Journey to Recovery: Finding Freedom in Christ



A 21-day Bible study guiding you through recovery from alcohol addiction with hope, strength, and God's transformative grace.





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Introduction

Welcome to your 21-day journey to recovery. This plan is designed to walk you through the challenges and victories found in overcoming alcohol addiction through God's power and grace. Recovery is not just about breaking free from addiction; it's a deep, spiritual renewal where God restores your mind, body, and soul.

Throughout these 21 days, you will encounter Scripture that speaks directly to your struggle, healing, and hope. Each day's reading and reflection aim to provide encouragement when the road seems tough and to remind you that you are never alone. God's Word offers a firm foundation for healing, freedom, and transformation.

This journey is about more than sobriety; it's about reclaiming your identity in Christ and embracing the abundant life He promises. Recovery involves surrendering your burdens, renewing your mind, and trusting God's strength over your own. You will see that His grace is sufficient, His power is made perfect in weakness, and His love is unending.

As you commit to these daily readings, reflections, and prayers, may you feel the presence of the Holy Spirit guiding you, comforting you, and empowering you to walk forward with hope. Remember, each day of recovery is a step toward freedom, peace, and purpose — all found in Jesus Christ.

















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







Devotional: Finding Hope in God's Nearness

Recovery begins with recognizing your brokenness and turning to God for help. **Psalm 34:18** reminds us that God is near to those who are hurting and crushed in spirit. If you feel overwhelmed by addiction or the pain that brought you here, take comfort that God is present and ready to save and restore.

Starting this journey might feel scary or uncertain, but God offers His presence and peace to calm your fears. *Isaiah 41:10* encourages us not to fear alone because God is our helper, strengthening us every step of the way.

In your weakness, God's power is revealed, which means that your struggles can be the very place where His grace lifts you up. **Today, lean into that grace** and trust that God's power will sustain you even when you feel weak or helpless. Healing begins with hope.







Reflect and Apply

	How does knowing God is close to your broken heart change the way you see your struggles?
2.	What fears do you need to surrender to God today?
3.	Where have you experienced God's grace in your moments of weakness?







Journaling Prompts

1.	Describe your current feelings about starting recovery.
2.	Write a prayer inviting God's presence into your healing journey.
3.	List the fears or doubts you want to give to God.







Prayer for Today

Dear Lord, thank You that You are close to me in my brokenness. *Thank You for never leaving me alone in this journey.* Please fill me with Your hope and strength today. Help me to surrender my fears and weaknesses to You, trusting that Your grace is enough to carry me through. Surround me with Your peace and draw me closer to You as I begin this path of recovery. In Jesus' name, Amen.



















Day 2: 🙆 A New Beginning in Christ

Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- Ezekiel 36:26 "I will give you a new heart and put a new spirit in you."
- Romans 12:2 "Be transformed by the renewing of your mind."







Day 2: A New Beginning in Christ

Devotional: Embracing Your New Identity in Christ

Recovery marks a fresh start because in Christ you are a new creation. **2 Corinthians 5:17** declares that the old has gone, and the new has arrived. This means your past does not define your future. Though addiction may have left scars, God's grace makes restoration possible.

He promises transformation from within, giving you a new heart and spirit as Ezekiel 36:26 says. This isn't just about changing habits; it's about a deep, internal renewal that reshapes how you think, feel, and act.

Romans 12:2 encourages you to not conform to old patterns of thinking or living but to be transformed by renewing your mind through God's Word. As you progress in recovery, embrace this new mindset — one filled with God's truth, hope, and strength.

Today, affirm your identity in Christ and embrace this new beginning. Your recovery journey is a powerful testimony of God's renewing work in your life.







Day 2: A New Beginning in Christ

Reflect and Apply

	What aspects of your old life do you need to release to fully accept your new identity?
2.	How can you renew your mind daily with God's truth?
3.	In what ways does being a new creation bring you hope today?







Day 2: A New Beginning in Christ

Journaling Prompts

1.	Write about who you want to become through God's transformation.
2.	List scriptures that remind you of your new identity.
3.	Describe what mental habits you want to renew and change.







