



Sober and Set Free



Break free from alcohol's grip and walk in lasting freedom with this 21-day Bible study written for women who crave healing, hope, and a new identity in Christ.



Table of contents

<u>Introduction</u>	4
<u>Day 1: The Truth About Numbing the Pain</u>	5
<u>Day 2: You Are Not Alone</u>	11
<u>Day 3: Alcohol Is Not Your Comforter</u>	18
<u>Day 4: Facing the Shame</u>	25
<u>Day 5: Healing the Root, Not Just the Habit</u>	32
<u>Day 6: Learning to Feel Again</u>	39
<u>Day 7: Breaking Free from Cycles</u>	46
<u>Day 8: Sobriety Is a Spiritual Battle</u>	53
<u>Day 9: Living in the Light</u>	60
<u>Day 10: Dealing with Triggers and Temptations</u>	67
<u>Day 11: Forgiving Yourself</u>	74
<u>Day 12: Finding Strength in Scripture</u>	81
<u>Day 13: Breaking the Cycle of Isolation</u>	87
<u>Day 14: You Are Not Your Past</u>	93
<u>Day 15: Freedom Is a Daily Choice</u>	100
<u>Day 16: Letting God Fill the Void</u>	106
<u>Day 17: Community and Accountability</u>	112



<u>Day 18: Restoring Broken Relationships</u>	118
<u>Day 19: Developing a New Identity</u>	124
<u>Day 20: Creating a Life You Don't Want to Escape</u>	130
<u>Day 21: Sober and Set Free for Good</u>	136



✨ Introduction: You Are Not Too Far Gone

Dear sister,

If you're reading this, it's not by accident. Whether you're in the middle of your struggle or taking your first brave steps toward sobriety, know this: **you are not too broken for God.**

Maybe alcohol has been your escape from anxiety, pain, or loneliness. Maybe it helped you function—or numb. Maybe it's become something you hide, something you shamefully return to, something that feels like it owns you.

But it doesn't.

Jesus does.

This 21-day Bible study is for you. Not the picture-perfect version of you. Not the you who “used to drink” or the one who still battles every day. This is for the **real you**, the one Jesus died for, loves deeply, and is calling into freedom.

Over the next three weeks, we're going to expose lies, uproot shame, and let God speak life over the places that feel too far gone. You'll discover that sobriety is more than white-knuckling it. It's about becoming whole in Christ—emotionally, spiritually, relationally.

And guess what? You don't have to walk it alone.

God is with you. We're with you.

Let's begin.





Day 1: The Truth About Numbing the Pain



Day 1: The Truth About Numbing the Pain

Your Verse

John 8:36 (NIV):

“So if the Son sets you free, you will be free indeed.”

Supporting Scriptures

- **Isaiah 61:1 (NIV):**

“He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.”

- **Psalms 34:18 (NIV):**

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”



Day 1: The Truth About Numbing the Pain

Devotional Thought

Alcohol is often less about the drink—and more about the pain behind it.

That glass of wine, that hidden bottle, that moment where you say “*just one*”—it’s not just a habit. It’s a cry to escape. A desperate grasp for peace. A substitute for what your soul was actually made to crave: **healing, comfort, and connection.**

But here’s the truth:

Alcohol numbs pain, but it also numbs joy.

It steals your clarity.

It delays your healing.

It promises comfort but delivers chaos.

And worst of all—it lies about who you are.

Jesus didn’t come to help you cope.

He came to **set you free.**

The pain you’re running from? He’s not afraid of it.

The shame you carry? He already nailed it to the cross.

The bottle that feels like your only relief? He offers **living water** that never runs dry.

You don’t have to live half-alive anymore.

Today, you take the first step—not into more guilt, but into grace.



Day 1: The Truth About Numbing the Pain

Reflect and Apply

- What pain or wound are you trying to numb with alcohol?

- How has drinking changed your sense of identity?

- What would it look like to give that pain to Jesus instead of the bottle?



Day 1: The Truth About Numbing the Pain

Journaling Prompts

1. Write about the situations or emotions that most often drive you to drink. What are the patterns?

2. In what ways has alcohol lied to you about who you are or what you need?

3. Describe what freedom in Jesus *could* look like for you, even if you're not there yet.



Day 1: The Truth About Numbing the Pain

Prayer for Today

Father God,

You know everything I've been hiding—and yet You still call me Yours.

I've used alcohol to numb pain, but I see now it's only made the pain worse.

Thank You for loving me right here, in this brokenness.

Thank You that You came not just to help me manage, but to set me completely free.

I confess that I've been running to something other than You.

But I want to come home now.

Help me face the pain I've avoided, knowing that You walk with me through every step of healing.

Fill me with Your strength today.

One moment at a time.

In Jesus' name,

Amen.





Day 2: You Are Not Alone



Your Verse

Deuteronomy 31:6 (NIV):

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Supporting Scriptures

- **Isaiah 41:10 (NIV):**

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

- **Psalms 46:1 (NIV):**

“God is our refuge and strength, an ever-present help in trouble.”

- **Matthew 28:20b (NIV):**

“And surely I am with you always, to the very end of the age.”



Day 2: You Are Not Alone

Devotional Thought

Addiction thrives in isolation.

Whether you're a high-functioning professional, a stay-at-home mom, or a woman who feels lost in the world—you've likely heard the whisper:

"No one understands."

"You're the only one struggling like this."

"If they knew, they'd reject you."

But that voice is not from God.

God doesn't shame you—He stays with you.

Even if you've poured your heart into a bottle instead of into Him...

Even if you've cried yourself to sleep, wondering if anyone would notice if you disappeared...

Even if your addiction has cost you relationships, peace, and confidence—

 **You are not alone.**

Jesus stands with you in the hidden places.

He weeps over your pain, waits for your return, and holds out His hand.

The Bible is full of people who felt forgotten and afraid—yet every time, God reminded them: *"I am with you."*



You are not the exception.
You are His beloved daughter.

When you feel weakest, God is closest.
When you're ready to give up, He's ready to fight for you.

You don't have to do this on your own.
You never did.



Day 2: You Are Not Alone

Reflect and Apply

- When do you feel most alone in your struggle?

- How has isolation or secrecy affected your recovery?

- What would it mean for you to truly believe God is *with you*—right now?



Day 2: You Are Not Alone

Journaling Prompts

1. Write a letter to God, sharing the moments you've felt most alone or ashamed. Be honest—He can take it.

2. Describe what “being with God” looks or feels like to you right now.

3. Reflect on the relationships you've pulled away from. Who might God be calling you to reconnect with?



Day 2: You Are Not Alone

Prayer for Today

Father,

There have been so many moments I've felt alone—too broken to be loved,
too ashamed to ask for help.

