Freedom in Christ: Overcoming Addiction



A 21-day journey to find lasting peace and freedom from marijuana dependence through God's power and grace.





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Introduction

Welcome to the 21-day Bible study on overcoming addiction. This journey is designed to guide you through the process of stepping into sobriety and discovering the lasting peace that only God can provide. Addiction, including marijuana dependence, often feels like an overwhelming force that controls our desires, thoughts, and actions. Yet, in Christ, there is hope—hope for freedom, healing, and renewal.

Addiction is not just a physical struggle but a spiritual battle. It affects every area of life: relationships, emotions, and even our sense of identity. The Bible reminds us repeatedly that God desires for us to live in freedom and fullness. This study will help you experience that freedom by focusing on God's promises, practical truths, and the power of the Holy Spirit working in your heart.

Each day includes a key scripture passage, devotional content to encourage and guide your thoughts, reflection questions to deepen your understanding, journaling prompts to help you personalize your journey, and a prayer to connect you with God's strength and love. Remember, overcoming addiction is not about mere willpower; it is about surrendering to God's grace and walking step-by-step in His truth.

Let these 21 days be a time of intentional change, healing, and rediscovery of your true worth in Christ. As you engage with Scripture and prayer, may you





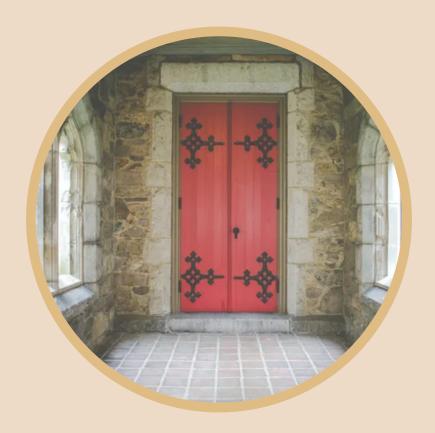


feel God's peace filling every part of your life, empowering you to live free from dependence and full of hope.















Your Verse

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

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Finding Courage in God's Nearness

Beginning your journey means facing the truth of your struggle. It's not easy to admit when something controls us, especially something like marijuana dependence. But God's Word reminds us that He is close to us when we feel broken and crushed. You are not alone in your pain or your fight.

First, recognize that acknowledging the problem is a courageous and necessary step. Addiction thrives in secrecy and denial; bringing it into the light invites healing and hope. Jesus offers true freedom, and no bondage is too strong for His power.

God promises His presence and help for the fearful and hesitant. Today, as you begin this study, hold onto these truths: God is near you, He sees your struggle, and He desires your freedom. Let this awareness bring peace to your heart and the strength to begin the difficult but rewarding path ahead.







Reflect and Apply

1.	What feelings arise when you admit your addiction to yourself and God?
2.	How does it change your perspective knowing God is close to the brokenhearted?
3.	What fears do you need to release to God today?







Journaling Prompts

1.	Write about a moment you realized your addiction was affecting your life.
2.	Describe how God's nearness encourages you in your struggle.
3.	List any fears or doubts you want to surrender to God.







Prayer for Today

Lord, thank You for being close when I feel broken-hearted and overwhelmed. Please help me to see addiction not as a hopeless battle, but as a struggle You are already fighting with me. Give me courage to face my weaknesses and hope to trust Your power for freedom. Surround me with Your peace and grace today. *In Jesus' name, amen.* \bigwedge \triangleright \boxtimes \boxtimes







Day 2: Tunderstanding True Freedom in Christ









Day 2: Tunderstanding True Freedom in Christ

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

- Romans 6:14 "For sin shall no longer be your master, because you are not under the law, but under grace."
- 2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."







Day 2: 1 Understanding True Freedom in Christ

Devotional: Embracing the Freedom Christ Offers

Addiction is a form of slavery—chains that bind your body, mind, and spirit.

But this is not your final state. Galatians reminds us that Christ has set us free
—freedom is a gift of His grace, not something we earn. Sin and addiction
lose their power when we stand firm in the finished work of Jesus.

True freedom doesn't mean doing whatever we want; it means living empowered by the Holy Spirit and free from the enslavement of harmful habits. As you move forward, focus on your identity in Christ, not in your addiction. Your past does not define you.

Where the Spirit is, freedom is abundant. Invite the Spirit to reveal and replace any strongholds with peace, self-control, and joy. This is the freedom you were created for—walk in it confidently, knowing God's grace covers every step.







Day 2: 1 Understanding True Freedom in Christ

Reflect and Apply

1.	What does freedom in Christ mean to you personally?
2.	In what ways has addiction felt like a yoke or slavery for you?
3.	How can you rely more on the Holy Spirit's power today?







