Recovery: Overcoming Opioid Addiction Through Faith



A 30-day Bible study empowering individuals to find hope, healing, and strength in God while overcoming opioid addiction.





Table of contents

<u>Introduction</u>	4
<u>Day 1: Recognizing the Need for Help</u>	5
Day 2: S Finding Freedom in Christ	11
Day 3: Strength in Weakness	17
<u>Day 4: ₩ Renewing Your Mind</u>	23
Day 5: Patience in the Process	29
<u>Day 6: X Hope for a New Beginning</u>	35
Day 7: Breaking Strongholds	41
Day 8: The Power of Community	47
Day 9: A Trusting God's Plan	53
<u>Day 10: The Healing Power of Forgiveness</u>	59
Day 11: Fembracing God's Grace	65
Day 12: Overcoming Temptation	71
Day 13: Rising Each Day with God	77
Day 14: \delta Finding Peace in God's Presence	83
Day 15: Trials	89
Day 16: Freedom from Chains	95





Day 17: Restoring What Was Lost	101
Day 18: Holy Spirit's Guidance	107
Day 19: God's Word as a Lifeline	113
Day 20: C Receiving God's Strength	119
<u>Day 21: Walking in Accountability</u>	125
Day 22: Speaking Truth in Love	131
Day 23: Setting Godly Goals	137
Day 24: 💪 Letting Go of Control	143
Day 25: 1 Finding Light in Darkness	149
Day 26: Restoring Your Soul	155
Day 27: Embracing New Identity	161
Day 28: 6 Courage to Continue	167
<u>Day 29: </u> <u>A Surrendering Daily</u>	173
Day 30: 🏂 Celebrating God's Faithfulness	179







Introduction

Welcome to your journey of recovery through faith. Addiction can feel like an unbearable burden, but you are not alone. This study is designed to guide you through Scripture that offers hope, restoration, and strength to overcome opioid addiction. *Recovery* is not just about stopping a habit; it's about renewal of the mind and spirit, reshaping your life in God's grace.

Each day you will explore passages that speak directly to your struggle, offering comfort, practical wisdom, and encouragement. You will discover that God's love is steadfast, His mercy is abundant, and His power is made perfect in weakness (2 Corinthians 12:9). No matter how deep the battle, God's light can break through the darkest night.

As you reflect on each devotional, allow Scripture to speak to your heart. Consider journaling your thoughts and prayers as part of this recovery process. This study isn't about perfection but progress—embracing God's healing one step at a time.

Remember, recovery is a journey of grace. May this time strengthen your faith, renew your hope, and empower your will. God is with you as your healer, your shield, and your provider. Let His Word be your lamp and your peace as you walk toward restoration.

















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







Devotional: God's Presence in Brokenness

Starting your recovery journey begins with acknowledging the struggle.

Addiction often isolates us, making us feel broken and alone. Yet the Bible reminds us that God is near to those who are brokenhearted and crushed in spirit. Instead of hiding your pain, bring it to Him.

Recognize that your feelings of despair are seen and cared for by a loving God. He invites you not to fear but to lean on His presence. This vulnerable moment — admitting you need help — opens the door for healing. God does not turn away from your pain; He heals and binds it. Trust that in your brokenness, His healing power is available.

Recovery is not a journey of self-will alone but one walked with God's strength and love.







Reflect and Apply

1.	How comfortable am I with admitting my need for help?
2.	In what ways have I experienced God's closeness during my struggles?
3.	What wounds do I need to bring before God for healing?







Journaling Prompts

1.	Write about what you feel brokenhearted over today.
2.	Describe a time when you felt God's presence in your pain.
3.	List the fears you have about starting this recovery journey.







Prayer for Today

Heavenly Father, I come to You feeling broken and overwhelmed. Thank You that You are close to me even in my darkest moments. Help me to stop hiding my pain and to trust Your healing touch. Give me courage to begin this journey of recovery with You by my side. Remind me daily that I am not alone and that Your love never fails. Strengthen my heart and renew my spirit as I take this first step toward freedom. *In Jesus' name, Amen.*

















Your Verse

John 8:36 - "So if the Son sets you free, you will be free indeed."

Supporting Scriptures

- Galatians 5:1 "It is for freedom that Christ has set us free."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Devotional: Embracing Christ's Freedom Today

True freedom from addiction begins with Christ. When we rely on our own strength, chains remain unbroken. Addiction tells lies that we are powerless or defined by our past. However, Jesus offers real freedom by breaking the hold of sin and shame.

This freedom is not only from the addiction itself but also from guilt and condemnation. God's grace removes your past stains and invites you into a new identity as His beloved child. Embrace this truth today: you are not captive anymore; in Christ, you can walk free.

Remember, freedom is a gift that must be accepted and lived out daily through faith and dependence on Jesus.







Reflect and Apply

1.	What does freedom in Christ mean to me personally?
2.	How has guilt or shame impacted my addiction?
3.	What steps can I take to live in the freedom Jesus offers?







Journaling Prompts

1.	Write about what you feel free to do now through Christ.
2.	Reflect on moments when condemnation held you back.
3.	List practical ways to remind yourself of your new identity daily.







Prayer for Today

Lord Jesus, thank You for setting me free from the chains of addiction and shame. Help me to live fully in this freedom and to reject lies that try to pull me back into bondage. Remind me daily that there is no condemnation for me, and empower me to walk boldly as Your child. Strengthen my resolve to rely on You as I take each step forward. *In Your powerful name, Amen.*



















Your Verse

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

Supporting Scriptures

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







Devotional: God's Power in Your Weakness

Recognize that weakness is not a failure but an opportunity for God's power.

