Journey to Renewal: Embracing Recovery in Christ



Discover hope and strength in God's Word as you pursue healing and renewal through recovery from addiction.





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Introduction

Welcome to this 5-day Bible study on Recovery, with a special heart for those walking the challenging path of cocaine recovery and renewal. Addiction can bind us in ways that feel insurmountable, but the journey to lasting freedom is possible through God's grace, love, and power. This study invites you to explore the transforming truth found in Scripture that offers restoration, hope, and new beginnings.

Each day, we will delve into God's promises of healing and renewal, drawing close to Him as the source of strength when facing temptation, despair, and the need for change. Whether you are at the beginning of your recovery journey or seeking renewal after setbacks, these devotionals will help you anchor your soul in God's unfailing love. Remember, recovery is not just about overcoming the physical cravings, but about inviting God to restore your mind, heart, and spirit to wholeness.

As you reflect on the Scriptures and engage with the journaling prompts and prayers, may you experience the peace that passes all understanding, courage to persevere, and an ever-deepening relationship with Jesus Christ, our Redeemer and Healer. This is your story of hope — one step at a time, empowered by His grace.

















Your Verse

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

Supporting Scriptures

- Isaiah 43:18–19 "Forget the former things; do not dwell on the past. See, I am doing a new thing!"
- 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; great is your faithfulness."







Devotional: God Offers a New Beginning Every Day

Today's focus is on the beautiful truth that in Christ, every day is a fresh start. Addiction often traps us in cycles of regret, shame, and defeat. But God calls us to release the past and embrace the hope of renewal. 2 Corinthians 5:17 reminds us that becoming a follower of Jesus means we are made new—a new creation with a fresh identity.

Whether you have struggled for years or face recent battles, God's mercies invite you to start anew. He isn't focused on your past mistakes; He is crafting a new story filled with purpose. *Your recovery journey is not defined by previous falls but by the God who lifts you up and offers healing.*

Take heart: God's promises bring fresh hope every morning. Let today's truth sink deep into your soul and encourage you to embrace the new beginnings God is unfolding for you.







Reflect and Apply

1.	What past regrets or shame do you need to surrender to God today?
	How does seeing yourself as a new creation empower your recovery journey?
3.	In what ways can you remind yourself daily of God's fresh mercies?







Journaling Prompts

1.	Write about a time you felt God's renewal in your life.
2.	List areas where you need to let go of the past.
	Describe how you envision your life unfolding through God's new beginnings.







Prayer for Today

Dear Heavenly Father, thank You that in You I am made new. Help me to release the grip of past failures and shame that hold me back. Fill me with hope as I walk into the new beginnings You provide each day. Strengthen me to trust Your mercy and to believe in the transformation You promise. May Your love guide my steps toward healing and freedom. *In Jesus' name, Amen.*

























Your Verse

Philippians 4:13 NIV - "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."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 2: V Strength Through God's Power

Devotional: Relying on God's Strength in Recovery

The battle against addiction can leave us feeling weak and overwhelmed, but God's strength sustains us. Philippians 4:13 assures us that through Christ, we have the power to face every challenge, including the temptations and hardships of recovery.

It's normal to feel weary, but God promises to renew our strength, especially when we lean on Him rather than our own abilities. Addiction can make us feel alone, yet God is our constant refuge—a safe place where strength is replenished.

Commit today to drawing your power from God, allowing His presence to guard your heart and renew your spirit. Trust that His strength is made perfect in your weakness, enabling you to overcome one day at a time.







Day 2: **(**) Strength Through God's Power

Reflect and Apply

1.	When do you feel weakest in your recovery, and how can you invite God's strength in those moments?
2.	What are some practical ways to seek God's help daily?
3.	How does the promise of God's presence change your view of temptation and struggle?







Day 2: **(**) Strength Through God's Power

Journaling Prompts

1.	Record moments recently when you experienced God's strength.
2.	Identify triggers and consider how relying on God can help you overcome them.
3.	Write a prayer asking God for renewed strength for your journey.







Prayer for Today

Lord God, I confess my weakness and ask for Your mighty strength. When I am tempted and tired, remind me to lean on You. Fill my heart with courage and renew my spirit each day. Lead me in Your power toward victory and freedom. Thank You for being my refuge and help in every struggle. *In Jesus' powerful name, Amen.*









Day 3: 😂 Freedom from Bondage









Day 3: W Freedom from Bondage

Your Verse

Galatians 5:1 NIV - "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."
- Psalm 34:17 "The righteous cry out, and the LORD hears them; he delivers them from all their troubles."







