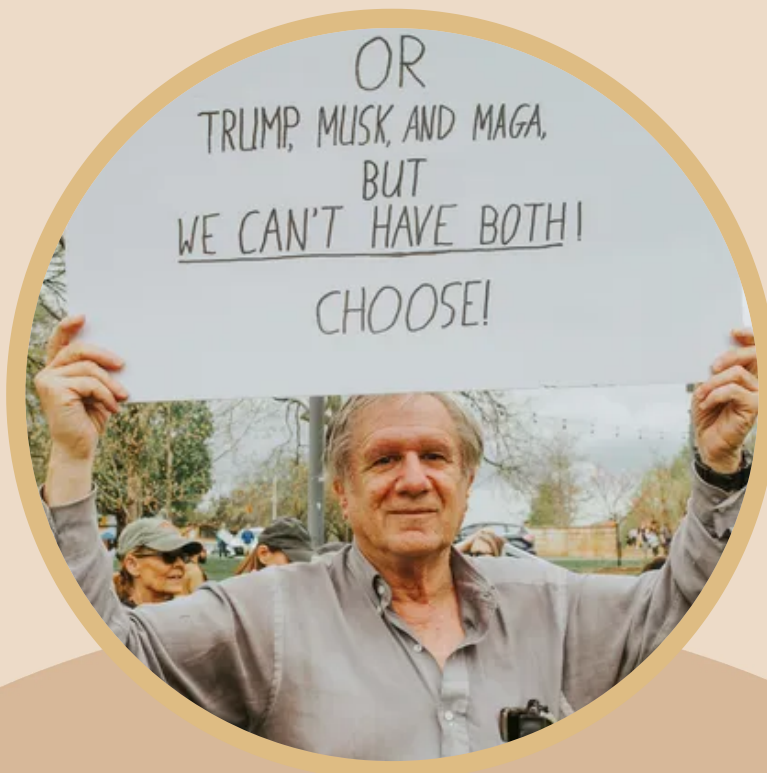




Sober-Minded



Break free from alcohol addiction with this 21-day Bible study for young men. Discover purpose, healing, and strength through scripture and brotherhood.



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Introduction

In a culture where binge drinking is glamorized and alcohol is marketed as a ticket to freedom, fun, or relaxation, many young men find themselves trapped in a cycle of regret, shame, and spiritual disconnection. The nights of partying often lead to mornings of guilt—and a growing sense of emptiness that alcohol can't fix.

This 21-day Bible Study is for you—the young man between 18 and 35 who's tired of being stuck in this cycle. Whether you're facing peer pressure, battling secret habits, or just want to live with clarity and purpose, this study will walk you step-by-step through God's truth for freedom.

You won't do this alone. You can walk through this plan with other brothers in Christ. It's designed for accountability, reflection, and transformation. Every day includes key scriptures, a devotional, journaling prompts, and a prayer to help renew your mind, break old patterns, and build new habits of holiness.

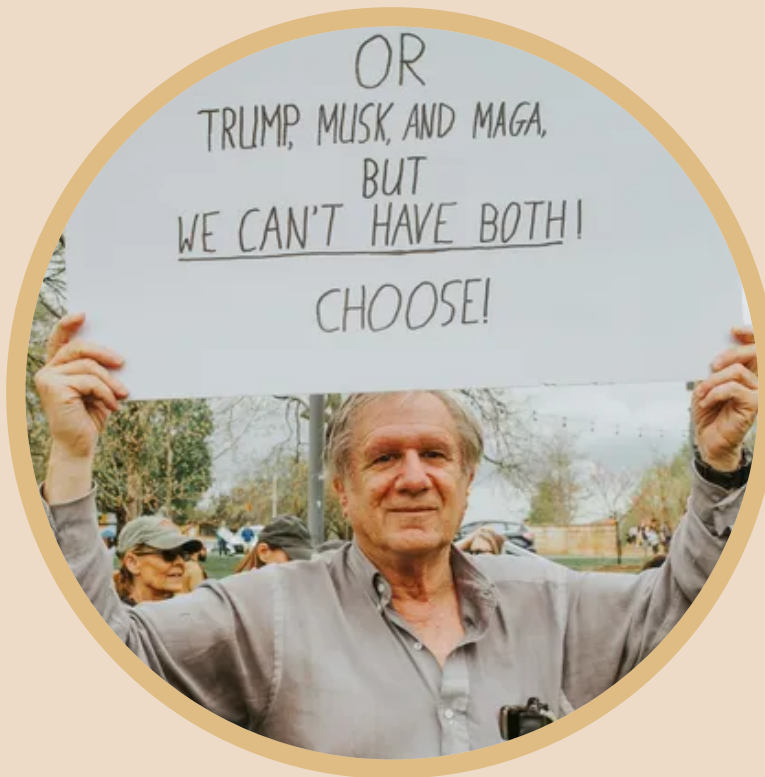
You weren't made to be numb. You were made to be awake, aware, and filled with the Spirit.

You weren't created to medicate your pain—you were created to overcome it in Christ.

This is your turning point. Let's go.



Day 1: It Starts with Honesty



Your Verse

1 John 1:9 (NIV)

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Supporting Scriptures

- **Proverbs 28:13 (NIV)**

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”



Devotional: The First Step is Truth

Most addiction doesn't begin in rebellion—it begins in hiding. We hide our stress, our pain, our loneliness, our insecurity. And alcohol becomes the mask. It numbs us so we don't have to face the real issues beneath the surface.

But healing doesn't happen in the dark. It happens in the light.

1 John 1:9 reminds us that confession isn't a place of punishment—it's the beginning of **purification**. When we bring our sins to God, He doesn't shame us—He cleanses us. He's faithful. He's just. And He loves you right where you are, even if you've fallen again and again.

Proverbs 28:13 draws the line clearly: if you keep hiding it, you'll stay stuck. But if you confess and renounce your sin, God offers mercy. That's not a maybe—it's a **promise**.

So let this day mark the end of silence. You don't need to pretend. You don't need to excuse it or minimize it. God already knows—and He's waiting to restore you.

This journey starts with honesty. Not perfection. Not performance. Just the courage to say, "God, I need help."

You're not alone. And you're not beyond hope.



