Renewing Mind and Spirit: A 21-Day Mental Health Journey



Explore God's healing power for mental health and substance use struggles through daily Scripture, prayer, and reflection.





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Introduction

Welcome to this 21-day Bible study on mental health with a focus on substance use disorder, especially alcohol dependency. Mental health and addiction challenge many today, but God's Word brings hope, strength, and restoration.

Mental health struggles can feel isolating and overwhelming. Addiction to alcohol affects body, mind, and spirit, creating cycles of guilt, shame, and despair. Yet, *God does not abandon us in these battles*. Instead, He invites us to surrender our burdens to Him, find refuge in His promises, and be renewed in our hearts and minds.

Over these three weeks, you'll dive deep into Scripture guiding you to understand God's love and grace in healing mental health and addiction. You will discover practical encouragement rooted in God's truths to face daily challenges, experience freedom, and pursue wholeness.

This study is more than knowledge—it is an invitation to encounter Jesus, the ultimate Healer of every broken place in our hearts. Each day will include a Scripture verse, devotional reflection, probing questions for deeper thought, journaling prompts to explore your journey, and a prayer to carry your heart before God.

Remember: no struggle is too great or hidden for God to heal. As you embark on this journey, open your heart to His transforming power and allow His







peace to fill you from the inside out. You are not alone.















Your Verse

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

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Devotional: Rest in Jesus: Peace for the Weary Soul

Mental health challenges and addiction weigh heavily on the heart and mind.Jesus offers a resting place for the weary and burdened. When alcohol or other substances become a refuge, they ultimately fail to bring lasting peace or relief.

Today, God invites you to release your burdens to Him. Rather than relying on temporary escapes, come to the One who heals wounds deeply and restores your soul. He is near to those who feel broken or crushed in spirit. His presence is your refuge against fear and despair.

Rest does not mean denial of struggles but surrender. God's peace surpasses all understanding and guards your heart and mind as you walk through recovery and healing.







Reflect and Apply

1.	What burdens have I been trying to carry alone instead of bringing them to Jesus?
2.	How does Jesus' invitation to rest challenge my current coping methods?
3.	In what ways can I seek God's presence today to find true peace?







Journaling Prompts

1.	List the burdens or worries you want to surrender to God today.
2.	Write about a time you experienced God's peace amid difficulty.
3.	Describe what 'rest' looks like for your mind and heart.







Prayer for Today

Lord, I come to You weary and burdened. Please help me cast my cares upon You and find deep rest in Your presence. Heal my heart from pain, and replace my anxieties with Your peace that transcends all understanding. Strengthen me as I seek Your help rather than temporary escapes. Remind me that I am never alone because You are always near. *Thank You for Your unfailing love and grace.* 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

- Philippians 4:8 "Finally, brothers and sisters, whatever is true... think about such things."
- 2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."







Devotional: Renew Your Mind with Truth and Grace

Mental health recovery and overcoming addiction involve a transformation of the mind. Our thought patterns often become trapped in negativity, shame, and destructive habits.

Paul's words remind us that renewal starts by changing what we allow our minds to dwell on. Meditating on truth, goodness, and God's promises rewires how we see ourselves and our struggles.

By consciously taking every thought captive and making it obedient to Christ, you can interrupt the cycles that propel addiction and despair. This renewal is a daily choice powered by the Holy Spirit, helping you think differently and grow toward freedom.







Reflect and Apply

What negative thoughts frequently occupy my mind and feed unhealthy behaviors?
How can I practice capturing and replacing those thoughts with God's truth?
What Scripture or spiritual truths bring me hope when battling cravings or despair?







Journaling Prompts

1.	Write down recurring negative thoughts you want to surrender today.
2.	List three Bible verses or spiritual truths to meditate on regularly.
3.	Describe how your mind feels different when focused on God's promises.







Prayer for Today

Father, please renew my mind and help me think as You do. Teach me to reject lies and embrace Your truth about who I am in Christ. Give me strength to take captive every harmful thought and replace it with hope and grace. Help me meditate on what is pure and uplifting so that my mind grows healthier each day. In Jesus' name, Amen. \triangle

















Day 3: Walking in the Light

Your Verse

John 8:12 – "I am the light of the world. Whoever follows me will never walk in darkness."