But Your Word says You are near.

Thank You that You don't leave me when I mess up.

Thank You for staying close, even when I run.

Today, I ask You to draw near.

Help me feel Your presence when I'm weak, tempted, or tired.

Show me that I'm not walking this road alone.

Surround me with the right people—safe people.

Give me the courage to speak up and ask for help when I need it.

Most of all, remind me that You will never leave me.

Not in my pain. Not in my struggle. Not ever.

In Jesus' name,

Amen.

<jowl-toc title="Day 3 - Alcohol Is Not Your Comforter" indent="false">

</jowl-toc>





Day 3: Alcohol Is Not Your Comforter



Your Verse

John 14:16 (NKJV):

“And I will pray the Father, and He will give you another Helper, that He may abide with you forever.”

Supporting Scriptures

- ***2 Corinthians 1:3–4 (NIV):***

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles...”

- ***Psalms 119:76 (NIV):***

“May your unfailing love be my comfort, according to your promise to your servant.”

- ***Romans 8:26 (NIV):***

“In the same way, the Spirit helps us in our weakness...”



Day 3: Alcohol Is Not Your Comforter

Devotional Thought

When life gets heavy, we reach for comfort.

For some women, it's food. For others, it's scrolling, shopping, or sleep.

But for many of us—it's **alcohol**.

A glass of wine to take the edge off.

A drink to dull the loneliness.

A buzz to blur the pain.

But alcohol is a counterfeit comforter.

It soothes for a moment and shames for days.

It calms your nerves, then chains your soul.

The Holy Spirit, on the other hand, brings **real comfort**.

Not the numbing kind. The *healing* kind.

He doesn't silence your pain—He sits with you in it.

He doesn't just make you forget—He makes you *new*.

When Jesus left earth, He promised us a Helper. That Helper isn't found in a bottle, but in the person of the Holy Spirit who lives inside every believer.

God isn't trying to shame you for where you've turned for comfort.

He's simply inviting you into something better.

A comfort that lasts.

A comfort that doesn't take—**but gives**.



A comfort that heals your heart without harming your soul.



Day 3: Alcohol Is Not Your Comforter

Reflect and Apply

- What situations or emotions cause you to reach for alcohol?

- How has alcohol failed to truly comfort you?

- What would it look like to begin turning to the Holy Spirit instead?



Day 3: Alcohol Is Not Your Comforter

Journaling Prompts

1. List the specific moments or triggers that make you feel like you “need a drink.”

2. Write about a time you felt comforted by God—no substances involved.

3. Ask the Holy Spirit in writing: “How can I experience Your comfort today?” and write what comes to mind.



Day 3: Alcohol Is Not Your Comforter

Prayer for Today

Holy Spirit,
I've been looking for comfort in the wrong places.
Forgive me for turning to alcohol when You were waiting with open arms.

You are the true Comforter.
You understand what I need even when I can't put it into words.
You know how to soothe the ache that no drink can reach.

Today, I invite You to take Your place in my life again.
Comfort me in my sorrow.
Strengthen me in my weakness.
Whisper truth when lies scream loud.

Let me crave Your presence more than I crave escape.
Fill the places I once filled with alcohol—with You.

In Jesus' name,
Amen.





Day 4: Facing the Shame



Day 4: Facing the Shame

Your Verse

Romans 8:1 (NIV):

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

Supporting Scriptures

- **Isaiah 54:4 (NIV):**

“Do not be afraid; you will not be put to shame. Do not fear disgrace, you will not be humiliated.”

- **Psalms 34:5 (NIV):**

“Those who look to him are radiant; their faces are never covered with shame.”

- **Hebrews 12:2 (NIV):**

“...For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”



Day 4: Facing the Shame

Devotional Thought

Shame is the voice that says:

“You’re not just someone who drank—you’re someone who’s disgusting.”

“You didn’t just make mistakes—you *are* a mistake.”

“God might forgive others, but not *you*.”

Shame doesn’t correct you—it *condemns* you.

And it often shows up in silence, secrecy, and self-hate.

But Jesus didn’t come to shame you.

He came to free you *from* shame.

On the cross, He didn’t just carry your sin—He carried your shame.

He *scorned* it.

He crushed it.

He declared that you would never have to wear it again.

Conviction says, “Come closer to God.”

Shame says, “Run and hide.”

But today, the Lord says: **Come out of hiding, daughter.**

There is no condemnation here. Only grace.

You are not your addiction.

You are not your lowest moment.

You are not what people whispered about you.



You are loved.

You are forgiven.

You are clean.

The more you let God into your shame, the less power it has over you.



Day 4: Facing the Shame

Reflect and Apply

- What lies has shame told you about yourself?

- How has shame kept you from receiving God's love or help from others?

- What does it mean to you that Jesus took *your* shame on the cross?



Day 4: Facing the Shame

Journaling Prompts

1. Write a letter from your shame—and then write God’s response to it.

2. Reflect on one moment in your life you’ve carried deep shame about. Ask Jesus to speak truth over it.

3. Describe what life might feel like if you truly believed you were forgiven and free.



Day 4: Facing the Shame

Prayer for Today

Jesus,
 I've carried shame like a heavy blanket.
 I've let it define me, silence me, and keep me from You.
 But You say there is no condemnation in You—and today I want to believe that.

You took my sin and my shame.
 You didn't flinch at my darkest moments.
 You chose me anyway.

So I lay my shame at the foot of Your cross.
 I confess what I've done—and I receive what You've done for me.
 Heal the parts of me that feel unworthy, broken, and afraid.

Clothe me in Your grace today.
 Let me walk with my head held high, not because I'm perfect,
 but because I'm forgiven.

In Your holy name,
Amen.





Day 5: Healing the Root, Not Just the Habit



Day 5: Healing the Root, Not Just the Habit

Your Verse

Jeremiah 17:14 (NIV):

“Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.”

Supporting Scriptures

- **Proverbs 4:23 (NIV):**

“Above all else, guard your heart, for everything you do flows from it.”

- **Luke 6:45 (NIV):**

“A good man brings good things out of the good stored up in his heart... For the mouth speaks what the heart is full of.”

- **Psalms 147:3 (NIV):**

“He heals the brokenhearted and binds up their wounds.”



Day 5: Healing the Root, Not Just the Habit

Devotional Thought

Alcohol isn't the root problem—it's a symptom.

That's hard to admit, especially when the drinking has caused chaos in your life. But beneath every destructive habit is a **deeper hurt**.

Maybe it's trauma you've never dealt with.

A father wound. A betrayal. A heartbreak that still bleeds.