When battling addiction, your limits become clear. You may feel weak and discouraged. Yet, Paul's words affirm that God's grace is enough, and His power shines brightest when you feel weakest.

This promise encourages you to surrender your struggles rather than hide them. Let God's strength fill the gaps where you fall short. A daily dependence on Him transforms weakness into victory. Your feelings of powerlessness don't disqualify you but qualify you to experience God's strength in a deeply personal way.

Lean into God's power today, allowing His grace to sustain and uplift you.







Reflect and Apply

1.	In what areas of my life do I feel weak or powerless?
2.	How can I invite God's grace into those areas?
	What differences do I notice when I rely on God's strength instead of my own?







Journaling Prompts

1.	Write about a time God's strength helped you through weakness.
2	List surrent struggles where you need Cod's newer
۷.	List current struggles where you need God's power.
3.	Describe what it means to you that grace is sufficient.







Prayer for Today

Father God, I confess my weakness and need for You. Thank You that Your grace is enough and that Your power is made perfect where I am weak. Help me to stop striving alone and to trust fully in Your strength. Fill me with Your peace and courage as I face each day. May Your grace be the foundation on which I build my recovery. *In Jesus' name, Amen.*



















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."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Devotional: Transforming Thoughts for Lasting Recovery

Recovery requires transformation, especially in your thinking. Addiction distorts thoughts and fuels destructive patterns. The Bible's call is to a renewal — a deliberate change of mindset aligned with God's truth.

Renewing your mind is a daily process that helps you reject lies and adopt God's perspective. This refresh creates peace and guides your decisions, replacing old harmful habits with godly wisdom. Meditation on Scripture and prayer are key tools in this renewal.

Commit today to intentionally shape your thoughts, allowing God's Word to guide your heart toward hope and healing.







Reflect and Apply

1.	What negative thought patterns do I struggle with?
2.	How can Scripture help me reshape my thinking?
3.	What new thoughts am I inviting God to cultivate in me?







Journaling Prompts

1.	Describe a thought or belief you want to change.
2.	Write a Bible verse that counters harmful thinking and why it encourages you.
3.	List practical ways to remind yourself of God's truth daily.







Prayer for Today

Lord, renew my mind and help me reject the patterns that have kept me in addiction. Fill my thoughts with Your truth and peace. Guide me as I transform my mindset to align with Your will. Help me to focus on Your promises, so my actions reflect Your hope and love. *Thank You for the power to change from the inside out. Amen.*











Day 5: 2 Patience in the Process









Day 5: 🕰 Patience in the Process

Your Verse

James 1:4 – "Let perseverance finish its work so that you may be mature and complete."

Supporting Scriptures

- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest."
- Psalm 27:14 "Wait for the LORD; be strong and take heart and wait for the LORD."







Day 5: A Patience in the Process

Devotional: Holding On: Patience in Healing

Recovery is a journey, not a quick fix. Patience is crucial as you persevere through setbacks and progress. James encourages believers to allow perseverance to produce maturity and completeness.

Impulse can tempt us toward discouragement or relapse when results aren't immediate. God asks you to hold on, trusting that His timing and process produce lasting change. Waiting isn't passive; it's an active, hopeful endurance built on faith.

Today, embrace patience as a partner in your healing, knowing God works in you steadily and with purpose.







Day 5: 🕰 Patience in the Process

Reflect and Apply

1.	How do I respond when recovery feels slow or difficult?
2.	What helps me persevere through discouragement?
3.	How can I cultivate patience as part of my healing process?







Day 5: 🕰 Patience in the Process

Journaling Prompts

1.	Write about a situation where patience helped you grow.
2.	List moments when you felt like giving up but kept going.
3.	Describe what waiting on God looks like for you.







Day 5:

Patience in the Process

Prayer for Today

God of endurance, teach me patience as I walk this road of recovery. Help me not to grow weary or lose heart. Give me strength to persevere and trust Your timing. Mold my character through every trial and setback. I surrender my need for instant results and choose faith in Your perfect plan. *Thank You for walking with me step by step. Amen.*









Day 6: K Hope for a New Beginning









Day 6: 🞇 Hope for a New Beginning

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; great is your faithfulness."

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Isaiah 43:19 "I am making a way in the wilderness and streams in the wasteland."







Day 6: K Hope for a New Beginning

Devotional: God's Faithfulness Sparks New Beginnings

Every day offers a fresh start in God's mercy. Addiction can make us feel trapped in a cycle with no escape. Yet God's faithfulness is renewed every morning, bringing hope that you are not defined by your past mistakes.

Scripture assures you are a new creation in Christ, able to leave former ways behind. Even when the path seems harsh, God promises to make a way and refresh your spirit. This hope invites you to embrace today as an opportunity to move forward, renewed and restored.

As you begin each new day, rest in God's unfailing compassion and faithfulness.







Day 6: 🎇 Hope for a New Beginning

Reflect and Apply

1.	How does God's daily compassion impact my outlook?
2.	What does it mean to me to be a new creation?
3.	Where do I need to believe God is making a way?







Day 6: 🎇 Hope for a New Beginning

Journaling Prompts

1.	Write about what a fresh start feels like today.
2.	Reflect on how God has shown faithfulness in your life.
3.	List areas where you want God to make new streams of hope.







