Grace and Strength: Navigating a Husband's Addiction



A 7-day Bible study guiding women to love with grace, set boundaries, and stay rooted in Scripture amid a husband's addiction.





Table of contents

Introduction	3
Day 1: B Embracing Strength and Vulnerability	4
Day 2:	10
Day 3: Finding Identity in Christ	16
Day 4: SExtending Grace with Wisdom	22
Day 5: 6 Finding Strength in Community	28
Day 6: X Hope in God's Promises	34
Day 7: 🛠 Renewed Purpose and Faith	40







Introduction

Welcome to this 7-day study on navigating a husband's addiction with grace.

Addiction impacts not only the individual but deeply affects those who love them most—especially wives. You may feel torn between love, hope, pain, and the weight of boundaries. This plan is created to walk with you gently, offering Scripture's wisdom and comfort, helping you remain grounded amidst the storm.

Women, particularly wives, are called to love sacrificially, but God also calls us to care for ourselves, to be wise and discerning. Here, you will find a balance —loving deeply but also protecting your heart and spirit. Each day points toward God's promises: His presence, strength, and unfailing love.

As you journey through these days, remember that grace is central—not just God's grace for your husband, but also His grace for you. Grace to love, grace to set necessary boundaries, and grace to find hope in difficult moments. This study encourages you to anchor your heart in Scripture, seek God's guidance, and embrace both vulnerability and strength.

We will explore stories of women in Scripture who faced challenges, glean principles for healthy love boundaries, and find God's peace amid pain. May this study bring you healing, clarity, and renewed faith as you navigate this path, knowing you are not alone, and God's grace is sufficient.















Your Verse

Psalm 46:1 - "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Devotional: God's Strength Meets Our Weakness

Facing a husband's addiction can leave you feeling overwhelmed and vulnerable. Yet, Scripture reminds us that God is our strength and refuge even when turmoil surrounds us. Psalm 46:1 declares God as an ever-present help in trouble, inviting us to lean on Him.

It's okay to be vulnerable before God and to recognize your limits. In 2 Corinthians 12:9, Paul writes, "My grace is sufficient for you, for my power is made perfect in weakness." Rather than hiding your weakness, bring it honestly to God, allowing His power to carry you through.

Today, acknowledge your feelings—fear, pain, confusion—and rest in God's promise to be your fortress. You do not walk this journey alone; God's strength will uphold you every step of the way.







Reflect and Apply

	How have you experienced God's strength in your moments of weakness before?
2.	In what areas do you need to release control and trust God more deeply?
3.	What feelings do you find hardest to bring before God honestly?







Journaling Prompts

	Write about a time when God's strength helped you overcome a difficult situation.
2.	Describe your emotions today as you begin this study.
3.	List ways you can invite God into your vulnerability this week.







Prayer for Today

Lord, I come to You feeling weak and weary. Help me find refuge in Your strength today. Teach me to embrace my vulnerability and rely fully on Your grace. Carry me through the uncertainties and pain.

Fill me with peace and courage to face each moment. Thank You for being my constant help.



















Your Verse

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

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Matthew 10:16 "Be wise as serpents and innocent as doves."







Devotional: Guarding Your Heart Through Wise Boundaries

Love often pushes us to sacrifice everything, but Scripture teaches wisdom alongside love. Proverbs 4:23 urges us to guard our hearts carefully because they guide our lives. When your husband struggles with addiction, your love remains vital, but boundaries become essential for emotional and spiritual health.

Boundaries aren't walls to shut someone out but fences that protect your well-being. They empower you to love consistently without losing yourself. Galatians 6:2 encourages carrying burdens together, but Matthew 10:16 advises wisdom—balancing innocence and discernment.

Consider where you might need healthier boundaries—whether emotional, physical, or spiritual—and ask God to guide your heart lovingly but firmly. Loving with boundaries honors both you and your husband.







Reflect and Apply

	What boundaries do you currently have or need to establish in your marriage?
	How can you discern when to support and when to protect your own heart?
3.	In what ways might boundaries enhance rather than hinder your love?