Maybe it's rejection, or the crushing pressure to be strong when you feel anything but.

We often try to "fix" the habit without ever addressing the **hurt**.

But Jesus doesn't just want to help you stop drinking—

He wants to **heal the reason you started**.

Sobriety is not just behavior change—it's **soul healing**.

You don't need more willpower.

You need God's power to go deep into the places that ache.

To excavate the lies, expose the wounds, and speak truth into your pain.

He knows what happened.

He knows what you've carried.

And He's not asking you to forget it—He's asking you to bring it to Him.



Healing takes time.

But freedom is possible when the **root is healed**.



Day 5: Healing the Root, Not Just the Habit

Reflect and Apply

- What deeper wounds might be connected to your drinking?

- Have you tried to fix the behavior without addressing the pain underneath?

- How might Jesus want to heal your *heart*, not just your habits?



Day 5: Healing the Root, Not Just the Habit

Journaling Prompts

1. Write about a painful memory or wound you've never really processed. How might it relate to your desire to drink?

2. Ask Jesus: "What's at the root of this struggle?" Write what you sense Him saying.

3. Journal a prayer asking God to begin healing the deepest part of your heart.



Day 5: Healing the Root, Not Just the Habit

Prayer for Today

Lord,
I confess that I've focused so much on fixing my behavior,
I haven't let You touch the broken places inside me.

But today I see it—
My drinking has been a symptom of pain I've carried too long.

Would You go to the root, Jesus?
Would You pull up the lies I've believed and plant Your truth in their place?

Heal the wounds I've tried to drink away.
Touch the memories I've buried.
Replace my coping with Your comfort.

I trust You as my Healer, not just my Helper.
Do what only You can do.

In Jesus' name,
Amen.





Day 6: Learning to Feel Again



Your Verse

Ezekiel 36:26 (NIV):

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.”

Supporting Scriptures

- **Romans 12:15 (NIV):**

“Rejoice with those who rejoice; mourn with those who mourn.”

- **Psalms 62:8 (NIV):**

“Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.”

- **Lamentations 3:22–23 (NIV):**

“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 6: Learning to Feel Again

Devotional Thought

For many women in recovery, *numbing* became survival.
 You learned to shut down emotions—
 to avoid the grief,
 to silence the anger,
 to smother the loneliness.

Drinking became your off-switch.
 The thing that kept you from feeling too much—or feeling *anything*.

But sobriety invites a new challenge:
 ❤️ **Feeling again.**

Suddenly the emotions you numbed come flooding back.
 You might feel raw.
 Easily triggered.
 Overwhelmed.

That's normal.

It's not weakness—it's healing.

God created your emotions as **signals**, not enemies.
 They reveal where you need connection, compassion, or comfort.



You don't have to fear your feelings anymore.
 You don't have to drink them away.
 You don't have to carry them alone.

Jesus wept.
 He felt anger, sorrow, even exhaustion.
 And He never once apologized for His emotions.

You're allowed to cry.
 You're allowed to feel.
 You're allowed to *heal*—one emotion at a time.



Day 6: Learning to Feel Again

Reflect and Apply

- What emotions have you avoided or numbed with alcohol?

- How do you typically respond when strong feelings arise?

- What would it look like to feel emotions without shame or fear?



Day 6: Learning to Feel Again

Journaling Prompts

1. Name 3 emotions you've felt in the past 24 hours. Describe how each one showed up in your body and thoughts.

2. Write a letter to God expressing an emotion you've been afraid to feel.

3. Ask the Holy Spirit to help you understand one specific feeling today—write down anything you sense.



Day 6: Learning to Feel Again

Prayer for Today

Lord,
I confess—I'm scared to feel.
I've pushed emotions down for so long, they feel foreign... even dangerous.

But I want to trust You with my feelings.
Not just the pretty ones—but the messy ones too.

You made me emotional.
And You are not offended when I cry, grieve, or rage.
You just want me to come close.

So I do.
I open the door to the emotions I've buried.
Help me process them, not punish myself for them.

Teach me to feel—and to find You in the feeling.

In Jesus' name,
Amen.





Day 7: Breaking Free from Cycles



Your Verse

Galatians 5:1 (NIV):

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Supporting Scriptures

- ***Romans 6:6 (NIV):***

“For we know that our old self was crucified with him so that the body ruled by sin might be done away with...”

- ***Isaiah 43:18–19 (NIV):***

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”

- ***2 Corinthians 10:4–5 (NIV):***

“The weapons we fight with are not the weapons of the world... we take captive every thought to make it obedient to Christ.”



Day 7: Breaking Free from Cycles

Devotional Thought

One of the most frustrating parts of addiction recovery is the **cycle**.

You try to quit... and you do—for a little while.

Then life gets hard.

Temptation creeps in.

You slip, spiral, and feel like a failure.

And the shame reinforces the lie:

“See? You’ll never really be free.”

But that’s a lie from hell.

Because when Jesus sets someone free—it’s not a *temporary pass*.

It’s a **permanent position**.

Yes, we fall.

Yes, we struggle.

But through His Spirit, we are no longer *slaves* to that bottle.

Cycles are broken when we start believing what God says is true—even when our emotions or circumstances scream otherwise.

It’s time to stand in the freedom Jesus already purchased for you.

Not by willpower, but by **truth**.

Not by shame, but by **grace**.

Not alone, but **with Him**—every step.



You don't have to go back.
You're not who you were.
Even if you fell yesterday—**today is a new day.**
Freedom is still yours.



Day 7: Breaking Free from Cycles

Reflect and Apply

- What patterns or “cycles” have you seen in your drinking or thinking?

- What lie does the enemy whisper to keep you stuck?

- What truth does God want you to stand on today?



Day 7: Breaking Free from Cycles

Journaling Prompts

1. Write out one cycle you want to break—and ask God to show you where it begins.

2. Reflect on a time you made progress. What helped? What truths strengthened you?

3. Create a list of truths (or scriptures) you can speak when you feel pulled into old habits.



Day 7: Breaking Free from Cycles

Prayer for Today

Jesus,
I'm tired of the cycle.
The guilt. The trying. The falling. The shame.
It feels like a prison with no exit.

But You say I'm free.
You say I'm not a slave anymore.
So today, I choose to believe You.

Break the cycles that keep pulling me back.
Replace the lies with truth.
Interrupt the patterns with Your presence.

Even if I've fallen, I know You're not done with me.
You're not surprised by my struggle—You're already working on my healing.

So I stand up again.
Not by my strength—but by Your Spirit.

Thank You for never giving up on me.
I receive Your freedom today.
In Your mighty name,
Amen.





