# Healing From Alcohol Addiction Through Christ



A 21-day journey exploring God's power to heal and restore those struggling with alcohol addiction.





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#### Introduction

Welcome to this 21-day Bible study on healing from alcohol addiction through Christ. Addiction can deeply affect many areas of life, bringing pain, isolation, and hopelessness. Yet, even in our darkest moments, God's love and power offer restoration and freedom.

Throughout this study, you will encounter Scripture passages that reveal God's heart for healing, deliverance, and new beginnings. This journey is designed to guide you gently but steadily toward understanding the truth about your identity in Christ and the strength He provides to overcome addiction.

Healing is not a quick fix, but a daily surrender to God's transforming grace. As you reflect on each day's Scripture and devotional, allow the Holy Spirit to speak to your heart. You are not alone in this battle; God is with you every step of the way.

By focusing on Christ's power, you will discover practical hope and encouragement to face temptations, release shame, and live in freedom. Remember that healing often comes one day at a time — one choice to follow Jesus above all else.

We invite you to open your heart fully as you move through these 21 days, embracing God's promises and the new life He offers. May this time bring you peace, strength, and a deeper intimacy with your Savior.

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 147:3 He heals the brokenhearted and binds up their wounds.
- Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.







#### Devotional: God Is Near in Your Brokenness

Beginning the journey to healing from alcohol addiction starts with recognizing the pain and brokenness inside. Many struggle with feelings of shame and isolation because of addiction, but the Bible reminds us that God is near to those who are brokenhearted. He doesn't turn away or judge but approaches with healing and comfort.

**Psalm 34:18** reassures us that God's presence is closest when our spirits are crushed. This closeness is not distant or indifferent; He actively saves and restores. You are not alone. Regardless of the struggles or mistakes of your past, God invites you to come as you are.

Take time today to honestly acknowledge your need for help and invite God into your journey of restoration. Healing begins when we admit our weaknesses to Him who is strong. Trust that His loving arms are ready to carry your burdens and bring peace to your heart.







## Reflect and Apply

	What feelings or thoughts arise when you consider your addiction honestly before God?
2.	How do you experience God's nearness in times of brokenness?
3.	What barriers keep you from seeking God's help fully?







## **Journaling Prompts**

1.	Write about a moment you recognized you needed help.
2.	Describe how God has shown His presence in your struggles.
3.	List the emotions you feel as you start this healing journey.







#### Prayer for Today

**Dear Lord,** thank You for being close to me in my brokenness. I admit my need for Your healing power in my life. Help me to trust You daily and surrender my addiction into Your hands. Surround me with Your love and peace as I begin this journey. Give me courage to face each day and strength to rely on You alone. *In Jesus' name, Amen.*  $\bigwedge$ 

















#### 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.
- Romans 6:6 Our old self was crucified with Him so that the body of sin might be done away with.







#### Devotional: Embracing Your Identity as New Creation

One of the most powerful truths for those battling addiction is that through Christ, you are made new. **2 Corinthians 5:17** proclaims that anyone in Christ is a new creation. The old self, with its chains and failures, is gone. This promise offers hope and a fresh start.

Alcohol addiction often convinces us we are bound to a life of defeat, but Scripture tells a different story. When you accept Jesus, His death on the cross breaks the power of sin and addiction in your life. *Galatians 2:20* reminds you that your old self is crucified with Christ so that He can live in you and empower you.

Today, focus on embracing this identity. You are not defined by your past mistakes but by who God declares you to be. This new life brings freedom, hope, and strength to overcome.







## Reflect and Apply

1.	What does being a new creation in Christ mean to you personally?
2.	How can this identity help you resist addiction?
3.	In what ways can you remind yourself daily of who you are in Christ?







### **Journaling Prompts**

1.	Write about what 'new creation' looks like in your life.
2.	List ways your old self differs from your new self in Christ.
3.	Describe how this new identity changes your view of your addiction.







