Overcoming Addiction: Finding Strength in God



A 21-day journey to overcome energy drink addiction by relying on God's power and renewing your spirit daily.





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Introduction

Welcome to this 21-day Bible study plan on overcoming addiction, focusing especially on finding freedom from the grip of energy drinks. Addiction is a challenge that many face in various forms, and the desire to rely on stimulants like energy drinks can mask deeper needs within us. This study is designed to help you break free by shifting your source of strength from temporary fixes to God's eternal power.

Over these 21 days, you will dive into Scripture that speaks to the heart of dependence, renewal, and hope. You will learn how God invites you to lean on Him, to be filled and energized by His Spirit instead of artificial sources. Each day offers a devotional to encourage your soul and reflection questions to help you internalize God's truth.

Why focus on energy drinks? They often serve as a quick boost when we feel weary or pressured, but their effect is fleeting and can create unhealthy cycles. God, however, promises a strength that sustains beyond what anything physical can offer. By embracing His Word and power, you are invited into a journey of healing and empowerment.

Throughout this study, expect moments of challenge and breakthrough. Hold on to the truth that *God's grace accompanies every step*. You are not alone in this battle, and His strength will be your true source of endurance and joy.







Prepare your heart and mind to experience freedom, renewal, and a deeper walk with God. Let's begin this empowering journey together, trusting in the One who fills us with enduring life and strength.















Day 1: 6 Facing the True Source of Strength

Your Verse

Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."

Supporting Scriptures

- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart and my portion forever."
- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."







Day 1: 6 Facing the True Source of Strength

Devotional: God is Your Everlasting Strength

Many turn to energy drinks when their bodies and minds feel drained. These temporary boosts might seem helpful, but they only mask true weakness instead of strengthening it. Isaiah 40:29 reminds us that God is the One who actually gives strength to the weary. His power is limitless and sustaining.

Consider this: What if you could replace the quick, artificial energy with the everlasting power God offers? This isn't about rejecting something simply for discipline's sake; it's embracing a far better source that refreshes your soul and body simultaneously.

When you feel weak, exhausted, or tempted to reach for that stimulant, pause and invite God's strength instead. His grace is designed to carry you through, especially in moments of vulnerability. Trusting Him means relying on a power that never fades.

Start today by acknowledging your need for God's strength and His desire to empower you through every challenge—energy drinks included.







Day 1: 🖰 Facing the True Source of Strength

Reflect and Apply

| 1. | How often do I seek energy from substances instead of God? |
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| | In what ways have I noticed God's strength sustaining me in times of weakness? |
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| | What fears or doubts hold me back from fully trusting God as my source of energy? |
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Day 1: 🖰 Facing the True Source of Strength

Journaling Prompts

| 1. | Write about a time when you felt truly strengthened by God. |
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| | List the moments when you turned to energy drinks and what emotions accompanied those moments. |
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| 3. | Describe how you want to experience God's strength this week. |
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Day 1: 🖰 Facing the True Source of Strength

Prayer for Today

Dear Lord, thank You for being my source of strength when I feel weak and weary. Help me to stop relying on temporary fixes like energy drinks and instead place my full dependence on You. Fill me with Your Spirit and renew my energy each day. Teach me to trust Your grace and power in every circumstance. Guide me as I begin this journey of freedom and healing. In Jesus' name, Amen.







Day 2: True Refreshment Comes from God









Day 2: \(\right) True Refreshment Comes from God

Your Verse

John 4:14 "But whoever drinks the water I give them will never thirst."

Supporting Scriptures

- Psalm 42:1 "As the deer pants for streams of water, so my soul pants for you, my God."
- Revelation 21:6 "To the thirsty I will give water without cost from the spring of the water of life."







Day 2: O True Refreshment Comes from God

Devotional: Drink Deeply from God's Living Water

Energy drinks may quench thirst momentarily, but true refreshment goes far deeper. Jesus offers something far better: living water that satisfies our deepest thirst forever.

Reflect on the story of the woman at the well in John 4. She sought physical water but found something eternal in Jesus' offer. Our cravings for energy and alertness are reflections of a deeper spiritual thirst that only God can fill fully.