Supporting Scriptures

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- Ephesians 5:8 "For you were once darkness, but now you are light in the Lord."







Day 3: Walking in the Light

Devotional: Step Into God's Light and Leave Darkness Behind

Darkness can feel all-encompassing when battling addiction and mental health struggles. Shame, isolation, and fear create shadows over hope and progress.

Jesus is the light that pierces through every shadow. Following Him shifts you from confusion and despair into clarity and peace.

God's Word acts as a guiding light, illuminating each step out of the darkness. Choosing to walk in God's light daily means intentionally rejecting destructive habits and embracing new life.

Remember that your identity has shifted from darkness into light. The One who overcame darkness is with you as you take courageous steps forward toward healing.







Day 3: 🖓 Walking in the Light

Reflect and Apply

	In what areas of my life am I still walking in darkness rather than God's light?
2.	How can God's Word serve as a lamp for the decisions I face today?
3.	What steps can I actively take to walk more fully in Jesus' light this week?







Day 3: 🖓 Walking in the Light

Journaling Prompts

1.	Describe any fears or doubts that cloud your path right now.
2.	Write about what it means to personally follow Jesus as the light of your life.
3.	List practical ways to invite God's light into dark moments.







Day 3: Walking in the Light

Prayer for Today

Jesus, You are the light of my world. Help me to walk boldly out of darkness and into the freedom You offer. Let Your Word guide me step by step, and give me strength to resist the shadows of addiction and despair. Thank You for Your grace that shines even in my darkest places. Amen. \bigwedge \bigcirc \bigwedge

















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."
- Psalm 73:26 "My flesh and my heart may fail, but God is the strength of my heart."







Devotional: God's Power Shines Through Our Weakness

Feelings of weakness and failure often accompany struggles with addiction. It can be tempting to believe these feelings mean God has abandoned you or that you are beyond help.

God's truth is different: His power is revealed and perfected in our weakness. When you feel inadequate, His grace rises to meet your need.

Relying on your own strength only leads to burnout, but dependent trust in God invites supernatural strength.

Today, celebrate your weakness as an opportunity for God's power to work through you. He strengthens the weary and gives hope beyond human ability.







Reflect and Apply

1.	How do I typically respond to feelings of weakness or failure?
2.	In what ways can I lean more fully on God's grace and strength?
	How might viewing weakness as an opportunity for God's power change my perspective?







Journaling Prompts

1.	Write about a moment when you experienced God strengthening you in weakness.
2.	List ways you can daily invite God's power into your struggles.
3.	Reflect on how God's grace has sustained you through difficult times.







Prayer for Today

Lord, my weaknesses feel overwhelming, but Your grace is sufficient. Help me trust that Your power is made perfect when I am weak. Give me strength to face today's challenges and courage to rely on You fully. Thank You that I am never alone in this journey. Amen. 🙏 🖒 😭

















Your Verse

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

Supporting Scriptures

- Isaiah 61:1 "He has sent me to bind up the brokenhearted."
- 1 Peter 5:7 "Cast all your anxiety on him because he cares for you."







Devotional: God's Tender Love Restores Broken Hearts

Addiction wounds more than the body—it damages the soul and spirit.

Shame and brokenness can create deep pain that seems impossible to heal.

God's tender love reaches into the deepest cracks, healing broken hearts and binding wounds. He knows your pain intimately and cares passionately.

In recovery, healing is a process, but God walks beside you every step. His love is a steady balm that slowly restores hope and strength. You are not defined by your past mistakes but held by a Father whose love never fails.







Reflect and Apply

1.	How have my past experiences left wounds that need God's healing?
2.	In what ways can I accept God's love despite my struggles and mistakes?
3.	How does knowing God cares deeply change how I view myself?