Day 1: It Starts with Honesty

Journaling Prompts

1. What have I been hiding about my relationship with alcohol?

2. How has drinking impacted my spiritual life, relationships, or self-respect?

3. What do I believe God wants me to confess and bring into the light today?



Day 1: It Starts with Honesty

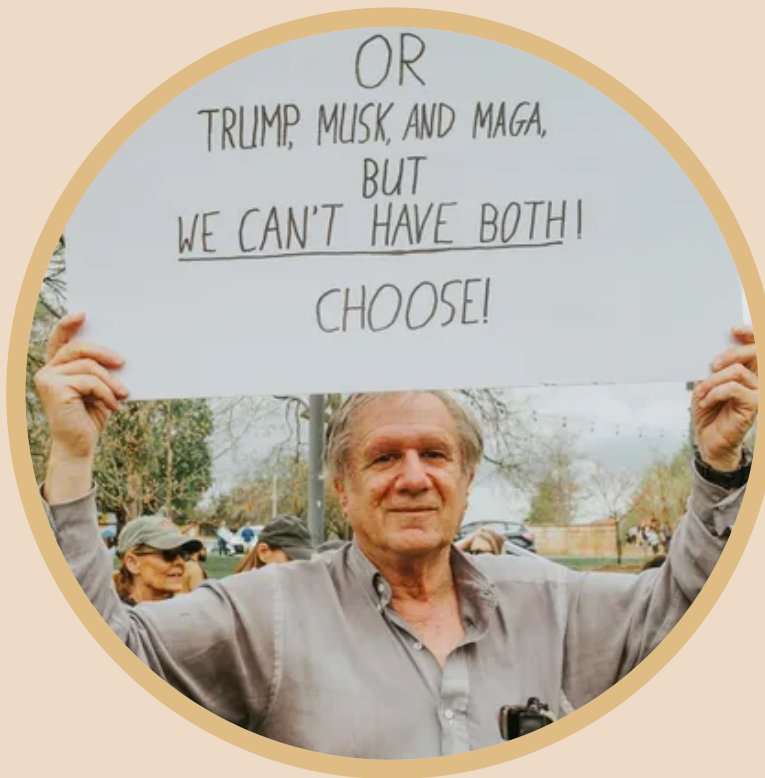
Prayer for Today

Father, I've tried to manage this on my own, and it's left me exhausted and ashamed. I confess my struggle with alcohol and the ways I've used it to escape or hide. I don't want to live double-minded or distant from You. I want freedom. I want Your mercy and Your healing. Help me be honest—with You, with myself, and with the brothers I trust. Thank You that You forgive, cleanse, and restore. I receive Your grace today. In Jesus' name, amen.





Day 2: Numbing the Pain or Healing the Wound?



Day 2: Numbing the Pain or Healing the Wound?

Your Verse

Psalm 147:3 (NIV)

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

Supporting Scriptures

- *Isaiah 61:1 (NIV)*

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor.

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



Day 2: Numbing the Pain or Healing the Wound?

Devotional: Pain That's Ignored Becomes Pain That Controls You

Many guys start drinking not to party, but to *cope*. Maybe it started after a breakup, a death, a failure, or just a deep sense that something isn't right inside. Alcohol became a way to push that pain down, to mute it, to escape—even for a few hours.

But here's the truth: **numbed pain never goes away—it just hides**. It builds. It spreads. It leaks into your choices, your relationships, and your identity. Eventually, it becomes the master you never meant to serve.

God doesn't want to just manage your drinking—He wants to **heal your heart**. Psalm 147:3 promises that He heals the brokenhearted and binds up their wounds. That's not poetic fluff—it's a spiritual reality. He knows your pain and wants to *touch it*, not cover it.

Isaiah 61 reminds us that Jesus came to set captives free and bind up our wounds. That means you don't need another drink—you need **divine healing**. You don't need escape—you need freedom.

What are you trying to numb?

What wound are you hiding beneath the bottle?

Today is a day to stop running and start healing. Jesus doesn't just save your soul—He restores your story.



Day 2: Numbing the Pain or Healing the Wound?

Journaling Prompts

1. What pain in my life have I tried to numb through alcohol?

2. How has avoiding that pain kept me from experiencing true freedom?

3. What would it look like to invite Jesus into that pain today?



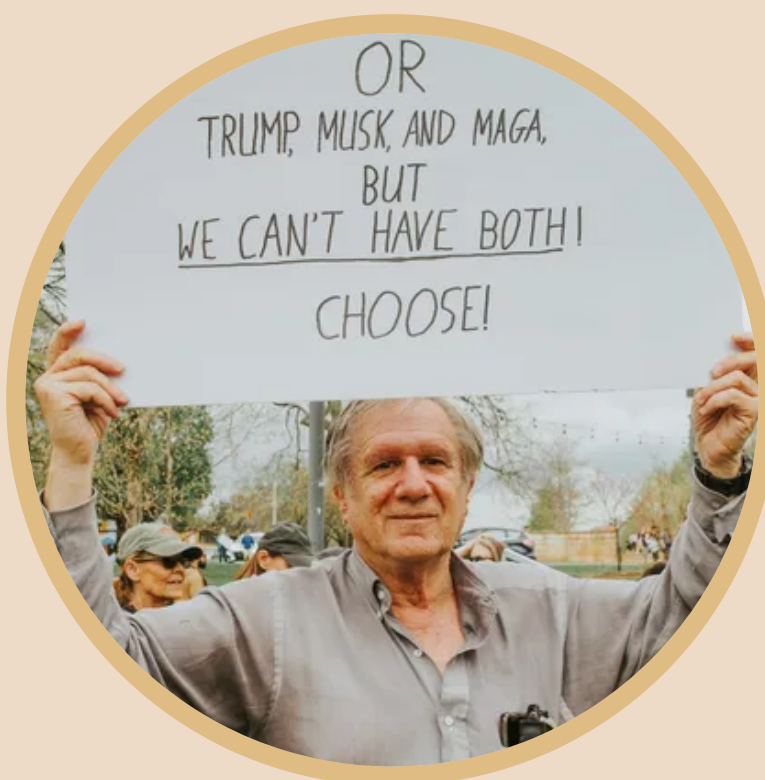
Day 2: Numbing the Pain or Healing the Wound?

Prayer for Today

Jesus, You are the Healer of my heart. I admit that I've used alcohol to numb things I didn't know how to deal with. I've masked my hurt, avoided my wounds, and tried to stay strong on the outside while breaking on the inside. But You see it all. You came to bind up the broken, and that includes me. So I surrender my pain—past and present—to You. Heal what's bleeding. Touch what hurts. I trust You more than I trust any bottle. In Your name, amen.



Day 3: Who's Really in Control?



Day 3: Who's Really in Control?

Your Verse

Romans 6:16 (NIV) “Don’t you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?”

Supporting Scriptures

- *2 Peter 2:19 (NIV) “They promise them freedom, while they themselves are slaves of depravity—for ‘people are slaves to whatever has mastered them.’”*



Day 3: Who's Really in Control?

Devotional: Addiction is Not a Habit—It's a Master

Alcohol may have started as a way to unwind or have fun. But over time, you may have noticed it telling you when to drink, how much to drink, and what you can or can't say or do without it. That's because sin doesn't ask for *permission*—it takes *possession*.