Day 6: 🞇 Hope for a New Beginning

Prayer for Today

Faithful God, thank You that Your love and mercy are renewed every morning. Fill me with hope and confidence as I step into this new day. Help me to leave behind the past and to embrace the new life You offer. Guide me along the path You are making and restore my soul. *I trust in Your unchanging faithfulness*. *Amen.*











Day 7:

Breaking Strongholds









Day 7:

Breaking Strongholds

Your Verse

2 Corinthians 10:4 – "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

Supporting Scriptures

- Ephesians 6:11 "Put on the full armor of God, so that you can take your stand against the devil's schemes."
- Psalm 18:2 "The LORD is my rock, my fortress and my deliverer."







Day 7:

Breaking Strongholds

Devotional: God's Power to Tear Down Strongholds

Addiction can create strongholds—deep-rooted patterns that seem impossible to break. But Scripture promises that God's spiritual weapons have divine power to demolish these barriers. Your battle is not only physical but also spiritual.

Equipping yourself with prayer, God's Word, and His armor strengthens your defense against temptation and discouragement. Remember, God is your rock and fortress, providing protection and deliverance. Trust in His power rather than your own, knowing He fights for you.

Today, declare victory over strongholds through faith and spiritual discipline.







Day 7: Preaking Strongholds

Reflect and Apply

1.	What strongholds or barriers feel most difficult to overcome?
2.	How have I tried to fight these on my own?
3.	What spiritual weapons can I use more intentionally in my recovery?







Day 7: Preaking Strongholds

Journaling Prompts

Identify a stronghold and write a prayer asking God to demolish it.
List the armor of God and which areas you feel weak in.
Describe how God has been a fortress for you in struggles.







Day 7:

Breaking Strongholds

Prayer for Today

Lord God, You are my stronghold and defender. I ask You to tear down every stronghold that holds me captive, whether seen or unseen. Equip me with Your armor and the power of Your Spirit. Help me stand firm against temptation and fear. Thank You that victory is yours and that You fight for me. *In Jesus' mighty name, Amen.*



















Day 8: 🎔 The Power of Community

Your Verse

Hebrews 10:24–25 – "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together..."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one..."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 8: 🍑 The Power of Community

Devotional: Healing in God-Centered Community

You were never meant to carry your struggles alone. Addiction isolates, but the Bible highlights the importance of community, encouragement, and shared burdens.

Surrounding yourself with supportive people offers accountability, hope, and strength. Fellowship with others who love and uplift you reflects God's design for healing. It helps you stay on course and reminds you that recovery is a shared journey.

Reach out today, knowing that God uses relationships as a vital part of your restoration.







Day 8: 💙 The Power of Community

Reflect and Apply

1.	Who in my life can support my recovery journey?
2.	How comfortable am I with sharing my struggles with others?
3.	What fears or barriers keep me from community involvement?







Day 8: 💙 The Power of Community

Journaling Prompts

1.	List people or groups who encourage you spiritually and emotionally.
2.	Write about a time when community helped you in a difficult season.
3.	Identify one step you can take to connect more deeply with others.







Day 8: 🎔 The Power of Community

Prayer for Today

God of relationship, thank You for the gift of community. Help me to open my heart to others and receive support. Lead me to people who spur me on toward healing and good deeds. Give me courage to share honestly and humility to carry others' burdens as well. May I find strength and love in the fellowship You provide. *In Jesus' name, Amen.*











Day 9: 🛕 Trusting God's Plan









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..."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding."
- Romans 8:28 "In all things God works for the good of those who love him."







Devotional: Surrendering to Divine Purpose

Recovery can be unpredictable, filled with highs and lows. Jeremiah reminds you that God has a plan designed to prosper you, not to harm you. Even when the path seems unclear, God is at work behind the scenes.

Trusting God means surrendering control and believing His wisdom surpasses your own. Instead of anxiety over setbacks, place your hope in His sovereign goodness. This trust grounds you and steadies your heart.

Lean deeply into God's promises, knowing He orchestrates your healing for ultimate good.







Reflect and Apply

What parts of my recovery feel out of control?
How willing am I to trust God's plan, even when I don't understand?
Where can I remind myself of God's faithfulness in the past?







Journaling Prompts

1.	Write about a time when God's plan brought you unexpected good.
2.	List areas of your life where you struggle to trust God.
3.	Reflect on what it means to lean not on your own understanding.







Prayer for Today

Heavenly Father, I admit I don't always understand Your plan, but I choose to trust You. Help me lean on Your wisdom and goodness instead of my own understanding. Guide me through each challenge, reassuring me that You work all things together for my good. Strengthen my faith to surrender fully to Your perfect will. *In Jesus' name, Amen.*









Day 10: The Healing Power of Forgiveness









Day 10: ♦ The Healing Power of Forgiveness

Your Verse

Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Supporting Scriptures

- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins."
- Colossians 3:13 "Bear with each other and forgive one another... as the Lord forgave you."







Day 10: ♦ The Healing Power of Forgiveness

Devotional: Freedom Found in Forgiveness

Forgiveness is a powerful step toward recovery. Harboring resentment or guilt can keep you trapped in pain and self-condemnation. Yet, God's forgiveness through Jesus offers true freedom and healing.

Forgive yourself for past mistakes and extend forgiveness to others who have hurt you. This release brings peace and breaks chains of bitterness that hinder growth. Remember, God's example of mercy is perfect and unconditional.

Allow forgiveness to soften your heart and open space for God's restoration.