Day 8: Sobriety Is a Spiritual Battle



Day 8: Sobriety Is a Spiritual Battle

Your Verse

Ephesians 6:12 (NIV):

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world...”

Supporting Scriptures

- ***2 Corinthians 10:3–4 (NIV):***

“Though we live in the world, we do not wage war as the world does. The weapons we fight with... have divine power to demolish strongholds.”

- ***1 Peter 5:8–9 (NIV):***

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...”

- ***James 4:7 (NIV):***

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”



Day 8: Sobriety Is a Spiritual Battle

Devotional Thought

Let's get real: sobriety is not just about willpower—it's a **warfare**.

When you gave your life to Christ and began walking away from alcohol, you didn't just make a life change...

You **entered a spiritual battlefield**.

Why?

Because addiction isn't just physical—it's **spiritual**.

The enemy doesn't want you free.

He wants you numbed, distracted, isolated, and ashamed.

But you're not fighting empty-handed.

God has given you spiritual weapons—prayer, truth, worship, community, and most of all, **His Spirit within you**.

Every time you say “no” to temptation and “yes” to truth, you're swinging a sword.

Every time you call out to Jesus in a weak moment, the enemy trembles.

Every time you remind yourself of who you are in Christ, **chains break**.

Don't be surprised by spiritual resistance.

Be **equipped** for it.



This is war—but you are not alone.

You are not powerless.

You are not a victim.

You are **more than a conqueror** through Christ.



Day 8: Sobriety Is a Spiritual Battle

Reflect and Apply

- Have you ever viewed your sobriety journey as a spiritual battle?

- What “weapons” from God are you using—and which do you need to start using?

- How does it change your perspective to know you are *fighting with God*, not just *for* Him?



Day 8: Sobriety Is a Spiritual Battle

Journaling Prompts

1. List the temptations or thoughts that feel like spiritual attacks. How can you respond spiritually—not just emotionally?

2. Journal a prayer of surrender and warfare. Ask God to fight for you and with you.

3. Write down your “battle plan” for the next time temptation strikes. Who will you call? What truth will you speak?



Day 8: Sobriety Is a Spiritual Battle

Prayer for Today

Lord of Hosts,
 I didn't realize how much of my struggle was spiritual.
 I've been weary, thinking I had to fight alone.
 But You've given me armor. You've given me truth. You've given me power.

So today I take my stand.
 I resist the lies of the enemy.
 I rebuke the shame, fear, and discouragement.

Help me fight, God—not with anger or fear, but with Your peace, Word, and presence.
 Give me strength for this battle.
 Help me stay alert and sober-minded.

I'm not a victim of addiction—I am a warrior of Christ.
 And this battle belongs to You.

In the powerful name of Jesus,
Amen.





Day 9: Living in the Light



Your Verse

1 John 1:7 (NIV):

“But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.”

Supporting Scriptures

- **Ephesians 5:8–9 (NIV):**

“For you were once darkness, but now you are light in the Lord. Live as children of light... and find out what pleases the Lord.”

- **John 3:20–21 (NIV):**

“Everyone who does evil hates the light... But whoever lives by the truth comes into the light...”

- **Psalms 119:105 (NIV):**

“Your word is a lamp for my feet, a light on my path.”



Devotional Thought

Addiction thrives in darkness.
Shame whispers, “Don’t tell anyone.”
Fear says, “They’ll judge you.”
Pride says, “You can fix this on your own.”

But healing begins when we **step into the light**.

Not the spotlight of public shame—but the gentle, healing light of **truth, honesty, and community**.

The enemy wants you isolated and hiding.
But God invites you into a new way of living:

💡 **Transparent.**

💡 **Connected.**

💡 **Purified.**

💡 **Free.**

You weren’t meant to battle addiction alone.
There is power in confession.
There is safety in godly friendship.
There is strength when we walk side-by-side with sisters who also choose the light.

To live in the light doesn’t mean you’re perfect—it means you’re **honest**.
And that honesty sets the stage for transformation.



Every time you choose honesty over secrecy, connection over isolation, and truth over lies—you're walking in the light.



Day 9: Living in the Light

Reflect and Apply

- Where in your life are you still hiding?

- Who in your life can walk with you in the light?

- What does it mean to you personally to “live in the light”?



Day 9: Living in the Light

Journaling Prompts

1. Write about an area where you've hidden or kept secrets in your addiction. How has the darkness impacted your healing?

2. List one person you trust to be vulnerable with about your sobriety. Write how you might open up to them this week.

3. Journal a conversation between you and Jesus where you bring something hidden into His light.



Day 9: Living in the Light

Prayer for Today

Jesus,
You are the Light of the world—and the Light of my life.
You see every part of me, and yet You don't turn away.

Thank You that I don't have to hide.
Thank You that shame is not my identity.
Thank You for inviting me into the light, where healing can finally happen.

Give me the courage to be honest—with You, with others, and with myself.
Expose what needs healing and bring Your gentle, powerful light into my shadows.

Help me build a life in the light.
Let truth, trust, and connection define my walk with You.

In Jesus' name,
Amen.





Day 10: Dealing with Triggers and Temptations



Day 10: Dealing with Triggers and Temptations

Your Verse

1 Corinthians 10:13 (NIV):

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear...”

Supporting Scriptures

- **James 1:13–14 (NIV):**

“When tempted, no one should say, ‘God is tempting me.’ For God cannot be tempted by evil, nor does he tempt anyone...”

- **Hebrews 4:15 (NIV):**

“For we do not have a high priest who is unable to empathize with our weaknesses... yet he did not sin.”

- **Proverbs 4:23 (NIV):**

“Above all else, guard your heart, for everything you do flows from it.”



Day 10: Dealing with Triggers and Temptations

Devotional Thought

Triggers are real.

Sometimes they're loud and obvious—like a party, a certain song, or walking past the wine aisle.

Other times, they're subtle—like loneliness, exhaustion, or an emotional wound you haven't processed.

The truth? **Temptation isn't sin.**

But giving in to it... often starts in tiny thoughts.

The enemy loves to whisper:

“You're too weak.”

“Just one drink.”

“You'll always go back.”

But God says:

“You are not alone.”

“You have a way out.”

“You're stronger than you think—because I live in you.”

Jesus understands temptation.

He faced it in the wilderness.

He felt the pull to take shortcuts to comfort—but He resisted through the **Word of God.**

You can too.



Not by pretending triggers don't exist...
But by facing them with **awareness, prayer, and a plan.**

Sobriety isn't about being perfect—it's about being prepared.



Day 10: Dealing with Triggers and Temptations

Reflect and Apply

- What are your biggest triggers—emotionally, physically, or socially?

- How do you usually respond when you feel temptation coming?