Journaling Prompts

you want God to heal.
ou in your current season.
ght impact your recovery journey.
ght impact your recovery journ







Prayer for Today

Father, You are the healer of broken hearts. Please bind up my wounds and fill my soul with Your unfailing love. Help me accept Your care even when I feel undeserving. Thank You for walking with me through pain and making all things new. Amen. \bigwedge







Day 6: Freedom Through Forgiveness









Day 6: 🖏 Freedom Through Forgiveness

Your Verse

Ephesians 1:7 - "In him we have redemption through his blood, the forgiveness of sins."

Supporting Scriptures

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







Day 6: Treedom Through Forgiveness

Devotional: Embrace Freedom Found in God's Forgiveness

Guilt and shame often fuel the cycle of addiction. Carrying unforgiven sins burdens the mind and blocks freedom.

God's forgiveness through Jesus' sacrifice offers complete redemption. Confession opens the door to His mercy and release.

Forgiving yourself and others can be one of the hardest steps but also one of the most freeing. God calls you to extend grace as freely as you have received it.

Today, receive the freedom that comes from forgiveness and walk forward with renewed hope and dignity.







Day 6: 😂 Freedom Through Forgiveness

Reflect and Apply

What areas of guilt or shame do I need to confess to God today?
How does God's forgiveness challenge my feelings of unworthiness?
Who might I need to forgive in order to experience more freedom?







Day 6: 😂 Freedom Through Forgiveness

Journaling Prompts

1.	Write a prayer of confession and invite God's forgiveness.
2.	List any people you feel called to forgive and why.
	Describe how forgiveness could change your mental and emotional health.







Day 6: 🖏 Freedom Through Forgiveness

Prayer for Today

Jesus, thank You for the gift of forgiveness through Your blood. Help me confess honestly and receive Your mercy. Teach me to forgive myself and others, releasing all burdens of bitterness and shame. Fill me with Your peace that brings true freedom. Amen. 🙏 😂 👀







Day 7: Community and Support









Day 7: **Community and Support

Your Verse

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Supporting Scriptures

- Hebrews 10:24–25 "Encourage one another and all the more as you see the Day approaching."
- Ecclesiastes 4:9 "Two are better than one... if either of them falls down, one can help the other up."







Day 7: Community and Support

Devotional: Find Strength and Healing in Godly Community

Recovery and mental health journeys are not meant to be walked alone. God designed community to provide strength, encouragement, and accountability.

Sharing your burdens with trusted believers helps lighten the load and reflects Christ's love. Loneliness exacerbates pain, but fellowship fosters hope.

Seek relationships that uplift and support you, and be open to giving support in return. Together, you represent God's body — united and resilient.







Day 7: 🎔 Community and Support

Reflect and Apply

1.	Who in my life can I turn to for support and encouragement?
2.	How willing am I to share my struggles to receive help?
3.	In what ways can I encourage and support others facing challenges?







Day 7: 🎔 Community and Support

Journaling Prompts

1.	List people you trust to walk alongside you in recovery.
2.	Reflect on any hesitations about community and how to overcome them.
3.	Write ways you can contribute to others' healing journeys.







Day 7: **Community and Support

Prayer for Today

Lord, thank You for the gift of community. Help me to find and trust supportive people who reflect Your love. Give me courage to share honestly and receive encouragement. Teach me to also be a source of strength for others. Amen. \bigwedge \heartsuit \wp

















Day 8: 💙 God's Steadfast Love

Your Verse

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

Supporting Scriptures

- Romans 8:38–39 "Nothing can separate us from the love of God."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves."







Day 8: Od's Steadfast Love

Devotional: Rest in God's Unfailing, Compassionate Love

When addiction and mental health struggles threaten to consume hope, God's steadfast love remains. It is a love that never fails or runs out.

The Bible reassures us of God's unfailing compassion and presence in every circumstance. His love is not based on performance but on who He is.

When you feel unworthy or overwhelmed, remember His faithful love surrounds you continually.







Day 8: 💙 God's Steadfast Love

Reflect and Apply

1.	How does God's steadfast love challenge my feelings of unworthiness?
2.	In what ways have I experienced God's compassion in hard times?
3.	How can embracing God's love reshape my self-view?







Day 8: 💙 God's Steadfast Love

Journaling Prompts

1.	Write about a moment when you deeply sensed God's love.
2.	List truths about God's love that counter your doubts.
3.	Describe how relying on God's love impacts your recovery.