#### Prayer for Today

Heavenly Father, thank You for making me a new creation in Christ. Help me to live out this identity with confidence and courage. Break the chains of addiction in my life and fill me with Your Spirit's power. Teach me to walk each day in freedom and hope. *In Jesus' name, Amen.*

















#### Your Verse

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

#### **Supporting Scriptures**

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







#### Devotional: God's Power Shines in Our Weakness

Alcohol addiction often convinces us that weakness is shameful, yet **2 Corinthians 12:9** reveals a beautiful paradox: God's power shines brightest when we feel weak. Our shortcomings provide the canvas for His grace and strength.

When you feel powerless against cravings or setbacks, remember that this is the moment to lean into God's power. You don't have to fight alone; His grace is enough to sustain you.

*Philippians 4:13* encourages us that through Christ, strength is granted for every challenge. And Isaiah declares that God refreshes the weary and empowers the weak. Instead of hiding or being discouraged by your struggles, invite God's power to work in your life.

Today, celebrate your dependence on Him, knowing that in your weakness, His strength is perfected.







## Reflect and Apply

1.	How have you tried to overcome addiction in your own strength?
2.	What does it look like for you to rely on God's grace in your weaknesses?
	Where do you need to invite God's power to replace your feelings of helplessness?







## **Journaling Prompts**

1.	Describe a time when God's strength carried you through a hard moment.
2.	Write about areas where you feel weak and need God's help.
3.	List ways you can remind yourself to seek God's power daily.







#### Prayer for Today

**Lord Jesus,** I confess my weakness and my need for Your strength. Please fill me with Your grace that sustains and empowers me. Help me to boast in my weaknesses so that Your power may rest on me. Renew my spirit and give me courage each day. *In Your mighty name, Amen.* \$\mathcal{L}\$ \times \times\$









## Day 4: Breaking the Chains









Day 4: A Breaking the Chains

#### Your Verse

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

#### **Supporting Scriptures**

- Romans 8:2 Because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
- 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.







Day 4: <a>Breaking the Chains</a>

#### Devotional: Freedom Offered Through Christ

The bondage of addiction can feel unbreakable, but Jesus declares true freedom for those who follow Him. **John 8:36** promises that when the Son sets you free, you are free indeed — a freedom that affects not just your actions but your entire heart and mind.

Romans 8:2 explains that through Jesus, you are released from the power and consequences of sin. Addiction is a form of slavery, but Christ has defeated that slavery once and for all. Galatians reminds us to stand firm in this freedom and not be burdened again by old chains.

Freedom doesn't mean perfection overnight, but a gradual breaking of addiction's hold as you rely on Christ daily. Today, invite Jesus to break any chains that still bind you, and believe in the complete liberation He offers.







Day 4: <a>Breaking the Chains</a>

## Reflect and Apply

1.	What parts of your addiction feel like chains needing freedom?
2.	How can you stand firm in the freedom Christ offers daily?
3.	What is one practical way to remind yourself of your freedom in Christ?







Day 4: <a>Breaking the Chains</a>

## **Journaling Prompts**

1.	Write about what freedom means to you from addiction.
2.	List obstacles that make you feel trapped and how Jesus can help.
3.	Describe how you can resist returning to old habits.







Day 4: A Breaking the Chains

#### Prayer for Today

**Father,** thank You for the freedom You give through Your Son. Break every chain of addiction in my life and help me to stand firm in this liberty. Teach me to walk in the power of Your Spirit and to resist anything that enslaves me. Remind me daily that I am free indeed. *In Jesus' name, Amen.* 

















#### 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 4:23 Be made new in the attitude of your mind.
- Philippians 4:8 Think about whatever is true, noble, right, pure, lovely, admirable.







# Devotional: Transforming Your Thoughts with God's Word

Healing from addiction goes beyond physical abstinence; it involves a deep inner transformation. **Romans 12:2** calls believers not to conform to the world's patterns but to be transformed by renewing the mind.