Day 2: 🕰 A New Beginning in Christ

Prayer for Today

God, thank You for making me new. Thank You for removing my past mistakes and giving me a fresh start. Help me to live as the new creation You've made me, renewing my mind and heart daily through Your Word. Give me strength to let go of old patterns and fully embrace Your transforming power. Guide my steps as I walk forward in recovery, resting in Your grace. In Jesus' name, Amen.



















Day 3: 🎔 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; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- Psalm 37:5 "Commit your way to the Lord; trust in him and he will do this."
- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."







Day 3: 🎔 Surrendering Control to God

Devotional: Learning to Trust and Surrender Fully

One of the hardest steps in recovery is surrendering control. Proverbs 3:5-6 calls you to trust God wholeheartedly instead of relying on your own understanding. Addiction can create a false sense of control or helplessness, but true freedom comes from letting go and submitting your life to God's guidance.

Submitting to God means acknowledging that He knows the best path, even when the way forward is unclear. When you commit your ways fully to Him, Psalm 37:5 assures you that He will act on your behalf, providing strength and direction.

James 4:7 reminds you to resist temptation and stand firm in your commitment to God. This spiritual surrender unlocks freedom from addiction's grip and invites God's power to work mightily in your life.

Today, choose surrender over control. Trust God's wisdom and lean on His strength to guide your recovery.







Day 3: 🌣 Surrendering Control to God

Reflect and Apply

1.	What areas of your life do you struggle to surrender to God?
2.	How does trusting God change your perspective on recovery?
3.	What steps can you take to resist temptation and submit to God daily?







Day 3: 🌣 Surrendering Control to God

Journaling Prompts

1.	Write about what surrendering control means to you.
2.	Describe moments when trusting God brought peace.
3.	List temptations you want to resist and how you will do it.







Day 3: O Surrendering Control to God

Prayer for Today

Lord, I surrender my life and recovery journey to You. Help me to trust You fully even when I don't understand the path. Teach me to lean on Your wisdom and resist the temptations that pull me back. Strengthen me to submit to You every day and walk humbly in Your guidance. Thank You for making my path straight. In Jesus' name, Amen.









Day 4: 🥰 Finding Peace Amidst Struggles









Day 4: Tinding Peace Amidst Struggles

Your Verse

John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Supporting Scriptures

- Philippians 4:6-7 "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast because they trust in you."







Day 4: SFinding Peace Amidst Struggles

Devotional: Receiving God's Peace in Troubled Times

Recovery can bring many emotional battles—fear, anxiety, doubt—but Jesus promises a peace that transcends all understanding. **John 14:27** offers this assurance: His peace is unlike anything the world offers. It calms troubled hearts and dispels fear.

Philippians 4:6-7 teaches you to bring your worries to God through prayer and thanksgiving. When you do, God's peace will guard your heart and mind against the chaos of addiction's aftereffects.

Isaiah 26:3 emphasizes the importance of steadfast trust. When your mind remains fixed on God, He promises perfect peace even in difficult situations.

Today, practice turning your anxious thoughts into prayers and trust God to bring His deep, sustaining peace. This peace will nurture your healing and give you strength to continue forward.







Day 4: W Finding Peace Amidst Struggles

Reflect and Apply

1.	What fears or anxieties are currently troubling your heart?
2.	How can prayer shift your focus from worries to God's peace?
3.	What are practical ways to keep your mind steadfast on God daily?







Day 4: W Finding Peace Amidst Struggles

Journaling Prompts

1.	Write down your worries and then transform them into prayers.
2.	Record moments when God's peace comforted you.
3.	List Bible verses that encourage peace and meditate on them.







Day 4: W Finding Peace Amidst Struggles

Prayer for Today

Jesus, thank You for Your peace. When my heart is troubled and fear surrounds me, fill me with Your calm presence. Help me to cast my anxieties on You through prayer and trust that You guard my heart and mind. Teach me to keep my thoughts focused on You so that I may experience Your perfect peace each day. In Your name, Amen.



















Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Devotional: Empowered to Overcome and Persevere

Recovery requires strength beyond yourself. Philippians 4:13 reminds you that through Christ, you have the strength needed to face every challenge, including addiction recovery.

When you feel weary or powerless, lean into God's promise from Isaiah 40:29: He renews your strength and empowers you when you are weak. God's power is not limited by your human limitations.