When the urge for an energy drink rises, let it remind you to seek God's living water instead. Pray, read His Word, or simply rest in His presence. His refreshment revitalizes our whole being—mind, body, and spirit.

Choosing God's refreshment over stimulants is a decision of faith. It takes trusting that His provision is enough and that His timing is perfect.







Day 2: 👌 True Refreshment Comes from God

Reflect and Apply

| 1. | What deeper thirst might I be trying to satisfy with energy drinks? |
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| | |
| 2. | How can I practically seek God's refreshment when I am tempted? |
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| | What habits can I change to turn to God first in moments of physical need? |
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Day 2: 👌 True Refreshment Comes from God

Journaling Prompts

| 1. | Write about what 'living water' means to you personally. |
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| | Recall a moment when you felt spiritually refreshed and how it influenced your energy. |
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| 3. | Plan one practical way to invite God's presence when tempted to use stimulants. |
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Day 2: 👌 True Refreshment Comes from God

Prayer for Today

Lord Jesus, You offer living water that completely satisfies. Help me hunger for Your presence instead of temporary boosts from energy drinks. Teach me to rely on Your refreshment for my soul and my strength. Fill my heart with Your peace and renew my spirit daily. May Your living water flow through me and sustain my life. Amen. \lozenge







Day 3: ① Overcoming Temptation with God's Help









Day 3: • 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

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Hebrews 4:15 "For we do not have a high priest who is unable to empathize with our weaknesses."







Day 3: Overcoming Temptation with God's Help

Devotional: God's Faithfulness in Times of Temptation

Temptation to fall back on energy drinks can feel overwhelming, but the Bible assures us that God understands our struggles and is faithful to provide a way out.

1 Corinthians 10:13 encourages us that every temptation is manageable with God's help. You are not alone. God knows your specific challenges and will never allow a temptation that you cannot overcome with His strength.

Lean into prayer and Scripture whenever you face temptation. Remember Jesus empathizes with your weaknesses and intercedes for you. When you depend on His grace, you gain the power to say no to what harms you and yes to what sustains you.

This day, ask God for wisdom and strength to overcome cravings for stimulants and to replace them with life-giving habits rooted in faith.







Day 3: ① Overcoming Temptation with God's Help

Reflect and Apply

| 1.\ | What triggers my temptation toward energy drinks? |
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| 2. H | How can I recognize God's way of escape in moments of trial? |
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| 3. I | n what ways have I experienced God's faithfulness during struggles? |
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Day 3: **(**) Overcoming Temptation with God's Help

Journaling Prompts

| 1. | Describe your most difficult temptations and how you have faced them. |
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| 2. | List practical spiritual practices that help you resist temptation. |
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| | Write a commitment statement to rely on God's help in your moments of weakness. |
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Day 3: Overcoming Temptation with God's Help

Prayer for Today

God of strength, thank You for never abandoning me in temptation. Help me to recognize Your faithful provision of escape and to rely fully on Your power. Empower me to resist cravings that harm my body and soul. Teach me to depend on You each time I am weak. Renew my mind and heart, and guard me from temptation. In Jesus' mighty name, Amen. ① 🙏 💪

















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 minds."
- Philippians 4:8 "Think about such things... whatever is true, noble, right, pure, lovely."







Devotional: Transformation Through Mind Renewal

The cycle of addiction often originates in patterns of thought that condone dependence on unhealthy sources of energy. Thankfully, God offers transformation by renewing our minds.

Romans 12:2 calls us not to conform to worldly patterns but to be transformed through God's renewing work. This process involves consciously choosing thoughts that honor God and bring healing rather than bondage.

When cravings arise, actively redirect your mind to God's truth. Meditate on Scripture, consider the benefits of freedom, and reject lies that fuel addiction.

Continual renewal helps create new habits of thought that support lasting change and a Spirit-filled life.







Reflect and Apply

| | What worldly patterns might my mind be conforming to related to addiction? |
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| | |
| 2. | How can I practice renewing my mind daily? |
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| 3. | Which thoughts do I need to replace with God's truth? |
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Journaling Prompts

| 1. | Identify common thoughts that lead to craving energy drinks. |
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| 2. | Write down Scripture verses to memorize that help renew your mind. |
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| 3. | Describe a new mental habit you wish to cultivate with God's help. |
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Prayer for Today

Lord God, please renew my mind and help me reject harmful patterns. Transform my thoughts to align with Your truth and will. Equip me to recognize lies and cling to You in every moment of temptation. Make me new in spirit and mind, so I live free and whole. I trust Your power to change me from the inside out. Amen.