Day 2: 1 Understanding True Freedom in Christ

Journaling Prompts

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Day 2: Tunderstanding True Freedom in Christ

Prayer for Today

Father, thank You for setting me free through Jesus Christ. Help me to stand firm and resist falling back into old patterns of addiction and bondage. Fill me with Your Spirit so I can walk confidently in the freedom You give. Teach me to rely on Your grace daily. *In Jesus' name, amen.*









Day 3: Renewing the Mind









Day 3: @ 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

- Ephesians 4:22–24 "...put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires... and to put on the new self."
- Philippians 4:8 "Whatever is true, noble, right, pure, lovely, admirable—think about such things."







Day 3: Renewing the Mind

Devotional: Transforming Thoughts for Lasting Change

Addiction often rewires your thought patterns and priorities. To overcome dependence, you must intentionally renew your mind. Romans 12:2 calls us not to conform to the world's harmful cycles but to be transformed by God's truth.

This renewal involves daily reflection on Scripture and God's promises. Replace the thoughts that tempt you toward marijuana with thoughts that uplift and encourage spiritual growth. It's a process of unlearning old habits and embracing a new way of thinking aligned with God's will.

Paul urges us to put on the new self—refreshed and living in righteousness and holiness. Start today by identifying recurring thoughts that feed addiction and consciously filling your mind with God's truth instead. This mental renewal builds resilience and nurtures the desire for lasting sobriety and peace.







Day 3: Q Renewing the Mind

Reflect and Apply

1.	What recurring thoughts often lead you to want to use marijuana?
2.	How can Scripture help you interrupt and replace those thoughts?
3.	What new habits can support renewing your mind daily?







Day 3: Renewing the Mind

Journaling Prompts

1.	Identify three thoughts or beliefs you need to change.
2.	Write out a Scripture verse to memorize that encourages renewal.
3.	Describe a new mental habit you want to develop.







Day 3: @ Renewing the Mind

Prayer for Today

Lord, renew my mind and help me to think according to Your truth.

Transform the patterns of my thoughts that keep me trapped in addiction. Help me to focus on what is pure, noble, and pleasing to You. Strengthen me to reject harmful temptations and embrace Your ways. *In Jesus' name, amen.*



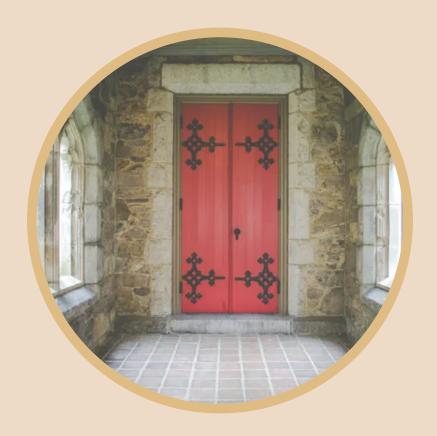








Day 4: Finding Identity in Christ









Day 4: 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 1:4 "He chose us in Him before the creation of the world to be holy and blameless in His sight."







Day 4: Finding Identity in Christ

Devotional: Embracing Your New Identity in Christ

One of the most powerful steps toward overcoming addiction is discovering who you are in Christ. Addiction can create a false identity tied to shame, failure, and weakness. But the Bible announces a radical new identity: when you belong to Jesus, you are a new creation.

This means your past mistakes or current struggles don't define you. Your worth is found in God's love and the transformation He begins in you through the Holy Spirit. Galatians reminds us that our old self died with Christ, and now He lives in us.

Allow this truth to reshape how you see yourself today. You are chosen, holy, and blameless in God's eyes. Embracing your new identity provides strength and hope to break free from addiction's grip and live in freedom and dignity.







Day 4: V Finding Identity in Christ

Reflect and Apply

1.	How has addiction influenced your sense of identity?
2.	What does being a 'new creation' mean in your life?
3.	How can understanding your identity in Christ empower your recovery?







Day 4: V Finding Identity in Christ

Journaling Prompts

1.	Write about who you believed you were before Christ.
2.	Describe what your new identity in Christ looks like.
3.	List ways you can remind yourself daily of this new identity.







Day 4: 🍑 Finding Identity in Christ

Prayer for Today

Jesus, thank You for making me a new creation. Help me to see myself through Your eyes—as loved, chosen, and redeemed. When feelings of shame or failure arise, remind me of who I am in You. Strengthen me to walk boldly in this new identity, free from addiction's hold. *In Your name, amen.*

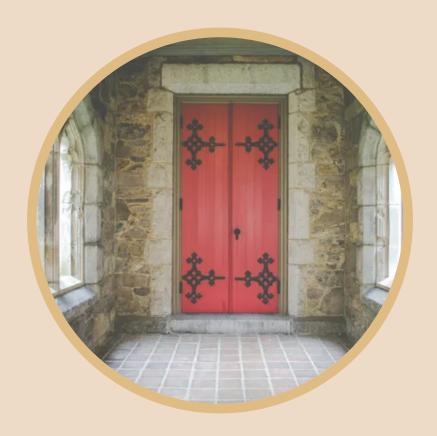


















Day 5: **(**) Guarding Your Heart and Mind

Your Verse

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

Supporting Scriptures

- Philippians 4:7 "The peace of God, which transcends all understanding, will guard your hearts and your minds."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Day 5: **(**) Guarding Your Heart and Mind

Devotional: Protecting Your Heart to Prevent Relapse

Your heart and mind are the battlegrounds for addiction. Proverbs 4:23 warns us to guard them carefully because what we allow in our hearts influences every part of our lives.