The battle often begins with what occupies our thoughts. Ephesians urges us to be renewed in our attitudes, aligning them with God's truth. Philippians guides us to focus on what is pure and praiseworthy, replacing destructive thought patterns with thoughts that uplift and encourage.

Renewing your mind is an ongoing discipline that opens the door to lasting change. As you meditate on Scripture, let God's truth replace the lies addiction might whisper. Today, seek to intentionally fill your mind with God's promises and goodness.







## Reflect and Apply

1.	What thought patterns often trigger your addiction?
2.	How can you practically renew your mind each day?
3.	What positive truths can replace the lies you believe about yourself?







### **Journaling Prompts**

1.	List negative thoughts you want to replace with God's truth.
2.	Write down Scriptures that encourage and strengthen you.
3.	Describe a daily habit to help renew your mind.







#### Prayer for Today







## Day 6: A Surrendering Control to God









Day 6: 🙏 Surrendering Control to God

#### Your Verse

Proverbs 3:5-6 - Trust in the Lord with all your heart and lean not on your own understanding;

#### **Supporting Scriptures**

- Psalm 46:10 Be still, and know that I am God.
- Matthew 6:33 Seek first His kingdom and His righteousness.







#### Devotional: Choosing Surrender Over Self-Control

Alcohol addiction often revolves around a desire for control, even if that control is illusory. Proverbs 3:5–6 invites us to trust God wholeheartedly and stop leaning on our own understanding. True healing begins when we give over control of our lives, including our addiction, to God.

Psalm 46:10 urges stillness to recognize God's sovereign power. In our rest and surrender, we find strength and clarity. Jesus calls us to prioritize God's kingdom above all else, trusting that He provides what we need.

Surrender is a daily choice to depend on God rather than trying to manage everything ourselves. Let today be a step toward handing control to God and seeking His guidance in all areas of life.







# Reflect and Apply

1.	In what areas do you struggle to surrender control to God?
2.	What fears or doubts arise when you think about trusting Him fully?
3.	How can surrender deepen your healing from addiction?







# **Journaling Prompts**

1.	Write about what control addiction has in your life.
2.	Describe what it means to you to trust God completely.
3.	List practical ways to surrender daily to God's will.







## **Prayer for Today**

**Dear God,** I surrender my life and my addiction to You today. Help me to trust You with all my heart and to lean not on my own understanding. Teach me to be still in Your presence and seek Your kingdom first. Guide my steps and fill me with peace. *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.
- Ephesians 4:32 Be kind and compassionate to one another, forgiving each other.







#### Devotional: Accepting God's Complete Forgiveness

Guilt and shame often weigh heavily on those struggling with alcohol addiction. However, God offers complete forgiveness to all who confess their sins genuinely. **1 John 1:9** reassures us that God is faithful to forgive and purify us from unrighteousness.

Psalm 103:12 beautifully illustrates God's forgiveness as removing our sins infinitely far from us. Holding onto guilt can hinder healing, but through Christ, you are cleansed and free to move forward.

Forgiving yourself and accepting God's forgiveness is essential to breaking addiction's cycle. Allow God's grace to restore your heart and let go of what holds you captive.







# Reflect and Apply

1.	Are there sins or mistakes you struggle to forgive yourself for?
2.	How does God's forgiveness change your view of yourself?
3.	In what ways can forgiveness open the door to healing?







# **Journaling Prompts**

1.	Write a letter to yourself accepting God's forgiveness.
2.	List areas where you feel guilt and ask God to heal them.
3.	Describe how forgiveness changes your hope for the future.