Day 5: Z Patience in the Process









Day 5:
☐ Patience in the Process

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

- James 5:7 "Be patient until the Lord's coming. See how the farmer waits for the land..."
- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."







Day 5:
☐ Patience in the Process

Devotional: Enduring with Hope and Patience

Breaking addiction is rarely immediate; it requires patience and persistent dependence on God.

Galatians 6:9 encourages us not to grow weary as we pursue good change. God promises a harvest of freedom and peace at just the right time when we persevere.

Patience also means being gentle with yourself during setbacks and trusting God's timing rather than our own impatience.

Allow each day to be a step forward and a chance to strengthen your faith. God is working, even in unseen ways, to bring healing and restoration.







Day 5: Σ Patience in the Process

Reflect and Apply

| 1. | Do I tend to get frustrated with the pace of change? Why? |
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| 2. | How can patience strengthen my journey toward freedom? |
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| 3. | In what ways is God teaching me through this waiting period? |
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Day 5: Σ Patience in the Process

Journaling Prompts

| 1. | Write about a time when patience led to a positive outcome. |
|----|--|
| | |
| 2. | List ways to remind yourself to be patient and hopeful each day. |
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| 3. | Describe how you can encourage yourself during moments of weariness. |
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Day 5:
☐ Patience in the Process

Prayer for Today

Patient God, thank You for walking with me through this journey of change. Help me not to lose heart or give up when progress feels slow. Teach me to wait on You with strength and hope. Renew my spirit daily and remind me that Your timing is perfect. I trust You to complete the work You started within me. Amen. Σ







Day 6: W Experiencing God's Peace









Day 6: W Experiencing God's Peace

Your Verse

Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 6: W Experiencing God's Peace

Devotional: Letting God's Peace Guard Your Heart

Addictions often come with anxiety and restlessness, driving people to seek relief elsewhere. Paul's words in Philippians 4:7 remind us that God's peace is a powerful guard for our hearts and minds.

True peace surpasses our understanding and offers calm amid chaos. It is an inner refuge you can tap into by surrendering worries to God and focusing on Him.

Practice intentionally inviting God's peace when cravings or stress arise. Pray with gratitude, recite calming Scriptures, or breathe deeply while meditating on God's promises.

Over time, His peace will become a shield that lessens the impulse to seek artificial stimulation.







Day 6: 😂 Experiencing God's Peace

Reflect and Apply

| 1. | What emotions do I experience when craving energy drinks? |
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| 2. | How might God's peace provide relief beyond physical refreshment? |
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| 3. | What spiritual practices help me cultivate this peace daily? |
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Day 6: W Experiencing God's Peace

Journaling Prompts

| 1. | Journal about a moment when you felt God's peace amid struggle. |
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| | |
| 2. | Make a list of Scriptures that bring you peace. |
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| 3. | Plan how to invite God's peace into challenging moments. |
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Day 6: W Experiencing God's Peace

Prayer for Today

Prince of Peace, fill me with Your calming presence when anxiety or cravings threaten to overwhelm. Guard my heart and mind with Your perfect peace. Help me to rest fully in You and trust Your power to sustain me. Teach me to lean into Your peace as my refuge and strength. Amen. 😂 🙏 👀















Your Verse

Ephesians 2:8 "For it is by grace you have been saved, through faith... it is the gift of God."

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Psalm 147:3 "He heals the brokenhearted and binds up their wounds."







Devotional: Grace That Heals and Restores

Overcoming addiction relies not only on effort but on receiving the grace of God that heals and restores.

Ephesians 2:8 reminds us this is a gift, not a result of our works. Recognizing this grace frees us from guilt and shame, opening our hearts to true transformation.

God offers to create a new you—a healed, whole person free from bondage. Embrace His forgiveness and love, allowing grace to wash away past failures and fuel your progress toward freedom.

