Journey to Freedom: Recovery from Addiction



Explore God's healing power and guidance in overcoming addiction, finding hope, strength, and restoration in recovery.





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Introduction

Recovery is more than just breaking free from a habit; it is a transformative journey that renews the mind, body, and spirit. For those struggling with marijuana addiction, this path can feel overwhelming and lonely. Yet, the Bible offers profound hope, healing, and encouragement to everyone seeking freedom and restoration.

Throughout Scripture, God's heart is revealed as one that desires wholeness for His children. *He understands our struggles, provides strength in weakness, and offers a new beginning*. Recovery is not about perfection—it's about progress through God's grace and power working in us.

In this 5-day study, we will explore key Biblical truths that apply specifically to addiction recovery. You will be encouraged to lean on God's Word for guidance, draw near to Him in prayer, and reflect honestly on your journey. Each day includes Scripture readings, devotional insights, and thoughtful questions designed to help you take steps toward healing and freedom.

Whether you are currently battling addiction, supporting someone who is, or simply seeking understanding, this study is a reminder that you are not alone. **God's love pursues us relentlessly, and His power makes recovery possible.**Let's embark on this path together, trusting in His unfailing grace and the new life He offers.















Your Verse

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

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding"







Devotional: God Near in Our Brokenness

Recovery begins with recognizing the need for change. When wrestling with addiction, it is often hard to admit vulnerability or brokenness. Yet, the Psalmist reminds us that *God is especially close to those brokenhearted and crushed in spirit.* This is not a condemnation but a divine invitation.

Many feel trapped and isolated due to addiction, but God's nearness offers hope. Jesus came to bring freedom—not just physical relief, but spiritual liberation as well. Our first step is to bring our brokenness honestly to Him, trusting that He cares deeply for our struggles.

Trust is key. Sometimes we rely on our own understanding or efforts to overcome, which leads to frustration and failure. Instead, Proverbs reminds us to trust God wholeheartedly and seek His guidance. This opens the door for His transforming power to take hold in our lives.

If you are beginning this journey, take heart. The Lord is near to you today, ready to save, heal, and restore. Your brokenness is the soil where His grace grows—allow Him to nurture you through this process.







Reflect and Apply

1.	What signs or feelings have made you realize you need help to recover?
	How does knowing God is close to the brokenhearted impact your view of yourself?
	In what ways can you begin to trust God more fully instead of relying on your own strength?







Journaling Prompts

1.	Write about the moment you recognized that recovery was necessary.
2.	List ways God has shown His presence during your hardest times.
3.	Reflect on areas where you struggle to trust God and why.







Prayer for Today

Heavenly Father, thank You for being close to me in my brokenness. I confess my need for Your help to overcome addiction. Please nurture my heart with Your grace and guide my steps toward recovery. Help me trust You fully, even when the journey feels uncertain. Remind me daily that Your love never fails and Your power brings true freedom. *In Jesus' name, Amen.* \nearrow







Day 2: XX Embracing God's Strength in Weakness









Day 2: 🎇 Embracing God's Strength in Weakness

Your Verse

2 Corinthians 12:9 "But he said to me, '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..."

Supporting Scriptures

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







Day 2: 🎇 Embracing God's Strength in Weakness

Devotional: God's Power in Our Weakest Moments

Addiction often reveals our deepest weaknesses. There can be a temptation to feel ashamed or powerless. But the Apostle Paul teaches a profound truth: God's grace is enough, and His power shines brightest in our frailty.

This means you don't have to be strong on your own to recover. God promises to give strength to the weary and empower the weak. When feelings of failure, temptation, or weakness arise, remember that these can actually be opportunities for God's power to work in and through you.

This truth offers great hope for those battling marijuana addiction. Instead of beating yourself up over weaknesses, let God's grace sustain and encourage you. Lean into Him in those moments, and you will receive supernatural strength to overcome.

Recovery is not about self-reliance but God-reliance. His strength becomes your foundation to stand firm and move forward.







Day 2: 💥 Embracing God's Strength in Weakness

Reflect and Apply

1.	How have you experienced God's strength when you felt weakest?
2.	What weaknesses do you struggle to accept and rely on God for?
	How can shifting focus from your own strength to God's power change your recovery approach?







Day 2: 🎇 Embracing God's Strength in Weakness

Journaling Prompts

1.	Describe a time when God's strength helped you through a difficult moment.
2.	Write about feelings of weakness or failure you want to give to God.
3.	List scriptures that remind you of God's power in weakness.







Day 2: 🎇 Embracing God's Strength in Weakness

Prayer for Today

Lord, thank You that Your grace is sufficient and Your power is made perfect in my weaknesses. When I feel powerless, remind me to lean on You. Fill me with Your strength to face each day and resist temptation. Help me surrender my failures and rely completely on Your sustaining grace. May my journey reflect Your glory and mercy. *In Jesus' name I pray, Amen.* \$\&\display \lambda \lamb















Your Verse

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

Supporting Scriptures

- Ephesians 4:22–24 "You were taught...to put off your old self...to be made new in the attitude of your minds"
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Devotional: Changing Thoughts to Change Life

Recovery involves more than stopping a behavior—it requires transformation at the deepest level. The Apostle Paul encourages believers not to conform to worldly patterns but to be transformed by a renewed mind. In addiction, old thought patterns often fuel cravings and cycles of use.

