

Learning to show kindness inwardly reflects God's grace. Psalm 103

describes God as compassionate, slow to anger, and abounding in love —
qualities you can emulate.

Colossians encourages clothing ourselves with compassion and patience. Treat yourself gently today, forgive your mistakes, and extend grace as God does. Likewise, be a source of compassion to others battling addiction or hardship.







Reflect and Apply

1.	How do you treat yourself during struggles?
2.	What prevents you from showing yourself compassion?
3.	How can you extend kindness to others in recovery?







Journaling Prompts

1.	Write a letter of forgiveness and compassion to yourself.
2.	List ways to practice kindness personally and toward others.
3.	Pray for a compassionate heart reflecting God's mercy.







Prayer for Today

Compassionate Father, teach me to be merciful to myself as You are merciful. *Help me to clothe myself with kindness, patience, and grace.* May I also show these qualities to those around me, reflecting Your love. **Amen.** \rightleftharpoons \bigcirc \swarrow

















Day 19: 🔥 Walking Daily in the Spirit

Your Verse

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

Supporting Scriptures

- Romans 8:14 "Those who are led by the Spirit of God are children of God."
- John 16:13 "The Spirit of truth will guide you into all the truth."







Day 19: 🖰 Walking Daily in the Spirit

Devotional: Dependence on the Holy Spirit's Guidance

The battle against addiction is won one day at a time by walking in the Spirit's power. Galatians 5:16 promises that living by the Spirit helps you avoid fulfilling fleshly cravings.

This is not a call to self-effort but to dependence on the Holy Spirit's leading and strength. Romans affirms we are God's children when led by His Spirit.

Jesus promised the Spirit to guide you into truth, which is essential for making wise daily choices. Today, invite the Holy Spirit to lead your thoughts, feelings, and actions, especially in moments of weakness or temptation. Practice listening and obeying His gentle guidance.







Day 19: 🖰 Walking Daily in the Spirit

Reflect and Apply

1.	How aware are you of the Holy Spirit's presence in your daily life?
2.	What cravings or desires are difficult to resist without spiritual help?
3.	How can you cultivate sensitivity to the Spirit's guidance?







Day 19: 🖰 Walking Daily in the Spirit

Journaling Prompts

Describe experiences when the Spirit helped you make a right choice.
List ways to invite the Spirit's presence throughout your day.
Pray for greater reliance on the Holy Spirit in your recovery.







Day 19: 🔥 Walking Daily in the Spirit

Prayer for Today

Holy Spirit, guide me daily and give me the strength to walk by Your power. *Help me not to gratify fleshly desires but to follow Your leading in every moment.* Teach me to listen and obey Your voice with faith and trust. **Amen.**

















Your Verse

Romans 8:37 - "In all these things we are more than conquerors through him who loved us."

Supporting Scriptures

- 1 John 5:4 "This is the victory that has overcome the world, even our faith."
- Revelation 21:4 "He will wipe every tear from their eyes; there will be no more death or mourning..."







Devotional: Faith That Brings Victory Over Addiction

As you near the end of this study, be reminded that through Christ you are more than a conqueror. Romans 8:37 assures victory in every trial because of God's love.

Faith is the key to overcoming, granting hope even in the darkest moments. 1 John reaffirms that faith brings victory over worldly struggles, including addiction.

Looking forward, Revelation paints a glorious picture of God's final restoration: no more suffering, tears, or death. Hold onto this hope as a source of strength and encouragement. Live today in the power of that victory and confidently move forward as a conqueror in Christ.







Reflect and Apply

1.	How does knowing you are a conqueror affect your mindset?
2.	What role does faith play in your ongoing recovery?
3.	How can the hope of eternal healing inspire you today?







Journaling Prompts

1.	Write a declaration of victory based on Romans 8:37.
2.	Reflect on how faith has sustained you through challenges.
3.	Pray expressing hope in God's final restoration and healing.







Prayer for Today

Victor God, thank You for the overwhelming victory I have through Your love. *Strengthen my faith and help me to live daily as a conqueror in Christ.* Fill me with hope and courage for this journey and beyond. **Amen.** *















Day 21: 🏂 Celebrating Freedom and New Life

Your Verse

John 10:10 - "I have come that they may have life, and have it to the full."

Supporting Scriptures

- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come."
- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."







Day 21: Celebrating Freedom and New Life

Devotional: Rejoicing in New Life and Freedom

Today is a celebration — not just of completing a 21-day study, but of stepping into the fullness of life God promises beyond addiction. Jesus declares in John 10:10 that He came so we may live life abundantly.

Being in Christ means becoming a new creation, marked by freedom, purpose, and joy. 2 Corinthians assures us that old things have passed away, and new things have come.

Rejoice today in the victory God has granted and the new path ahead. Psalm 118:24 invites us to rejoice in the day the Lord has made — today is your day of renewed hope and freedom. Continue to lean on God and walk boldly in the abundant life He offers.







Day 21: 🕭 Celebrating Freedom and New Life

Reflect and Apply

1.	How do you feel about your journey through addiction so far?
2.	What does abundant life in Christ look like for you now?
3.	How will you continue to walk forward in freedom?







Day 21: 🏂 Celebrating Freedom and New Life

Journaling Prompts

1.	Write a celebration letter to God thanking Him for deliverance.
2.	Describe your hopes and goals for life beyond addiction.
3.	Plan next steps to maintain your freedom and faith.







Day 21: 🏂 Celebrating Freedom and New Life

Prayer for Today

Gracious God, I celebrate the new life and freedom You have given me. *Thank You for abundant hope, healing, and purpose.* Help me to walk boldly in Your promises and to live fully for Your glory. May every day be a new opportunity to rejoice in Your goodness. **Amen.**



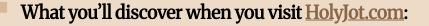




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