Day 3: W Freedom from Bondage

Devotional: Stand Firm in Christ's True Freedom

Recovery is fundamentally about embracing the freedom Christ offers—freedom from addiction's slavery. Galatians 5:1 calls us to stand firm in this freedom and reject the chains that once held us captive.

Cocaine addiction can feel like a yoke that tightens with every struggle, but Jesus promises complete liberation. This freedom is not merely physical but spiritual and emotional. It means a heart released from shame, lies, and bondage.

Today, reflect on what true freedom means for you and commit to resisting anything that threatens to re-enslave your spirit. Remember, God hears your cries and is eager to deliver you fully.







Day 3: 😂 Freedom from Bondage

Reflect and Apply

	What areas of your life still feel like bondage, and how can Jesus set you free?
2.	What does it mean to you personally to be 'free indeed'?
3.	How can you guard your freedom daily in recovery?







Day 3: 😂 Freedom from Bondage

Journaling Prompts

1.	Describe what freedom in Christ looks like in your recovery.
2.	Write about a time when God delivered you from temptation.
3.	Identify fears or doubts that make you feel trapped and surrender them to God.







Day 3: W Freedom from Bondage

Prayer for Today

Heavenly Father, thank You for the incredible freedom You give through Jesus Christ. Help me to stand firm and reject every yoke that tries to enslave me again. Strengthen my resolve to walk in Your liberty and live as a new person reconciled to You. Deliver me from temptation, and renew my heart with Your peace. In Your freedom, I find my hope. *Amen.* 😂 😂 🙏









Day 4: B Healing and Restoration









Day 4: 🥬 Healing and Restoration

Your Verse

Psalm 147:3 NIV - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the LORD.
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Day 4: 💋 Healing and Restoration

Devotional: God's Healing Touch Restores Whole Hearts

Recovery is not only physical; it is deeply emotional and spiritual healing that God desires to provide. Psalm 147:3 reassures us that God specifically tenderly heals the brokenhearted and cares for our wounds.

Lives affected by addiction often carry deep pain and trauma. God's promise is to restore and make whole what has been broken. Jesus invites all who are weary and weighed down to come to Him for rest and renewal.

Today, acknowledge the wounds you carry and open your heart to God's healing touch. Healing can be a gradual process, but His faithfulness never fails. Embrace the hope that restoration is possible when you lean into God.







Day 4: 🥬 Healing and Restoration

Reflect and Apply

1.	What areas of your heart need God's healing today?
2.	How can you accept God's invitation to find rest in Him?
3.	What steps can you take to allow healing to unfold fully?







Day 4: B Healing and Restoration

Journaling Prompts

escribe what rest and restoration look like for you now.
onsider healthy habits or support systems that aid your healing.







Day 4: 💋 Healing and Restoration

Prayer for Today

















Day 5: 💥 Walking Forward in Faith

Your Verse

Proverbs 3:5-6 NIV - "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

- Hebrews 12:1-2 "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus."
- Romans 8:28 "And we know that in all things God works for the good of those who love him."







Day 5: 🗱 Walking Forward in Faith

Devotional: Trust God to Lead You Forward Daily

Recovery is a lifelong journey that requires trust and perseverance. Proverbs 3:5-6 challenges us to lean not on our own understanding but to fully trust God, submitting our ways to Him so He can direct our paths.

There will be ups and downs, victories and setbacks. But Hebrews encourages us to run this race with endurance, keeping our eyes fixed on Jesus—the author and perfecter of our faith.

Allow your trust in God to guide every step forward, confident that He is working all things for your good. Place your hope in His faithfulness as you continue this journey toward freedom, renewal, and abundant life.







Day 5: 💥 Walking Forward in Faith

Reflect and Apply

1.	Where are you tempted to rely on your own understanding instead of God's?
2.	How can fixing your eyes on Jesus transform your recovery journey?
3.	What does trusting God daily look like in practical terms for you?







Day 5: 💥 Walking Forward in Faith

Journaling Prompts

1.	Write about a step forward you want to take in your recovery.
2.	Reflect on how God has already worked for your good in this journey.
2	
3.	List ways you can submit your plans and fears to God daily.







Day 5: 🞇 Walking Forward in Faith

Prayer for Today

Lord, teach me to trust You with all my heart. Help me to surrender my plans and fears, and to lean on Your wisdom rather than my own. Guide my steps as I walk forward in faith, keeping my eyes on Jesus. Thank You for working all things for my good and for giving me the strength to persevere. May I continue growing in Your grace and freedom each day. *In Jesus' name, Amen.*









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