2 Timothy 1:7 adds that God gives you a spirit of power, love, and self-discipline—all essential components on your recovery journey. Instead of fear or timidity, His Spirit empowers you to overcome cravings and make healthy choices.

Draw on God's power today, knowing He provides all you need to keep moving forward.







Reflect and Apply

here do you feel weak and in need of God's strength today?
ow can God's Spirit help you grow in discipline and love?
hat does it mean to you that you can 'do all things' through Christ?







Journaling Prompts

1.	Write about a moment when God gave you unexpected strength.
2.	List ways you can rely on God's power rather than your own.
3.	Reflect on how self-discipline plays a role in your recovery.







Prayer for Today

Lord, thank You for being my strength. When I feel weak or overwhelmed, remind me that Your power is made perfect in my weakness. Fill me with Your Spirit's power, love, and self-discipline, so I can face today's challenges with courage and hope. Help me rely on You fully as I walk this recovery path. In Jesus' name, Amen.











Day 6: Bestoring the Soul









Day 6: B Restoring the Soul

Your Verse

Psalm 23:3 - "He refreshes my soul. He guides me along the right paths for his name's sake."

Supporting Scriptures

- Isaiah 61:1 "He has sent me to bind up the brokenhearted... to comfort all who mourn."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 6: B Restoring the Soul

Devotional: Experiencing God's Healing and Comfort

Recovery is not only physical but also deeply spiritual. Psalm 23:3 assures you that God refreshes your soul, renewing your inner being. Addiction can cause damage not only to your body but also to your spirit, leaving you feeling drained and broken.

God's healing is compassionate and tender—as Isaiah 61:1 proclaims, He binds up the brokenhearted and comforts those in sorrow. You don't have to carry the burden alone. Jesus invites you in Matthew 11:28 to come to Him for rest and relief from your struggles.

Allow God to restore your soul today. Seek His comfort and guidance as He leads you in the right direction for your healing and purpose.







Day 6: Bestoring the Soul

Reflect and Apply

1.	How has addiction affected your soul and spirit?
2.	What does it look like for God to refresh your soul daily?
3.	In what ways can you accept God's invitation to come rest in Him?







Day 6: Bestoring the Soul

Journaling Prompts

1.	Describe what comfort from God feels like to you.
2.	Write about your soul's needs and how God can meet them.
3.	List ways you can allow God to guide you on 'right paths.'







Day 6: Bestoring the Soul

Prayer for Today

Heavenly Father, refresh my soul today. I'm weary and burdened, but You promise comfort and rest. Please bind up my broken heart and heal the wounds addiction has left. Guide me on the paths that lead to peace and restoration, all for Your glory. Thank You for loving me and carrying my burdens. In Jesus' name, Amen.



















Your Verse

Hebrews 6:19 – "We have this hope as an anchor for the soul, firm and secure."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Lamentations 3:22–23 "His compassions never fail. They are new every morning."







Devotional: Hope That Holds You Steady

Recovery can feel like a turbulent sea, with ups and downs threatening to overwhelm you. Yet Hebrews 6:19 offers a powerful image of hope as an anchor—steady, firm, and secure holding your soul in place despite the storms.

This hope is rooted in God's unchanging promises. Romans 15:13 reminds us that trust in God brings joy and peace—emotions we often crave during recovery.

Lamentations 3:22–23 encourages you with God's daily renewing compassion. Every morning is a new gift of mercy and fresh hope to keep pressing forward.

Hold tightly to these promises today. Let God's hope anchor your soul, providing stability and joy amid the challenges.







Reflect and Apply

1.	What storms are you facing right now in your recovery journey?
2.	How does hope in God act as an anchor for your soul?
3.	How can you remind yourself daily of God's renewing compassion?







Journaling Prompts

1.	Write about times when God's hope kept you steady.
2.	List God's promises that encourage and sustain you.
3.	Describe how you can deepen your trust in God's hope.







Prayer for Today

God of hope, anchor my soul today. When storms come, steady me in Your promises. Fill me with joy and peace as I trust You. Thank You for Your faithful compassion—new every morning—that renews me daily. Help me to hold fast and keep moving forward with hope. In Jesus' name, Amen.

