Day 8: Od's Steadfast Love

Prayer for Today

God, Your love never fails me even when I feel weak. Help me rest fully in Your compassion and presence today. Remind me I am precious to You and never alone. Thank You for loving me through every challenge. Amen. \triangle

















Your Verse

Isaiah 43:18-19 - "See, I am doing a new thing! Now it springs up; do you not perceive it?"

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Lamentations 3:22 "His mercies are new every morning."







Devotional: Embrace God's Promise of New Life Today

Recovery is a process of letting go of the old self and embracing new life in **Christ.** God promises to do new things, bringing hope and renewal.

Let go of past failures and turn your eyes forward to the fresh mercies God offers. Each day is an opportunity to grow, heal, and become more like Christ.

No matter how difficult the past, God's new beginnings can restore joy and purpose.







Reflect and Apply

1.	What old habits or thoughts am I ready to release to God?
2.	How can I actively cooperate with God's new work in my life?
3.	What does being a 'new creation' mean for my identity?







Journaling Prompts

1.	Write about a fresh start you want to pursue with God's help.
2.	List habits you need to surrender to experience new growth.
3.	Describe the hope you feel for your future in Christ.







Prayer for Today

Lord, thank You for making all things new. Help me perceive the new work You are doing in my life each day. Give me courage to release the past and step forward in hope. Fill me with joy as I embrace new beginnings with You. Amen. 🙏 🍞 🐒

















Your Verse

1 Corinthians 10:13 – "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."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Devotional: Lean on God's Faithfulness Against Temptation

Temptation is a real challenge in the path of recovery. It can provoke feelings of defeat or hopelessness.

God's faithfulness ensures He provides a way out and strength to endure. Recognizing triggers and preparing with Scripture fortifies your resolve.

The discipline of memorizing and meditating on God's Word helps you stand firmly against temptation and grow stronger over time.

Perseverance is rewarded, and God honors those who seek Him through trials.







Reflect and Apply

1.	What temptations feel strongest in my journey toward recovery?
2.	How prepared am I to respond with Scripture and prayer during trials?
3.	What support systems can I strengthen to help resist temptation?







Journaling Prompts

1.	Identify current temptations and how you typically respond.
2.	Write Bible verses that encourage you to resist temptation.
3.	Describe practical steps to take when facing temptation.







Prayer for Today

Faithful God, thank You for Your promise not to leave me alone in temptation.

Help me recognize trials and equip me with Your Word and strength to overcome. Guide me to a way out and help me persevere. Amen. \bigwedge \mathbb{Q}







Day 11: 🔑 The Power of the Holy Spirit









Day 11: 🔼 The Power of the Holy Spirit

Your Verse

Romans 8:26 - "The Spirit helps us in our weakness."

Supporting Scriptures

- John 14:26 "The Advocate, the Holy Spirit, will teach you all things."
- Galatians 5:22-23 "The fruit of the Spirit is love, joy, peace..."







Day 11: 🔼 The Power of the Holy Spirit

Devotional: Depend on the Holy Spirit's Strength and Guidance

Our human efforts often fall short in healing and change. The Holy Spirit empowers and guides us beyond our limitations.

The Spirit is your constant Helper, offering comfort, wisdom, and strength especially when you feel weak. Inviting the Spirit into your daily walk lights your path and cultivates lasting transformation.

As you yield control, the Spirit produces fruits like peace and self-control that are vital in recovery.







Day 11: 💪 The Power of the Holy Spirit

Reflect and Apply

1.	How often do I rely on the Holy Spirit in my recovery journey?
2.	In what areas do I need to invite the Spirit's help more intentionally?
3.	What fruit of the Spirit do I most want to see grow in my life?







Day 11: 💪 The Power of the Holy Spirit

Journaling Prompts

1.	Write about a time you sensed the Spirit's help in weakness.
2.	List ways to practice dependence on the Holy Spirit daily.
3.	Reflect on which fruit of the Spirit you want to develop.