Addiction often finds footholds in unguarded feelings such as loneliness, stress, or fear. It's vital to develop spiritual and practical habits to protect yourself. This includes prayer, Scripture meditation, surrounding yourself with supportive community, and avoiding triggers.

God offers peace that protects and strengthens your heart and mind. Ask Him to help you set your thoughts on higher things and to raise your awareness of anything that might weaken your resolve. Guarding your heart daily is an act of faith and obedience that leads to lasting freedom.







Day 5: ① Guarding Your Heart and Mind

Reflect and Apply

	What emotions or situations weaken your heart's defenses against addiction?
2.	How can you practically guard your mind each day?
3.	Who can support you in maintaining these boundaries?







Day 5: ① Guarding Your Heart and Mind

Journaling Prompts

1.	Identify common triggers that affect your heart and mind.
2.	Write down steps you can take to guard your heart from temptation.
3.	List people or resources that help you stay strong spiritually.







Day 5: **(**) Guarding Your Heart and Mind

Prayer for Today

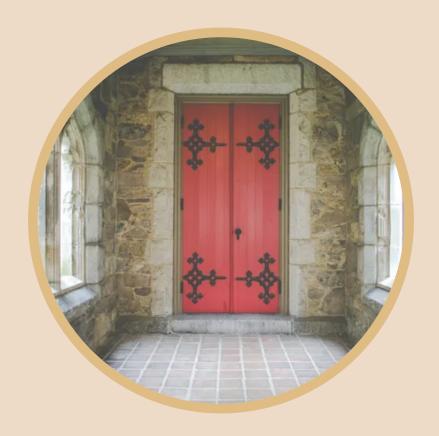








Day 6: Walking in the Spirit's Power









Your Verse

Galatians 5:16 - "So I say, walk by the Spirit, and you will not gratify the desires of the flesh."

Supporting Scriptures

- Ephesians 3:16 "I pray that out of his glorious riches he may strengthen you with power through his Spirit."
- Romans 8:13 "If by the Spirit you put to death the misdeeds of the body, you will live."







Devotional: Empowered by the Holy Spirit to Resist

Overcoming addiction is impossible in your own strength. The key is to rely on the Holy Spirit who empowers you to say no and to live righteously. Galatians encourages believers to 'walk by the Spirit' as the pathway out of fleshly desires.

This means daily yielding to God's presence, inviting Him to guide your decisions and habits. Ask for His strength in moments of weakness and for supernatural help to resist urges.

The Spirit enables new life and self-control. He transforms your desires and helps you replace harmful cravings with Christ-centered passions. Trust in His power today to renew your soul and sustain your journey to sobriety.







Reflect and Apply

1.	How can you invite the Holy Spirit to guide your daily choices?
2.	What does 'walking by the Spirit' look like practically for you?
3	When have you sensed God's strength in difficult moments?
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Journaling Prompts

1.	Describe ways you can be more aware of the Spirit's prompting.
2.	Write about a time you succeeded in resisting temptation through God's help.
3.	List practical habits that help you remain Spirit-led.







Prayer for Today

Holy Spirit, fill me with Your power and guidance. Help me to walk in Your ways and resist every desire that leads to addiction. Strengthen me in moments of weakness and remind me that I am not alone. Lead me into lasting freedom through Your grace. *In Jesus' name, amen.*















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

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- Isaiah 43:25 "I, even I, am he who blots out your transgressions."







Devotional: Freedom Begins with God's Forgiveness

Guilt and shame often weigh heavily on those struggling with addiction.

These feelings can trap you in cycles of self-condemnation, making recovery seem impossible. But God's Word assures us that forgiveness is fully available and complete when we confess our sins.

1 John 1:9 promises that God is faithful to forgive and purify, removing our sins completely. This divine forgiveness breaks the chains of shame and restores your relationship with God and yourself.

Allow God's mercy to heal your heart today. Confess your struggles and failures honestly, and receive His cleansing forgiveness. Remember, forgiveness is the foundation of hope and transformation—because when you are made new, you can move forward with freedom and confidence.







Reflect and Apply

1.	What feelings of guilt or shame do you carry regarding your addiction?
2.	How does knowing God fully forgives you change your self-view?
3.	What steps can you take to accept God's forgiveness daily?







Journaling Prompts

1.	Write a confession prayer releasing your struggles to God.
2.	Describe what forgiveness means to you personally.
3.	Journal about how you can forgive yourself as God forgives you.







Prayer for Today

Lord, thank You for Your faithful forgiveness. I confess my struggles with addiction and ask You to cleanse me from all unrighteousness. Help me to let go of guilt and shame and live in the freedom Your mercy offers. Teach me to forgive myself as You forgive me. *In Jesus' name, amen.*









Day 8: A Breaking Strongholds









Day 8: A Breaking Strongholds

Your Verse

2 Corinthians 10:4 - "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

Supporting Scriptures

- Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."
- Psalm 18:2 "The LORD is my rock, my fortress and my deliverer."







