# Healing from Addiction: God Restores



A 21-day journey focusing on healing from overthe-counter drug abuse, discovering God's restoration and hope beyond addiction.





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#### Introduction

Struggling with addiction, especially to substances like over-the-counter medications such as Nyquil or cough syrup, can feel isolating and overwhelming. Yet, the Bible provides profound hope and healing for those battling such challenges. **God sees every struggle, every hidden pain, and every step towards recovery.** This 21-day study invites you on a journey of restoration and renewal, rooted in Scripture and grounded in God's unfailing love.

Over-the-counter drug abuse often hides behind everyday availability and seemingly harmless use, making it difficult to recognize and admit. However, God's Word reminds us that no addiction is beyond His power to heal. Through reflection, prayer, and Scripture, you will discover how to lay down burdens and addictions, embracing God's peace and freedom.

As you engage with this study, expect to be challenged, comforted, and strengthened. Each day includes a devotional based on key Scriptural truths, reflective questions to deepen your understanding, journaling prompts for honest self-examination, and prayers inviting God's grace into your healing process. Remember, restoration is a journey, not a quick fix—filled with grace, patience, and hope. Step into God's presence boldly and receive the freedom He promises from addiction.















#### Your Verse

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

#### **Supporting Scriptures**

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







#### Devotional: God Is Near When You Are Broken

Starting a journey to overcome addiction can feel daunting and lonely. Yet, Psalm 34:18 reminds us that God is incredibly near when we are brokenhearted or crushed in spirit. He is not distant or indifferent to your struggle. In fact, His presence is closest when you feel weakest.

Healing begins with acknowledging your need for help and trusting God's promise to walk with you. This initial step invites God into the deepest parts of your pain. You don't have to carry this alone. Whether it's dependency on Nyquil, cough syrup, or other over-the-counter drugs, God sees you and calls you to come as you are.

Take courage in Jesus' invitation to come, rest, and be renewed. Today, surrender your fears and pain to Him. Embrace the hope that, though the road ahead may be challenging, God's presence will sustain you every step of the way.







### Reflect and Apply

	How does knowing God is close in your brokenness change how you see your addiction?
2.	What fears or burdens can you bring to God today as you begin healing?
3.	In what ways have you tried to bear this struggle alone?







### **Journaling Prompts**

1.	Describe your feelings as you start this healing journey.
2.	Write about what 'being brokenhearted' means in your life right now.
3.	List the things you hope God will restore or heal in you.







#### Prayer for Today

**Dear Lord,** thank You for being near to me when I feel broken and crushed by my struggle. Help me to trust Your presence and rest in Your love. Give me courage to face each day and lean on You rather than my addictions. I surrender this burden to You and ask for Your healing touch. *In Jesus' name, amen.*









## Day 2: 1 Light in the Darkness









Day 2: 1 Light in the Darkness

#### Your Verse

John 8:12 - "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

#### **Supporting Scriptures**

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- 2 Corinthians 4:6 "For God, who said, 'Let light shine out of darkness,' made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ."







Day 2: 1 Light in the Darkness

#### Devotional: Jesus Lights Your Path to Freedom

Addiction often thrives in hidden places, where darkness and shame can make recovery feel impossible. Yet, Jesus declares boldly that He is the light of the world—no darkness can overcome His light. This light is not just illumination, but life itself, guiding us out of confusion, fear, and bondage.

Let the truth of Jesus as your light dissolve the shadows addiction casts on your heart. Walking in His light means bringing your struggles into the open in His presence, allowing His truth to expose lies and bring hope. Psalm 119 reminds us that God's Word provides steady guidance when our path feels uncertain.

Today, invite Jesus to shine His light on areas you may still hide or deny. Let His illuminating grace reveal the way forward, full of hope and healing.







Day 2: 🐧 Light in the Darkness

### Reflect and Apply

	What areas of your addiction feel like 'darkness' that you want Jesus to shine on?
	How can God's Word serve as a lamp in your moments of temptation or doubt?
3.	In what ways does following Jesus bring you life and hope today?
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Day 2: 🐧 Light in the Darkness

### **Journaling Prompts**

1.	Write about a time you felt overwhelmed by 'darkness' in your struggle.
2.	List Biblical promises that bring you light and hope.
	Reflect on how being in God's light changes your feelings about addiction.