Romans 6:16 is a gut-check. It reminds us that whatever we obey becomes our master. It doesn't matter if it's a habit, a weekend binge, or something we think we control—if it calls the shots, we're a slave to it.

2 Peter 2:19 drives it home: what *promises* freedom often leads to *bondage*. Alcohol whispers, “You're free to be yourself. You're free to have fun.” But soon you realize—you're not free. You're dependent.

But here's the good news: You were made for **righteousness**. You were made to be mastered by a **Savior**, not a substance.

This is about more than sobriety—it's about surrender. God isn't just trying to take alcohol away from you. He's trying to **free you for something better**: a life ruled by peace, joy, purpose, and power.

So who's really in control of your life?



Day 3: Who's Really in Control?

Journaling Prompts

1. In what ways has alcohol acted like a master in my life?

2. What lies has it told me that I've believed?

3. What would it look like for Jesus to fully take the reins of my decisions, emotions, and habits?



Day 3: Who's Really in Control?

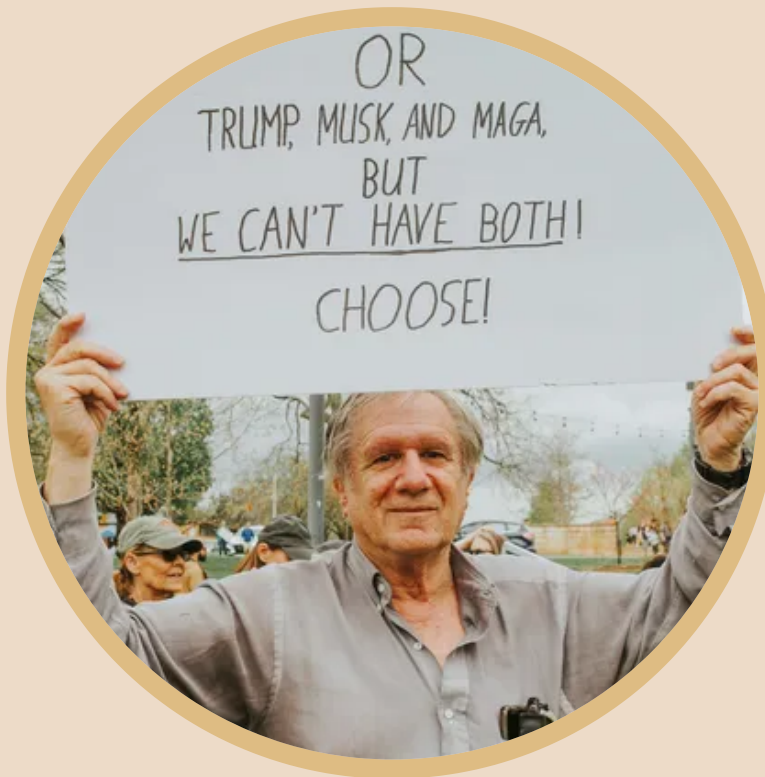
Prayer for Today

Lord, I admit that I've surrendered parts of my life to alcohol—my peace, my decisions, even my identity. I've let it become a master I never meant to serve. But today I draw a line. I no longer want to obey something that leads to death. I want to walk in obedience to You—into life, freedom, and righteousness. Take control, Jesus. Lead me. I choose You over everything else. Amen.





Day 4: Sober-Minded for a Purpose



Day 4: Sober-Minded for a Purpose

Your Verse

1 Peter 5:8 (ESV)

“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”

Supporting Scriptures

- *Ephesians 5:18 (NIV)*

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.”



Day 4: Sober-Minded for a Purpose

Devotional: Your Clarity is a Weapon

Sobriety isn't just about what you say "no" to. It's about what you say "**yes**" to. God doesn't call you to sobriety so you can sit on the sidelines of life—He calls you to be **awake**, alert, and spiritually equipped for the battle you're in.

1 Peter 5:8 warns us to stay *sober-minded* because there is an enemy trying to devour you. That enemy doesn't always show up with a pitchfork. Sometimes he shows up in a bottle, promising escape, confidence, or connection. But behind that bottle is a strategy to destroy your purpose.

Ephesians 5:18 contrasts drunkenness with something greater—being filled with the Spirit. Why does that matter? Because being full of alcohol dulls your spirit, but being full of the Holy Spirit sharpens your mission.

When you're sober-minded, you're not just clear-headed—you're **battle-ready**. You can discern lies from truth. You can love well, lead well, and live well.

You're not weak for choosing sobriety. You're dangerous to the enemy.



Day 4: Sober-Minded for a Purpose

Journaling Prompts

1. In what ways has alcohol dulled my spiritual sensitivity and awareness?

2. What opportunities or moments of purpose have I missed due to being under the influence?

3. What would it look like for me to live fully filled with the Holy Spirit instead?



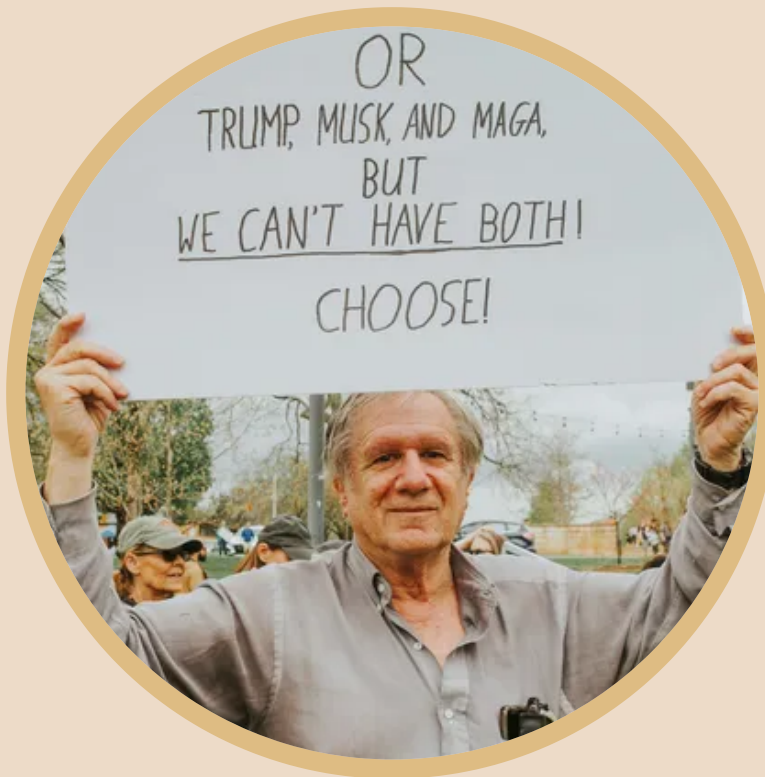
Day 4: Sober-Minded for a Purpose

Prayer for Today

God, make me sober-minded. I want to be fully awake to the life You've called me to live. No more dullness, no more fog, no more excuses. I reject the lies that alcohol enhances me—I know now that it dulls my purpose and slows my spirit. Fill me with Your Spirit, Lord. Help me walk alert, clear, and ready for whatever You've prepared for me. In Jesus' name, amen.