Your Verse

Romans 8:38–39 – "Nothing in all creation will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- John 3:16 "For God so loved the world that he gave his one and only Son."
- 1 John 4:18 "There is no fear in love. But perfect love drives out fear."







Day 8: 🍑 Embracing God's Unconditional Love

Devotional: Living in the Freedom of God's Love

In recovery, you may wrestle with feelings of shame, guilt, or unworthiness. Yet Romans 8:38–39 assures you of a powerful truth: nothing can separate you from God's love. His love for you is absolute, unconditional, and forever.

John 3:16 reminds you that God's love was demonstrated in the greatest sacrifice—giving Jesus for your salvation. This love is not earned but freely given, offering hope and acceptance no matter your past.

1 John 4:18 encourages you to live without fear because perfect love casts out all fear. Let God's love break chains of shame and fear, inviting you into freedom and confidence.

Today, open your heart to embrace God's unfailing love and let it transform how you see yourself.







Day 8: V Embracing God's Unconditional Love

Reflect and Apply

1.	How does knowing God's unconditional love affect your view of yourself?
2.	What fears or doubts does God's perfect love help you overcome?
3.	How can you remind yourself daily of God's unbreakable love?







Day 8: V Embracing God's Unconditional Love

Journaling Prompts

1.	Write a letter to yourself affirming God's love.
2.	List ways God's love has shown up during your recovery.
3.	Reflect on how God's love drives out fear in your life.







Day 8: O Embracing God's Unconditional Love

Prayer for Today

Lord, thank You for Your unchanging love. When I feel unworthy or burdened by shame, remind me that nothing can separate me from Your love in Christ. Help me to live free from fear, resting in the security of Your perfect love. Fill me with confidence and acceptance as I continue this recovery journey. In Jesus' name, Amen.



















Day 9: O Breaking the Cycle of Addiction

Your Verse

Romans 6:6 - "Our old self was crucified with him so that the body ruled by sin might be done away with."

Supporting Scriptures

- Galatians 5:1 "It is for freedom that Christ has set us free."
- 1 Peter 5:8-9 "Be alert and of sober mind. Your enemy the devil prowls like a roaring lion... resist him."







Day 9: Deaking the Cycle of Addiction

Devotional: Walking Free from Old Chains

The cycle of addiction often feels like a never-ending battle, but Romans 6:6 reminds you that your old self, bound by sin, was crucified with Christ. This means that addiction no longer has to control you; you have been set free.

Galatians 5:1 encourages you to stand firm in this freedom, understanding that Christ's sacrifice breaks chains of captivity so you can live a renewed life.

1 Peter 5:8-9 warns to stay vigilant, be sober-minded, and resist the enemy's schemes that try to pull you back. Spiritual alertness is key to maintaining freedom and continuing the recovery journey.

Today, claim your freedom and break the patterns of addiction by relying on Christ's strength and resisting temptation.







Day 9: 🖸 Breaking the Cycle of Addiction

Reflect and Apply

1.	What 'old self' behaviors or thoughts do you need to let go of?
2.	How can you stand firm in the freedom Christ has given?
3.	How does being spiritually alert help you avoid relapse?







Day 9: 🖸 Breaking the Cycle of Addiction

Journaling Prompts

	Write about moments when old habits tried to surface and how you resisted.
2.	List steps you can take to maintain sobriety daily.
3.	Reflect on the spiritual battle involved in recovery.







Day 9: Day Breaking the Cycle of Addiction

Prayer for Today

Jesus, thank You for setting me free. Help me to remember that my old self was crucified with You. Give me sober minds and alert hearts to resist the enemy's attacks. Strengthen me to break free from cycles of addiction and walk boldly in new life. I trust in Your power, today and always. In Your name, Amen.



















Day 10: Paulding a Supportive Community

Your Verse

Ecclesiastes 4:9–10 – "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way, you will fulfill the law of Christ."
- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."







Day 10: Paulding a Supportive Community

Devotional: The Strength of Community in Recovery

Recovery is not meant to be walked alone. Ecclesiastes 4:9-10 beautifully illustrates the power of companionship—having someone to lift you up when you falter. Whether it's a trusted friend, a mentor, a counselor, or a faith community, support is vital.