Day 2: 🐧 Light in the Darkness

#### Prayer for Today

**Lord Jesus,** You are the light that overcomes every darkness in my life. Shine brightly into the places I have hidden or feared to face. Help me follow You daily, trusting Your Word as a lamp to guide my steps. Bring life, hope, and clarity where I need healing most. *Thank You for being my light, now and always.* Amen. \*

















Day 3: Breaking Chains of Bondage

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







Day 3: Breaking Chains of Bondage

#### Devotional: Christ Sets You Free from Addiction

Addiction holds tightly like chains, promising relief but delivering captivity. Galatians 5:1 powerfully reminds us that Christ has set us free from all bondage, including the chains of addiction. This freedom is not just future hope but a present reality through His grace.

Standing firm in this freedom means choosing to reject old patterns, even when the temptation to return feels strong. Addiction is a yoke of slavery, but Jesus offers a way out. Remember, grace covers the moments you stumble and the times you feel weak. You are no longer defined by your past or your struggles.

Take heart as you keep moving forward. The journey to freedom requires perseverance and reliance on God's power rather than your strength alone. Trust that Jesus makes you free indeed.







Day 3: 

Breaking Chains of Bondage

### Reflect and Apply

What chains or 'yokes' do you need to break free from today?
How does understanding grace change your view of your addiction?
Where do you find strength to 'stand firm' when temptation arises?







Day 3: 

Breaking Chains of Bondage

### **Journaling Prompts**

1.	Describe what freedom in Christ means to you personally.
2.	Write about moments when you felt bound by addiction.
3.	List ways you can remind yourself daily of God's freedom.







Day 3: 
Breaking Chains of Bondage

#### Prayer for Today

**Father God,** thank You for the freedom Jesus has won for me. Help me to stand firm and refuse to be burdened again by the yoke of addiction. Teach me to rely on Your grace and strength when I feel weak. May Your freedom fill me with hope and courage. *In Jesus' powerful name, amen.* 

















#### Your Verse

Jeremiah 30:17 – "But 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."
- Isaiah 53:5 "By his wounds we are healed."







#### Devotional: God Restores and Heals Your Wounds

The path through addiction leaves wounds, both physical and emotional. But God's heart beats passionately for restoration and healing. Jeremiah 30:17 offers a powerful promise: God will restore your health and heal your wounds.

Healing is not only about physical recovery but also emotional and spiritual renewal. God gently binds up the brokenhearted and comforts those in pain. His healing often comes through prayer, Scripture, community, and daily trust in His care.

Rest in God's tender promises today, knowing that He is actively working to bring you back to wholeness. Even if scars remain, they testify to what God has done and the new life He gives.







### Reflect and Apply

1.	What wounds—visible or hidden—do you need God to heal?
2.	How have past hurts influenced your addiction?
3.	In what ways can you invite God's healing into your daily life?







### **Journaling Prompts**

1.	Write about what restoration from God looks like to you.
2.	Describe any spiritual or emotional wounds needing healing.
3.	List healing steps or habits that support your recovery.







#### Prayer for Today

**Lord,** I come to You with my wounds and brokenness. Thank You for Your promise to heal and restore me. Please touch every part of me that is hurting —body, mind, and soul. Renew my strength and fill me with hope as I trust in Your healing power. *In Jesus' healing name, amen.* ♦ ♥ ♥

















#### 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: God Equips You to Resist Temptation

Temptation can feel relentless, especially when the struggle with addiction is ongoing. However, 1 Corinthians 10:13 reminds you that God is faithful—He will not allow more temptation than you can handle, and He provides a way out.

Recognizing temptation as common to all humanity helps you feel less isolated. The key lies in submitting to God, resisting the enemy, and strategically putting on God's spiritual armor. These spiritual practices fortify your heart and mind against relapse.