Day 5: Rewriting the Story



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

- *Romans 12:2 (NIV)*

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—His good, pleasing and perfect will.”



Devotional: You Are Not Your Mistakes

Let's be honest. When you've spent years making poor choices—whether through binge drinking, blackouts, or regretful behavior—it's easy to let shame write your identity. You start to think:

"Maybe this is just who I am."

But **God** says otherwise.

2 Corinthians 5:17 is a promise of *total identity transformation*. When you're in Christ, you don't get a bandage—you get a new birth. The old you, the one chained to alcohol, regret, or destructive habits, is *gone*. Not covered up. Not hidden. Gone.

Romans 12:2 shows us how this transformation becomes real day by day—by renewing your mind. That means replacing old thoughts like, *"I can't change,"* or *"I'll always be addicted,"* with God's truth:

"I am a new creation. I am free. I am made for more."

You are not your past. You are not your worst night. You are not your addiction.

You are a son of God—reborn, remade, and redeemed.

It's time to stop replaying the wrong story and start living the right one.



Day 5: Rewriting the Story

Journaling Prompts

1. What old identity have I been clinging to that God wants me to release?

2. How can I start renewing my mind with truth instead of shame?

3. What would change in my life if I believed I was truly a new creation?



Day 5: Rewriting the Story

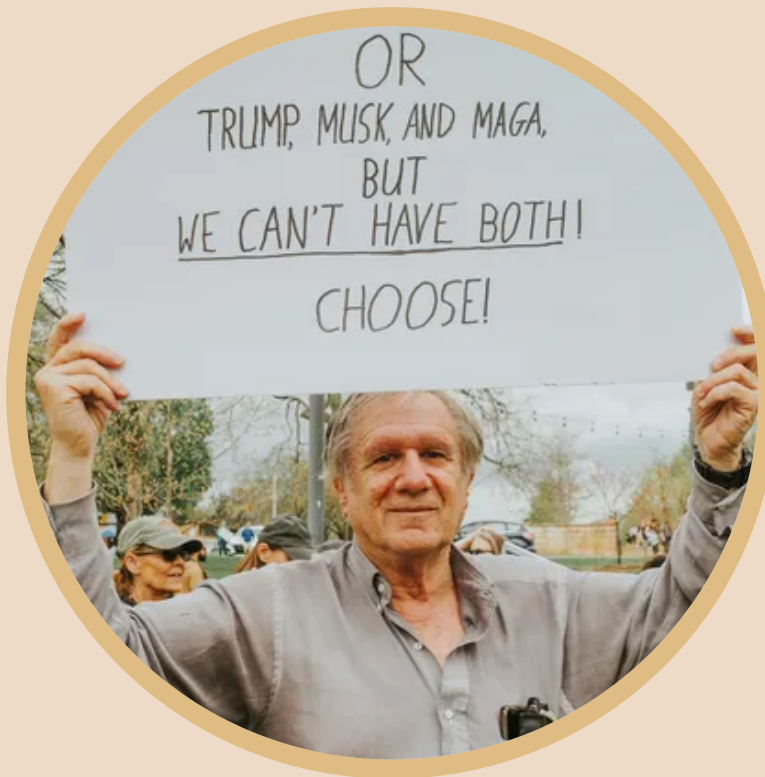
Prayer for Today

Father, I've let my past failures define me for too long. I've believed lies about who I am and what I'm worth. But Your Word says I am a new creation. Today, I choose to believe that. Rewrite my story, God. Erase the lies and replace them with Your truth. Help me walk in my new identity—not as an addict, but as a son set free. I am Yours. In Jesus' name, amen.





Day 6: The Company You Keep



Day 6: The Company You Keep

Your Verse

Proverbs 13:20 (NIV)

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

Supporting Scriptures

- *1 Corinthians 15:33 (ESV)*
“Do not be deceived: ‘Bad company ruins good morals.’”



Devotional: Your Crew Shapes Your Character

No one wins the battle against addiction in isolation—or surrounded by the wrong influences. You might have the best of intentions, but if you're constantly around people who normalize or encourage drinking, those intentions will start to fade.

Proverbs 13:20 makes it plain: **who you walk with determines who you become.** That's not just poetic wisdom—it's spiritual truth. Your friendships either pull you closer to freedom or deeper into bondage.

1 Corinthians 15:33 adds a warning: don't fool yourself into thinking your environment doesn't matter. Even if you're trying to walk with Jesus, if your closest circle pulls you toward compromise, it won't be long before you start slipping.

This doesn't mean you cut everyone off. But it *does* mean you become intentional. You surround yourself with men who are pursuing Christ, men who call out your excuses and remind you of your calling. Men who won't hand you a drink but will **hand you truth.**

God never intended you to fight alone. Brotherhood is part of the breakthrough.



Day 6: The Company You Keep

Journaling Prompts

1. Who in my life is helping me grow closer to God—and who might be pulling me further away?

2. What boundaries do I need to set to protect my sobriety and my walk with Jesus?

3. Who can I invite into my life for accountability, encouragement, and godly friendship?



Day 6: The Company You Keep

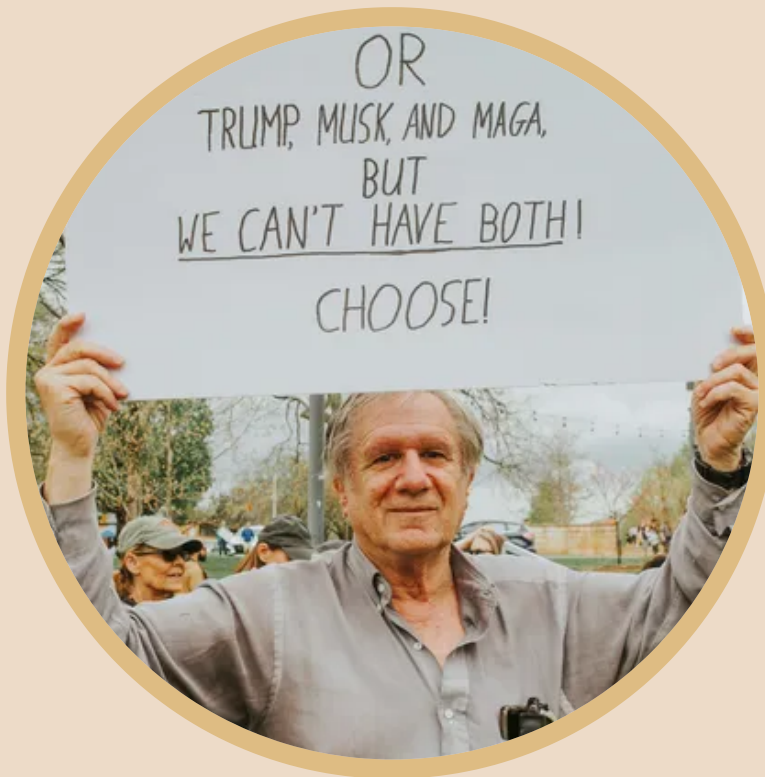
Prayer for Today

God, I want to walk with the wise. I've been surrounded by voices that normalize what You want to heal. Give me the courage to create distance where I need to, and the humility to seek out new relationships that push me toward freedom. Send the right people into my life—friends who won't just party with me, but **pray with me**, fight for me, and speak truth to me. Build a brotherhood around me, Lord. In Jesus' name, amen.





