



# Recovery and Freedom in Christ



Explore God's healing power and hope for breaking free from meth addiction through Scripture and reflection in this 5-day study.

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## Introduction

**Recovery** from addiction is a challenging journey that requires more than just willpower. It demands grace, strength, and hope that only God can provide. If you are breaking free from meth addiction, you are not alone. The Bible offers profound encouragement and practical guidance to lead you toward lasting freedom and restoration. Throughout this 5-day study, you will discover how God's Word speaks directly into the complex struggles of addiction, offering comfort for your pain and a path to new life.

*Many who face addiction feel isolated, trapped, and hopeless.* But Scripture reminds us that God specializes in transforming brokenness. He rescues the captive and heals the brokenhearted. No matter how deep the struggle, His love never fails, and His mercy brings renewal. As you commit to this study, allow these truths to fuel your courage and keep you pressing forward.

**The road of recovery incorporates surrender to God's power, daily renewal, and trust in His promises.** You will explore key Scriptures that affirm God's desire for your healing, reveal the freedom Christ offers from bondage, and strengthen your hope for the future. Alongside Scripture, take time each day to reflect and journal your thoughts, experiences, and prayers so you can track your growth and keep your heart aligned with God's truth.

*Embrace this journey one day at a time, knowing God walks with you every step—empowering you to break free and live fully restored in His love.*





## Day 1: Hope and New Beginnings



Day 1: 🕊️ Hope and New Beginnings

## 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

- *Isaiah 43:18 - "Forget the former things; do not dwell on the past."*
- *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."*



Day 1: 🕊️ Hope and New Beginnings

## Devotional: Embrace the New Life God Offers

**Beginning the journey of recovery starts with hope.** 2 Corinthians 5:17 reminds us that in Christ, we are made new. That means the chains of our past mistakes, including addiction, don't have to define us. The "old has gone," and a fresh start is possible through Him.

*Don't be discouraged by the past or the setbacks you've faced.* God calls us to "forget the former things" (Isaiah 43:18) so that we can focus on His faithfulness that renews each morning. This commitment to renewal fuels your recovery, because God's love never runs dry.

**Hope is the foundation that keeps us moving forward.** Even when the journey feels overwhelming, God's mercies invite you to embrace a new beginning. No matter how long the battle has lasted, His grace is bigger, and His power can restore what addiction has tried to steal.

Today, remember that your identity is no longer in your addiction but rooted in Christ's transformative love. This is the first step toward sustained freedom—inviting God's hope to replace despair.



## Reflect and Apply

1. How does knowing you are a new creation in Christ affect your view of your addiction?

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2. What past experiences are you holding onto that may hinder your recovery?

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3. In what ways can you invite God to renew your hope each day?

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Day 1: 🕊️ Hope and New Beginnings

## Journaling Prompts

1. Write about your feelings when you consider God's offer of a fresh start.

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2. List past hurts or failures you want to surrender to God today.

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3. Describe what 'being made new' looks like in your life right now.

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Day 1: 🕊️ Hope and New Beginnings

## Prayer for Today

**Heavenly Father**, thank You that through Jesus, I am made new. Please help me to leave behind the bondage of my addiction and embrace the hope You offer every morning. Strengthen me to walk forward in Your grace, knowing that You are faithful to restore and renew. I trust in Your power to bring healing to my heart and life. Keep me close to You each step I take on this recovery journey. *In Jesus' name, Amen.* 🙏🕊️❤️🌅





## Day 2: Freedom from Bondage



## 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."*
- *Psalms 118:5 - "When hard pressed, I cried to the LORD; he brought me into a spacious place."*



## Devotional: Standing Firm in Christ's Freedom

**Addiction often feels like an unbreakable chain.** But Scripture boldly declares that Christ has set us free. Galatians 5:1 is a powerful reminder that our freedom isn't partial or temporary—it's full and complete when we stand firm in the liberty Jesus provides.

*Jesus said in John 8:36, "If the Son sets you free, you will be free indeed."* This freedom goes beyond physical restraint; it breaks the spiritual, emotional, and mental chains of addiction. Recognizing this truth equips you to resist returning to old patterns and strengthens your resolve.

**Freedom can feel overwhelming or distant in the process of recovery,** but God promises to bring you into a "spacious place" where healing can flourish (Psalm 118:5). This new space invites you to breathe freely, think clearly, and live renewed in God's power.

Today, lean into the freedom Christ offers by rejecting the yoke of slavery addiction enforces. Stand firm in hope and trust God to guide your path into restored freedom.



## Reflect and Apply

1. What does freedom in Christ mean to you personally?

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2. Are there ways you feel tempted to carry 'burdens' that you need to surrender?

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3. How can you practically 'stand firm' against old addictive habits today?

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## Journaling Prompts

1. Write about a moment when you felt truly free, even briefly, from addiction's grip.

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2. Identify areas where you struggle to accept God's freedom and why.

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3. Plan one action step that helps you stand firm in your recovery this week.

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Day 2: 📖 Freedom from Bondage

## Prayer for Today

**Lord Jesus**, thank You for the freedom You have won for me. Help me to hold fast to this truth even when the chains of addiction feel strong. Teach me to stand firm and not let myself fall back into old patterns. Lead me into the spacious place of Your peace and healing. I surrender my struggles to You and trust in Your power to break every yoke. Amen. 🙏 🕊️ 🤝 💪





## Day 3: 💡 Renewing the Mind





## Day 3: 💡 Renewing the Mind

## 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

- *Philippians 4:8 - "Whatever is true, whatever is noble... think about such things."*
- *Colossians 3:2 - "Set your minds on things above, not on earthly things."*



## Day 3: 🕯️ Renewing the Mind

## Devotional: Transform Your Thoughts with God's Truth

**Recovery requires more than physical change; it demands a complete transformation of the mind.** Romans 12:2 challenges us not to conform to destructive patterns but to be renewed mentally and spiritually.