Galatians 6:2 reminds you to both receive and share help by carrying each other's burdens. Recovery thrives in an environment of love, honesty, and encouragement, where healing is a shared journey.

Hebrews 10:24–25 encourages believers to motivate one another toward love and good deeds, fostering mutual growth and accountability.

Today, seek out supportive relationships that encourage your recovery and commit to being a source of support for others.







Day 10: 😜 Building a Supportive Community

Reflect and Apply

1.	Who are the people God has placed in your life to support you?
2.	How can you be open to receiving and giving help?
3.	What does community look like on your recovery journey?







Day 10: 😜 Building a Supportive Community

Journaling Prompts

1.	List trusted people and describe their role in your recovery.
2.	Write about a time when support made a difference for you.
3.	Plan ways to build or strengthen your support network.







Day 10: Paulding a Supportive Community

Prayer for Today

Lord, thank You for placing people in my life to support me. Help me to be humble and open to receive help, and also to be a loving support for others on their journeys. Teach me to walk in community, carrying burdens and encouraging one another in faith and recovery. May Your love flow through these relationships. In Jesus' name, Amen.



















Your Verse

Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."

Supporting Scriptures

- 2 Corinthians 10:5 "Take captive every thought to make it obedient to Christ."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Devotional: Taking Thoughts Captive Through God's Word

The mind is a battlefield in recovery. Philippians 4:8 calls you to focus your thoughts on what is true, noble, pure, and lovely. Guarding your mind influences your choices, emotions, and overall recovery progress.

2 Corinthians 10:5 teaches that you have authority to take captive every thought and make it obedient to Christ. Negative, tempting, or discouraging thoughts don't have to control you—they can be replaced by God's truth.

Psalm 119:11 encourages you to store God's Word in your heart as a defense against sin and harmful thoughts. Scripture is a powerful tool in renewing your mind and strengthening your spirit.

Today, intentionally guard your thoughts by meditating on God's truth and rejecting harmful lies.







Reflect and Apply

1.	What negative thoughts or lies do you struggle to overcome?
2.	How can you use Scripture to replace harmful thinking patterns?
3.	What practical steps help you keep your mind focused on what is good?







Journaling Prompts

	Write down common negative thoughts and replace them with biblical truths.
2.	List favorite verses that strengthen your mind and spirit.
3.	Reflect on ways to maintain mental discipline daily.







Prayer for Today

God, help me to guard my mind and heart. Teach me to focus on what is true and pure, taking every thought captive to obey You. Fill me with Your Word so it becomes my defense against temptation and discouragement. Renew my mind daily as I lean on Your truth. In Jesus' name, Amen.









Day 12: 🎇 Embracing God's Grace Daily









Day 12: 🎇 Embracing God's Grace Daily

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 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Ephesians 2:8 "For it is by grace you have been saved, through faith—and this is not from yourselves."







Devotional: Resting in God's Never-Ending Grace

Recovery is a daily walk requiring patience and reliance on God's grace. Lamentations 3:22–23 offers hope that God's mercies never run out—they are new every morning. No matter how many times you stumble, His compassion renews your strength to try again.

2 Corinthians 12:9 reassures you that God's grace is sufficient, especially in your weaknesses. Your shortcomings are opportunities for His power to shine.

Remember that salvation and recovery are gifts, not achievements. Ephesians 2:8 reminds you it's all by grace through faith, not by your own effort.

Today, embrace God's grace anew and extend that same grace to yourself through your recovery journey.







Reflect and Apply

1.	How do you experience God's grace in your daily struggles?
2.	What does it mean to receive grace in your weakness?
3.	How can you show grace to yourself during setbacks?







Journaling Prompts

1.	Write about a time God's grace carried you through.
2.	List ways you can embrace grace in your ongoing recovery.
3.	Reflect on forgiving yourself as God forgives you.







Prayer for Today

Lord, thank You for Your never-failing grace. When I feel weak or discouraged, remind me that Your power is perfect in my weakness. Help me to embrace Your mercy new every morning and to extend grace to myself as You do. Strengthen my faith as I rely on Your unfailing love. 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

- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."
- Psalm 32:5 "Then I acknowledged my sin to you and did not cover up my iniquity."