Be intentional about seeking God's strength in moments of weakness. Remember, every time you resist, you grow stronger. Trust that God fights alongside you, empowering you to overcome.







### Reflect and Apply

What temptations do you face most frequently related to addiction?
How can submitting to God change your response to these temptations?
What 'armor' do you need to put on daily for protection?







### Journaling Prompts

List strategies God has provided to overcome temptation.
Reflect on a time you successfully resisted temptation—what helped?
Write a prayer of surrender asking God to strengthen your defenses.







#### Prayer for Today

**Faithful Father,** thank You for Your promise to never tempt me beyond what I can bear. Help me to submit fully to You and resist any temptation that comes my way. Equip me with Your armor so I can stand firm. I surrender my weaknesses to You; lead me in victory. *In Jesus' name, amen.* • •







# Day 6: Finding Support and Community









Day 6: 🎔 Finding Support and Community

#### Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds." "Not giving up meeting together... but encouraging one another."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Day 6: 🎔 Finding Support and Community

#### Devotional: God Heals Through Loving Community

Healing from addiction often requires the loving support of others. Ecclesiastes reminds us that partnership helps us carry burdens and encourages growth. You don't have to walk this path alone.

Community provides accountability, encouragement, and strength. Whether through support groups, trusted friends, family, or church, sharing your journey connects you to God's healing through others. Hebrews urges us not to isolate but to actively encourage one another.

Seek out safe, godly relationships where you can be honest and supported. These connections sharpen and sustain you along the road to freedom.







Day 6: 🌣 Finding Support and Community

## Reflect and Apply

1.	Who in your life can you turn to for support in your healing?
2.	How might you encourage others facing similar struggles?
3.	What barriers keep you from sharing your struggle with others?







Day 6: 🌣 Finding Support and Community

### **Journaling Prompts**

1.	Write about the importance of community in your recovery.
2.	List qualities you seek in people who support your healing.
3.	Reflect on how you can be both supported and supportive.







Day 6: 🎔 Finding Support and Community

#### Prayer for Today

**Lord,** thank You for placing others in my life to help carry my burdens. Lead me to a community of love, encouragement, and accountability. Help me to be honest and open, and to encourage others as well. Build friendships that strengthen my healing journey. *In Jesus' name, amen.* 💝 🗸









## Day 7: Renewing Your Mind









Day 7: Renewing Your Mind

#### Your Verse

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

#### **Supporting Scriptures**

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







Day 7: Renewing Your Mind

# Devotional: Transform Your Thinking with God's Truth

Addiction influences our thoughts, creating harmful patterns that feed the cycle of abuse. Romans 12:2 invites you to a transformative renewal of mind —a daily surrender and reshaping of thinking in line with God's truth.

Replacing lies with God's promises is crucial for lasting freedom. Philippians encourages us to focus on what is pure and uplifting, while Paul reminds us to take every thought captive. This spiritual discipline is hard but essential.

Consider what influences shape your thinking—media, habits, fears—and commit to inviting God's truth in their place. Renewed minds foster renewed hearts and healthier choices.







Day 7: O Renewing Your Mind

### Reflect and Apply

1.	What negative thought patterns contribute to your addiction?
2.	How can Scripture help replace these lies with truth?
3.	What practical steps can you take to renew your mind daily?







Day 7: O Renewing Your Mind

### **Journaling Prompts**

1.	Write down common thoughts that lead to temptation.
2.	List Scriptures or truths you want to meditate on regularly.
3.	Reflect on how your thinking has changed since beginning recovery.







Day 7: @ Renewing Your Mind

#### Prayer for Today

**God of Renewal,** help me to not conform to the world's patterns but be transformed by Your truth. Teach me to take every thought captive and fill my mind with what is pure and good. Renew my heart and mind to reflect Your will. *In Jesus' name, amen.* 🔘 🔲 🖓









## Day 8: 🔀 Letting Go of Shame









Day 8: A Letting Go of Shame

#### 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 fear; you will not be put to shame."
- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins."







Day 8: A Letting Go of Shame

#### Devotional: Freedom from Shame in Christ

Shame often lingers long after addiction's grip loosens, making healing feel distant or impossible. Yet, Romans 8:1 declares there is no condemnation for those in Christ. Your past mistakes do not define your identity.