- What tools has God given you to overcome in those moments?



Day 10: Dealing with Triggers and Temptations

Journaling Prompts

1. List your top 3 triggers and write out a healthy, God-centered response to each one.

2. Describe a recent moment of temptation. How did you respond? What would you do differently next time?

3. Write a “battle prayer” you can speak when the urge to drink arises.



Day 10: Dealing with Triggers and Temptations

Prayer for Today

Father,

You see the moments when temptation feels loud.

When triggers come and I feel weak... You remain strong.

Thank You for not condemning me for being tempted.

Thank You for offering a way out—every time.

Help me stay alert.

Help me guard my heart.

Help me notice when I'm triggered and run to You instead of old patterns.

I surrender my impulses.

I choose truth over lies.

I receive Your strength, even when I feel shaky.

Lord, let Your Spirit be louder than my cravings.

In Jesus' mighty name,

Amen.





Day 11: Forgiving Yourself



Your Verse

Isaiah 1:18 (NIV):

“Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”

Supporting Scriptures

- **Psalm 103:12 (NIV):**

“As far as the east is from the west, so far has he removed our transgressions from us.”

- **Romans 8:1 (NIV):**

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

- **Micah 7:19 (NIV):**

“You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.”



Day 11: Forgiving Yourself

Devotional Thought

One of the hardest parts of recovery is not just staying sober—it's **forgiving yourself for what happened while you weren't.**

Maybe you hurt someone you loved.

Maybe you lied, acted out of character, or made decisions that still bring tears when you remember them.

Even after we receive God's forgiveness, we often keep punishing ourselves—playing the past on repeat and wondering, *"How could I have done that?"*

But here's the truth: **Jesus didn't just die to forgive your sins—He died to cleanse your conscience.**

That means you're not meant to carry the weight of shame.

God has **removed** your sin.

He remembers it **no more.**

And yet... you do.

So maybe today is the day you let go.

You stop defining yourself by your worst choices.

You stop dragging chains He already broke.

Forgiving yourself isn't saying, "What I did was okay."

It's saying, "Jesus paid for that, and I refuse to carry what He already carried."



There is freedom in His forgiveness.
And it includes you, too.



Day 11: Forgiving Yourself

Reflect and Apply

- Are there moments from your past that still make you feel unworthy or ashamed?

- Do you believe that God has forgiven you completely? Why or why not?

- What would it look like for you to forgive yourself today?



Day 11: Forgiving Yourself

Journaling Prompts

1. Write down the mistakes you still hold against yourself. Then, write “FORGIVEN” boldly across them.

2. Journal a letter from God to your heart, reminding you of His mercy and love.

3. Reflect on how your life has already changed. What growth can you celebrate instead of shaming yourself?



Day 11: Forgiving Yourself

Prayer for Today

Lord Jesus,
I believe You died for my sins.
I believe You have forgiven me.
But sometimes... I still punish myself.

Help me to believe what You say is true:
That I am clean.
That I am redeemed.
That I am no longer who I once was.

I lay down the guilt.
I surrender the shame.
I trust Your blood is enough.

Help me forgive myself—not because I deserve it, but because You already paid for it.

Let today be a turning point.
I walk forward in grace.

In Your holy name,
Amen.





Day 12: Finding Strength in Scripture



Day 12: Finding Strength in Scripture

Your Verse

Matthew 4:4 (NIV):

“Jesus answered, ‘It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Supporting Scriptures

- **Hebrews 4:12 (NIV):**

“For the word of God is alive and active. Sharper than any double-edged sword...”

- **Psalms 119:11 (NIV):**

“I have hidden your word in my heart that I might not sin against you.”

- **Joshua 1:8 (NIV):**

“Keep this Book of the Law always on your lips; meditate on it day and night...”



Day 12: Finding Strength in Scripture

Devotional Thought

Jesus used the Word to fight the enemy—and so can you.

When He was tempted in the wilderness, He didn't argue. He didn't try to resist with emotion.

He **spoke truth**.

And that truth broke the enemy's grip.

God's Word is not just for study—it's your **spiritual sword**, your **daily bread**, your **anchor** in recovery.

When you feel shaky, read it.

When you feel shame, declare it.

When you don't know what to pray, open to the Psalms and let them become your voice.

In the moments you feel weakest, the Word strengthens you.

It reminds you who you are, whose you are, and what's eternally true—no matter how loud the cravings or the condemnation may be.

God's promises aren't just words on a page.

They are **weapons in your hand**.

They are **medicine to your soul**.

Let the Word become your steady rhythm—morning, noon, and night.

You'll find yourself standing stronger than you ever thought possible.



Day 12: Finding Strength in Scripture

Reflect and Apply

- How often do you turn to Scripture during moments of weakness?

- What verses have spoken directly to your recovery?

- How can you make Scripture a daily habit of strength?



Day 12: Finding Strength in Scripture

Journaling Prompts

1. Write down 3 verses that give you strength in your sobriety. Reflect on how they apply to your journey.

2. Describe how God's Word has comforted or guided you in a specific moment of temptation or fear.

3. Create a "Scripture Strategy" for your next hard day—what will you read, pray, and declare?



Day 12: Finding Strength in Scripture

Prayer for Today

Lord,

Thank You for giving me Your Word—not just to learn from, but to **live by**.
When I feel weak, help me remember where my strength is found.

Teach me to speak Your promises out loud.
Let them be louder than the lies.
Let them be my armor and peace.

Holy Spirit, write the truth on my heart.
Remind me in the exact moment I need it.
Make my Bible not just a book—but a battle plan.

I choose today to live on every word that comes from Your mouth.
Fill me with Your truth, and lead me in freedom.

In Jesus' mighty name,
Amen.





Day 13: Breaking the Cycle of Isolation



Day 13: Breaking the Cycle of Isolation

Your Verse

Ecclesiastes 4:9–10 (NIV): “Two are better than one.. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”

Supporting Scriptures

- *Hebrews 10:24–25 (NIV):*
“Let us consider how we may spur one another on toward love and good deeds... not giving up meeting together...”
- *Galatians 6:2 (NIV):*
“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”
- *Proverbs 27:17 (NIV):*
“As iron sharpens iron, so one person sharpens another.”



Day 13: Breaking the Cycle of Isolation

Devotional Thought

Addiction thrives in isolation.

So does shame.

When we hide, the enemy has room to speak lies unchecked.

But when we come out of the dark and into safe, Spirit-led community, the cycle begins to break.

God never designed you to fight this battle alone.

Even Jesus—perfect and divine—surrounded Himself with disciples.

He prayed in community. He cried in community. He healed in community.

You need people.

Not just anyone—**the right people**.