Day 7: Facing Triggers with Truth



Day 7: Facing Triggers with Truth

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. But when you are tempted, He will also provide a way out so that you can endure it.”

Supporting Scriptures

- *James 4:7 (NIV)*

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



Devotional: You're Not Trapped—There's a Way Out

Triggers are real—and they're everywhere. A song, a smell, a Friday night, a friend's text... even stress or boredom can knock at the door of old habits. The enemy wants you to believe you're powerless in those moments. That you *have* to give in. That it's just “who you are.”

But God's Word tells a different story.

1 Corinthians 10:13 reminds you that temptation is not unique to you. It's not a sign that you're weak—it's a sign that you're human. But it also says something powerful: *God will never let you face temptation without providing a way out.*

That “way out” may look like walking out of a room, turning off your phone, calling a friend, or diving into prayer. But it's always there. Always.

James 4:7 gives us a formula: **submit + resist = freedom**. When you submit to God, you're inviting His strength into your struggle. And when you resist the enemy—even if it feels weak or awkward—he will *flee*.

You're not alone. You're not trapped. There's a way out—and Jesus is walking it with you.



Day 7: Facing Triggers with Truth

Journaling Prompts

1. What are my biggest emotional or situational triggers to drink?

2. How has God already shown me “ways out” in the past that I ignored?

3. What practical “escape routes” can I prepare for when temptation hits?



Day 7: Facing Triggers with Truth

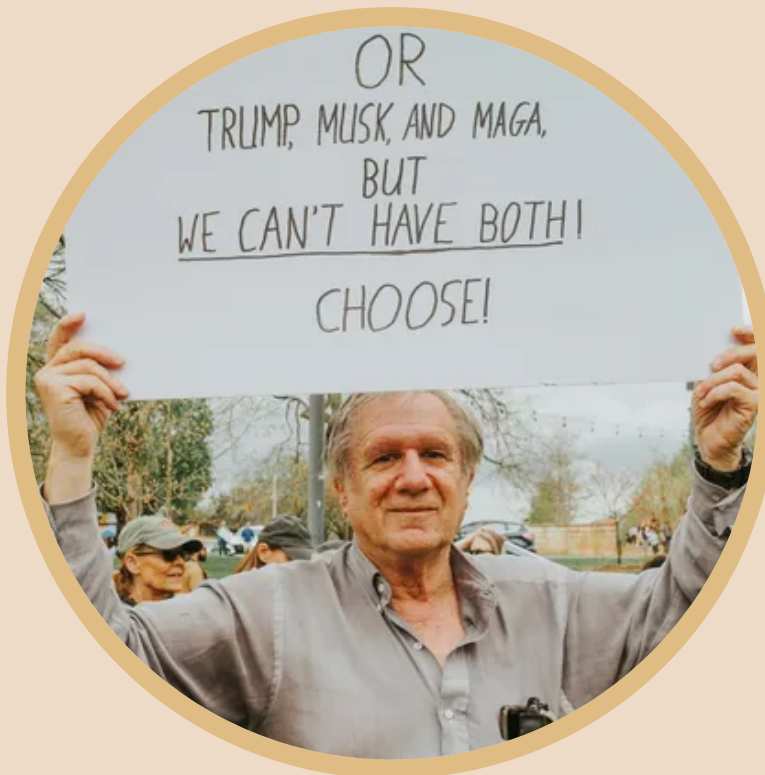
Prayer for Today

Father, I'm tired of believing the lie that I'm powerless. You've promised me a way out—and today I choose to look for it. When temptation hits, remind me I'm not alone. Teach me to resist with courage, and help me to submit to You in every moment of weakness. Be my escape route, Lord. I trust You to lead me out and into freedom. In Jesus' name, amen.





Day 8: Choosing Purpose Over Pleasure



Day 8: Choosing Purpose Over Pleasure

Your Verse

Philippians 3:13–14 (NIV)

“But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

Supporting Scriptures

- *Hebrews 12:1–2 (ESV)*

“...let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith...”



Day 8: Choosing Purpose Over Pleasure

Devotional: The Long Game Wins

Our culture is addicted to instant gratification. Drink now. Numb now. Laugh now. But few talk about the *morning after*. The regret. The waste. The missed opportunities.

God has a different invitation: trade momentary pleasure for **eternal purpose**.

Philippians 3 shows us Paul's mindset—he's not dwelling on who he was or what he used to do. He's *straining* forward. That word means **effort, discipline, grit**. Not because it's easy, but because it's worth it.

Likewise, Hebrews 12 calls us to run our race—our **purpose**—with endurance. That means laying aside anything, even “fun,” if it slows us down. It means fixing our eyes on Jesus instead of the party, the drink, or the escape.

You were made for something **bigger** than surviving the week and partying the weekend. You were made to **change lives**, walk in boldness, and reflect God's glory.

Purpose isn't always loud, but it's always powerful. And it lasts.