God offers radical forgiveness and freedom from shame when you confess honestly to Him. Isaiah promises no shame awaits those who trust in God, and 1 John assures forgiveness when you're transparent before Him. Holding onto shame only fuels addiction's cycle.

Embrace God's mercy today. Let His grace wipe away feelings of unworthiness so you can walk forward in freedom.







Day 8: **!!** Letting Go of Shame

## Reflect and Apply

1.	What shame are you carrying that hinders your healing?
2.	How does knowing God does not condemn you affect your self-view?
3.	What does confession and forgiveness mean in your recovery journey?







Day 8: **!!** Letting Go of Shame

### **Journaling Prompts**

	Write a letter to God confessing your struggles and asking for forgiveness.
2.	Describe how shame has impacted your addiction cycle.
3.	List affirmations from Scripture that remind you of God's grace.







Day 8: A Letting Go of Shame

#### Prayer for Today

**Merciful Father,** thank You for removing condemnation through Jesus Christ. Help me to release shame and receive Your forgiveness fully. Teach me to walk in freedom and confidence as Your beloved child. Heal the wounds shame has caused. *In Jesus' name, amen.*  $\heartsuit$   $\curlywedge$ 









## Day 9: Bestoring Your Strength









Day 9: Bestoring Your Strength

#### Your Verse

Isaiah 40:31 - "Those who hope in the Lord will renew their strength. They will soar on wings like eagles."

#### **Supporting Scriptures**

- Psalm 23:2-3 "He refreshes my soul. He guides me along the right paths for his name's sake."
- Matthew 11:29 "Take my yoke upon you and learn from me, for I am gentle and humble in heart."







Day 9: **B** Restoring Your Strength

#### Devotional: Renew Your Strength by Hope in God

Recovery can be exhausting, physically and emotionally. Isaiah promises that those who place their hope in the Lord will find renewed strength—enough to soar above challenges.

God gently restores weary souls and renews passion and energy. Psalm 23 offers comfort in His refreshment, and Jesus invites you to learn from His gentle and humble heart. True rest is more than sleep; it's a deep, soul-level restoration found in Him.

When tiredness, discouragement, or weakness overwhelm you, turn fully to God for renewal. Let Him carry you when your own strength falters.







Day 9: B Restoring Your Strength

## Reflect and Apply

1.	Where do you feel most drained in your healing journey?
2.	How can you rely more on God's strength than your own?
3.	What rest practices spiritually or physically help you feel renewed?







Day 9: B Restoring Your Strength

### **Journaling Prompts**

1.	Describe a time when God renewed your strength unexpectedly.
2.	List ways to intentionally cultivate hope each day.
3.	Reflect on Jesus' invitation to find rest in His gentle nature.







Day 9: Bestoring Your Strength

#### Prayer for Today

**Lord,** renew my strength as I hope in You. When I feel weak or worn, lift me up to soar on eagle's wings. Refresh my soul and guide me in Your paths. Help me to find rest in Your gentle love. *Thank You for being my strength, amen.* 











## Day 10: 🔦 Surrendering Control









Day 10: Surrendering Control

#### Your Verse

Proverbs 3:5-6 - "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 16:24 "If anyone would come after me, let them deny themselves and take up their cross."







Day 10: Surrendering Control

#### Devotional: Trust God Instead of Your Own Control

Control is a major struggle in addiction recovery. You may feel the need to manage every detail, outcome, or urge. Proverbs reminds us to trust God completely and stop relying on our own limited understanding.

**Surrender is a courageous act of faith.** It means releasing your grip, being still, and acknowledging God's sovereign power. Taking up your cross with Jesus entails dying daily to self-will and following Him closely, even when hard.

Today, invite God to replace your desire for control with trust. Seek His guidance at every step and rest in His perfect wisdom.







Day 10: 🔦 Surrendering Control

### Reflect and Apply

1.	What areas do you struggle to surrender in your healing?
2.	How does trusting God change your attitude towards uncertainty?
3.	What does 'taking up your cross' mean in your recovery journey?