Accept God's grace daily to move forward with confidence and hope.







Reflect and Apply

| 1. | How does God's grace encourage me in my struggle with addiction? |
|----|---|
| | |
| 2. | What burdens can I release to His healing touch today? |
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| 3. | How can I remind myself to receive grace rather than rely on willpower alone? |
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Journaling Prompts

| 1. | Write a letter to yourself embracing God's grace and forgiveness. |
|----|---|
| | |
| 2. | List ways God's grace has shown up in your life recently. |
| | |
| 3. | Describe how receiving grace can change your approach to addiction. |
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Prayer for Today

Gracious God, thank You for the gift of Your amazing grace that heals and restores. Help me accept Your forgiveness and love fully. Remove guilt and shame from my heart and fill me with hope. Teach me to rely on grace each day as I walk toward freedom. Thank You for making me new in Christ. Amen. **?**















Your Verse

Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."

Supporting Scriptures

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- 1 John 4:4 "The one who is in you is greater than the one who is in the world."







Devotional: Equipped to Stand Firm Against Temptation

Addiction is often a battle fought in the spiritual realm as much as the physical. Ephesians 6:11 calls believers to put on God's full armor to stand against the enemy's schemes.

Each piece of armor symbolizes a vital defense: truth, righteousness, peace, faith, salvation, and God's Word.

When you feel attacked by cravings or discouragement, remember you are not powerless. Submit to God, resist the devil, and stand firm in faith. The One within you is greater than any temptation.

Daily spiritual preparation strengthens your resolve and protects your path to freedom.







Reflect and Apply

| 1. | How aware am I of spiritual forces in my struggle? |
|----|--|
| | |
| 2. | Which parts of God's armor do I find hardest to put on? |
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| 3. | How can I regularly practice spiritual disciplines to stay equipped? |
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Journaling Prompts

| 1. | Describe how you experience spiritual battles related to addiction. |
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| 2. | Write out each part of the armor of God and pray over yourself. |
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| 3. | Plan daily steps to strengthen your spiritual defenses. |
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Prayer for Today

Mighty God, equip me with Your full armor so I can stand strong against temptation. Help me to submit fully to You and resist the enemy's plans. Remind me that Your power within me is greater than any struggle. Guard my heart and mind in Christ Jesus. Amen.

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Your Verse

1 Thessalonians 5:17 "Pray continually."

Supporting Scriptures

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer... present your requests to God."
- Matthew 26:41 "Watch and pray so that you will not fall into temptation."







Devotional: Prayer as Your Lifeline

Prayer is vital in overcoming addiction; it connects you with God's power and guidance continually.

Scripture urges us to pray without ceasing, making prayer a lifestyle. Through prayer, you can express your struggles honestly and receive God's peace and wisdom.

Use moments of temptation or weakness as prompts to turn to God in prayer immediately. This practice strengthens your relationship with Him and disrupts the cycle of addiction by filling those moments with God's presence.

Commit to cultivating a heart that prays continually throughout your day.







Reflect and Apply

| 1. | How consistent is my prayer life when facing addiction challenges? |
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| | |
| 2. | What types of prayers encourage me most during weakness? |
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| 3. | How can I incorporate more prayer into my daily routine? |
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Journaling Prompts

| 1. | Write a prayer expressing your current struggles and hopes. |
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| | |
| 2. | List times during your day when you can pause to pray. |
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| 3. | Record how prayer has impacted your journey so far. |
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Prayer for Today

Heavenly Father, teach me to pray continually and turn to You in every moment of temptation or weakness. Help me to make prayer my first response and lifeline. Fill me with Your peace as I present my requests to You. Strengthen my connection to You through constant conversation. Amen.















Your Verse

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

Supporting Scriptures

- 2 Corinthians 12:10 "Therefore I will boast all the more gladly about my weaknesses... for when I am weak, then I am strong."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







Devotional: Strength Through Vulnerability

Our weaknesses, including addiction struggles, are not obstacles to God's power but opportunities for it to shine.

Paul's testimony in 2 Corinthians 12:9 reveals that God's grace shines brightest in our weakness. When you feel inadequate or overwhelmed, God's power is uniquely active within you.