Renewing the mind means intentionally replacing harmful, self-defeating beliefs with truth from God's Word. It means focusing on heavenly perspectives rather than earthly temptations. This mental renewal is critical in breaking addiction's grip.

Scripture provides the tools for this transformation. Jesus offers a new identity, and the Holy Spirit empowers change. With consistent prayer, study, and reflection, the mind becomes a battleground where victory is won.

Practically, what does this look like? Monitor your thoughts, confess lies you believe about yourself, and meditate on God's promises. Over time, your desires and choices align more with God's will and less with addiction's pull.







Reflect and Apply

1.	What negative or addictive thought patterns do you notice most often?
2.	How can you practically work to renew your mind daily?
3.	Which biblical truths do you need to focus on to combat urges and cravings?







Journaling Prompts

	Write down common thoughts that lead to use and consider how to replace them.
	List scriptures that can help renew your mind and memorize one this week.
3.	Reflect on how your identity in Christ differs from your addiction's story.







Prayer for Today

Father God, I ask You to help me renew my mind today. Replace my old thought patterns with Your truth and set my focus on things above. Teach me to see myself as You see me and grant me the wisdom to recognize and reject lies from the enemy. Transform my heart and mind to reflect Your holiness and freedom. Thank You for the new life You give me through Christ. Amen.























Your Verse

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

Supporting Scriptures

- Ecclesiastes 4:9–10 "Two are better than one...if either of them falls down, one can help the other up."
- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds...encouraging one another."







Devotional: Strength Found in Godly Relationships

Recovery is difficult to walk alone. God created us for community, and scripture emphasizes the importance of supporting each other. Addiction can foster isolation, but healing grows best in the context of loving, trusted relationships.

Galatians reminds us to carry each other's burdens, fulfilling the law of Christ through compassion and help. Whether a friend, family member, mentor, or support group, having others to walk alongside offers encouragement, accountability, and practical help.

Don't be afraid to reach out. It might feel vulnerable, but openness allows others to pray, speak truth, and offer hope when you feel weak. True community can help break the cycles of addiction by reminding you you are not alone and reinforcing God's love through others.

Remember, even Jesus relied on his disciples for support. You were never meant to overcome addiction in isolation—invite God's people into your recovery journey.







Reflect and Apply

1.	Who in your life can you trust to support you in recovery?
2.	What fears or barriers keep you from seeking help or community?
3.	How can you also be a support to others who struggle?







Journaling Prompts

1.	Write about times community has encouraged or helped you.
2.	Identify people you can confide in and how to reach out to them.
3.	Reflect on ways to contribute to others' journeys of healing.







Prayer for Today

Lord Jesus, thank You for the gift of community. Help me find and embrace supportive relationships that encourage my healing. Give me courage to be honest and receive help when I need it. Teach me to carry others' burdens with love and patience as well. Bind us together in Your grace so we can walk this recovery journey side by side. *In Your name I pray, Amen.* \heartsuit

















Day 5: A Hope and New Beginnings

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 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"







Day 5: Phope and New Beginnings

Devotional: God's Compassion Fuels Fresh Starts

Recovery is a daily process filled with hope. The book of Lamentations declares that God's compassions are new every morning—a promise that each day is an opportunity for a fresh start regardless of past mistakes or setbacks.

As followers of Christ, we are new creations. Our past does not define us; God's transformative power renews our hearts and lives continually. This hope is essential for sustaining recovery over time.

If you feel discouraged, remember this truth: God is always at work doing something new in you. He never gives up on you. He invites you to leave behind old habits and embrace the newness of life He provides.

Let today be the start of renewed hope and confidence in God's endless mercy and the bright future He has for you.







Day 5: 🌈 Hope and New Beginnings

Reflect and Apply

	How does understanding God's daily compassion influence your outlook on recovery?
	What new beginnings do you hope to see in your life through God's power?
3.	How can you hold onto hope when facing setbacks or struggles?







Day 5: 🌈 Hope and New Beginnings

Journaling Prompts

1.	Write a letter to yourself about God's forgiveness and fresh start.
2.	List areas of your life where you want to see God do something new.
3.	Reflect on how hope changes your motivation to keep going.







Day 5: A Hope and New Beginnings

Prayer for Today

Gracious Father, thank You that Your mercies are new every morning. Help me to leave behind the past and trust in the new things You are doing in my life. Strengthen my hope and renew my spirit for the road ahead. May I walk confidently with You, knowing that I am loved and made new through Christ. *In Jesus' name, Amen.*







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