Day 10: 🔦 Surrendering Control

### **Journaling Prompts**

1.	Write about fears connected to losing control.
2.	Reflect on moments God guided you when you surrendered.
3.	List practical ways to practice daily surrender.







Day 10: Surrendering Control

#### Prayer for Today

**Faithful God,** help me trust You with all my heart. Teach me to let go of my need for control and lean on Your understanding. May I be still and know You are in charge. I surrender my will to follow Jesus fully. *In His name, amen.*  $\P$ 















#### Your Verse

Romans 8:38–39 – "Nothing can separate us from the love of God that is in Christ Jesus our Lord."

#### **Supporting Scriptures**

- Psalm 136:26 "Give thanks to the God of heaven. His love endures forever."
- 1 John 4:16 "God is love. Whoever lives in love lives in God... and God lives in them."







#### Devotional: Nothing Separates You from God's Love

When facing addiction, feelings of unworthiness or fear of rejection can be overwhelming. Yet, Romans 8 assures us that no circumstance, power, or failure can separate us from God's steadfast love.

God's love is relentless, unconditional, and healing. It sustains us through the darkest nights and breaks chains of shame and isolation. Psalm 136 calls us to give thanks for this enduring love, while John reminds us that love unites us with God Himself.

Let God's unfailing love soak deeply into your soul today. Receive His embrace and let it change how you view yourself and your future.







## Reflect and Apply

	How does knowing God's love is inseparable affect your healing emotions?
2.	Where have you felt distant from God's love, and how can you reconnect?
3.	How can you reflect God's love to yourself and others?







#### **Journaling Prompts**

1.	Write about moments you experienced God's love most deeply.
2.	Describe what 'unfailing love' means in your own words.
3.	List ways to remind yourself daily of God's constant love.







#### Prayer for Today

**Loving Father,** thank You for Your overwhelming, never-ending love. Help me to receive it fully and let it transform my heart. When I feel unworthy or alone, remind me that nothing can separate me from You. Fill me with Your love today. *In Jesus' name, amen.* > \( \display \)









## Day 12: 🙏 Seeking God in Prayer









Day 12: 🙏 Seeking God in Prayer

#### Your Verse

Philippians 4:6-7 - "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

#### **Supporting Scriptures**

- Jeremiah 29:12 "Then you will call on me and come and pray to me, and I will listen to you."
- Psalm 145:18 "The Lord is near to all who call on him."







# Devotional: Find Peace Through Prayerful Dependence

Prayer is a powerful lifeline in addiction recovery. It invites God into your fears, hopes, and struggles. Philippians encourages you not to be anxious but to bring everything to God with thanksgiving—trusting that His peace will guard your heart.

**Prayer connects you intimately with God's presence and power.** Jeremiah promises God listens attentively, and Psalm 145 assures His nearness when you call. No prayer is too small or too big; God desires relationship and restoration.

Commit today to prayerful dependence. Speak openly to God, thank Him for His faithfulness, and rest in His peace.







## Reflect and Apply

1.	How does prayer help you cope with addiction struggles?
2.	What keeps you from praying as often as you want?
3.	What would it look like to thank God daily, even in hard times?







#### **Journaling Prompts**

1.	Write a prayer sharing your current fears and hopes.
2.	List ways prayer has brought you peace or strength.
3.	Reflect on barriers to prayer and how to overcome them.







#### Prayer for Today

**Gracious God,** I come to You with my worries and needs. Help me to pray continually and trust Your peace to guard my heart. Thank You for hearing my every word and never leaving me alone. May my prayer life grow deeper each day. *In Jesus' name, amen.* 🙏 😂 🛡















#### 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**

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."







#### Devotional: You're a New Creation Through Christ

Overcoming addiction involves more than behavior change; it requires a shift in identity. 2 Corinthians celebrates that in Christ, you are a new creation—the old self marked by addiction and shame has passed away.

God intentionally created you for a purpose and good works. Ephesians reminds you that you are His masterpiece, and Galatians reveals the power of Christ living within you.