Instead of hiding your struggle, bring it before God and allow Him to demonstrate His strength through it. Vulnerability opens the door to healing and empowerment that surpasses human ability.

Rest in the truth that your weaknesses do not disqualify you but invite God's miraculous work.







Reflect and Apply

| 1. | How comfortable am I admitting my weaknesses to God and others? |
|----|--|
| | |
| 2. | In what ways have I experienced God's power in my struggles? |
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| 3. | What prevents me from fully embracing God's strength in my weakness? |
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Journaling Prompts

| 1. | Write about a struggle where God's power was evident. |
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| | |
| 2. | List areas of weakness you can surrender to God today. |
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| 3. | Reflect on how vulnerability can lead to deeper healing. |
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Prayer for Today

Lord Jesus, thank You for using my weaknesses to display Your perfect power. Help me to trust You more when I feel weak and vulnerable. Teach me to bring my struggles openly to You and rest in Your strength. Fill me with hope and confidence in Your grace. Amen.

















Day 11: A Walking in Newness of Life

Your Verse

Romans 6:4 "We were therefore buried with him through baptism... we too may live a new life."

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Colossians 3:9-10 "Put on the new self, which is being renewed in knowledge."







Day 11: A Walking in Newness of Life

Devotional: Embracing Your New Life in Christ

Overcoming addiction involves embracing the new identity and life God offers in Christ.

Romans 6:4 states that through Christ's death and resurrection, we can walk in newness of life. Addiction is not your identity—who you are in Christ is a new creation.

Make a daily choice to live according to this new identity. Reject old habits and embrace spiritual renewal through Scripture, prayer, and community support.

Celebrate every small victory as evidence of new life and growth in God's grace.







Day 11: 🛕 Walking in Newness of Life

Reflect and Apply

| | How does knowing I am a new creation in Christ affect my addiction struggles? |
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| 2. | What old habits must I actively reject to live this new life? |
| | |
| 3. | How can I nurture my new identity daily? |
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Day 11: 🛕 Walking in Newness of Life

Journaling Prompts

| 1. | Write a declaration of your new identity in Christ. |
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| | |
| 2. | List old habits to release and new, healthy habits to adopt. |
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| 3. | Describe how you can celebrate progress and growth. |
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Day 11: A Walking in Newness of Life

Prayer for Today

Dear Lord, thank You for making me new in Christ. Help me to walk daily in this newness of life, leaving behind habits that no longer serve me. Strengthen my commitment to embrace Your truth and growth. I am grateful for the fresh start You offer every day. Amen. 7 4









Day 12: 🂝 The Power of Support









Your Verse

Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."

Supporting Scriptures

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







Devotional: Community Strengthens Your Journey

God created us for community and mutual support, especially in struggles like addiction.

Ecclesiastes 4:9 highlights the benefit of companionship and shared strength. You do not have to face this battle alone. Accountability, encouragement, and prayer from trusted friends or groups can be vital.

Seek out a supportive community that uplifts your faith and commitment to freedom. Openly share challenges and victories to grow stronger together.

Lean into God's design of connection as a key element in your healing.







Reflect and Apply

| 1. | Who supports me in my journey toward freedom? |
|----|--|
| | |
| 2. | How open am I to receiving help and accountability? |
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| 3. | What steps can I take to build or strengthen my support network? |
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Journaling Prompts

| 1. | List people or groups who encourage your faith and healing. |
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| 2. | Write about ways you can be more open and vulnerable with others. |
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| 3. | Plan an action to connect more deeply with supportive community. |
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Prayer for Today

God of community, thank You for the gift of supportive relationships. Surround me with people who uplift me in my journey. Help me to be open to receiving and giving encouragement. Teach me to bear burdens with others and grow stronger in love and faith together. Amen. \heartsuit \bigwedge

















Your Verse

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 23:2 "He makes me lie down in green pastures, he leads me beside quiet waters."
- Hebrews 4:9 "There remains, then, a Sabbath-rest for the people of God."







Devotional: Finding Restoration in God's Rest

Addiction to stimulants often hides a deeper need for rest. God invites the weary to find true rest in Him.

Jesus' words in Matthew 11:28 extend a beautiful invitation to all burdened souls. Rest is a sacred gift that renews body, mind, and spirit.