Day 8: A Breaking Strongholds

Devotional: Using God's Power to Tear Down Addiction Strongholds

Addictions are strongholds—deep-rooted barriers that hold us captive. These spiritual strongholds require divine power to be torn down. Paul reminds us that our battle is not against flesh and blood but against spiritual forces, and God equips us with powerful weapons.

Prayer, Scripture, faith, and the armor of God are vital tools to dismantle these strongholds. Recognizing the spiritual nature of addiction helps you move beyond frustration and shame to strategic spiritual warfare.

Fix your eyes on the Lord as your deliverer and fortress. Ask Him to expose the lies and bondages of addiction and replace them with truth and freedom. No stronghold is too mighty for God's power to overcome.







Day 8: 🖁 Breaking Strongholds

Reflect and Apply

1.	What strongholds or lies has addiction created in your life?
2.	How can you equip yourself with God's armor daily?
3.	What spiritual weapons have you experienced as effective in your fight?







Day 8: 🖁 Breaking Strongholds

Journaling Prompts

1.	List strongholds you want God to demolish.
2.	Write about how putting on God's armor looks practically.
3.	Describe a time you experienced spiritual victory over temptation.







Day 8: 8 Breaking Strongholds

Prayer for Today

Lord, I declare Your power over the strongholds in my life. Help me to put on Your armor and wield the weapons You've given me. Tear down every chain of addiction and fill me with Your strength and courage. Be my fortress and deliverer each day. *In Jesus' name, amen.*

















Your Verse

Colossians 3:9–10 – "Do not lie to each other... You have taken off your old self with its practices and have put on the new self."

Supporting Scriptures

- Philippians 3:13–14 "...forgetting what is behind and straining toward what is ahead."
- Proverbs 3:5-6 "Trust in the LORD with all your heart..."







Devotional: Replacing Addiction with Godly Habits

Recovery from addiction includes the practical step of forming new, healthy habits. These habits replace the old routines tied to dependence and build a new lifestyle rooted in God's truth.

Colossians encourages believers to put off the old self and embrace the new. This transformation is ongoing—it takes commitment to forget past failures and strain toward the future God promises.

Trust God to lead you as you develop new routines—maybe regular prayer, healthy activities, or positive relationships that support sobriety. Changing habits rewires your mind and body to hunger for God's peace over old cravings.







Reflect and Apply

1.	What old habits contribute to your addiction cycle?
2.	Which new habits could support your healing and freedom?
3.	How can you rely on God when old habits try to return?







Journaling Prompts

1.	Make a list of habits you want to leave behind.
2.	Write down three new habits you will start this week.
3.	Reflect on ways God has helped you change in the past.







Prayer for Today

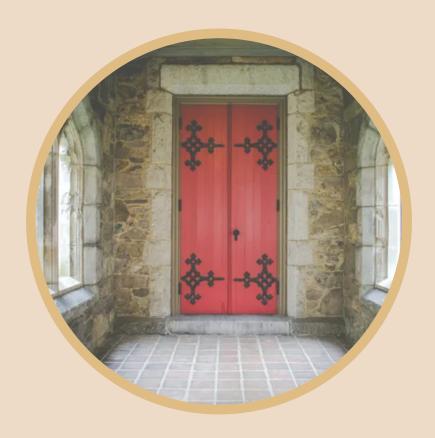
Father, help me to put on the new self You've created. Guide me in choosing habits that nurture my recovery and honor You. Give me strength to forget past mistakes and to press forward with perseverance and hope. I trust You to lead every step. *In Jesus' name, amen.* ?







Day 10: OBuilding Supportive Community









Day 10: 🎔 Building Supportive 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 "Encourage one another daily... not giving up meeting together."
- Galatians 6:2 "Carry each other's burdens."







Day 10: 🂢 Building Supportive Community

Devotional: The Strength of Community Support

Healing rarely happens in isolation. One of the keys to overcoming addiction is connecting with caring, supportive people who can encourage, hold accountable, and pray with you.

Ecclesiastes highlights the strength found in companionship—when one stumbles, the other offers help. God designed community for growth, healing, and resilience. It's important to be honest about your struggles and accept help from those who love you.

Find or build a community where encouragement flows. Whether it's church, a recovery group, or trusted friends, these connections create an environment where freedom and peace can flourish.







Day 10: 🂢 Building Supportive Community

Reflect and Apply

1.	Who do you currently have to support you in recovery?
2.	How can you be more open about your struggles with trusted people?
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3.	What qualities will you look for in a supportive community?







Day 10: 🌣 Building Supportive Community

Journaling Prompts

1.	List people who encourage your sobriety.
2.	Write about ways you could reach out for support.
3.	Describe the kind of community you need for healing.