People who will pray with you, speak truth when you can't find your way, and hold up your arms when you feel like giving up.

It's tempting to think, *"They won't understand."*

But isolation isn't safety—it's a trap.

Connection is where healing flows.

Whether it's a church group, a Christian sponsor, a mentor, or a friend who loves Jesus—you need someone to walk beside you.

You don't have to say everything all at once.

You just have to take the first brave step.



Day 13: Breaking the Cycle of Isolation

Reflect and Apply

- Are you currently walking in community or isolation?

- What fears do you have about opening up to others?

- What kind of support system do you need in this season?



Day 13: Breaking the Cycle of Isolation

Journaling Prompts

1. Write about a time when isolation made your addiction worse. What did you learn from that experience?

2. List people you trust or could reach out to for godly support. Pray over each name.

3. Imagine what healthy, Spirit-filled community would look like for you. Write it out.



Day 13: Breaking the Cycle of Isolation

Prayer for Today

God,
I've hidden for a long time—sometimes out of shame, other times out of fear.
But You didn't create me for loneliness.
You created me for love and connection.

Help me break the cycle of isolation.
Give me courage to reach out, to be honest, and to walk with others.
Bring safe people into my life—people who know You and will speak life over me.

I know that healing flows through community.
So today, I open the door.
And I ask You to fill it with Your presence—and Your people.

In Jesus' name,
Amen.



Day 14: You Are Not Your Past



Your Verse

2 Corinthians 5:17 (NIV):

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Supporting Scriptures

- **Isaiah 43:18–19 (NIV):**

“Forget the former things; do not dwell on the past. See, I am doing a new thing!”

- **Romans 6:6 (NIV):**

“For we know that our old self was crucified with him so that the body ruled by sin might be done away with...”

- **Philippians 3:13–14 (NIV):**

“Forgetting what is behind and straining toward what is ahead... I press on toward the goal to win the prize...”



Day 14: You Are Not Your Past

Devotional Thought

Your past may explain you—but it doesn't define you.

You are **not** what you used to do.

You are **not** your worst day.

You are **not** the bottle you used to reach for, the lie you told, or the mess you made.

When you said yes to Jesus, He didn't patch you up—He made you **brand new**.

But the enemy will keep trying to call you by your old names:

“Addict.”

“Failure.”

“Shameful.”

God calls you by a new name:

“Daughter.”

“Redeemed.”

“Whole.”

Let today be the day you stop living in the shadow of your history and step fully into your **God-written identity**.

You can't change what's behind you—but you can surrender it.

And when you do, He transforms even the most painful pieces into part of your testimony.



Your past isn't your prison.
It's the proof of how far He's brought you.



Day 14: You Are Not Your Past

Reflect and Apply

- What labels from your past are you still carrying?

- Do you believe that you are a new creation in Christ? Why or why not?

- How has God already changed your life since the day you surrendered to Him?



Day 14: You Are Not Your Past

Journaling Prompts

1. Write a “goodbye letter” to your old self—thanking God that you don’t live in that version of you anymore.

2. Describe what being a “new creation” means to you personally.

3. List all the ways your story can now be used for God’s glory—not despite your past, but because of it.



Day 14: You Are Not Your Past

Prayer for Today

Jesus,
Thank You for making me new.
Thank You for not seeing me as I was, but as I am in You.

Help me let go of the names, memories, and labels that try to hold me down.
I choose today to agree with what You say:
I am clean.
I am whole.
I am Yours.

Give me the strength to stop living in the past and walk boldly into the future
You've prepared.

Use my story for Your glory.
Not despite the mess—but because You've made it a miracle.

In Your precious name,
Amen.





Day 15: Freedom Is a Daily Choice



Your Verse

Galatians 5:1 (NIV):

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Supporting Scriptures

- ***Deuteronomy 30:19 (NIV):***

“This day I call the heavens and the earth as witnesses... that I have set before you life and death, blessings and curses. Now choose life...”

- ***John 8:36 (NIV):***

“So if the Son sets you free, you will be free indeed.”

- ***Romans 6:11–12 (NIV):***

“Count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body...”



Devotional Thought

Freedom isn't just something Jesus gave you once—it's **something you choose every single day.**

Maybe you thought sobriety would be easier by now. Maybe you expected one spiritual moment to erase every craving. But the truth is, freedom takes **intentionality**. It's not just one "yes" to Jesus—it's a daily surrender. A daily no to the bottle. A daily yes to life.

Each day you wake up, you have a choice:
Will I walk in what Christ already paid for?
Or will I return to the chains I've already been set free from?

The enemy will try to whisper, *"You're not really free."*
But God's Word shouts louder: *"You are free indeed."*

You may still face temptations.
But you're no longer a slave.
You can stand firm—not in your own strength, but in **His Spirit within you.**

So today, don't just hope for freedom.
Choose it. Live it. Walk in it.



Day 15: Freedom Is a Daily Choice

Reflect and Apply

- What lies tempt you to believe you're still in bondage?

- How does God's Word remind you that freedom is already yours?

- What small daily actions help you walk out your freedom?



Day 15: Freedom Is a Daily Choice

Journaling Prompts

1. Describe a recent moment when you chose freedom over relapse. What helped you stand strong?

2. Write down what “standing firm” looks like for you this week—practically and spiritually.

3. List three daily habits or boundaries that help you guard your sobriety and peace.



Day 15: Freedom Is a Daily Choice

Prayer for Today

Father God,
Thank You for the gift of freedom.
Thank You that I don't have to earn it—I just have to receive it and walk in it.

I choose today to stand firm.
I choose to believe that I'm no longer a slave to addiction, shame, or fear.
I am a daughter of the King, set free by the blood of Jesus.

Empower me by Your Spirit to make choices that honor You.
Help me see temptation for what it is—and cling to You for strength.

I am not turning back.
Freedom is mine, and I will live like it.

In Jesus' mighty name,
Amen.





Day 16: Letting God Fill the Void



Day 16: Letting God Fill the Void

Your Verse

Psalm 107:9 (NIV):

“For he satisfies the thirsty and fills the hungry with good things.”

Supporting Scriptures

- ***Isaiah 55:2 (NIV):***

“Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good...”

- ***John 4:13–14 (NIV):***

“Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst.”

- ***Matthew 5:6 (NIV):***

“Blessed are those who hunger and thirst for righteousness, for they will be filled.”



Day 16: Letting God Fill the Void

Devotional Thought

Addiction often starts as a hunger for something deeper—comfort, peace, love, or purpose.

We reach for what's available... what numbs... what fills us for a moment. But like sand slipping through our fingers, it never truly satisfies.

You weren't created to live half-full.