Prioritize rhythms of rest and Sabbath as an act of faith. Reject the lie that you must constantly push through exhaustion by unhealthy means.

Let God guide you into peaceful restoration and healing through restful trust.







Reflect and Apply







Journaling Prompts

| 1. | Describe what true rest feels like for you. |
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| 2. | Make a plan for your weekly rest or Sabbath time. |
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| | |
| 3. | Write about how you can change habits to support rest. |
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Prayer for Today

Lord Jesus, thank You for inviting me to come to You for rest. Teach me to embrace Your gift of renewal and peace. Help me to slow down and trust Your timing instead of pushing myself to the limit. Restore my body, mind, and soul. Amen. \begin{center}















Your Verse

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

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart... He will make your paths straight."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







Devotional: God's Guidance in Every Decision

Each day presents choices, including how to respond to cravings and challenges related to addiction.

James 1:5 reminds us we can ask God for wisdom generously and freely. God desires to guide your steps toward health, freedom, and life.

Rely on His Word and Spirit to illuminate your path. Prayerfully seek His direction before making decisions, especially when temptation is strong.

With God's wisdom, even the smallest choices become victories that add up to transformation.







Reflect and Apply

| 1. | How often do I seek God's wisdom before making choices? |
|----|---|
| | |
| 2. | What decisions related to addiction do I find most challenging? |
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| 3. | How can I better use Scripture and prayer for guidance? |
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Journaling Prompts

| 1. | Write about a recent decision where you sought God's wisdom. |
|----|---|
| | |
| 2. | List Scriptures that help guide your daily choices. |
| | |
| 3. | Describe a practical way to pause for prayer before cravings. |
| | |







Prayer for Today

Wise Father, grant me the wisdom I need each moment to choose life over temptation. Help me seek Your guidance and trust Your direction. Let Your Word light my path and keep me from harm. Teach me to be sensitive to Your Spirit in every decision. Amen. \bigcirc \bigcirc \bigcirc

















Your Verse

1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins."

Supporting Scriptures

- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- Isaiah 1:18 "Though your sins are like scarlet, they shall be as white as snow."







Devotional: Letting Go Through Forgiveness

Guilt and shame often trap those struggling with addiction, making progress feel impossible.

God's promise in 1 John 1:9 ensures forgiveness when we confess honestly. His grace is powerful enough to erase all stains of past mistakes.

Confession is not condemnation but the pathway to freedom. Release your shame to God and receive His cleansing mercy.

Accept His forgiveness daily so you can walk forward unburdened and hopeful.







Reflect and Apply

| 1. | What feelings of guilt or shame do I carry related to addiction? |
|----|--|
| | |
| 2. | How can I practice honest confession to God and myself? |
| | |
| 3. | What steps help me accept God's full forgiveness? |
| | |







Journaling Prompts

| 1. | Write a confession prayer expressing your need for forgiveness. |
|----|---|
| | |
| 2. | List ways God has shown His forgiveness in your life. |
| | |
| 3. | Describe how forgiveness changes your outlook moving forward. |
| | |







Prayer for Today

Merciful God, I confess my struggles and failures before You. Thank You for Your faithfulness to forgive and restore. Wash me clean from guilt and shame. Help me to accept Your forgiveness fully and walk in new freedom each day. Fill me with hope and grace. Amen.















Your Verse

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

Supporting Scriptures

- Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."
- Philippians 3:13 "Forgetting what is behind and straining toward what is ahead."







Devotional: Start Fresh with God Every Morning

Every day offers an opportunity to renew your commitment to freedom and God's strength.

Lamentations 3:22–23 speaks of God's compassion being new every morning. Regardless of yesterday's struggles, His mercy gives renewed hope.

Begin each day intentionally choosing to follow God's path of health and victory. Reflect on your heart condition, ask for renewal, and leave past failures behind.

This daily renewal builds resilience and trust over time.