Day 10: 👌 The Healing Power of Forgiveness

Reflect and Apply

1.	Who do I need to forgive, including myself?
2.	How has unforgiveness affected my recovery?
3.	What steps can I take to embrace forgiveness today?







Day 10: 👌 The Healing Power of Forgiveness

Journaling Prompts

	Write a forgiveness letter to yourself or someone else (you may choose not to send it).
2.	Reflect on how God's forgiveness has transformed your heart.
3.	List ways forgiveness can relieve burdens in your life.







Day 10: ♦ The Healing Power of Forgiveness

Prayer for Today

Merciful God, thank You for forgiving all my sins and mistakes. Help me to forgive myself and others as You have forgiven me. Remove any bitterness or anger that blocks my healing. Fill me with kindness and compassion so I can walk in freedom and peace. *In Jesus' loving name, Amen.*











Day 11: Figure 21: Day 11: Figure 22: Embracing God's Grace









Day 11: @ Embracing God's Grace

Your Verse

Romans 5:20 - "Where sin increased, grace increased all the more."

Supporting Scriptures

- Titus 2:11 "The grace of God has appeared that offers salvation to all people."
- Hebrews 4:16 "Let us then approach God's throne of grace with confidence."







Day 11: @ Embracing God's Grace

Devotional: God's Abundant Grace Empowers You

No matter how far you've fallen, God's grace is greater still. Addiction may highlight your failings, but God's grace covers every sin and failure abundantly. This grace offers forgiveness, strength, and mercy to keep moving forward.

Do not let shame prevent you from receiving the grace God eagerly offers. Approach God's throne with confidence, knowing He delights in extending His unearned favor. Grace is not about perfection but about God's power to restore you despite imperfections.

Today, rest fully in God's grace, allowing it to fuel your recovery journey.







Day 11: 🌈 Embracing God's Grace

Reflect and Apply

1.	How have I experienced God's grace in my life so far?
2.	What lies about my worth does God's grace challenge?
3.	How can I lean more on grace rather than self-effort?







Day 11: 🌈 Embracing God's Grace

Journaling Prompts

1.	Write about times when you felt overwhelmed but experienced grace.
2.	List how grace changes your perspective on addiction.
3.	Reflect on how confidence in approaching God impacts your healing.







Day 11: @ Embracing God's Grace

Prayer for Today

Gracious Father, thank You for Your abundant grace that covers all my mistakes. Help me to accept this gift without hesitation or guilt. Empower me to rely on Your mercy every day as I recover. May Your grace strengthen me beyond my own effort. *In Jesus' name, Amen.*



















Day 12: Overcoming Temptation

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 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- Matthew 26:41 "Watch and pray so that you will not fall into temptation."







Devotional: Standing Firm Against Temptation

Temptation is a real challenge in recovery, but God provides a way through it. No temptation is unique to you, and God promises He will not let you be tested beyond what you can handle. This truth builds hope and resilience.

To resist temptation, submit yourself fully to God and stay alert through prayer. The enemy's tactics can be subtle, so continual vigilance matters. Remember, God's faithfulness means help is always near if you ask.

Face temptation not in your own strength but with God's power leading the way.







Reflect and Apply

1.	What temptations are currently strongest for me?
2.	How have I experienced God's faithfulness in moments of temptation?
3.	What daily practices can strengthen my resistance?







Journaling Prompts

1.	Write about a time you overcame temptation with God's help.
2.	List practical steps to 'watch and pray' in your life.
	Reflect on the meaning of submission to God in the context of temptation.







Prayer for Today

Lord Jesus, I face temptation daily and need Your strength. Help me to trust in Your faithfulness and to submit fully to Your will. Give me alertness to resist the enemy and peace to pray continuously. Thank You for not allowing me to be tested beyond what I can bear. *In Your mighty name, Amen.*

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Your Verse

Lamentations 3:22–23 – "His mercies never come to an end; they are new every morning..."

Supporting Scriptures

- Psalm 30:5 "Weeping may stay for the night, but rejoicing comes in the morning."
- Psalm 5:3 "In the morning, LORD, you hear my voice; in the morning I lay my requests before you."







Devotional: Daily Renewal in God's Mercies

Each morning is a fresh opportunity to walk with God in recovery. Night may bring pain, yet morning brings rejoicing and renewed mercies. This daily rhythm encourages perseverance and hope.

Start your day by turning to God in prayer, bringing your needs and desires to Him. Let His mercies fuel your resolve and inspire your journey forward.

Rest in the assurance that no matter yesterday's struggles, God's faithfulness greets every dawn.







Reflect and Apply

1.	How do my mornings shape my recovery mindset?
2.	What new mercies am I thankful for today?
3.	How can morning prayer deepen my relationship with God?







Journaling Prompts

1.	Describe your ideal morning routine with God for recovery.
2.	Write about how God's mercies have sustained you recently.
3.	List prayers and requests to bring to God tomorrow morning.







Prayer for Today

God of new beginnings, thank You for Your mercies that are renewed every morning. Help me to rise each day with a heart focused on You. Receive my prayers and fill me with hope and strength. Guide my steps and remind me You are with me through every trial and triumph. *In Jesus' name, Amen.*









Day 14: 🕹 Finding Peace in God's Presence









Day 14: 🕹 Finding Peace in God's Presence

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Day 14: \delta Finding Peace in God's Presence

Devotional: Resting in God's Unshakable Peace

Anxiety can fuel addiction's hold, but God offers peace beyond human understanding. By casting your worries on Him through prayer and thanksgiving, you open space for His peace to guard your heart.