Day 13: Day Truth in Confession

Devotional: The Freedom of Honest Confession

Confession is a powerful tool for healing. 1 John 1:9 assures that when you openly confess your sins to God, He is faithful to forgive and purify your heart from unrighteousness. Holding sin in secret can deepen shame and hinder recovery.

James 5:16 encourages believers to confess to one another too, creating transparency and mutual healing. Confession breaks chains of isolation and invites support and restoration.

Psalm 32:5 shows the relief and blessing found in acknowledging sin. Admission leads to God's forgiveness and freedom from guilt.

Today, practice honesty in confession—first to God, then to trusted people—embracing the healing that comes through truth.







Reflect and Apply

1.	Are there sins or struggles you are hiding from God or others?
2.	How might confession bring healing to your soul?
3.	Who can you safely trust to share your struggles with?







Journaling Prompts

1.	Write a confession prayer to God pouring out your heart.
2.	List trusted individuals you can share with for accountability.
3.	Reflect on the feelings of relief or fear connected to confession.







Prayer for Today

Father, I come to You in confession. I acknowledge my sins and ask for Your forgiveness and cleansing. Help me not to hide my struggles but to be honest with You and with trusted people who can support me. Thank You for Your faithfulness to forgive and purify me. Lead me into freedom and healing. In Jesus' name, Amen.

















Your Verse

Galatians 6:9 - "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Supporting Scriptures

- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."
- 1 Corinthians 10:13 "God is faithful; he will not let you be tempted beyond what you can bear."







Devotional: Growing Healthy Habits for Lasting Change

Recovery includes creating and nurturing new, healthy habits that replace destructive ones. Galatians 6:9 encourages perseverance in doing good, with the promise of a harvest of blessings if you don't give up.

Guarding your heart, as Proverbs 4:23 says, is essential because your actions flow from what is in your heart. This includes your thoughts, attitudes, and spiritual focus.

1 Corinthians 10:13 assures you that God provides a way out of temptation. This reminds you to be proactive in building habits that keep you strong and aligned with God's will.

Today, commit to developing habits that nurture your recovery and honor God's guidance.







Reflect and Apply

1.	What current habits support or hinder your recovery?
2.	How can guarding your heart help you develop good habits?
3.	What are practical ways to resist temptation and persevere?







Journaling Prompts

1.	Identify 3 habits you want to build or strengthen.
2.	Reflect on how your heart influences your daily choices.
3.	Plan how to overcome obstacles that challenge your new habits.







Prayer for Today

God, help me cultivate healthy habits that support my recovery. Strengthen my heart to guard against temptation and weariness. Give me persistence to keep doing good, trusting that Your timing will bring fruit from my efforts. Guide me in daily choices that honor You and nurture my healing. In Jesus' name, Amen.











Day 15: 2 Patience in Progress









Day 15: 🕰 Patience in Progress

Your Verse

James 1:4 – "Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Supporting Scriptures

- Ecclesiastes 7:8 "The end of a matter is better than its beginning."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."







Day 15: A Patience in Progress

Devotional: Growing through Perseverance and Waiting

Recovery is often a slow process with ups and downs, requiring patience and perseverance. James 1:4 reminds you that perseverance completes its work to bring maturity and wholeness.

Ecclesiastes 7:8 underscores that the outcome is better than the beginning, encouraging you to keep pushing forward despite struggles.

Psalm 27:14 calls you to wait on God's timing with strength and hope, trusting that He is working even when you don't see immediate results.

Today, cultivate patience and trust that God is molding you into a complete and mature person through every step.







Day 15: 🙇 Patience in Progress

Reflect and Apply

1.	How does impatience affect your recovery progress?
2.	In what ways can you strengthen your heart to wait on God?
3.	What signs of growth can you recognize even in small steps?







Day 15: 🕰 Patience in Progress

Journaling Prompts

1.	Write about moments you felt growth after persevering.
2.	List ways to practice patience when recovery feels slow.
3.	Reflect on what 'mature and complete' means for your life.







Day 15: 🕰 Patience in Progress

Prayer for Today

Lord, teach me patience in this recovery process. Help me to persevere through challenges, knowing You are completing Your work in me.

Strengthen my heart to wait for Your perfect timing and to trust Your plans for my growth. May I find hope and courage each day. In Jesus' name, Amen.