Reflect and Apply

| 1. | How do I currently start each day in relation to my struggle? |
|----|--|
| | |
| 2. | What habits can remind me to renew my commitment daily? |
| | |
| 3. | How can I release yesterday's setbacks to embrace today's grace? |
| | |







Journaling Prompts

| 1. | Write a morning pledge to trust God today. |
|----|--|
| | |
| 2. | Reflect on God's mercies that are new every morning. |
| | |
| 3. | List ways to leave guilt behind and move forward. |
| | |







Prayer for Today

Faithful God, thank You for Your unfailing compassion and mercies renewed each day. Help me to start fresh today and recommit my heart to You. Strengthen my resolve and give me grace to overcome temptation. I trust Your power to bring breakthrough as I walk with You daily. Amen.















Your Verse

Proverbs 18:21 "The tongue has the power of life and death."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths..."
- Psalm 19:14 "May the words of my mouth and the meditation of my heart be pleasing in your sight."







Devotional: Use Your Words to Build Faith

The way we speak to ourselves influences our mindset and progress immensely.

Proverbs 18:21 reminds us that words have power over life and death.

Negative self-talk can deepen addiction's hold, but speaking God's truth can

empower freedom.

Practice affirming God's promises over your life each day. Replace condemnation with encouragement, fears with faith declarations.

Let your words become a tool to nurture healing and strength.







Reflect and Apply

| 1. | What negative self-talk do I need to replace with God's truth? |
|----|--|
| | |
| 2. | How can I develop affirming speech habits? |
| | |
| 3. | What Scriptures can I memorize to help guide my words? |
| | |







Journaling Prompts

| Write down common negative thoughts and their truthful replacements. |
|--|
| |
| Create a list of affirmations based on Scripture. |
| |
| Describe a time when positive words encouraged your journey. |
| |
| |







Prayer for Today

Lord, help me to use my words wisely and speak life over myself. Replace any negative thoughts with Your truth and encouragement. Teach me to bless myself with promises from Your Word and silence the lies of the enemy. May my speech honor You and build my faith. Amen.







Day 18: 👣 Taking Practical Steps Forward









Day 18: 🥎 Taking Practical Steps Forward

Your Verse

James 2:17 "Faith by itself, if it is not accompanied by action, is dead."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."







Day 18: Taking Practical Steps Forward

Devotional: Faith in Action for Lasting Change

Faith calls us to take practical, tangible steps toward the freedom we seek.

James 2:17 teaches that faith without action is ineffective. While trusting God is essential, it must be paired with efforts like changing routines, seeking help, and pursuing health.

Identify small, achievable changes you can make daily to reduce reliance on energy drinks. Commit these actions to God, drawing strength from Him for each step.

Practical obedience combined with faith results in lasting transformation.







Day 18: 👣 Taking Practical Steps Forward

Reflect and Apply

| 1. | What small practical steps am I currently taking toward healing? |
|----|--|
| | |
| 2. | How does my faith empower me to act in the face of temptation? |
| | |
| 3. | What new habits can I establish this week to support freedom? |
| | |







Day 18: 👣 Taking Practical Steps Forward

Journaling Prompts

| 1. | List concrete actions that help reduce dependence on stimulants. |
|----|--|
| | |
| 2. | Write about how God strengthens you to take these steps. |
| | |
| 3. | Plan a weekly review of your progress and challenges. |
| | |







Day 18: 🥎 Taking Practical Steps Forward

Prayer for Today

Lord Strengthener, empower me to put my faith into action. Help me to take practical steps each day toward freedom from addiction. Guide my plans and make my efforts fruitful. I trust in Your strength to sustain me in all I do. Amen.















Your Verse

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

Supporting Scriptures

- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise."
- Colossians 3:15 "Let the peace of Christ rule in your hearts... and be thankful."







Devotional: Gratitude Transforms Your Journey

Recognizing and celebrating progress fuels motivation and joy in the healing process.

Giving thanks in all circumstances shifts focus from struggle to God's goodness. Gratitude invites peace and uplifts the spirit even when challenges exist.

Take time to reflect on victories, no matter how small. Praise God for His faithfulness, renewed strength, and breakthroughs.

Gratitude cultivates a positive mindset that propels you forward.