Embrace this new identity daily by speaking truth over yourself and living in the confidence that Christ's life and strength define you, not your struggles.







## Reflect and Apply

What old identities tied to addiction are you ready to surrender?
How does understanding yourself as God's handiwork inspire hope?
In what ways can Christ living in you empower your recovery?







#### **Journaling Prompts**

1.	Write about the difference between your old self and new self in Christ.
2.	List truths about your new identity in Christ.
3.	Reflect on how this identity can affect your daily choices.







#### Prayer for Today

















Day 14: 🏶 Trusting God's Timing

#### Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

#### **Supporting Scriptures**

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Lamentations 3:25 "The Lord is good to those whose hope is in him."







Day 14: 🚯 Trusting God's Timing

#### Devotional: Be Patient and Trust God's Timing

Healing and freedom are often gradual processes. Ecclesiastes reminds us that God orchestrates seasons in our lives—times for growth, waiting, and change.

**Trusting God's timing requires patience and hope.** Psalm 27 encourages strength and courage during waiting, and Lamentations assures God's goodness to those placing hope in Him.

Release frustration over the pace of recovery. Commit to trusting that God's perfect timing shapes your healing journey for ultimate good.







Day 14: 🚯 Trusting God's Timing

#### Reflect and Apply

1.	Are you struggling with impatience in your recovery journey?
2.	How might God be using this season to prepare or teach you?
3.	What steps can you take to cultivate patience and hope?







Day 14: 🚯 Trusting God's Timing

#### **Journaling Prompts**

1.	Write about a time when waiting led to blessing.
2.	List ways you can strengthen your faith during difficult seasons.
3.	Reflect on God's faithfulness in past healing moments.







Day 14: 🏶 Trusting God's Timing

#### Prayer for Today

**Patient God,** teach me to trust Your timing above my own. Give me strength, courage, and hope as I wait. Help me to see Your hand at work even when I do not understand. I place my recovery journey in Your capable hands. *In Jesus'* name, amen.  $\Sigma$ 

















Day 15: F Growing in Faith and Hope

#### Your Verse

Hebrews 11:1 – "Now faith is confidence in what we hope for and assurance about what we do not see."

#### **Supporting Scriptures**

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Colossians 1:23 "Continue in your faith, established and firm."







Day 15: F Growing in Faith and Hope

#### Devotional: Let Faith and Hope Anchor Your Journey

Recovery requires not only action but also deepening faith and hope. Hebrews defines faith as confidence and assurance, even when the outcome isn't fully visible.

Faith fuels perseverance; hope generates joy and peace amid uncertainty. Romans desires us to be filled with both as we trust God. Colossians urges consistency and firmness in this spiritual walk.

Choose today to nurture your faith through prayer, Scripture, and trust in God's plan. Let hope anchor your heart throughout the ups and downs.







Day 15: 🍞 Growing in Faith and Hope

## Reflect and Apply

1.	How strong is your faith when you face setbacks?
2.	What does hope look like in your everyday struggles?
2	
<b>3</b> .	How can you cultivate ongoing spiritual growth?







Day 15: 🍞 Growing in Faith and Hope

#### **Journaling Prompts**

1.	Describe your faith journey up to this point.
2.	List sources of hope that encourage you daily.
3.	Reflect on ways to remain established and firm in faith.







Day 15: 🍞 Growing in Faith and Hope

#### Prayer for Today

**God of Hope,** fill me with joy and peace as I trust in You. Strengthen my faith and anchor my heart in hope, even when I cannot see the full path. Help me to remain firmly rooted in You each day. *In Jesus' name, amen.* ?















#### Your Verse

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

#### **Supporting Scriptures**

- 2 Corinthians 5:18 "All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation."
- Isaiah 43:19 "See, I am doing a new thing!"







#### Devotional: God's Mercies Bring Daily New Beginnings

Every day is a fresh opportunity to experience God's compassion and begin again. Lamentations celebrates that God's mercies are new every morning—never exhausted, always fresh.