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Day 16: Overcoming Temptation with God's Help









Day 16: 🖰 Overcoming Temptation with God's Help

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

- Matthew 26:41 "Watch and pray so that you will not fall into temptation."
- Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."







Day 16: 🖰 Overcoming Temptation with God's Help

Devotional: Standing Firm Against Temptation

Temptation is a reality in recovery, but God provides strength to overcome it. 1 Corinthians 10:13 offers comfort that temptation is common and never beyond what you can bear with God's help.

Jesus warns in Matthew 26:41 to stay alert and prayerful to prevent falling into temptation. Prayer is a vital defense in moments of weakness.

Ephesians 6:11 encourages you to put on God's full armor—truth, righteousness, faith, and more—to stand firm against the enemy's attacks.

Today, be vigilant in prayer and rely on God's protection to overcome temptation and stay strong in recovery.







Day 16: 💍 Overcoming Temptation with God's Help

Reflect and Apply

1.	What temptations feel strongest in your recovery journey?
2.	How can prayer help you maintain vigilance against temptation?
3.	Are you aware of the spiritual armor God has given you?







Day 16: 💍 Overcoming Temptation with God's Help

Journaling Prompts

1.	Write about past experiences where you successfully resisted temptation.
2.	List spiritual 'armor' pieces you want to put on daily.
3.	Reflect on how being watchful impacts your recovery.







Day 16: 🖰 Overcoming Temptation with God's Help

Prayer for Today

God, help me to stand firm against temptation. Thank You for never allowing more than I can bear. Teach me to watch and pray continually and to put on Your full armor daily. Protect me from the enemy's schemes and give me strength to resist. In Jesus' name, Amen.

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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 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- 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: Reframing Life through Gratitude

Gratitude transforms your perspective, especially during recovery's difficult moments. 1 Thessalonians 5:18 calls you to give thanks in all circumstances, making gratitude part of God's will for you.

Psalm 107:1 reminds you that God's enduring love is a constant reason for thanksgiving. Even when challenges persist, His goodness remains.

Colossians 3:15 connects gratitude with peace, showing that thankful hearts are more at rest and better able to navigate trials.

Today, focus on cultivating gratitude by recognizing God's goodness in every situation.







Reflect and Apply

1.	What blessings can you identify even amid struggles?
2.	How does gratitude impact your emotional and spiritual health?
3.	In what ways can you practice thankfulness daily?







Journaling Prompts

1.	List at least five things you are grateful for today.
2.	Write about how gratitude has shifted your recovery mindset.
3.	Reflect on challenges and identify lessons or blessings within them.







Prayer for Today

Father, thank You for Your endless goodness. Help me to give thanks in all circumstances and to see Your love at work in my life. Cultivate a grateful heart in me that brings peace and joy even in challenges. Teach me to recognize Your blessings every day. In Jesus' name, Amen.



















Day 18: A Walking by Faith, Not by Sight

Your Verse

2 Corinthians 5:7 - "For we live by faith, not by sight."

Supporting Scriptures

- Hebrews 11:1 "Now faith is confidence in what we hope for and assurance about what we do not see."
- Romans 8:24 "For in this hope we were saved. But hope that is seen is no hope at all."







Devotional: Trusting God Beyond What You See

Sometimes the recovery road is unclear and progress feels invisible. 2 Corinthians 5:7 encourages you to walk by faith rather than by what you see.

Hebrews 11:1 defines faith as confidence and assurance in the unseen promises of God. Even though you cannot always see the outcome, your faith in God's faithfulness sustains you.

Romans 8:24 reminds you that hope based on what is unseen is real hope. This hope motivates perseverance and trust in God's plan beyond your current circumstances.

Today, choose to walk by faith, trusting God with every step of your recovery journey.







Reflect and Apply

What areas of your recovery require faith over sight?
How can you strengthen your confidence in God's unseen work?
What promises of God give you hope when situations seem unclear?







Journaling Prompts

1.	Write about times when faith led to breakthroughs.
2.	List scriptures that build your confidence in God's promises.
3.	Describe how you can practice faith in hard moments.