Day 11: 🔼 The Power of the Holy Spirit

Prayer for Today

Holy Spirit, thank You for being my Helper and Guide. Come fill me with Your power, wisdom, and peace. Help me surrender my weaknesses and trust in Your transforming work in my heart. Produce Your fruit in my life. Amen.









Day 12: 🕹 Restoring Your Soul









Your Verse

Psalm 23:3 - "He restores my soul."

Supporting Scriptures

- Matthew 6:33 "Seek first his kingdom and his righteousness."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Let God's Shepherd Restore Your Soul Today

Recovery includes renewing not only the mind but also the soul. The soul longs for restoration—peace, purpose, and connection with God.

Psalm 23 portrays God as the Shepherd who lovingly restores your soul. Seeking God's kingdom first grounds your identity and provides true renewal.

Hope in the Lord replenishes strength within. Restoring your soul daily involves prayer, worship, and surrender.







Reflect and Apply

1.	What soul needs do I recognize in myself right now?
2.	How can I prioritize seeking God's kingdom in my daily life?
3.	In what ways does hope in the Lord renew my strength?







Journaling Prompts

1.	Describe what restoration of your soul looks like personally.
2.	Write how you can create space daily to connect with God.
3.	Reflect on a moment when trusting God renewed your strength.







Prayer for Today

Shepherd God, thank You for restoring my weary soul. Help me seek Your kingdom above all else and find true renewal in You. Fill me with hope and fresh strength today. Amen. \triangle







Day 13: Balance and Self-Control









Day 13: Balance and Self-Control

Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is... self-control."

Supporting Scriptures

- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."
- 1 Corinthians 9:27 "I discipline my body and bring it under control."







Day 13: Balance and Self-Control

Devotional: Cultivate Spirit-Empowered Self-Control

Maintaining balance and self-control is essential in mental health and addiction recovery. Without boundaries, addictive behaviors can resurge.

Self-control is a fruit empowered by the Holy Spirit. It requires discipline but results in freedom, not restriction.

Cultivating balance means choosing healthy habits, resting well, and guarding your mind and body diligently.







Day 13: Palance and Self-Control

Reflect and Apply

1.	Which areas of my life lack balance or self-control?
2.	How can I invite the Holy Spirit to cultivate self-discipline?
3.	What practical habits help me maintain healthier boundaries?







Day 13: Palance and Self-Control

Journaling Prompts

1.	List areas where you desire more self-control.
2.	Write a plan for daily habits that promote balance.
3.	Reflect on successes and setbacks in practicing self-discipline.







Day 13: Palance and Self-Control

Prayer for Today

Spirit of God, cultivate in me the fruit of self-control. Help me discipline my mind and body in ways that honor You and promote balance. Teach me to choose wisely and walk in freedom. Amen. \bigwedge







Day 14: Overcoming Shame with Grace









Day 14: 🖰 Overcoming Shame with Grace

Your Verse

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

Supporting Scriptures

- Psalm 34:4 "The Lord delivered me from all my fears."
- Hebrews 4:16 "Approach God's throne of grace with confidence."







Day 14: 🖰 Overcoming Shame with Grace

Devotional: Receive God's Abundant Grace Over Shame

Shame often entangles those struggling with addiction and mental illness. It whispers lies that you are unworthy of God's love or healing.

Yet, God's grace always covers and overcomes shame. When sin and struggles abound, grace abounds even more.

You can approach God's throne confidently to receive mercy, forgiveness, and restoration.







Day 14: 💍 Overcoming Shame with Grace

Reflect and Apply

1.	What shame do I carry that hinders my healing?
2.	How can I remind myself of God's overwhelming grace daily?
3.	What steps help me approach God confidently despite past mistakes?







Day 14: 💍 Overcoming Shame with Grace

Journaling Prompts

1.	. Write down shame-based thoughts you want to surrender.
2.	List affirmations rooted in God's grace to combat shame.
3.	. Reflect on how God's grace has been evident in your life.







Day 14: 🖰 Overcoming Shame with Grace

Prayer for Today















Your Verse

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

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart."
- Romans 8:25 "If we hope for what we do not yet have, we wait for it patiently."