### Prayer for Today

**Gracious Father,** thank You for Your mercy and faithful forgiveness. I confess my sins and ask You to purify my heart. Help me to release all guilt and shame and to live in the freedom Your forgiveness brings. Teach me to forgive myself and receive Your healing grace. *In Jesus' name, Amen.*

















Day 8: A Finding Support in Community

#### Your Verse

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

#### **Supporting Scriptures**

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







Day 8: Employed Finding Support in Community

#### Devotional: Strength Through Godly Community

The road to recovery from addiction is often difficult to walk alone. God designed us for community and mutual support. **Hebrews 10:24–25** urges believers to encourage each other and not neglect meeting together.

Ecclesiastes reminds us that we are stronger together; partnership brings strength and accountability. Galatians calls us to carry one another's burdens, fulfilling Christ's law of love.

Being part of a supportive community provides encouragement, accountability, and the tangible presence of God's love through others. Beginning or deepening relationships with trusted people can be a crucial step in your healing journey.







Day 8: 🕿 Finding Support in Community

# Reflect and Apply

1.	Who in your life encourages and supports your healing journey?
2.	What fears or obstacles keep you from seeking help from others?
3.	How can you intentionally build a support network?
3.	How can you intentionally build a support network?







Day 8: 🕿 Finding Support in Community

# **Journaling Prompts**

1.	List people who have been positive influences in your life.
2.	Write about what community means to your recovery.
3.	Describe steps to connect with supportive groups or individuals.







Day 8: A Finding Support in Community

### Prayer for Today

**Lord,** thank You for the gift of community. Surround me with people who will encourage and uplift me in my healing. Help me to be open, vulnerable, and willing to receive support. Teach me to bear others' burdens and to walk in love together. *In Jesus' name, Amen.*  $\heartsuit$   $\diamondsuit$   $\diamondsuit$ 

















#### 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.
- Matthew 26:41 Watch and pray so that you will not fall into temptation.







#### Devotional: God's Faithfulness in Temptation

Temptation remains a real challenge in addiction recovery. 1 Corinthians 10:13 encourages us with the promise that no temptation is beyond what we can endure because God is faithful to provide a way out.

James urges submission to God and resistance to the devil's schemes, which results in the enemy fleeing. Jesus Himself instructs us to watch and pray to guard our hearts effectively.

Overcoming temptation requires vigilance, prayer, and reliance on God's strength. Today, prepare your heart for moments of trial by committing to seek God's help and trust His provision of escape.







# Reflect and Apply

hat temptations trigger your addiction struggles most often?
ow can you apply 'resist and flee' in practical ways?
hat role does prayer play in your ability to overcome temptation?







# **Journaling Prompts**

1.	Identify recent temptations and how you responded.
2.	Write a prayer asking for strength to resist temptation.
3.	List practical strategies to watch and pray during weak moments.







#### Prayer for Today

**Faithful God,** I face temptations that challenge my commitment to healing. Thank You for Your promise to provide a way out. Help me to submit fully to You and to resist the enemy's schemes. Guide me in prayer and vigilance so I do not fall. Strengthen me to stand firm. *In Jesus' name, Amen.*  $\bigwedge$   $\bigwedge$ 

















#### Your Verse

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

#### **Supporting Scriptures**

- John 14:27 I leave you peace; my peace I give you.
- Philippians 4:7 And the peace of God, which transcends all understanding, will guard your hearts.







### Devotional: God's Joy and Peace Renew Your Strength

Underlying addiction can be a loss of joy and peace. Nehemiah reminds us that the joy of the Lord is our strength—a sustaining power through hard times.

Jesus promises peace unlike anything the world offers, a peace that soothes troubled hearts. Philippians describes God's peace as guarding our hearts and minds from anxiety and fear.

Restoration includes reclaiming the joy and peace that addiction often steals. Seek God's presence today to fill areas of emptiness and bring renewed strength for your healing journey.







# Reflect and Apply

1.	Where have you noticed a loss of joy or peace in your life?
2.	How can focusing on God's joy strengthen you daily?
3.	What steps can you take to experience God's peace more deeply?







# **Journaling Prompts**

1.	Write about moments when you experienced God's peace recently.
2.	List activities or Scriptures that bring you joy in Christ.
3.	Describe how renewed joy can motivate your recovery.