Day 8: Choosing Purpose Over Pleasure

Journaling Prompts

1. What pleasures have I been choosing over the purpose God has for me?

2. What “race” is God calling me to run in this season?

3. What’s one step I can take today to prioritize purpose over temporary satisfaction?



Day 8: Choosing Purpose Over Pleasure

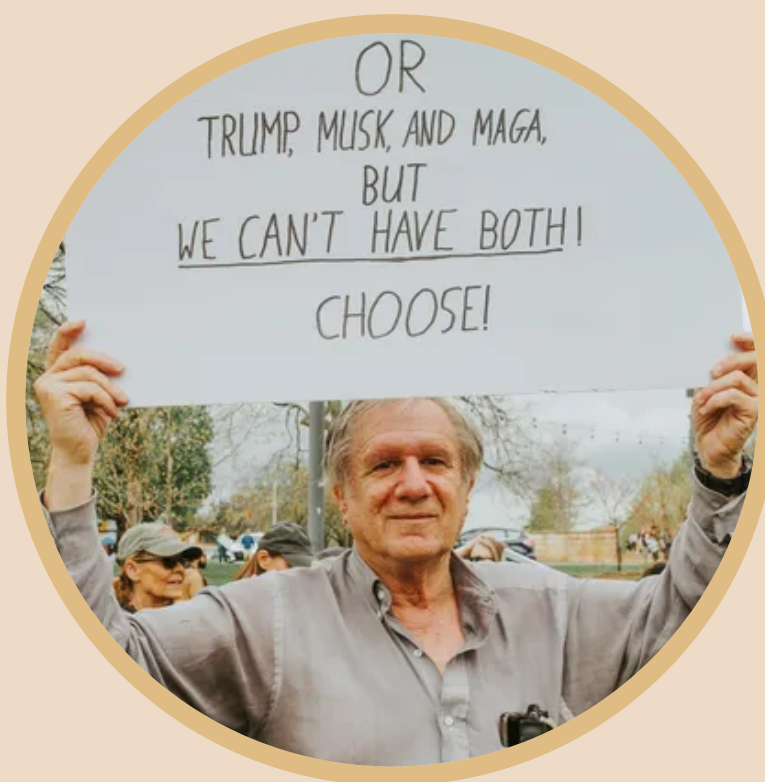
Prayer for Today

Jesus, I've wasted too much time chasing things that won't last. I want purpose over pleasure. Give me eyes to see what matters and strength to run the race You've set before me. Help me to let go of what's holding me back and press on toward the prize of knowing You more. Fill my days with direction, my steps with courage, and my heart with Your peace. In Your name, amen.





Day 9: The Weight of Regret



Day 9: The Weight of Regret

Your Verse

Psalm 38:4 (NIV)

“My guilt has overwhelmed me like a burden too heavy to bear.”

Supporting Scriptures

- *1 John 1:9 (NIV)*

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”



Devotional: You Don't Have to Carry It Anymore

Regret can be a silent prison. You replay the memories—the things you said, the people you hurt, the nights you don't remember. Shame sinks deep, and guilt begins to feel normal.

David knew that feeling well. In Psalm 38, he talks about guilt being a *burden too heavy to carry*. That's what alcohol does. Not just to the body—but to the soul. The hangover isn't just physical. It's spiritual and emotional too.

But **you weren't meant to carry regret.**

1 John 1:9 is God's promise: **confession leads to cleansing**. When you bring your sin to God—not excuse it, hide it, or justify it—He is *faithful*. Not just to forgive, but to purify. He doesn't just leave the dirt under the rug; He removes it completely.

What's weighing you down today? What memory or mistake keeps popping back into your head? You don't have to carry it another day.

Give it to the One who already carried it to the cross.



Day 9: The Weight of Regret

Journaling Prompts

1. What moments from my past still bring me guilt or shame?

2. Have I confessed these things fully to God—or am I still holding onto them?

3. What would my life look like if I truly believed I was forgiven?



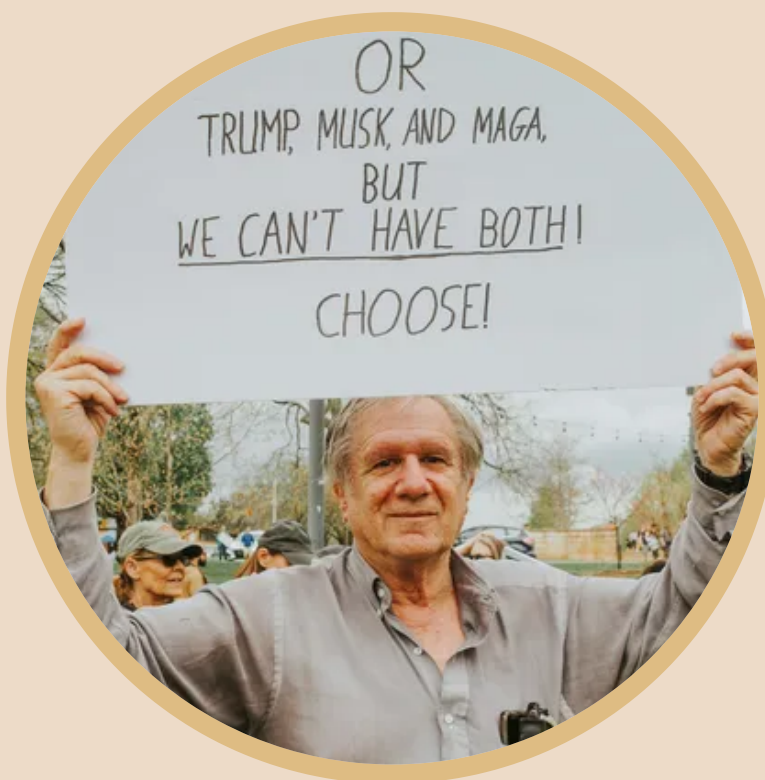
Day 9: The Weight of Regret

Prayer for Today

God, some of my regrets feel like they've defined me. I carry guilt I can't shake. But You say I don't have to carry it anymore. I bring You my past, my mistakes, my sins, and my secrets. I confess them all. Wash me, Lord. Cleanse me. Help me walk today in the freedom of forgiveness. I trust You to heal what I broke. Thank You for the cross. Thank You for grace. In Jesus' name, amen.



Day 10: Rewriting the Story



Day 10: Rewriting the Story

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! Now it springs up; do you not perceive it?”*



Day 10: Rewriting the Story

Devotional: You're Not Your Old Self Anymore

Too many guys stay stuck in cycles of addiction because they believe nothing can change. They think, *This is who I am. This is what I do. This is just me.* But that's not the voice of truth—that's the voice of the enemy.

God has something completely different to say: **You are a new creation.**

If you are in Christ, your story is being rewritten. You are not defined by the bar tabs, the blackouts, or the broken promises. You are defined by the blood of Jesus and the Spirit of God living inside you. That means your *old self is gone*—even if it tries to knock on the door.

Isaiah 43 backs it up with a bold command: stop dwelling on the past. It's time to look for the new thing God is doing in you. Yes, the struggle might still be real—but your **identity is brand new.**

You're not trying to become something better—you're living out who you already are in Jesus. And every day is a chance to walk in that truth.