Reflect and Apply

| 1. | . What victories, big or small, can I celebrate today? |
|----|--|
| | |
| 2. | . How has gratitude helped me cope with challenges? |
| | |
| 3. | . What are three things I am thankful for in this journey? |
| | |







Journaling Prompts

| 1. | List recent achievements and moments of breakthrough. |
|----|--|
| | |
| 2. | Write a prayer of thanks for God's help so far. |
| | |
| 3. | Describe how focusing on gratitude changes your perspective. |
| | |







Prayer for Today

Gracious God, thank You for every step of progress You have brought me through. Help me to have a grateful heart that sees Your faithfulness in all things. May gratitude fill my soul and encourage me to keep moving forward. I praise You for Your unfailing love. Amen. 💸 🙏 👽







Day 20: Z Living Empowered by God's Spirit









Day 20: 💋 Living Empowered by God's Spirit

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."
- Galatians 5:22-23 "Fruit of the Spirit: love, joy, peace, patience..."







Day 20: 💋 Living Empowered by God's Spirit

Devotional: Empowered to Live Freely and Fully

God's Spirit empowers you to live beyond addiction's grasp.

Acts 1:8 promises power through the Holy Spirit to overcome challenges. This supernatural enablement produces fruit that fosters perseverance and peace.

Invite the Holy Spirit daily to fill and guide your thoughts, emotions, and actions. Living empowered by His presence means you don't rely solely on your own strength.

Step into this abundant life where God's Spirit leads you in freedom and joy.







Day 20: Z Living Empowered by God's Spirit

Reflect and Apply

| 1. | How aware am I of the Holy Spirit's power in my daily life? |
|----|---|
| | |
| 2. | In what areas do I need more Spirit-led strength? |
| | |
| 3. | How can I cultivate sensitivity to the Spirit's guidance? |
| | |
| | |







Day 20: Z Living Empowered by God's Spirit

Journaling Prompts

| 1. | Write about moments when you sensed the Holy Spirit's power. |
|----|--|
| | |
| 2. | List ways to invite the Spirit's presence throughout your day. |
| | |
| 3. | Describe how the fruit of the Spirit contrasts with addiction struggles. |
| | |
| | |







Day 20: 💋 Living Empowered by God's Spirit

Prayer for Today

Holy Spirit, fill me anew with Your power and presence each day. Lead me in freedom from addiction and guide my steps. Produce Your fruit in my life to strengthen, encourage, and sustain me. Help me to rely fully on You and live empowered by Your grace. Amen.







Day 21: 🥕 Victory and New Beginnings









Day 21: 🏂 Victory and New Beginnings

Your Verse

Psalm 118:15 "The Lord's right hand has done mighty things; the Lord's right hand is lifted high."

Supporting Scriptures

- Deuteronomy 31:6 "Be strong and courageous... The Lord himself goes before you."
- Romans 8:37 "In all these things we are more than conquerors through him who loved us."







Day 21: 🥕 Victory and New Beginnings

Devotional: Celebrate Your Freedom in Christ

Today marks a milestone in your journey—a celebration of God's mighty work in your life.

Psalm 118:15 proclaims joy over triumphs accomplished by the Lord's hand. Even if the path was difficult, God's strength has carried you through to victory.

Declare freedom, courage, and confidence in your new beginning. Remember, you are more than a conqueror through Christ's love.

Continue to walk boldly, leaning on Him, and let this victory inspire others who struggle.







Day 21: 🕭 Victory and New Beginnings

Reflect and Apply

| 1. | What victories am I celebrating today? |
|----|--|
| | |
| 2. | How can I share my testimony to encourage others? |
| | |
| 3. | What habits will I maintain to safeguard this new freedom? |
| | |







Day 21: 🕭 Victory and New Beginnings

Journaling Prompts

| 1. | Write a celebration prayer acknowledging God's work in you. |
|----|---|
| | |
| 2. | Describe how you will maintain your freedom moving forward. |
| | |
| 3. | Plan ways to encourage others facing similar struggles. |
| | |







Day 21: 🥕 Victory and New Beginnings

Prayer for Today

Almighty God, thank You for the mighty things You have done to bring me freedom. Help me to remain strong and courageous as I walk this new path. May I always remember that I am more than a conqueror through Your love. Empower me to live boldly and encourage others with my story. Praise be to You forever! Amen. 🏂 🙏 💪







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