### Prayer for Today

**Lord,** restore to me the joy and peace that only You can give. Strengthen my spirit with Your joy and guard my heart with Your peace. Help me to rest in You and face each day renewed and hopeful. *In Jesus' precious name, Amen.* 

















#### Your Verse

Acts 1:8 - You will receive power when the Holy Spirit comes on you.

#### **Supporting Scriptures**

- Romans 8:11 The Spirit who raised Jesus from the dead lives in you and gives life.
- Galatians 5:22–23 Fruit of the Spirit: love, joy, peace...







#### Devotional: Relying on the Spirit's Power Within

God equips every believer with the Holy Spirit to empower strength, renewal, and transformation. **Acts 1:8** assures us that the Spirit provides power beyond human ability.

Romans reminds us that the same Spirit who raised Jesus lives in you, offering new life and victory over sin and addiction. Additionally, the Spirit produces qualities like love, joy, and self-control, essential for recovery.

Inviting the Holy Spirit to lead your healing journey releases supernatural power to overcome addiction. Seek daily to be filled and guided by this divine presence.







# Reflect and Apply

1.	What evidence do you see of the Holy Spirit working in your life?
2.	How can you depend more intentionally on the Spirit's power?
3.	What fruit of the Spirit do you desire to grow during recovery?







# **Journaling Prompts**

1.	Write about moments when you felt the Holy Spirit's help.
2.	List fruits of the Spirit to cultivate in yourself.
3.	Describe ways to invite more of the Spirit's presence daily.







### Prayer for Today

**Spirit of God,** fill me anew with Your power. Help me to walk in the fruit You produce and trust Your strength to overcome every stronghold. Lead me in wisdom, courage, and love. Empower my healing journey completely. *In Jesus' name, Amen.*

















Day 12: Speaking Truth to Yourself

#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 19:14 May the words of my mouth and the meditation of my heart be pleasing to You.
- Ephesians 4:29 Speak only what is helpful for building others up.







#### Devotional: The Power of Godly Self-Talk

The way we speak to ourselves is crucial in healing. Proverbs highlights guarding your heart, which is the wellspring of life, emphasizing the importance of positive, truthful self-talk.

Psalm 19:14 reminds us to speak words pleasing to God, including those we say to ourselves. Ephesians encourages uplifting speech, challenging destructive negative thoughts.

Replacing lies and condemnation with God's truth transforms your heart and strengthens your resolve. Practice encouraging, truth-filled words as you heal from addiction.







## Reflect and Apply

1.	What negative words or lies do you often tell yourself?
2.	How can you replace those with biblical truths?
3.	What promises from God can you speak over your life daily?







#### **Journaling Prompts**

1.	Write down common negative thoughts and replace them with Scripture.
2.	Describe how positive self-talk could change your outlook today.
3.	List encouraging affirmations rooted in God's Word.







#### Prayer for Today

**Lord,** help me to guard my heart by speaking words that honor You and build me up. Replace negative thoughts with Your truth. Teach me to be kind and compassionate toward myself as You are. Transform my mind through Your Word. *In Jesus' name, Amen.* 

















Day 13: Winning the Battle Daily

#### 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**

- Galatians 6:9 Let us not become weary in doing good, for at the proper time we will reap a harvest.
- 1 Peter 5:8-9 Be alert and of sober mind. Resist the devil, standing firm in the faith.







Day 13: Winning the Battle Daily

#### Devotional: Persevering Leads to Victory

Recovery is a daily battle requiring perseverance and faith. James offers encouragement that persevering in trials leads to the crown of life, an eternal reward.

Galatians reminds you not to grow weary, as faithful endurance brings fruit at the right time. 1 Peter warns of being alert and sober, resisting the enemy and standing firm in faith.

Each day you choose Jesus over addiction, you win a significant victory. Even small steps count toward ultimate freedom and reward.