Day 10: 🎔 Building Supportive Community

Prayer for Today

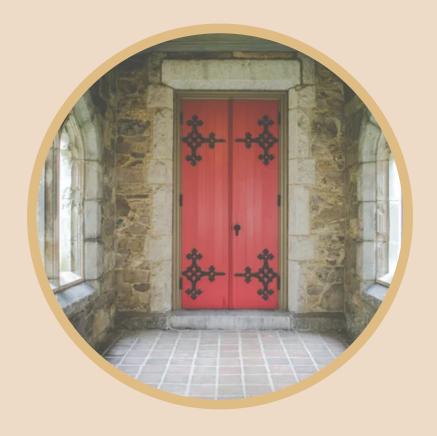
Lord, thank You for the gift of community. Lead me to people who will encourage and uphold me in my recovery. Help me to be humble and open in receiving support, and inspire me to also support others. Build strong relationships rooted in Your love. *In Jesus' name, amen.* \heartsuit \clubsuit

















Your Verse

Proverbs 3:5 - "Trust in the LORD with all your heart and lean not on your own understanding."

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: Letting Go and Trusting God

Addiction often stems from a desire to control or escape pain. Yet true healing flows from surrendering control to God. Proverbs reminds us to trust the Lord fully, even when our understanding is limited.

Surrender is difficult but essential—letting go of the illusion that you can fix everything on your own. God invites you to be still and recognize His sovereignty, offering rest for your weary soul.

Give your struggles and fears fully to Jesus today. Accept His rest and peace, trusting that He is powerful and loving enough to carry your burdens. This surrender opens the way for genuine freedom.







Reflect and Apply

What areas where you try to control things might you surrender today?
How does God's promise of rest encourage you in your struggle?
What fears hold you back from full surrender?







Journaling Prompts

1.	Write about what surrendering to God looks like in your life.
2.	List burdens you want to give to God.
3.	Reflect on moments when God was faithful after you trusted Him.







Prayer for Today

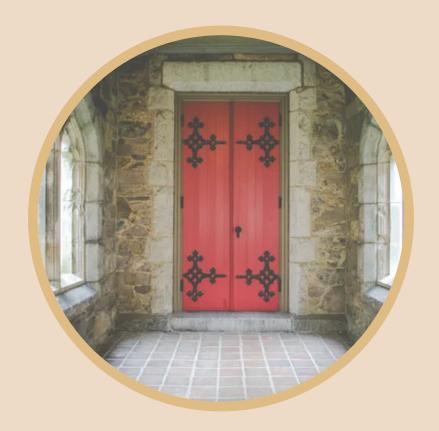
Jesus, I surrender my need to control and my fears to You. Help me to trust You fully and find rest in Your presence. Carry my burdens and guide my steps as I walk this recovery path. Teach me to be still and know You are God. *In Your name, amen.*







Day 12: SEmbracing God's Grace Daily









Day 12: SEmbracing God's Grace Daily

Your Verse

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

Supporting Scriptures

- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."
- 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."







Day 12: SEmbracing God's Grace Daily

Devotional: Relying on God's Unfailing Grace

Overcoming addiction is a daily process, full of ups and downs. God's grace is your constant and sufficient help through every weakness.

Paul's experience of weakness teaches us that God's power shines brightest when we acknowledge our limitations. We can approach His throne confidently to receive mercy and grace whenever we stumble.

God's compassion is new each day. Even if you fail today, God meets you with love and offers fresh strength and hope to try again. Embrace this grace and lean on it continually, knowing that God never abandons you in your journey.







Day 12: 🗱 Embracing God's Grace Daily

Reflect and Apply

1.	How have you experienced God's grace during difficult moments?
2.	What does it mean to depend on God's strength instead of your own?
3.	How can daily grace encourage you when facing setbacks?







Day 12: 🗱 Embracing God's Grace Daily

Journaling Prompts

1.	Write about a time God's grace was evident in your struggle.
2.	Describe how you can remind yourself of God's grace daily.
3.	Journal about feelings and thoughts when you feel weak.







Day 12: SEmbracing God's Grace Daily

Prayer for Today

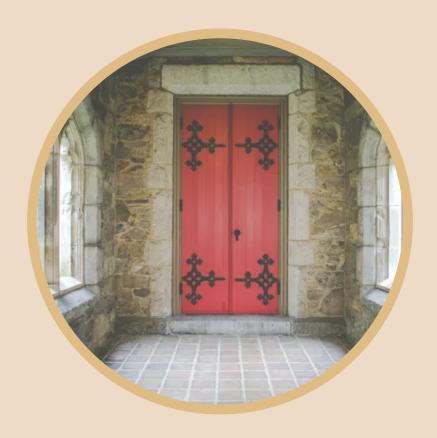
Lord, thank You that Your grace is enough for me today. Help me to admit my weaknesses and rely on Your power to overcome temptation. Renew my strength each morning and fill me with hope, no matter how many times I fall. *In Jesus' name, amen.* $\begin{center} \begin{center} \begin{center$

















Your Verse

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

Supporting Scriptures

- Isaiah 54:4 "Do not be afraid; you will not be put to shame."
- Psalm 34:5 "Those who look to Him are radiant; their faces are never covered with shame."