Day 10: Rewriting the Story

Journaling Prompts

1. What parts of my past do I still allow to define me?

2. How does God see me today, in light of 2 Corinthians 5:17?

3. What would it look like to walk in my new identity—especially around people who only know the “old me”?



Day 10: Rewriting the Story

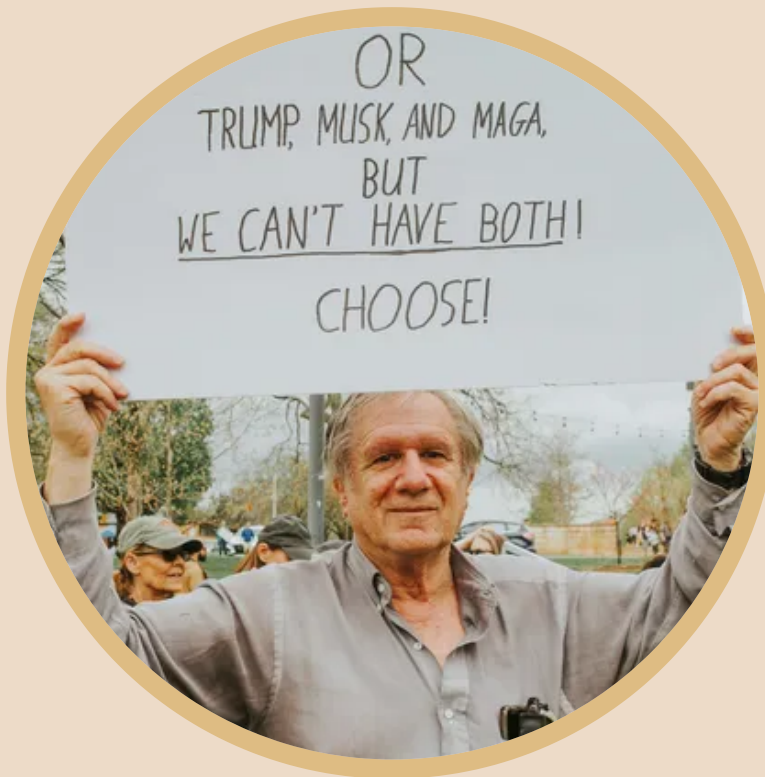
Prayer for Today

Jesus, thank You that I'm not who I used to be. Even when I still feel like a mess, You call me a new creation. Help me to believe that. Help me to live like that. Erase the labels I've carried for too long. I give You permission to rewrite my story. I want the new You're doing in me. Strengthen me to walk in freedom and truth—today and every day. In Your name, amen.





Day 11: Changing Your Environment



Day 11: Changing Your Environment

Your Verse

Proverbs 13:20 (NIV)

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

Supporting Scriptures

- *1 Corinthians 15:33 (NIV)*

“Do not be misled: ‘Bad company corrupts good character.’”



Day 11: Changing Your Environment

Devotional: Who You Surround Yourself With Matters

Your environment is shaping you—even when you don't realize it. The friends you party with. The music you blast. The shows you binge. The places you hang out. All of it speaks to your soul.

The Bible is clear: if you walk with fools, you'll end up hurt. If you surround yourself with those chasing after Christ, you'll grow in wisdom.

It's not about judging others—it's about protecting your *calling*. You're not better than your old crew, but you've been called to something higher. You can't expect to stay sober when you're always planted in temptation. You can't become who God made you to be while still blending in with the crowd that only knew the old you.

Sometimes, the most spiritual thing you can do is *change your environment*. Choose different friends. Change your routine. Let go of certain places that keep pulling you back.

This journey isn't about isolation—it's about *elevation*. And you need people around you who want to climb with you.



Day 11: Changing Your Environment

Journaling Prompts

1. Who are the five people I spend the most time with—and how are they influencing me?

2. What environments tend to trigger unhealthy choices or temptations?

3. What intentional changes can I make to create a life-giving, sober-minded environment?



Day 11: Changing Your Environment

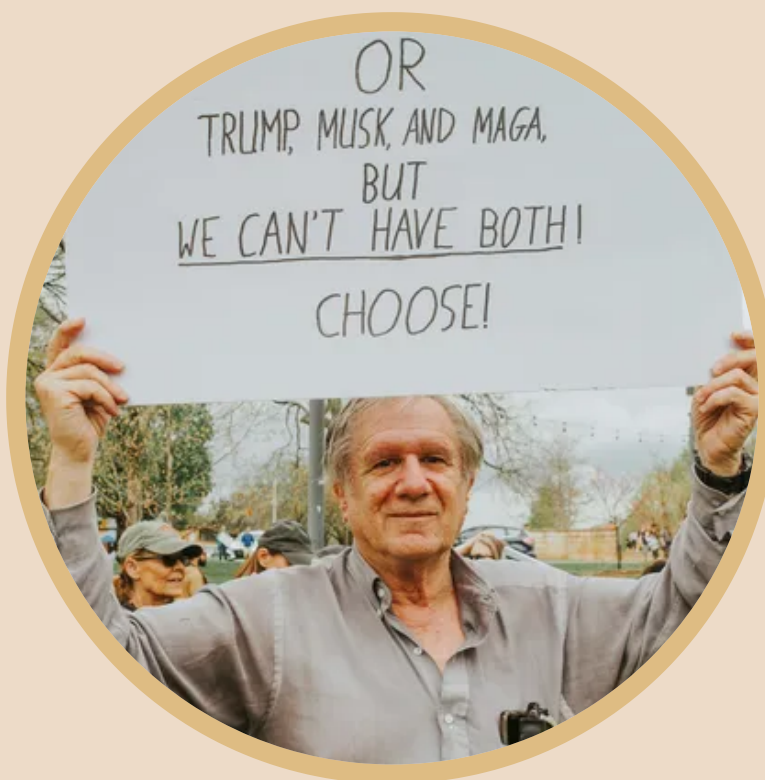
Prayer for Today

God, help me to be honest about my environment. Show me what needs to change and give me the courage to change it. Help me let go of what's dragging me down—even if it's hard or lonely. Bring people into my life who love You, chase after You, and will walk with me through this journey. Thank You for calling me to more. I trust You to lead me. In Jesus' name, amen.





Day 12: Building New Habits That Last



Your Verse

Romans 12:2 (NLT)

Supporting Scriptures

- *Galatians 6:9 (NIV)*
- *“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*



Devotional: Small Choices Shape Big Change

Sobriety is a spiritual decision, but staying sober is a *daily habit*. It's easy to pray a powerful prayer in church, but what happens when Monday morning hits and you're back in your routine?

Romans 12:2 reminds us that transformation starts in the **mind**. And it's not just about avoiding bad things—it's about *building new patterns* that reflect God's will.

Change happens when you swap out the destructive for the intentional:

- Swap the bar for a gym.
- Swap the Friday night party for a Bible study.
- Swap the music that triggers you for worship that restores you.

Galatians 6:9 reminds you: don't give up. Habits take time to stick. You'll get tired. You'll mess up. But **keep showing up**. The harvest is coming.

God isn't asking you to be perfect—He's asking you to build a life that makes room for Him. Every small choice in the right direction matters.