Day 13: Winning the Battle Daily

## Reflect and Apply

What helps you persevere when recovery feels difficult?
How do you stay alert and prepared to resist addiction's pull?
What rewards motivate you to keep standing firm in faith?







## **Journaling Prompts**

1.	Write about a recent victory in your recovery journey.
2.	List strategies that help you persevere daily.
3.	Describe how faith motivates your healing steps.







#### Prayer for Today

**Faithful Father,** strengthen me to persevere under trial. Help me to remain alert, resist temptation, and stand firm in faith. Remind me that my endurance brings eternal reward. Empower me to continue with hope and determination. *In Jesus' name, Amen.*  $\Sigma$   $\triangle$ 

















#### 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.
- Psalm 103:11-12 As far as the east is from the west, so far has He removed our sins.







# Devotional: Freedom From Condemnation and Shame

Shame can be one of the heaviest burdens accompanying addiction, often keeping people stuck in cycles of guilt and despair.

Romans assures us that in Christ, there is no condemnation. God does not hold our past sins as a reason to reject us. Isaiah encourages us not to fear shame because God's love removes it.

Embrace the truth that your identity is not defined by shame but by God's mercy and grace. Let go of self-condemnation, knowing God's forgiveness is complete.







## Reflect and Apply

1.	What shame do you carry that hinders your healing?
2.	How does knowing there is no condemnation in Christ affect you?
3.	What steps can you take to release shame and accept God's mercy?







## **Journaling Prompts**

1.	Write about areas where you struggle with shame.
2.	Reflect on Scripture that counters feelings of condemnation.
3.	Describe how letting go of shame can open doors to freedom.







#### Prayer for Today

**Merciful God,** thank You that in Jesus there is no condemnation for me. Help me release all shame and fear. Teach me to accept Your forgiveness fully and walk free in Your love. Heal my heart from guilt and empower my recovery. *In Jesus' name, Amen.*

















#### Your Verse

Hebrews 4:12 - For the word of God is alive and active.

#### **Supporting Scriptures**

- Psalm 119:105 Your word is a lamp to my feet and a light to my path.
- Joshua 1:8 Keep this Book of the Law always on your lips.







#### Devotional: Daily Scripture Guides Healing

The Bible is more than history; it is alive and powerful, able to transform hearts and lives. Hebrews reminds us that God's Word penetrates deeply, changing thoughts and behaviors.

Psalm declares the Word a guiding light, illuminating your path in recovery. Joshua encourages continual meditation on Scripture to ensure success and strength.

Immersing yourself in Scripture daily equips and sustains your journey toward healing. Let God's promises inspire and motivate your steps forward.







## Reflect and Apply

1.	How has Scripture guided or encouraged you in past struggles?
2.	What practical ways can you engage with God's Word daily?
3.	Which promises from Scripture resonate most with your healing?







## **Journaling Prompts**

1.	Write about a Bible verse that has brought you hope.
2.	Plan a daily scripture reading routine.
3.	Reflect on how the Word changes your perspective on addiction.







#### Prayer for Today

**Lord,** thank You for the living power of Your Word. Help me to open the Bible daily and let it guide my path. May Your truths transform my heart and strengthen my recovery. Fill me with wisdom that comes from You. *In Jesus' name, Amen.* 









Day 16: Namor of God









#### Your Verse

Ephesians 6:11 - Put on the full armor of God.

#### **Supporting Scriptures**

- Ephesians 6:14 Stand firm then, with the belt of truth buckled around your waist.
- 1 Thessalonians 5:8 Put on faith and love as a breastplate.







#### Devotional: Equipping Yourself with God's Protection

Spiritual warfare is real, especially in recovery. The Apostle Paul instructs believers to put on the whole armor of God to stand firm against the devil's schemes.

The armor includes truth, righteousness, faith, love, and salvation, each providing protection and strength. As you navigate challenges, these spiritual tools help guard your heart and mind.