God's peace calms the storms within and stabilizes your mind. Cultivate a habit of turning to Him during anxious moments, trusting His calming presence.

Allow God's peace to fill your spirit today and guard you against fears and temptations.







Day 14: \delta Finding Peace in God's Presence

Reflect and Apply

1.	What anxieties currently weigh on my heart?
2.	How can I practice giving these anxieties to God?
3.	Where have I experienced God's peace despite difficult circumstances?







Day 14: 🕹 Finding Peace in God's Presence

Journaling Prompts

1.	Write about how prayer relieves your anxiety.
2.	List things that steal your peace and how to combat them.
3.	Reflect on a moment when God's peace surprised you.







Day 14: 🕹 Finding Peace in God's Presence

Prayer for Today

Prince of Peace, I lay my anxieties before You today and ask for Your calming presence. Guard my heart and mind with Your peace that surpasses all understanding. Help me focus on gratitude and trust in Your care. Be my refuge in moments of fear and doubt. *In Jesus' name, Amen.*



















Day 15: F Growing Through Trials

Your Verse

James 1:2-3 - "Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."

Supporting Scriptures

- Romans 5:3-4 "Suffering produces perseverance; perseverance, character; and character, hope."
- 1 Peter 1:6-7 "Though you have not seen him, you love him... These have come so that your faith... may be proved genuine."







Day 15: 😽 Growing Through Trials

Devotional: Refined and Strengthened Through Trials

Though painful, trials are fertile ground for spiritual growth. Addiction recovery involves many challenges, but these can build perseverance, character, and hope when viewed through God's lens.

Rejoice in difficulties as opportunities to deepen your faith. Trust that God uses hardships to strengthen and shape you, preparing you for greater resilience.

Welcome trials as a refining tool and an essential part of your healing journey.







Day 15: 🍞 Growing Through Trials

Reflect and Apply

1.	How have past struggles strengthened my faith?
2.	What character qualities is God developing in me now?
3.	How can I find joy amidst current difficulties?







Day 15: 🍞 Growing Through Trials

Journaling Prompts

1.	Write about a trial that produced good in your life.
2.	List the qualities you are learning through recovery trials.
3.	Reflect on how hope sustains you during suffering.







Day 15: Forowing Through Trials

Prayer for Today

Refiner God, thank You for using trials to shape my character and strengthen my faith. Help me embrace challenges with joy, trusting You produce perseverance and hope. Encourage my heart when I feel weary and remind me that hard times have purpose. *In Jesus' name, Amen.*



















Your Verse

Psalm 107:14 – "He brought them out of darkness, the utter darkness, and broke away their chains."

Supporting Scriptures

- Isaiah 58:6 "To undo the heavy burdens... and let the oppressed go free."
- Galatians 5:1 "It is for freedom that Christ has set us free."







Devotional: God Breaks Every Bondage

You were made to live free, not bound by addiction. The psalmist celebrates God's power to liberate from darkness and bondage. The chains that hold you down—whether physical, emotional, or spiritual—can be broken by God's mighty hand.

Discover freedom as a gift and a journey. It requires daily surrender and trust but promises life full of hope and restoration. God's desire is for you to experience abundant life, unshackled and whole.

Step into this freedom, declaring your chains broken through Christ.







Reflect and Apply

1.	What chains of addiction and guilt bind me today?
2.	How do I respond to the promise of freedom in Christ?
3.	What does living free look like in my daily life?







Journaling Prompts

1.	Write about what freedom means to you personally.
2.	Describe how God has broken chains in your past.
3.	List obstacles you face in embracing freedom fully.







Prayer for Today

Liberating God, thank You for breaking the chains of addiction and dark places in my life. Help me walk boldly in the freedom You provide. Teach me to surrender daily to Your power and live as a free child of God. May I never take this freedom for granted. *In Jesus' name, Amen.*



















Your Verse

Joel 2:25 - "I will restore to you the years that the swarming locust has eaten."

Supporting Scriptures

- Psalm 51:12 "Restore to me the joy of your salvation."
- Jeremiah 30:17 "I will restore health to you and heal you of your wounds."







Devotional: Hope in God's Restorative Power

God promises restoration—even where addiction has stolen time, joy, and health. No loss is too great for His redeeming power. He desires to renew what addiction has taken and bring new life.

Restoration is both spiritual and practical. It may involve rebuilding relationships, self-worth, and physical health. Embrace hope that God actively restores what feels broken or lost in your journey.

Hold on to this promise and trust God to bring renewal and healing.







Reflect and Apply

1.	What losses has addiction caused in my life?
2.	How can I invite God's restoration into these areas?
3.	What hope do I hold onto for future healing?







Journaling Prompts

1.	Describe losses you want God to restore.
2.	Write a prayer asking for restoration of joy and health.
3.	Reflect on how hope sustains you amid loss.







Prayer for Today

Restoring God, thank You for Your promise to restore what has been lost to addiction. Bring renewal to my soul, relationships, and body. Give me hope for the future and courage to move forward. Heal my wounds and fill me with Your joy. *In Jesus' name, Amen.*











Day 18: Holy Spirit's Guidance









Day 18: 🖰 Holy Spirit's Guidance

Your Verse

John 14:26 – "The Advocate, the Holy Spirit... will teach you all things and will remind you of everything I have said to you."

Supporting Scriptures

- Romans 8:14 "For those led by the Spirit of God are the children of God."
- Galatians 5:16 "Walk by the Spirit, and you will not gratify the desires of the flesh."