Journaling Prompts

1.	Write down any fears or hesitations you have about setting boundaries.
2.	List specific areas where a boundary might help bring peace or clarity.
3.	Reflect on how Jesus showed both love and strength in relationships.







Prayer for Today

Father, grant me wisdom to love with clear boundaries. Help me protect my heart without closing it off. Teach me to balance compassion with discernment, embracing the courage to say no when needed.

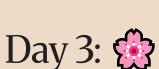
Guide my steps and fill me with Your peace in this delicate journey. Thank You for Your faithful presence.











Day 3: 🏟 Finding Identity in Christ









Day 3: Finding Identity in Christ

Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- Ephesians 2:10 "We are God's handiwork, created in Christ Jesus to do good works."







Day 3: 🎡 Finding Identity in Christ

Devotional: Rooted in Your God-Given Identity

Your worth and identity are rooted deeply in Christ, not in your circumstances. Addiction in a husband's life may threaten your sense of self, but Scripture calls you to stand firm in God's truth. Galatians 2:20 reminds us that we live not by our struggles but in the life of Jesus within us.

You are fearfully and wonderfully made, uniquely crafted by God, as Psalm 139:14 declares. Your value is not dependent on anyone else's choices or behavior. Ephesians 2:10 reinforces that you are God's handiwork, created for purpose and good works even amid hardship.

Today, let God's Word anchor your heart and renew your view of yourself. Embrace the person God delights in and lean into that identity as your foundation.







Day 3: \bigoplus Finding Identity in Christ

Reflect and Apply

	How have your husband's struggles impacted your personal sense of worth?
2.	Which scripture best reminds you of your true identity in Christ?
3.	What steps can you take to nurture your spiritual well-being today?







Day 3: 🎡 Finding Identity in Christ

Journaling Prompts

1.	Write about who you are in Christ, independent of your husband's addiction.
2.	List qualities or gifts God has given you that bring hope.
3.	Reflect on how embracing your identity shapes your daily choices.







Day 3: Finding Identity in Christ

Prayer for Today

Lord, help me remember that my identity is found in You alone. When circumstances feel heavy, remind me of Your love and purpose for my life. Strengthen me to stand confidently as Your child.

Fill me with Your peace and guide me to walk boldly in my God-given identity.























Your Verse

Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."

Supporting Scriptures

- Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone."
- James 1:5 "If any of you lacks wisdom, you should ask God."







Devotional: Grace That Balances Love and Discernment

Grace is central when loving someone facing addiction. Ephesians 4:2 calls us to humility, gentleness, and patience—qualities essential for bearing the heavy burdens addiction can bring. This grace doesn't ignore pain but chooses love over bitterness.

Yet, grace also requires wisdom; it's not passive or blind. James 1:5 encourages us to seek God's wisdom continually. Forgiveness, as Colossians 3:13 reminds, helps heal and sustain relationships but must be paired with healthy boundaries and discernment.

Ask God to fill your heart with grace that is both tender and strong. Pray for patience and the wisdom to support your husband's recovery while preserving your well-being.







Reflect and Apply

1.	How do you currently express grace toward your husband and yourself?
2.	In what ways could seeking more wisdom enhance your approach to this
	challenge?
	What challenges do you face in balancing grace with necessary boundaries?







Journaling Prompts

1.	Describe a moment when grace brought healing or peace in your marriage.
2.	Write a prayer asking God for wisdom in your relationship today.
3.	Reflect on how patience has influenced your journey so far.







Prayer for Today

God, pour out Your grace and wisdom into my heart. Help me be patient, gentle, and humble in love, especially on hard days. Teach me to forgive as You forgive and to honor myself through wise boundaries.

Strengthen me with Your Spirit to love well and trust Your guidance.

















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."







Devotional: The Power of Compassionate Support

Walking through addiction in a marriage is not meant to be done alone. Ecclesiastes 4:9-10 highlights the importance of companionship; when one falls, the other helps them up.