Devotional: Breaking Free from Shame's Bondage

Shame and guilt are common and destructive barriers in overcoming addiction. They whisper lies that you are unworthy or beyond help. But Scripture shouts a powerful truth: in Christ Jesus, there is no condemnation.

You are deeply loved, forgiven, and accepted—not based on your performance but on God's mercy. Isaiah encourages you not to fear or feel ashamed because God has redeemed your life.

Turn your eyes from shame to the radiant joy of God's acceptance. Let His truth restore your dignity and enable you to move forward with confidence and peace.







Reflect and Apply

1.	What lies about yourself does shame cause you to believe?
2.	How does knowing there is no condemnation affect your healing?
3.	In what ways can you remind yourself of God's acceptance?







Journaling Prompts

1.	Write about emotions triggered by shame and guilt.
2.	Describe how God's forgiveness replaces shame in your life.
3.	List affirmations from Scripture to combat shameful thoughts.







Prayer for Today

Father, I thank You for removing condemnation from my life. Help me to reject shame and fully embrace Your acceptance and love. Heal my heart from guilt and restore my confidence in Your forgiveness. Fill me with joy and peace as I walk in freedom. *In Jesus' name, amen.* 🙌 😂 🖊

















Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to give you hope and a future."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust Him."
- Psalm 33:18 "But the eyes of the LORD are on those who fear Him, on those whose hope is in His unfailing love."







Devotional: Hope Anchored in God's Promises

Recovery is sometimes marked by discouragement and uncertainty. But God's Word gives a bright hope for your future. Jeremiah assures you that God has good plans, filled with hope and purpose beyond your current struggles.

Trusting God as the God of hope can fill your journey with joy and peace, regardless of present difficulties. Knowing God watches over you with unfailing love inspires courage and resilience.

Look forward with expectation, not fear. Allow God's promises to build your faith and renew your motivation to pursue sobriety and a full life in Him.







Reflect and Apply

1.	What hopes do you have for your future beyond addiction?
2.	How can God's promises reshape your view of what is possible?
3.	What action steps can you take to move toward that hopeful future?







Journaling Prompts

1.	Describe your vision for a sober and healthy future.
2	Write about how hope changes your recovery mindset.
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3.	List scriptures that encourage your hope in God.







Prayer for Today

Lord, thank You for the hope You give for my future. Fill me with joy and peace as I trust Your plans. Help me to keep my eyes on Your unfailing love and steady guidance. Strengthen my faith and courage to continue this journey with hope. *In Jesus' name, amen.*







Day 15: Choosing Forgiveness for Yourself









Day 15: Choosing Forgiveness for Yourself

Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- Matthew 6:14 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance."







Devotional: The Power of Self-Forgiveness

Forgiveness is a challenging but essential part of healing from addiction. Often, we hold unforgiveness toward ourselves, which prolongs guilt and shame.

Paul calls us to forgive others as God forgave us, but this includes forgiving ourselves. God's kindness and compassion enable us to extend the same grace inwardly.

Choosing forgiveness releases the heavy burdens you carry. Today, make a conscious decision to forgive yourself for past mistakes and embrace the mercy God offers. This act frees your heart to heal and strengthens your resolve to live sober.







Day 15: Choosing Forgiveness for Yourself

Reflect and Apply

1.	What are some specific things you need to forgive yourself for?
2.	How does self-forgiveness relate to God's forgiveness?
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	What steps can you take to practice kindness and compassion toward yourself?







Day 15: <a>

Choosing Forgiveness for Yourself

Journaling Prompts

1.	Write a letter forgiving yourself for past addictions.
2.	Describe feelings that come up when you think about forgiving yourself.
3.	List ways you can show yourself compassion moving forward.







Day 15: Choosing Forgiveness for Yourself

Prayer for Today

God, teach me to forgive myself as You forgive me. Help me to release shame and embrace grace and kindness toward myself. Heal the wounds that addiction has caused and make my heart whole again. Fill me with peace to move forward in freedom and love. *In Jesus' name, amen.*







Day 16: Opening Doors to New Opportunities









Day 16: Opening Doors to New Opportunities

Your Verse

Revelation 3:8 - "I have placed before you an open door that no one can shut."

Supporting Scriptures

- Isaiah 43:19 "See, I am doing a new thing! Now it springs up."
- Psalm 118:24 "This is the day that the LORD has made; let us rejoice and be glad in it."







Day 16: <a> Opening Doors to New Opportunities

Devotional: Stepping Into New Beginnings

God often opens new doors after seasons of struggle. Addiction may have closed many paths, but God promises to set before you opportunities for renewal and growth.

Revelation reveals God's promise of doors that no one can close, symbolizing His powerful provision and timing. Isaiah announces the new things God is doing—things that bring life and hope.