Only **God** can satisfy the deepest hunger of your soul.

Only His presence can truly comfort you when life gets hard, lonely, or painful.

And the good news? He doesn't withhold Himself from those who seek Him.

When you feel that familiar void, **pause and invite Him in.**

Don't numb it—name it. Don't run from it—run to Him.

Let the empty place be the exact place where He meets you.

God is not angry at your hunger.

He's offering Himself as the only answer that truly fills.



Day 16: Letting God Fill the Void

Reflect and Apply

- What specific emotional voids have you tried to fill with alcohol?

- How can you invite God into those empty places today?

- What does true satisfaction in Christ feel like for you?



Day 16: Letting God Fill the Void

Journaling Prompts

1. Write a letter to God about the areas in your heart that still feel empty or restless.

2. List what you've tried in the past to fill your inner void—and what God is teaching you now.

3. Reflect on a moment when God filled you with peace instead of pain. What changed?



Day 16: Letting God Fill the Void

Prayer for Today

Jesus,
I admit it—sometimes I still feel the void.
The ache. The hunger. The need for something more.
But I'm done trying to fill it with anything that isn't You.

You are the only One who satisfies.
You are my portion. My peace. My healer.

Teach me to pause when I'm hurting—not to reach for the old comforts, but to
run straight to You.
Fill every part of me with Your goodness.
Let my hunger for You become my greatest strength.

I open my heart today to be filled—deeply, completely—by Your presence.

In Your name,
Amen.





Day 17: Community and Accountability



Your Verse

James 5:16 (NIV):

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Supporting Scriptures

- **Ecclesiastes 4:12 (NIV):**

“Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

- **Proverbs 13:20 (NIV):**

“Walk with the wise and become wise, for a companion of fools suffers harm.”

- **Hebrews 3:13 (NIV):**

“But encourage one another daily... so that none of you may be hardened by sin’s deceitfulness.”



Day 17: Community and Accountability

Devotional Thought

Freedom flourishes in fellowship.

Yes, your walk with Jesus is personal—but it was never meant to be **private**.

When you're isolated, every lie feels louder.

But when you're surrounded by wise, godly women who speak truth, pray boldly, and ask the hard questions, everything changes.

Accountability is not about judgment.

It's about **love** that refuses to let you stay stuck.

Community reminds you:

You're not alone.

You're not the only one who's struggled.

And you're not the only one who's been redeemed.

God often uses people as His hands and voice in your healing journey.

They'll check in when you want to run.

They'll pray when you don't have words.

They'll stand when you feel like falling.

Yes, it's vulnerable. Yes, it's scary.

But it's also **powerful**.

Don't wait to feel "spiritual enough" to join community—that's how you grow.



Day 17: Community and Accountability

Reflect and Apply

- Who are the people in your life that help you pursue freedom and faith?

- What fears hold you back from deeper accountability?

- How might God be nudging you to open up to someone today?



Day 17: Community and Accountability

Journaling Prompts

1. Describe the kind of accountability you wish you had—and ask God to provide it.

2. Reflect on a time when someone's prayers or words helped pull you out of darkness.

3. Write down one step you can take this week to grow in biblical community.



Day 17: Community and Accountability

Prayer for Today

God,

Thank You for reminding me that I don't have to do this alone.

Even when I want to isolate, I know You designed me for connection and accountability.

Bring the right people into my life—people who love You, walk in truth, and care about my soul.

Give me the courage to be honest.

Help me accept support and give it in return.

Let my story be shaped not just by my private prayers, but by public healing through godly relationships.

In Jesus' name,

Amen.





Day 18: Restoring Broken Relationships



Day 18: Restoring Broken Relationships

Your Verse

Romans 12:18 (NIV):

“If it is possible, as far as it depends on you, live at peace with everyone.”

Supporting Scriptures

- **Matthew 5:23–24 (NIV):**

“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you... go and be reconciled to them.”

- **Colossians 3:13 (NIV):**

“Bear with each other and forgive one another... Forgive as the Lord forgave you.”

- **2 Corinthians 5:18 (NIV):**

“All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation.”



Day 18: Restoring Broken Relationships

Devotional Thought

One of the heaviest consequences of addiction is the strain it places on relationships.

You may carry guilt for words you've said, choices you've made, or trust you've broken. Maybe some people walked away, and maybe you pushed them away first. Either way, the wreckage is real—and so is the hope of restoration.

Restoring broken relationships doesn't mean pretending nothing happened. It means inviting Jesus into the middle of it all.

Healing takes time, humility, and sometimes, **forgiveness without apology**. You may not be able to fix every relationship—but you can own your part, extend grace, and let God do what only He can.

Some people may come back.
Others may not.
But what matters most is that your heart stays soft.

God's specialty is redemption. He heals what feels unhealable, including relationships.

Let your recovery story include this chapter: *"And then God restored what was broken..."*



Day 18: Restoring Broken Relationships

Reflect and Apply

- What relationships were hurt during your struggles with alcohol?

- Have you taken steps toward healing or reconciliation? Why or why not?

- How can you walk in peace and humility, even if others don't respond the way you hope?



Day 18: Restoring Broken Relationships

Journaling Prompts

1. Write a letter (even if you don't send it) to someone you hurt or were hurt by. Let God guide your words.

2. Reflect on what forgiveness truly means in your journey to healing.

3. Ask God to show you which relationships to pursue, which to release, and which to pray over quietly.



Day 18: Restoring Broken Relationships

Prayer for Today

Lord,

You know the pain I've caused—and the pain I've felt.

You see the fractures in my relationships and the ache in my heart to make things right.

I surrender the outcomes to You.

Help me walk in humility, own my part, and extend forgiveness, even when it's hard.

Where there's distance, bring closeness.

Where there's silence, speak peace.

Where there's resentment, plant grace.

I trust You to write the story of restoration.

Help me love well and live at peace, as far as it depends on me.

In Jesus' name,

Amen.





Day 19: Developing a New Identity



Your Verse

2 Corinthians 5:17 (NIV):

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

Supporting Scriptures

- **Galatians 2:20 (NIV):**

“I have been crucified with Christ and I no longer live, but Christ lives in me...”

- **Ephesians 4:22–24 (NIV):**

“You were taught... to put off your old self... and to put on the new self, created to be like God in true righteousness and holiness.”

- **Isaiah 62:2 (NIV):**

“...you will be called by a new name that the mouth of the Lord will bestow.”



Day 19: Developing a New Identity

Devotional Thought

You are not just a sober version of your old self—you are **a brand new creation**.

Alcohol may have shaped your past, but it does not define your future.

Your identity is not “former addict” or “forever broken.”