Recovery thrives in embracing this truth of daily renewal. 2 Corinthians reminds us that God has reconciled us and given us a new purpose, while Isaiah declares God's continual doing of new things in our lives.

Let go of yesterday's failures and welcome God's new beginnings. Step forward with faith into His ongoing work of healing and restoration.







## Reflect and Apply

1.	What fresh start can you embrace today in your healing?
2.	How do God's daily mercies encourage perseverance?
3.	What new things is God inviting you to do or be?







## Journaling Prompts

1.	Write about a morning you felt God's mercy afresh.
2.	List habits to start anew for healthier living.
3.	Reflect on how reconciliation with God changes you.







#### Prayer for Today

**Merciful God,** thank You for new mercies every day. Help me to release yesterday's struggles and walk confidently into Your new work in my life. Guide me to embrace the fresh beginnings You provide. *In Jesus' name, amen.* 

















#### Your Verse

Galatians 5:13 - "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh."

#### **Supporting Scriptures**

- Romans 8:1 "There is now no condemnation for those who are in Christ Jesus."
- John 10:10 "I have come that they may have life, and have it to the full."







#### Devotional: Live Intentionally in Christ's Freedom

Freedom in Christ is a daily choice, not a one-time event. Galatians reminds us that though we are called to freedom, it is meant for love and service, not self-indulgence.

**Living free means walking in obedience and grace each day.** Romans relieves us from condemnation, and Jesus invites us into a life of full, abundant joy and purpose.

Today, choose to live intentionally in the freedom Christ offers. Reject old patterns and embrace a lifestyle reflecting God's love and truth.







## Reflect and Apply

1.	How do you experience freedom in your daily life now?
2.	What habits might hinder your walk in freedom?
3.	How can freedom be used to serve others, not just self?







#### **Journaling Prompts**

1.	Write about ways you want to use your freedom wisely.
2.	List behaviors that support rather than harm your recovery.
3.	Reflect on the fullness of life Jesus promises.







#### Prayer for Today

**Jesus,** thank You for calling me to freedom. Help me to live this freedom with intention, serving You and others. Protect me from using my freedom selfishly. Fill me with abundant life as I walk in Your ways. *In Your name, amen.* 😂 🕶 🛨

















Day 18: Wisdom for Life Choices

#### Your Verse

James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

#### **Supporting Scriptures**

- Proverbs 2:6 "For the Lord gives wisdom; from his mouth come knowledge and understanding."
- 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."







Day 18: 
Wisdom for Life Choices

#### Devotional: Ask God for Wisdom in Your Choices

Recovery often involves making new, wise decisions that align with God's will. James offers a wonderful promise: God generously gives wisdom to all who ask.

Seeking God's wisdom brings understanding and guidance in daily choices. Proverbs confirms that wisdom comes from the Lord, and Psalm 32 encourages us with His loving instruction and counsel.

Ask God for wisdom today—whether it's about relationships, habits, or future plans. Trust that He cares deeply about the details of your life.







Day 18: 🖓 Wisdom for Life Choices

# Reflect and Apply

Where do you most need God's wisdom right now?
How can you cultivate a habit of seeking His guidance daily?
How does God's wisdom differ from worldly advice?







Day 18: 🖓 Wisdom for Life Choices

# **Journaling Prompts**

1.	Write about choices you're currently facing.
2.	List questions you want to bring to God for guidance.
3.	Reflect on past decisions made in God's wisdom.







Day 18: 
Wisdom for Life Choices

### Prayer for Today

**Wise God,** I ask for Your wisdom to guide me in every choice. Teach me how to discern Your will and follow it faithfully. Help me trust in Your understanding rather than my own. Thank You for Your generous guidance. *In Jesus' name, amen.*  $\bigcirc$   $\bigcirc$   $\bigcirc$ 

















#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

### **Supporting Scriptures**

- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."







### Devotional: Gratitude Brings Peace and Joy

Gratitude reshapes perspective, even amid addiction's difficulties. 1 Thessalonians exhorts us to give thanks in all circumstances as God's will for us.

**Thankfulness opens the door for peace and joy to rule your heart.** Psalm 100 invites us into God's presence with praise, and Colossians connects peace and gratitude.