Community offers strength, encouragement, and accountability. Hebrews 10:24–25 reminds us to intentionally build each other up, which is vital when days feel heavy or discouraging. Galatians 6:2 calls us to carry each other's burdens, exemplifying Christ's love in relationships.

Seek loving, trusted friends, mentors, or support groups where you can be honest and receive encouragement. Let go of isolation and allow others to walk alongside you.







Reflect and Apply

1.	Who in your life can be a source of support and encouragement now?
2.	How do you currently engage with community during your struggle?
3.	What fears or barriers keep you from seeking help from others?







Journaling Prompts

1.	List individuals or groups you can reach out to for support.
2.	Write about how community has helped you in the past.
3.	Reflect on what you can offer to others experiencing hardship.







Prayer for Today

Lord, thank You for the gift of community. Surround me with compassionate people who uplift and encourage. Help me to open my heart to receive and give support, growing stronger together.

Bring healing through relationships and remind me I am not alone.



















Day 6: Nope in God's Promises

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."
- Lamentations 3:22–23 "His compassions never fail; they are new every morning."







Day 6: Nope in God's Promises

Devotional: Clinging to Hope Amid Uncertainty

When the journey feels long and uncertain, God's promises shine as beacons of hope. Jeremiah 29:11 reminds us that God's plans are designed to give us hope and a future beyond present struggles.

Romans 15:13 encourages us to be filled with joy and peace through hope in God, even when circumstances feel heavy. Lamentations 3:22–23 assures us of God's unfailing compassion renewed daily, a reminder that each day is a fresh start.

Hold tightly to these promises and let them fuel your faith. God's hope sustains even when the outcome is unclear. Let hope be the anchor for your soul today.







Day 6: 🎇 Hope in God's Promises

Reflect and Apply

1.	How does hope influence your perspective on your husband's addiction?
2.	Which promise from today's scriptures resonates most deeply with you?
3.	What practical steps can you take to nurture hope daily?







Day 6: 🎇 Hope in God's Promises

Journaling Prompts

1.	Write about moments when hope has carried you through.
2.	List scriptures or truths that remind you of God's faithfulness.
3.	Reflect on what hope looks like in your current situation.







Day 6: Nope in God's Promises

Prayer for Today

God of hope, fill my heart with joy and peace as I trust in Your plans. Remind me daily of Your compassion and fresh mercies. Help me to hold onto hope even when the path is unclear.

Strengthen my faith and guide me toward Your future filled with promise.



















Your Verse

Philippians 1:6 - "He who began a good work in you will carry it on to completion."

Supporting Scriptures

- Isaiah 40:31 "Those who hope in the Lord will renew their strength."
- Romans 8:28 "In all things God works for the good of those who love him."







Devotional: Trusting God's Continuing Work Within You

As this study concludes, let your heart rest in the certainty that God is at work in your life. Philippians 1:6 encourages us that the good work God began in us will be faithfully carried forward and completed. Even amid hardship, God's presence and purpose remain.

Isaiah 40:31 offers the promise of renewed strength when hope is placed in the Lord. Trust that God is working all things for your good, as Romans 8:28 affirms, including the painful parts.

Place your faith fully in Him and embrace the renewed purpose He brings through trials. Your journey is a testimony of God's grace and faithfulness. Continue walking in hope, strength, and love.







Reflect and Apply

1.	What new insights or strength have you gained this week?
2.	How can you hold onto the truth that God is completing His work in you?
3.	In what ways will you continue to pursue grace and healthy boundaries?







Journaling Prompts

Write a prayer of commitment to trust God's ongoing work in your life.
Reflect on how your faith has deepened through this study.
Identify steps to maintain spiritual growth beyond this week.







Prayer for Today

Lord, thank You for the work You started in me and for never giving up.

Renew my strength and hope as I continue this journey. Help me to trust Your purposes fully, even when I cannot see the end.

Guide me daily and fill me with Your peace and love.





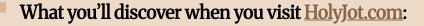




Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.





Connect with us at:
Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.