Today, intentionally equip yourself daily with God's armor to resist temptation and remain steadfast. Trust in His power to keep you safe.







## Reflect and Apply

1.	Which pieces of God's armor do you feel strong in? Which need work?
2.	How can you daily 'put on' the armor in practical ways?
3.	What battles do you feel the armor protects you from the most?







## **Journaling Prompts**

1.	List each piece of the armor and what it means to you.
2.	Write a prayer putting on the armor of God.
3.	Describe a situation where spiritual armor helped you stand firm.







#### Prayer for Today

**God of glory,** help me to put on Your full armor daily. Clothe me with truth, righteousness, faith, and love. Protect me from attacks and give me courage to stand firm. Let Your salvation be my shield. *In Jesus' powerful name, Amen.* 











# Day 17: 7 Growth in Grace









Day 17: 7 Growth in Grace

#### Your Verse

2 Peter 3:18 - Grow in the grace and knowledge of our Lord and Savior Jesus Christ.

#### **Supporting Scriptures**

- Colossians 1:10 Live a life worthy of the Lord, pleasing Him in every way.
- Hebrews 6:1 Let us move beyond the elementary teachings about Christ and be taken forward.







Day 17: 7 Growth in Grace

#### Devotional: Embracing Spiritual Maturity in Healing

Recovery is a process of growth in grace and knowledge of Jesus. 2 Peter encourages us to mature spiritually, deepening our understanding and living out our faith fully.

Colossians calls us to live worthy of the Lord, reflecting His character and values. Hebrews points to progressing beyond basics and continuing to develop.

Each day of healing offers an opportunity to grow closer to Christ and reflect His grace more fully in your life. Embrace this ongoing journey.







Day 17: 🍞 Growth in Grace

## Reflect and Apply

1.	In what areas of your faith do you desire growth?
2.	How can you actively pursue grace and knowledge daily?
3.	What does living a life worthy of the Lord look like for you?







Day 17: 🍞 Growth in Grace

## **Journaling Prompts**

1.	Write about areas of spiritual growth you've experienced.
2.	List steps to grow in knowledge of Jesus.
3.	Describe how grace impacts your healing journey.







Day 17: 🍞 Growth in Grace

#### Prayer for Today

**Lord Jesus,** help me to grow in Your grace and the knowledge of You. Teach me to live a life pleasing to You and reflect Your love. Empower my spiritual growth as I heal. *In Your name, Amen.* ?







## Day 18: Accountability and Transparency









Day 18: 🌣 Accountability and Transparency

#### Your Verse

James 5:16 - Therefore confess your sins to each other and pray for each other so that you may be healed.

#### **Supporting Scriptures**

- Proverbs 27:17 As iron sharpens iron, so one person sharpens another.
- Ecclesiastes 4:12 A cord of three strands is not quickly broken.







Day 18: 🌣 Accountability and Transparency

### Devotional: Healing Through Honest Relationships

Being open and accountable in recovery strengthens healing. James instructs believers to confess sins to each other and pray for healing.

Proverbs highlights the sharpening effect of mutual support, while Ecclesiastes emphasizes the strength found in togetherness.

Honesty and accountability provide grace-filled space to overcome struggles and grow stronger. Consider who can walk this journey with you openly and prayerfully.







Day 18: 🍑 Accountability and Transparency

# Reflect and Apply

1.	Who can you be accountable to in your recovery?
2.	What fears or barriers keep you from transparency?
3.	How can accountability deepen your healing?







Day 18: 🍑 Accountability and Transparency

# **Journaling Prompts**

1.	Write about the benefits of accountability in your life.
2.	List trusted people for support.
3.	Describe a time when honesty brought healing.







Day 18: 🍑 Accountability and Transparency

## Prayer for Today

Father, help me to be honest and open with others. Lead me to trustworthy friends who will support and pray for me. Give me courage to confess and receive grace. Use these relationships to bring healing. *In Jesus' name, Amen.* 























#### Your Verse

Galatians 6:9 - Let us not become weary in doing good.