Practice noticing and thanking God for small blessings today. Gratitude builds resilience and shifts focus from pain to hope.







# Reflect and Apply

1.	What blessings, big or small, can you thank God for today?
2.	How does gratitude influence your healing process?
3.	What hinders you from practicing thankfulness regularly?







# **Journaling Prompts**

1.	List ten things you're grateful for in your recovery journey.
2.	Write about how gratitude changes your outlook.
3.	Reflect on ways to cultivate a thankful heart daily.







# Prayer for Today

**Thankful Father,** thank You for Your goodness in all circumstances. Help me to cultivate a heart of gratitude, even when challenges arise. Let peace and joy rule in my life as I focus on Your blessings. *In Jesus' name, amen.* **4** 

















Day 20: A Persevering Until Victory

#### Your Verse

James 1:12 - "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."

### **Supporting Scriptures**

- Hebrews 12:1 "Let us run with perseverance the race marked out for us."
- Romans 5:3-4 "Suffering produces perseverance; perseverance, character; and character, hope."







Day 20: A Persevering Until Victory

### Devotional: Keep Persevering Toward Life's Crown

The road to freedom is rarely smooth. James offers encouragement: those who persevere under trial are blessed and will receive the crown of life.

**Perseverance grows character and hope.** Hebrews compares healing and growth to running a race with endurance. Romans explains how suffering produces valuable qualities.

Keep pressing forward, knowing every step builds strength and moves you closer to victory. Your perseverance is recognized and rewarded by God.







Day 20: 🕰 Persevering Until Victory

# Reflect and Apply

1.	What trials feel hardest to persevere through now?
2.	How have past difficulties strengthened your character?
3.	What motivates you to keep moving forward in recovery?







Day 20: 🕰 Persevering Until Victory

# Journaling Prompts

1.	Write about moments of perseverance you are proud of.
2.	List ways God has encouraged you during hard seasons.
3.	Reflect on what 'the crown of life' means to you.







Day 20: A Persevering Until Victory

# Prayer for Today

**Heavenly Father,** give me strength to persevere in my healing journey. Help me to run with endurance, trusting You are preparing a crown of life for me. Build my character and hope through every trial. *In Jesus' name, amen.*







# Day 21: 🥕 Celebrating God's Faithfulness









Day 21: 🥕 Celebrating God's Faithfulness

#### Your Verse

Lamentations 3:22 - "Because of the Lord's great love we are not consumed, for his compassions never fail."

### **Supporting Scriptures**

- Psalm 100:5 "His love endures forever; his faithfulness continues through all generations."
- 2 Timothy 2:13 "If we are faithless, he remains faithful, for he cannot disown himself."







Day 21: 🏂 Celebrating God's Faithfulness

# Devotional: Rejoice in God's Unfailing Faithfulness

As this 21-day journey concludes, pause to celebrate God's unfailing faithfulness. Lamentations proclaims that God's love and compassion never run out, preserving us even in the hardest times.

**Faithfulness is a foundation you can trust no matter your struggles.** The psalmist reminds us that God's love endures forever, and Paul assures that even if we falter, God remains faithful.

Rejoice in the progress you've made, the challenges overcome, and the healing continuing. Keep holding onto God's promises and love as you walk forward.







Day 21: 🥕 Celebrating God's Faithfulness

# Reflect and Apply

1.	How have you experienced God's faithfulness during this study?
2.	What breakthroughs or growth can you celebrate?
3.	How will you continue trusting God beyond these 21 days?







Day 21: 🥕 Celebrating God's Faithfulness

# **Journaling Prompts**

1.	Write a gratitude list focusing on God's faithfulness.
2.	Reflect on the transformation in your addiction journey.
3.	Set goals for continuing your healing with God's help.







Day 21: 🏂 Celebrating God's Faithfulness

# Prayer for Today

**Faithful God,** thank You for Your never-ending love and compassion throughout my healing journey. I celebrate Your faithfulness and give You all the glory. Help me to continue trusting You every day as I move forward in freedom. *In Jesus' name, amen.*







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