Devotional: Trust God and Persist with Patience Today

Recovery and mental healing are often slow and sometimes frustrating processes. Impatience can lead to discouragement or giving up.

God encourages perseverance, which produces maturity and completeness. Patience means trusting in His timing even when progress feels unseen.

Remember that small steps forward count, and God is working even in waiting seasons.







Reflect and Apply

1.	Where do I experience impatience in my healing journey?
2.	How can I cultivate perseverance during seasons of waiting?
3.	What evidence of God's work am I grateful for despite challenges?







Journaling Prompts

1.	Write about a time when patience helped you grow.
2.	List affirmations to encourage perseverance when struggles arise.
3.	Reflect on God's timing and how it shapes your journey.







Prayer for Today

God, help me to wait patiently and keep persevering. Strengthen my heart when the journey feels long or hard. Remind me You are faithful and working all things for my good. Amen. \bigwedge \triangle Σ

















Day 16:

Surrendering Control

Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Jeremiah 29:11 "I know the plans I have for you."







Day 16:

Surrendering Control

Devotional: Let God Lead by Surrendering Control

One of the hardest aspects of addiction recovery is surrendering control. Human efforts can only take you so far; without trusting God fully, anxiety and rigid trying increase.

God calls you to trust Him with all your heart and not rely on your own understanding. Surrender is an ongoing daily choice to be still and acknowledge God's sovereign plans.

Letting go is not weakness but strength to receive God's guidance and peace.







Day 16: 🕰 Surrendering Control

Reflect and Apply

1.	What areas am I holding tightly instead of surrendering to God?
2.	How does trusting God change my approach to recovery?
3.	What fears might I need to give over to God's care?







Day 16: 🕰 Surrendering Control

Journaling Prompts

1.	Write about where you struggle to surrender control.
2.	List reasons why trusting God is essential for healing.
3.	Describe what it means to you to 'be still' before God.







Day 16:

Surrendering Control

Prayer for Today

Lord, help me to trust You with my whole heart. Teach me to release control and rest in Your wisdom and plans. Calm my anxious thoughts and guide me in Your perfect way. Amen. \bigwedge

















Day 17: **Cultivating Gratitude**

Your Verse

1 Thessalonians 5:18 - "Give thanks in all circumstances."

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."







Day 17: **G** Cultivating Gratitude

Devotional: Let Gratitude Bring Peace to Your Heart

Gratitude is a powerful tool for mental health and overcoming addiction. Even in difficult circumstances, thanking God reorients your perspective toward hope.

Choosing gratitude invites God's peace to rule your heart. It helps break negativity and fosters joy and contentment.

Daily practicing gratitude builds resilience and renews your spirit.







Day 17: **Gratitude**

Reflect and Apply

1.	How often do I intentionally practice gratitude?
2.	What blessings can I recognize today despite challenges?
3.	How does gratitude affect my thoughts and emotions?







Day 17: **Gratitude**

Journaling Prompts

1. List five things you are thankful for today.	
2. Wri	ite about how gratitude has changed your mindset.
3. Des	scribe how giving thanks influences your recovery.







Day 17: **Gratitude**

Prayer for Today

Thank You, God, for countless blessings even in hardship. Help me maintain a grateful heart that finds joy and peace. Teach me to praise You in all circumstances. Amen. 🙏 🍪







Day 18: Embracing God's Grace Daily









Your Verse

2 Corinthians 12:9 - "My grace is sufficient for you."

Supporting Scriptures

- Lamentations 3:23 "His mercies are new every morning."
- Hebrews 4:16 "Approach God's throne of grace with confidence."







Devotional: Trust God's Renewing Grace Every Day

Healing requires daily dependence on God's grace, not just one-time efforts. Each day brings new mercies and fresh opportunities to embrace His love.

God's grace empowers, restores, and sustains. Approach His throne regularly with confidence and honesty.

This ongoing grace enables perseverance through ups and downs in your journey.







Reflect and Apply

1.	How intentional am I about seeking God's grace daily?
2.	What does approaching God's throne of grace look like for me?
3.	How can I extend the grace I receive to myself and others?