Day 18: 6 Holy Spirit's Guidance

Devotional: Led and Strengthened by the Spirit

The Holy Spirit is your daily guide and helper in recovery. Addiction battles often tempt fleshly desires, but the Spirit leads you toward life and freedom.

Ask for the Spirit's teaching and strength as you navigate choices, cravings, and emotions. He reminds you of Jesus' words and empowers you to say no to harmful behaviors. Being led by the Spirit confirms your identity as God's child and invites ongoing transformation.

Invite the Holy Spirit to direct your steps and renew your strength today.







Day 18: 🖰 Holy Spirit's Guidance

Reflect and Apply

How aware am I of the Holy Spirit's daily guidance?
In what ways has the Spirit helped me resist temptation?
What does it mean to walk by the Spirit in practical terms?







Day 18: 🖰 Holy Spirit's Guidance

Journaling Prompts

1.	Write about moments when you felt the Spirit's leading.
2.	List areas where you need more spiritual direction and strength.
3.	Reflect on ways you can become more sensitive to the Spirit.







Day 18: 🖰 Holy Spirit's Guidance

Prayer for Today

Holy Spirit, I invite You to lead me today in my recovery journey. Teach me Your ways and remind me of Jesus' truth. Strengthen me to resist temptation and follow Your direction. Help me live as a child of God, empowered and transformed by Your presence. *In Jesus' name, Amen.*



















Day 19: 🔲 God's Word as a Lifeline

Your Verse

Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."

Supporting Scriptures

- Joshua 1:8 "Keep this Book of the Law always on your lips; meditate on it day and night."
- 2 Timothy 3:16 "All Scripture is God-breathed and useful for teaching..."







Day 19: God's Word as a Lifeline

Devotional: Illuminated by Scripture's Truth

God's Word provides clarity and direction during the confusing times of recovery. Like a lamp in darkness, Scripture illuminates your path and keeps you from stumbling.

Make reading, meditating on, and memorizing Scripture a daily habit. Allow God's promises and commands to shape your decisions and worldview. His Word anchors you in truth when emotions and cravings roar loudest.

Let God's Word be your constant guide and source of strength today and always.







Day 19: 🔲 God's Word as a Lifeline

Reflect and Apply

1.	How regularly do I engage with God's Word?
2.	Which Scripture verses bring me comfort and strength?
3.	How can I create habits to meditate more deeply on God's Word?







Day 19: 🔲 God's Word as a Lifeline

Journaling Prompts

1.	List favorite verses that encourage your recovery.
2.	Describe how Scripture has shaped a recent decision.
3.	Write a plan for incorporating more Bible reading into your routine.







Day 19: God's Word as a Lifeline

Prayer for Today

God of Truth, thank You for Your Word that lights my way. Help me to meditate on Scripture and hide it in my heart. Let Your promises strengthen me and guide my steps in recovery. Keep me rooted in Your truth amid every challenge. *In Jesus' name, Amen.*

















Your Verse

Isaiah 40:31 - "Those who hope in the LORD will renew their strength."

Supporting Scriptures

- Nehemiah 8:10 "The joy of the LORD is your strength."
- Exodus 15:2 "The LORD is my strength and my defense; he has become my salvation."







Devotional: Renewed Strength Through Hope

Hope in God is the source of renewed strength for your journey. When you feel depleted, waiting on the Lord brings restoration. You gain new energy to persevere and joy that empowers your heart.

Turn your hope toward God daily, knowing He is your stronghold and salvation. His strength is not only physical but emotional and spiritual, equipping you to face struggles with courage.

Receive God's strength today through hope and joyful trust.







Reflect and Apply

1.	Where am I feeling weak and drained currently?
2.	How can hope in the Lord bring renewal?
3.	What role does joy play in strengthening me?







Journaling Prompts

1.	Write about times when God's strength sustained you.
2.	List ways to cultivate hope daily.
3.	Reflect on what joy in the Lord means in your life.







Prayer for Today

Sovereign Lord, I place my hope in You and ask for renewed strength. Fill me with Your joy and power when I feel weary. Be my defense and salvation through every challenge. Help me trust Your timing and provision fully. *In Jesus' name, Amen.*

















Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

Supporting Scriptures

- Ecclesiastes 4:12 "A cord of three strands is not quickly broken."
- James 5:16 "Confess your sins to each other and pray for each other."







Devotional: Strengthened Through Honest Relationships

Accountability partners sharpen, support, and pray for you. Recovery is strengthened when you intentionally walk alongside others who encourage honesty and growth.

Sharing struggles openly breaks isolation and invites God's healing. Accountability keeps you focused, motivated, and humble. Choose trusted friends or groups committed to your restoration and mutual encouragement.

Seek or deepen accountability relationships that fuel your freedom in Christ.







Reflect and Apply

1.	Who holds me accountable and how do they support me?
2.	What fears or barriers keep me from full transparency?
3.	How can I be a source of encouragement to others in recovery?







Journaling Prompts

1.	Write about a person who has helped you in your journey.
2.	Identify next steps to deepen accountability in your life.
3.	Reflect on how confession and prayer impact healing.







Prayer for Today

God of community, thank You for placing others in my life to sharpen and support me. Help me to be honest and humble in accountability relationships. Guide me to friends who encourage and pray for me faithfully. Use these connections to strengthen my recovery and faith. *In Jesus' name, Amen.*



















Your Verse

Ephesians 4:15 – "Speak the truth in love, we will grow to become in every respect the mature body of him."