*When addicted, our minds often become flooded with harmful thoughts, lies, and despair.* Philippians 4:8 encourages us to refocus on truth, virtue, and praise. This intentional shift rewires the brain and strengthens spiritual resilience.

**Setting our minds on things above** (Colossians 3:2) means deliberately choosing hope, faith, and God's promises over temporary cravings or negative self-talk. It is often a daily battle but a necessary one to solidify lasting recovery.

Today, commit to renewing your mind by meditating on God's Word and embracing His truth. Replace discouraging lies with Scripture's powerful realities and watch your thoughts begin to align with God's healing purpose.



## Day 3: 💡 Renewing the Mind

## Reflect and Apply

1. What negative thought patterns do you notice repeating in your recovery journey?

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2. How can Scripture help you change the way you think about yourself and your future?

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3. What practical daily habits can support the renewing of your mind?

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## Day 3: 💡 Renewing the Mind

# Journaling Prompts

1. List false beliefs you want to replace with God's truth.

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2. Describe how focusing on 'things above' affects your emotions and choices.

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3. Write out a favorite verse that encourages your mind's renewal.

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## Day 3: 💡 Renewing the Mind

## Prayer for Today

**Father God**, renew my mind each day and help me to reject the lies that addiction has tried to plant. Fill my thoughts with Your truth and peace. Teach me to focus on what is pure, noble, and praiseworthy as I choose Your ways over the world's. Guide me in this transformation so I can reflect Your love and freedom. In Jesus' name, Amen. 🌿 📖 🧠 ✨





## Day 4: Strength in 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

- *Hebrews 10:24-25 - "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together."*
- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*



# Devotional: Finding Healing Through Godly Community

**Recovery is not a journey to walk alone.** Ecclesiastes 4:9–10 highlights the vital importance of companionship—support is essential in overcoming addiction’s grip.

*God designed us for community, where encouragement and accountability fuel healing.* Hebrews 10:24–25 urges believers to come together regularly to uplift and inspire each other. Engaging with others on similar paths can reduce isolation and strengthen resolve.

**Galatians 6:2 calls us to carry each other’s burdens.** This mutual support not only eases pain but fulfills Christ’s command to love deeply. Opening up and receiving help is a powerful step toward restoration.

Today, consider who in your life or community can walk alongside you. Whether through church groups, counseling, or trusted friends, find strength in shared compassion and faithful presence.





## Reflect and Apply

1. Who currently supports you in your recovery journey?

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2. In what ways could you seek or accept help more openly?

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3. How does being part of a community change your perspective on healing?

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## Journaling Prompts

1. Write about a time community helped you during a difficult moment.

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2. List people you can turn to for support and encouragement.

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3. Reflect on your own role in supporting others on their journey.

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Day 4: 💛 Strength in Community

## Prayer for Today

**Lord**, thank You for placing community in my life. Help me to seek and accept the support You provide through others. Teach me to be open, vulnerable, and honest about my struggles so I can be lifted up. May I also be a source of strength to those around me. Bind us together in love as we walk the path of healing hand in hand. Amen. 😊💬❤️🙏





## Day 5: ✨ Perseverance and God's Grace



## Day 5: ✨ Perseverance and God's Grace

## Your Verse

*Philippians 3:13-14 - "Forgetting what is behind and straining toward what is ahead... 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."*
- *Lamentations 3:31-32 - "For no one is cast off by the Lord forever... though he brings grief, he will show compassion."*



Day 5: ✨ Perseverance and God's Grace

## Devotional: Pressing On with Grace and Endurance

**The journey of recovery is often long and requires endurance.** Paul's words in Philippians 3:13–14 encourage us to press on intentionally, leaving past failures behind and focusing on what lies ahead—the hope and purpose God has in store.

*Keeping faith requires daily perseverance, even when progress seems slow.* 2 Timothy 4:7 models this steadfast spirit: fighting the good fight and finishing the race.

**Remember God's grace is abundant,** even when setbacks occur. Lamentations 3:31–32 reminds us that God does not abandon us but continually shows compassion and invites us back into His loving arms.

Today, resolve to persevere in recovery with confidence that God's grace will uphold you. Your efforts matter, and a renewed life is the prize worth striving for.



Day 5: ✨ Perseverance and God's Grace

## Reflect and Apply

1. What motivates you to keep pressing forward when recovery feels difficult?

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2. How can God's grace empower you to overcome setbacks?

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3. What does 'finishing the race' look like in your life right now?

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Day 5: ✨ Perseverance and God's Grace

## Journaling Prompts

1. Write about a time you experienced God's grace in a difficult moment.

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2. List the reasons why you choose to persevere despite challenges.

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3. Reflect on your personal goals for recovery and how God is involved.

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Day 5: ✨ Perseverance and God's Grace

## Prayer for Today

**Gracious God**, thank You for the strength to keep pressing on. When I feel weary or discouraged, remind me of Your unfailing grace and compassion. Help me to forget what is behind and focus on the hope ahead. Empower me to fight the good fight and finish the race You have set before me. I trust in You to carry me through every step of recovery. In Jesus' name, Amen. ✨💪🙏





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