Journaling Prompts

1.	Write about moments when you experienced fresh grace today.
2.	List ways to remind yourself of God's grace daily.
3.	Reflect on how grace impacts your recovery progress.







Prayer for Today

Lord, Your grace is sufficient every day. Help me come before You honestly and rely on Your mercy. Teach me to receive and share grace freely. Amen.



















Your Verse

Ephesians 4:25 - "Speak the truth in love."

Supporting Scriptures

- Proverbs 12:22 "The Lord detests lying lips."
- James 5:16 "Confess your sins to each other and pray for each other."







Devotional: Speak Truth with Grace and Courage

Honesty is essential for healing, but it must be rooted in love and grace. Addiction often thrives in secrecy and denial.

Sharing your truth with trusted people breaks chains of isolation. It invites accountability, prayer, and support.

Practice speaking your struggles and victories humbly and kindly. Honesty opens doors for deeper freedom.







Reflect and Apply

1.	Who can I be more honest with about my struggles?
2.	How does speaking the truth in love challenge or encourage me?
	What fears do I have about vulnerability, and how can God help me overcome them?







Journaling Prompts

1.	Write about difficulties and benefits of honest communication.
2.	List trusted people you can share your journey with.
3.	Reflect on how honesty affects your healing process.







Prayer for Today

God, give me courage to speak truth lovingly and openly. Help me find safe spaces to share and receive support. Teach me honesty rooted in grace. Amen. \bigwedge \longrightarrow







Day 20: 🎇 Living in God's Purpose









Day 20: 💥 Living in God's Purpose

Your Verse

Jeremiah 29:11 - "For I know the plans I have for you."

Supporting Scriptures

- Ephesians 2:10 "Created for good works prepared by God."
- Proverbs 16:9 "In their hearts humans plan their course, but the Lord establishes their steps."







Day 20: 🎇 Living in God's Purpose

Devotional: Step Confidently Into God's Purpose Today

Your mental health and recovery journey are part of God's greater purpose for your life. He has plans for hope, healing, and meaningful work.

Discovering and living in your God-given purpose fuels motivation and joy. Trust that God guides every step even when the path isn't clear.

Align your goals with His leading and be open to new opportunities to serve and grow.







Day 20: 🞇 Living in God's Purpose

Reflect and Apply

1.	What purpose do I sense God calling me toward?
2.	How can focusing on God's plans help me through struggles?
3.	What steps can I take to align more fully with God's purpose?







Day 20: 🞇 Living in God's Purpose

Journaling Prompts

1.	Write about your dreams and hopes aligned with God's call.
2.	List ways you can serve or grow in purpose now.
3.	Reflect on moments when God clearly guided your steps.







Day 20: 🎇 Living in God's Purpose

Prayer for Today

Father, thank You for planning my future with hope. Help me live purposefully and trust Your guidance each day. Use me for Your good works and bring joy in the journey. Amen. 人 ★ ▶















Your Verse

1 Corinthians 15:57 – "But thanks be to God! He gives us the victory through our Lord Jesus Christ."

Supporting Scriptures

- Romans 8:37 "More than conquerors through Him who loved us."
- Revelation 21:4 "He will wipe every tear from their eyes."







Devotional: Rejoice in the Victory Jesus Provides

Today marks a celebration of the victories God has brought over mental struggles and addiction. Though the journey continues, each step forward is a triumph.

Christ is the source of our victory—over sin, despair, and brokenness. His love empowers you to conquer challenges and look forward with hope.

Take time to rejoice in God's faithfulness, rest in His promises, and commit to ongoing growth and healing.







Reflect and Apply

1.	What victories—big or small—can I celebrate today?
2.	How does knowing Christ gave victory change my outlook?
3.	How will I continue to rely on God in future struggles?







Journaling Prompts

1.	Write about milestones you've achieved in recovery or mental health.
2.	List ways to celebrate progress and praise God regularly.
3.	Reflect on your commitment to ongoing healing with God.







Prayer for Today

Thank You, Jesus, for the victory You have won for me. Help me live as a conqueror through Your love. I celebrate every step of healing and trust You for the future. May my life honor You always. Amen. \triangle







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