Look for the fresh opportunities God is inviting you into. Whether it's new relationships, jobs, or spiritual growth, embrace these doors with joy and faith. Each day is a new creation from God, filled with possibility for your future in freedom.







Day 16: 📃 Opening Doors to New Opportunities

Reflect and Apply

1.	What new doors do you sense God opening in your life?
2.	How can you prepare yourself to walk through these opportunities?
3.	What attitudes help you embrace God's new things with confidence?







Day 16: Opening Doors to New Opportunities

Journaling Prompts

1.	Write about a new opportunity or fresh start God has given you.
2.	List ways you can celebrate each new day as God's gift.
3.	Reflect on any fears about change and how to overcome them.







Day 16: 📕 Opening Doors to New Opportunities

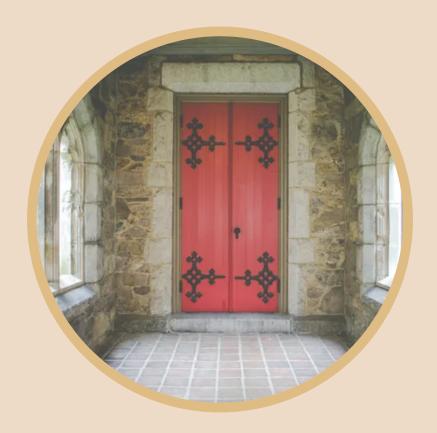
Prayer for Today

Lord, thank You for the new doors You open each day. Help me to walk boldly through them with faith and joy. Teach me to trust Your timing and provision as I leave addiction behind and embrace the future You have planned. *In Jesus' name, amen.*















Your Verse

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

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths."
- Psalm 19:14 "May the words of my mouth and the meditation of my heart be pleasing in Your sight."







Devotional: The Power of Positive Self-Talk

The words you speak over yourself can either build up or tear down your healing process. Proverbs reminds us that our tongue carries great power, influencing our mindset and emotions.

Choose to speak words of truth, hope, and encouragement daily. Replace any negative or defeatist self-talk with affirmations rooted in God's promises.

Pray that your speech always reflects life and grace. Guard your words to yourself and others, allowing God's Spirit to guide your expressions. Speaking life strengthens your spiritual and emotional health as you overcome addiction.







Reflect and Apply

1.	What negative things have you been telling yourself?
2.	How can Scripture help you change your self-talk?
3.	What new affirmations can you speak daily to encourage yourself?







Journaling Prompts

1.	Write down negative statements you want to replace.
2.	Create a list of encouraging, Scripture-based affirmations.
3.	Reflect on how speaking life affects your recovery mindset.







Prayer for Today

God, help me to use my words to build up rather than tear down. Teach me to speak truth, hope, and life over myself each day. Let my words bring encouragement and honor Your name. Fill my heart and mouth with Your grace. *In Jesus' name, amen.*

















Your Verse

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

Supporting Scriptures

- Psalm 16:11 "You make known to me the path of life; in Your presence there is fullness of joy."
- John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."







Devotional: Joy as a Foundation of Strength

Joy is often one of the first casualties in addiction. Many feel trapped in sorrow, but God calls you to rediscover joy as a source of strength and encouragement.

Nehemiah reminds us that joy from the Lord fuels resilience and empowers your journey. Your joy is found in God's presence—a deep, abiding contentment beyond circumstances.

Seek the Lord daily to fill your heart with His joy. As joy returns, you will find renewed motivation, peace, and the power to overcome challenges. Let God's joy be your anchor and strength.







Reflect and Apply

1.	Where do you find joy in your current season of life?
2.	How can you cultivate spiritual joy despite struggles?
3.	What role does joy play in your recovery journey?







Journaling Prompts

1.	Write about moments when you felt God's joy recently.
2.	List activities or habits that bring you God-centered joy.
3.	Reflect on how joy changes your perspective on addiction.







Prayer for Today

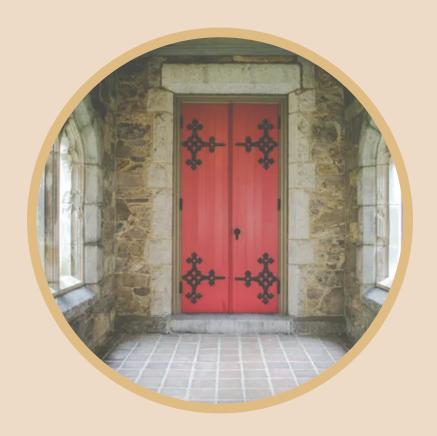
Lord, fill me with Your joy that is my strength. Help me to experience Your presence deeply and let that joy sustain me through hard days. Renew my heart and give me peace that lifts me beyond my challenges. *In Jesus' name, amen.* *

















Your Verse

Psalm 107:2 - "Let the redeemed of the LORD tell their story."

Supporting Scriptures

- Revelation 12:11 "They triumphed over him by the blood of the Lamb and by the word of their testimony."
- Psalm 40:3 "He put a new song in my mouth."