Supporting Scriptures

- Proverbs 12:18 "The words of the reckless pierce like swords, but the tongue of the wise brings healing."
- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt."







Devotional: Healing Power of Honest, Loving Speech

Truth spoken with love brings healing and growth. Addiction may tempt you to hide the truth or lash out in frustration. Yet God calls you to communicate honestly and lovingly, both with others and yourself.

Speaking the truth helps you confront struggles fully and invites others to support you. Love tempers harshness and builds trust. Practice grace-filled conversations, which refresh relationships and foster maturity in your recovery.

Choose words that heal and strengthen your journey today.







Reflect and Apply

1.	How do I speak the truth with love to myself and others?
2.	When has honest conversation helped my healing?
3.	What changes can I make to communicate more lovingly?







Journaling Prompts

1.	Write about a time when loving truth brought growth.
2.	Identify harsh or negative words you want to change.
3.	Create affirmations to speak over yourself daily.







Prayer for Today

Lord, help me speak truth with love in every situation. Teach me to encourage and heal through my words. Guard my tongue from pain and bitterness. Fill me with grace to build relationships that support recovery and faith. *In Jesus' name, Amen.*



















Your Verse

Proverbs 16:3 - "Commit to the LORD whatever you do, and he will establish your plans."

Supporting Scriptures

- Philippians 3:14 "I press on toward the goal to win the prize for which God has called me heavenward."
- Habakkuk 2:2 "Write down the revelation and make it plain on tablets."







Devotional: Intentional Steps Toward Lasting Freedom

Recovery thrives when guided by clear, God-centered goals. Setting intentional goals aligned with God's will provides focus and direction. Don't shy away from writing down your steps and praying over them.

Committing your plans to God invites His blessing and guidance. Goals help you measure progress and stay motivated through challenges. Keep your sights on the ultimate prize of lasting freedom and spiritual growth.

Take time today to set or review goals in partnership with God's vision.







Reflect and Apply

1.	What goals have I set for my recovery?
2.	How do I include God in planning these goals?
3.	What practical steps will help me stay on track?







Journaling Prompts

1.	Write a list of short and long-term recovery goals.
2.	Reflect on how you can pray over your goals daily.
3.	Describe a plan to keep motivated and accountable.







Prayer for Today

Father, I commit my recovery plans and goals to You. Guide me in every step and establish my path according to Your will. Help me stay focused and disciplined. Strengthen my desire to move toward the prize You have called me to. *In Jesus' name, Amen.*











Day 24: 🔈 Letting Go of Control









Day 24: 💪 Letting Go of Control

Your Verse

Psalm 46:10 - "Be still, and know that I am God."

Supporting Scriptures

- Proverbs 3:5 "Trust in the LORD with all your heart and lean not on your own understanding."
- Matthew 11:28 "Come to me, all who are weary and burdened, and I will give you rest."







Day 24: 🔼 Letting Go of Control

Devotional: Peace Through Surrender to God

Recovery requires relinquishing the illusion of control. Holding tightly to outcomes can deepen stress and feelings of failure. God invites you to be still and acknowledge that He is sovereign.

Letting go means trusting God with the process and resting in His care. It frees you from exhausting self-effort and opens hearts to God's peace and direction.

Today practice stillness, offering your burdens to God and trusting His loving control.







Day 24: 💪 Letting Go of Control

Reflect and Apply

1.	What areas do I struggle to release control over?
2.	How can I practice stillness and trust more fully?
3.	What burdens can I hand over to God today?







Day 24: 💪 Letting Go of Control

Journaling Prompts

1.	Write about what control means in your life and recovery.
2.	Describe feelings when you try to control outcomes versus when you surrender.
3.	List steps to practice letting go and trusting God.







Day 24: 💪 Letting Go of Control

Prayer for Today

God, help me be still and know You are in control. Teach me to trust You with all my heart and stop leaning on my own understanding. I give You my burdens today and ask for Your rest and peace. *In Jesus' name, Amen.*

















Your Verse

John 1:5 - "The light shines in the darkness, and the darkness has not overcome it."

Supporting Scriptures

- Psalm 18:28 "You, LORD, keep my lamp burning; my God turns my darkness into light."
- Isaiah 60:1 "Arise, shine, for your light has come."







Devotional: Walking Boldly in God's Light

Even in the darkest moments, God's light shines with hope and victory.Addiction can feel like overwhelming darkness, but Jesus is the Light that darkness cannot overcome.

Invite God's light to penetrate fears, shame, and despair. Let His illumination reveal truth, hope, and the path forward. This light dispels confusion and brings clarity as you walk in recovery courageously.

Trust that God's light breaks through every shadow and leads you to freedom.







Reflect and Apply

1.	What areas of darkness do I struggle with currently?
2.	How can I welcome God's light into these places?
3.	What fear or shame does God's light dispel in me?







Journaling Prompts

Write about a moment when God's light helped you overcome darkness.
List ways to remind yourself of God's presence daily.
Reflect on how light changes your perspective on recovery.







Prayer for Today

Jesus, You are the light that shines into my darkest places. Help me to walk boldly in Your light and not fear the shadows. Illuminate my path and give me courage to face each day's challenges. Thank You for overwhelming darkness with Your love. *In Your name, Amen.*



















Your Verse

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

Supporting Scriptures

- Matthew 11:28–29 "Come to me, all who are weary... and I will give you rest."
- Isaiah 40:31 "Those who hope in the LORD will renew their strength."