Prayer for Today

Lord, help me to walk by faith, not by sight. When I cannot see the full path or outcomes, strengthen my confidence in Your promises. Build my hope in what is unseen, and sustain me through uncertainty. I trust that You are working even when I don't see it. In Jesus' name, Amen.

















Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart... and he will make your paths straight."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







Devotional: Hopeful Trust in God's Purpose

Recovery can sometimes cause uncertainty about what lies ahead, but Jeremiah 29:11 reassures you that God has good plans for your life—a future filled with hope and prosperity.

Proverbs 3:5–6 invites you to trust God wholeheartedly and submit your ways to Him, confident that He will make your path clear and straight.

Romans 8:28 assures that even difficult parts of your recovery fit into God's larger good plan for those who love Him. Nothing is wasted in His hands.

Today, place your trust fully in God's plan and step forward with hope for the future He has prepared.







Reflect and Apply

1.	How does trusting God's plan influence your recovery outlook?
2.	What fears about the future do you need to surrender?
3.	How does knowing God works all things for good bring peace?







Journaling Prompts

1.	Write your hopes and dreams for the future in God's hands.
2.	List ways you can trust God more deeply each day.
2	Deflect on hove Cod becaused for good in past struggles
Э.	Reflect on how God has worked for good in past struggles.







Prayer for Today

Father, thank You for Your good plans for my life. Help me to trust You with all my heart and submit my recovery journey to Your guidance. Remove fears about the future and fill me with hope for what You are preparing. Help me remember that You work all things for my good. In Jesus' name, Amen.

















Your Verse

Philippians 3:14 – "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Supporting Scriptures

- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."
- Hebrews 12:1 "Let us run with perseverance the race marked out for us."







Devotional: Honoring Your Journey and Staying Strong

As your journey nears day 21, take time to celebrate how far you have come. Philippians 3:14 invites you to press on toward the goal, fixing your eyes on the prize God has for you in Christ.

2 Timothy 4:7

Hebrews 12:1 encourages you to run with perseverance. Recovery is a marathon, not a sprint, and every step forward is progress worth honoring.

Today, acknowledge your growth, give thanks for God's sustaining power, and renew your commitment to persevere.







Reflect and Apply

1.	What milestones in recovery are you grateful for?
2.	How can you celebrate progress without becoming complacent?
3.	What motivates you to keep pressing forward?







Journaling Prompts

1.	List accomplishments and breakthroughs during your recovery.
2.	Write a gratitude note to God for sustaining you.
3.	Set goals for the next phase of your healing.







Prayer for Today

God, thank You for carrying me through. Help me to celebrate the progress I have made and to press on with perseverance. Strengthen my faith and renew my commitment to the healing You've begun. May I continue to run this race with eyes fixed on You and the prize You have prepared. In Jesus' name, Amen.









Day 21: 🥕 Living in Freedom and Purpose









Day 21: 🏂 Living in Freedom and Purpose

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

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Day 21: 🥕 Living in Freedom and Purpose

Devotional: Stepping into Your God-Given Freedom

Congratulations on completing this 21-day journey! Galatians 5:1 celebrates the freedom Christ offers—a freedom from the slavery of addiction, shame, and fear.

John 8:36

Ephesians 2:10 reminds you that you are God's masterpiece, created for good works and purpose. Recovery is not just about survival—it is about walking in the destiny God has planned for you.

Live today with joy, confidence, and purpose, standing firm in the freedom God has given you.







Day 21: 🏂 Living in Freedom and Purpose

Reflect and Apply

1.	How has your understanding of freedom changed through this study?
2.	What steps will you take to protect your freedom going forward?
3.	What purpose do you sense God calling you to fulfill?







Day 21: 🏂 Living in Freedom and Purpose

Journaling Prompts

1.	Write a declaration of your freedom in Christ.
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2.	List ways to remain vigilant in maintaining your sobriety.
	Describe the many and a selection of the
3.	Describe the purpose and goals God has placed on your heart.







Day 21: 🕭 Living in Freedom and Purpose

Prayer for Today

Father, thank You for setting me free. Help me to stand firm and not return to old burdens. Teach me to live each day confidently in the freedom and purpose You have given. May I be Your handiwork, walking in good works that glorify Your name. Empower me to continue this journey with joy and strength. In Jesus' name, Amen.









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