Devotional: Testifying God's Deliverance Through Your Life

Your story of overcoming addiction is powerful and can bring glory to God. The redeemed are called to share their testimonies—the honest, hopeful journey from bondage to freedom.

Writing or telling your story helps solidify your victory and inspires others who may be struggling. Your testimony is not about perfection but about God's grace and faithfulness through every step.

Reflect on your journey and be encouraged to share. Whether privately or publicly, recording your story affirms your transformation and invites God's continued work in your life.







Reflect and Apply

1.	What parts of your addiction journey are you ready to share?
2.	How has God been faithful in your story of recovery?
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3.	How might your testimony encourage others?







Journaling Prompts

1.	Write a brief testimony of your recovery journey.
2.	List the ways God has helped you overcome struggles.
3.	Reflect on how sharing your story feels to you.







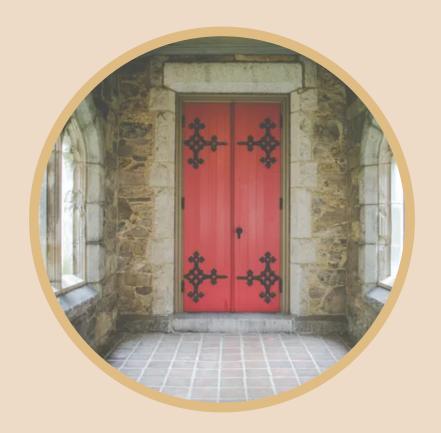
Prayer for Today

Jesus, thank You for redeeming my story. Help me to remember Your faithfulness and be brave in sharing my journey of recovery. Use my testimony to encourage others and glorify You. Give me joy as I celebrate Your grace. *In Your name, amen.* 🛆 🙏 🗀 💙















Your Verse

Hebrews 12:1 - "Let us run with perseverance the race marked out for us."

Supporting Scriptures

- James 1:12 "Blessed is the one who perseveres under trial."
- Philippians 1:6 "He who began a good work in you will carry it on to completion."







Devotional: Running the Race with Endurance

Long-term freedom requires perseverance and commitment. Like a race, recovery has challenges and temptations, but God calls you to continue steadfastly.

Hebrews encourages believers to throw off whatever hinders and run with endurance. Trials are part of the process, but perseverance leads to blessing and maturity.

Trust that God who started your recovery will finish it. Keep your eyes fixed on Him, receive His encouragement, and hold fast to your commitment, knowing victory is ahead.







Reflect and Apply

1.	What challenges make you want to give up?
2.	How can you stay focused on God's promises through trials?
3.	What helps you maintain commitment to sobriety?







Journaling Prompts

1.	Write about times you almost gave up and what helped you continue.
2.	List strategies for persevering through difficult moments.
3.	Reflect on how God's faithfulness sustains your journey.







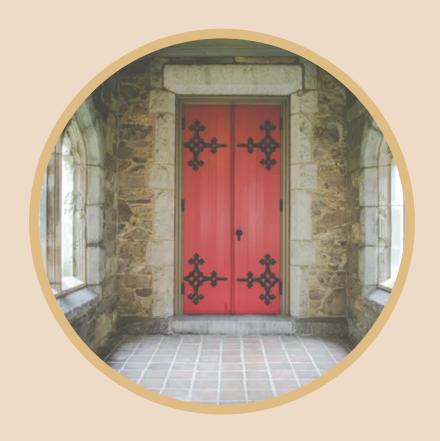
Prayer for Today

Lord, give me endurance to run this race with perseverance. Strengthen my commitment to sobriety and remind me of the victory You have promised. Help me to throw off all that hinders and keep my eyes fixed on You. *In Jesus'* name, amen.















Your Verse

Psalm 118:24 - "This is the day the LORD has made; let us rejoice and be glad in it."

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- John 10:10 "I have come that they may have life, and have it to the full."







Devotional: Rejoicing in New Life and Freedom

Congratulations on reaching day 21 of your journey! Today is a day of celebration—celebrating freedom, healing, and the new life God has given you.

Psalm 118 reminds us to rejoice because every day is a gift from God, especially the day you choose freedom. You are a new creation in Christ, invited to live fully and richly in His peace.

Celebrate God's faithfulness and your courage. Take time to reflect on how far you've come and look forward with hope to the abundant life ahead. This is not the end but a new beginning, empowered by God's love and grace.







Reflect and Apply

1.	What changes have you noticed in yourself over these 21 days?
2	How will you continue living in freedom going forward?
۷.	How will you continue living in freedom going forward?
3.	What are you most grateful for in this journey?







Journaling Prompts

1.	Write a letter to your future self celebrating your progress.
2.	List blessings and breakthroughs experienced during this study.
3.	Plan a personal celebration of your new life in Christ.







Prayer for Today

Thank You, Lord, for the freedom and new life You've given me. I rejoice in Your faithfulness and love that carried me through this journey. Help me continue walking in Your grace, living fully and freely in You. May my life bring You glory. *In Jesus' name, amen.*







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