Devotional: God's Invitation to Rest and Renewal

Your soul craves restoration after trials and addiction. God, your shepherd, invites you into rest and renewal. He provides refreshment for your weary soul and guidance for your path.

Recovery will be sustainable when your inner being is restored. Create space for quiet, prayer, and God's presence to refresh you daily. God's rest rebuilds strength and renews hope.

Accept God's invitation to soul-restoration and walk in peace.







Reflect and Apply

1.	How do I replenish my soul during recovery?
2.	What distractions keep me from God's rest?
3.	Where can I create margins for spiritual renewal?







Journaling Prompts

1.	Write about what soul-refreshment looks like for you.
2.	List activities or practices that restore your spirit.
3.	Reflect on how resting in God impacts your healing.







Prayer for Today

Good Shepherd, refresh my soul and guide my steps. When I am weary, give me rest. Help me to find peace in Your presence and strength for the journey ahead. I trust in Your care and renewal. *In Jesus' name, Amen.*



















Your Verse

2 Corinthians 5:17 - "Therefore, if anyone is in Christ, he is a new creation."

Supporting Scriptures

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Ephesians 2:10 "We are God's handiwork, created for good works."







Devotional: Living as God's New Creation

Recovery includes embracing the new identity God offers in Christ. You are not defined by addiction or past mistakes but by who you are in Jesus. This new creation has a fresh start and a purpose built by God's hand.

Allow God's Spirit to shape this identity daily. Let go of old labels and embrace your God-given worth and calling. This new self is empowered to walk in freedom, hope, and love.

Celebrate the new person you are becoming in Christ today.







Reflect and Apply

1.	How do I see myself through God's eyes?
2.	What old labels or identities do I need to release?
3.	How can I live daily in my new identity?







Journaling Prompts

1.	Write about your new identity in Christ.
2.	List qualities and strengths God is developing in you.
3.	Reflect on how this new identity affects your recovery.







Prayer for Today

Father, thank You for making me a new creation in Christ. Help me to see myself as You do and walk in this new identity. Remove old labels and renew my mind. Empower me to live for Your glory and purpose. *In Jesus' name, Amen.*



















Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Supporting Scriptures

- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified... It is the LORD who goes before you."
- Isaiah 41:13 "I will strengthen you and help you; I will uphold you with my righteous right hand."







Devotional: Boldly Pressing Forward in Faith

Recovery requires courage to face fears and doubts. God commands strength and courage, assuring His presence always. You don't walk this path alone.

When tempted to falter, remember God's promise to uphold you. Courage is not absence of fear but trusting God despite it. Step forward boldly, relying on His power and presence.

Draw strength from God's promises and keep pressing on.







Reflect and Apply

1.	What fears do I face in recovery?
2.	How can God's presence give me courage today?
3.	What does strength in God look like practically?







Journaling Prompts

1.	Write about a time God gave you courage before.
2.	List fears you want to surrender to God.
3.	Reflect on Bible verses that encourage your strength.







Prayer for Today

Lord God, I ask for Your strength and courage to continue this journey. Help me not to fear or be discouraged. Remind me that You go before me and uphold me. Fill my heart with boldness and faith to keep moving forward. *In Jesus' name, Amen.*



















Your Verse

Luke 9:23 – "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."

Supporting Scriptures

- Romans 12:1 "Offer your bodies as a living sacrifice..."
- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."







Devotional: Choosing Surrender Each New Day

Recovery is a daily commitment to surrender. Following Jesus means putting aside self-will each day and embracing His way. Take up your cross; choose obedience and dependence.

This daily surrender renews your strength and aligns your heart with God's. It shifts focus from your struggles to God's glory and purpose.

Commit to surrender every day, trusting God's transforming power.







Reflect and Apply

1.	How do I practice surrender daily?
2.	What challenges make surrender difficult?
3.	How does surrender deepen my relationship with God?







Journaling Prompts

1.	Write about what it means to take up your cross daily.
2.	Describe ways you can surrender your will more fully.
3.	Reflect on how surrender has impacted your recovery.







Prayer for Today

Jesus, help me to deny myself and take up my cross daily. Teach me surrender in every thought and action. May Your life live through me as I follow You. Strengthen me to trust Your plan and let go of control. *In Your name, Amen.*

















Your Verse

Psalm 100:4 – "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

Supporting Scriptures

- 1 Thessalonians 5:18 "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."
- Philippians 1:6 "He who began a good work in you will carry it on to completion."







Devotional: Grateful for God's Unfailing Faithfulness

Completing this 30-day journey is cause for gratitude and praise. Reflect on God's faithfulness every step of the way. Though the road may continue beyond this point, remember to celebrate victories both big and small.

Thanksgiving opens your heart to continued growth and joy. God is faithful to complete the good work He has started in you. Continue to trust Him and walk boldly forward.

Celebrate today with a heart full of gratitude and praise.







Reflect and Apply

1.	How have I seen God's faithfulness during this study?
2.	What victories, big or small, can I celebrate?
3.	How will gratitude shape my ongoing recovery?







Journaling Prompts

1.	Write a thanksgiving letter to God for His help and healing.
2.	List key lessons learned during this study.
3.	Describe how you plan to continue in recovery with faith.







Prayer for Today

Faithful God, I enter Your presence with thanksgiving for Your constant love and strength. Thank You for guiding me through this recovery journey and never leaving me alone. I praise Your name and trust You to complete the work You have begun. May my heart remain grateful and my steps steady. *In Jesus' name, Amen.*









Where God's Word Meets Your Daily Life



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