Your identity is found in **Christ**, and He has rewritten your name:

Beloved. Redeemed. Daughter. Whole.

You may still wrestle with shame or memories of who you used to be.

But don't let those whispers drown out the truth:

You are not who you were.

You are who God says you are.

This journey isn't about behavior modification—it's about **identity transformation**.

The more you believe what God says about you, the more you'll walk in confidence, joy, and purpose.

So today, declare this:

“I'm not just recovering—I'm becoming.”



Day 19: Developing a New Identity

Reflect and Apply

- What labels from your past still try to cling to you?

- How does God's Word contradict those false identities?

- What new identity do you want to grow into today?



Day 19: Developing a New Identity

Journaling Prompts

1. Write a list of lies you've believed about your identity—and replace each with a truth from Scripture.

2. Describe the woman God is shaping you into through this journey.

3. Imagine introducing yourself to someone using your new identity in Christ. What would you say?



Day 19: Developing a New Identity

Prayer for Today

Father,

Thank You that I am not who I used to be.

Even if others still define me by my past, You have given me a brand-new name and a new beginning.

Help me see myself the way You see me—holy, redeemed, chosen, and deeply loved.

Strip away every false identity I've carried, and clothe me in Your truth.

I receive my new name today—not because I earned it, but because Jesus gave it to me.

May I live like the daughter You've called me to be.

In Jesus' name,

Amen.





Day 20: Creating a Life You Don't Want to Escape



Day 20: Creating a Life You Don't Want to Escape

Your Verse

John 10:10 (NIV):

“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Supporting Scriptures

- ***Psalms 16:11 (NIV):***

“You make known to me the path of life; you will fill me with joy in your presence...”

- ***Jeremiah 29:11 (NIV):***

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

- ***Titus 2:11–12 (NIV):***

“For the grace of God... teaches us to say ‘No’ to ungodliness... and to live self-controlled, upright and godly lives in this present age.”



Day 20: Creating a Life You Don't Want to Escape

Devotional Thought

One of the biggest lies addiction tells us is this:

“Life without it won’t be worth living.”

But here’s the truth:

God didn’t save you just to survive—He saved you to thrive.

Sobriety isn’t the end goal.

Freedom is.

Joy is.

Living a life so rich with peace, purpose, laughter, and meaning that you no longer need to escape from it... that’s the vision.

You can build a life with healthy routines, meaningful relationships, Spirit-filled peace, and fun that doesn’t end in shame.

You can wake up without regret and go to sleep without numbing.

This is the new wine Jesus offers—life **to the full**.

You don’t need a bottle.

You need a Builder.

And He’s building something beautiful with your life.



Day 20: Creating a Life You Don't Want to Escape

Reflect and Apply

- What areas of your life still feel like they tempt you to “escape”?

- How could you invite God into those spaces to bring transformation?

- What does your ideal, God-centered, joyful life look like?



Day 20: Creating a Life You Don't Want to Escape

Journaling Prompts

1. Write a vision for the kind of life you want to live with God—relationships, health, habits, hobbies, ministry, etc.

2. What small daily changes can you make to start moving toward that vision?

3. Reflect on what “living life to the full” looks like for you in this season.



Day 20: Creating a Life You Don't Want to Escape

Prayer for Today

Lord,

You didn't just save me from alcohol—You're saving me *into* something better. You're giving me a life worth living, a joy that lasts, and a hope that doesn't fade.

Help me stop surviving and start thriving.

Show me how to build a life I don't want to run away from.

Fill my days with laughter, beauty, healing, and rest.

Let Your Spirit lead me into a future full of purpose, freedom, and peace.

In Jesus' name,

Amen.





Day 21: Sober and Set Free for Good



Your Verse

John 8:36 (NIV):

“So if the Son sets you free, you will be free indeed.”

Supporting Scriptures

- **Galatians 5:1 (NIV):**

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

- **Romans 6:22 (NIV):**

“But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life.”

- **Psalms 118:5 (NIV):**

“When hard pressed, I cried to the Lord; he brought me into a spacious place.”



Devotional Thought

You made it.

Not because of willpower, but because of **grace**.

Not because you're perfect, but because **He is faithful**.

You've walked through pain, truth, release, renewal, and identity.

You've replaced lies with God's promises.

You've faced the darkness and refused to stay in chains.

Today is not the end of your story—it's a **new beginning**.

Freedom isn't a one-time event.

It's a daily decision to stay close to Jesus, walk in truth, and stand firm in the Spirit.

You may still feel temptation. You may still have hard days.

But now, you know where to run.

You are not just sober.

You are **set free**.

Your freedom was bought with a price.

Your identity is sealed by love.

Your future is held in God's hands.

Walk forward, not in fear, but in **faith**.



Day 21: Sober and Set Free for Good

Reflect and Apply

- What has changed in your heart and mind over the past 21 days?

- How can you stay grounded in your identity as a free daughter of God?

- What will you do when future challenges come?



Journaling Prompts

1. Write a declaration of freedom—your own personal anthem for the life you are choosing to live.

2. Make a plan for continued spiritual growth: Bible study, journaling, community, and prayer.

3. Reflect on what it means to live each day free in Christ. What does that look like for you?



Day 21: Sober and Set Free for Good

Prayer for Today

Jesus,

Thank You.

Thank You for setting me free—not just from alcohol, but from shame, bondage, and false identities.

Thank You for walking with me every day of this journey and for showing me that Your grace is more powerful than my weakness.

Help me to walk boldly as a woman who has been rescued and restored.

Keep my heart tethered to You.

Let Your Word anchor me, Your Spirit guide me, and Your peace protect me.

This freedom is real—and I receive it fully, joyfully, and with gratitude.

I am sober.

I am healed.

I am Yours.

In Your name,

Amen.





Where God's Word Meets Your Daily Life

A Personal Invitation from HolyJot


We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.





What you'll discover when you visit [HolyJot.com](https://www.holyjot.com):




 **100k+ Bible Study Plans** on every topic of life

 Access studies anytime on your phone, tablet, or computer

 Studies for individuals, families, small groups, and churches

 Secure online journaling — or keep using print for privacy


 A place to grow your faith alongside believers worldwide

Bonus for You:


Download exclusive study bundles and resources when you create a [free HolyJot account](#). No spam. No gimmicks. Just God's Word.

Visit Now:

 [www.HolyJot.com](https://www.holyjot.com)

 Scan this QR code to start your next Bible Study today:



 We'd love to hear your story.
Email us at info@holyjot.com.

 Connect with us at:

[Facebook](#) • [Instagram](#) • [YouTube](#) • [TikTok](#)



You are welcome to share this PDF with others.
Please keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.