### **Supporting Scriptures**

- James 1:4 Let perseverance finish its work so you may be mature and complete.
- Romans 5:3-4 We rejoice in our sufferings, knowing they produce perseverance.







### Devotional: Trusting God Through the Process

Healing from addiction often requires patience and ongoing effort. Galatians encourages believers not to lose heart in doing good.

James teaches that perseverance produces maturity, while Romans shows how suffering can strengthen character and hope.

Be gentle with yourself and trust that steady progress, though sometimes slow, leads to lasting transformation.







# Reflect and Apply

1.	How do you respond when recovery feels slow or difficult?
2.	What helps you stay patient and persistent?
3.	How can sufferings strengthen your faith and character?







# **Journaling Prompts**

1.	Write about moments when perseverance paid off.
2.	List encouragements to keep moving forward.
3.	Describe how patience has helped your healing.







## Prayer for Today

**Lord,** give me patience and perseverance during this healing journey. Help me not to grow weary or discouraged but to trust Your timing. Build maturity in my character and hope in Your promises. *In Jesus' name, Amen.*

















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 126:3 The Lord has done great things for us, and we are filled with joy.
- 2 Timothy 4:7 I have fought the good fight, I have finished the race.







### Devotional: Acknowledging God's Faithful Work

Recognizing and celebrating progress encourages continued healing. Philippians assures us God will complete the work He began.

Psalm celebrates the joy in God's accomplishments in our lives, while Timothy reflects on finishing the race well.

Take time to acknowledge victories, both large and small, knowing God is faithfully at work in you.







# Reflect and Apply

1.	What progress have you made in your recovery journey?
2.	How does remembering God's faithfulness motivate you?
3.	In what ways can you celebrate your victories healthily?







# **Journaling Prompts**

1.	List victories, even small, you've achieved.
2.	Write how God has helped you stay on the path.
3.	Describe how celebration boosts your healing strength.







### Prayer for Today

**Thank You, Lord,** for the progress You have brought in my life. I trust You to complete the good work You began. Fill me with joy and gratitude as I celebrate today. Help me to keep fighting the good fight with hope. *In Jesus' name, Amen.* 







# Day 21: 🗱 Living in Freedom Forever









Day 21: 🎇 Living in Freedom Forever

#### Your Verse

Galatians 5:1 - It is for freedom that Christ has set us free.

### **Supporting Scriptures**

- John 10:10 I have come that they may have life, and have it to the full.
- Romans 6:14 Sin shall not be your master.







Day 21: 🎇 Living in Freedom Forever

### Devotional: Walking in Lasting Freedom in Christ

Today marks a new chapter: living permanently in the freedom Christ provides. Galatians reminds us that this freedom is the reason Christ set us free.

Jesus desires us to have abundant life, not just survival but thriving. Romans assures that sin, including addiction, should no longer dominate our lives.

Freedom is ongoing, sustained by daily walking with Jesus and relying on His grace and power. Embrace this new life with confidence and hope.







Day 21: 💥 Living in Freedom Forever

# Reflect and Apply

1.	What does living in freedom from addiction mean to you now?
2.	How will you cultivate daily dependence on Christ's power?
3.	What hopes do you have for your future in this new life?







Day 21: 💥 Living in Freedom Forever

# **Journaling Prompts**

1.	Write about your vision for life free from addiction.
2.	List daily habits to maintain your freedom in Christ.
3.	Describe how you will share your story to encourage others.







Day 21: 🎇 Living in Freedom Forever

### Prayer for Today

**Glorious God,** thank You for setting me free through Jesus. Help me to live each day in the fullness of that freedom. Empower me to resist sin and walk boldly in abundant life. Use my story to bring hope and glory to You. *In Jesus'* name, Amen. \*







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