Day 12: Building New Habits That Last

Journaling Prompts

1. What old habits do I need to break in order to grow spiritually and stay sober?

2. What new, life-giving habits can I start this week?

3. How will I stay consistent when motivation fades?



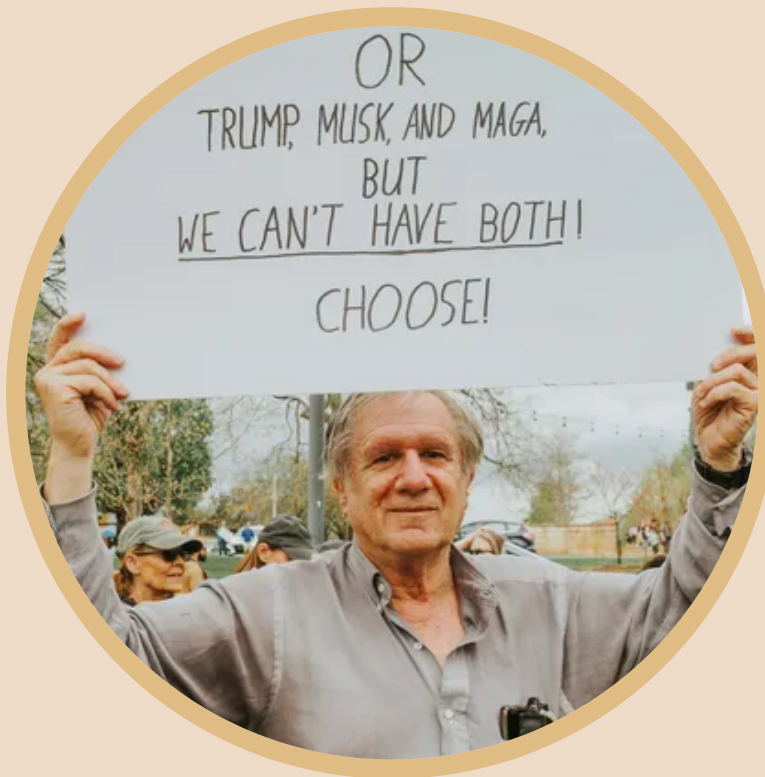
Prayer for Today

Father, I want more than just a moment of change—I want lasting transformation. Show me where I'm still copying the world instead of walking with You. Help me build new habits that bring life, peace, and strength. Give me patience for the process and endurance for the hard days. I know You're not done with me, and I trust that every step I take toward You is shaping my future. In Jesus' name, amen.





Day 13: Filling the Void



Day 13: Filling the Void

Your Verse

John 6:35 (NIV) “Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’”

Supporting Scriptures

- *Psalms 107:9 (NIV) “For He satisfies the thirsty and fills the hungry with good things.”*



Day 13: Filling the Void

Devotional: What Are You Really Thirsty For?

Most people don't drink just for the taste. They drink to numb, to escape, to feel accepted, to kill the silence inside. Behind every shot, every buzz, and every weekend binge is a deeper **thirst**—a craving for something more.

Jesus said He is the **bread of life** and the one who satisfies every thirst. That's not just poetic language—it's a promise.

When you're no longer drinking, the silence gets louder. The emptiness you used to drown starts surfacing. But that's not a bad thing. It's an invitation.

God wants to fill the parts of you that nothing else could satisfy—not popularity, not adrenaline, not alcohol, not escape. **Only Jesus** satisfies the real hunger inside your soul.

Don't just remove the bottle—**replace it with living water**. Worship. Prayer. Brotherhood. Calling. Joy. Peace. Purpose. All of these are now yours in Christ.



Day 13: Filling the Void

Journaling Prompts

1. What inner emptiness have I been trying to fill with alcohol or other things?

2. How has Jesus already started to satisfy me in new ways?

3. What are three life-giving habits that help me connect with Christ when I feel empty?



Day 13: Filling the Void

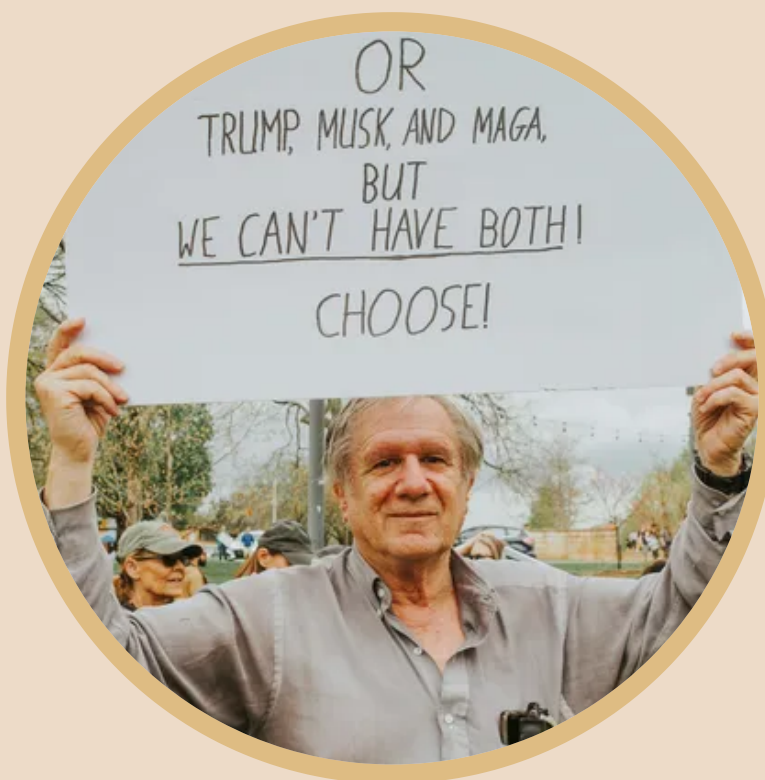
Prayer for Today

Jesus, I've been thirsty for a long time. I chased after things that left me emptier, not full. But You are the bread of life. You are the one who satisfies. Fill every part of me that still aches. Fill the silence, the insecurity, the loneliness, the shame. I invite You in. Not just to forgive me—but to fill me with something better. Thank You for always being enough. In Your name I pray, amen.





Day 14: Dealing with Setbacks



Day 14: Dealing with Setbacks

Your Verse

Proverbs 24:16 (NIV)

“For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.”

Supporting Scriptures

- *1 John 1:9 (NIV)*

“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.”



Devotional: Fall Forward, Not Backward

Let's be real—sometimes you'll mess up. Maybe you already have. Maybe you gave in to temptation, had a drink, or relapsed after a few weeks of progress. Shame whispers, *You blew it. You're not cut out for this. You'll never change.*

But shame is not your Shepherd. Jesus is.

Proverbs 24:16 tells you the truth: **Righteous men fall**—but they **rise again**. Falling doesn't disqualify you. Staying down does.

What separates the godly from the ungodly isn't perfection—it's **persistence**.

If you've stumbled, confess it. Don't hide. Don't fake it. Take it to God. He's not shocked. He's not done with you. **He forgives, restores, and purifies.**

A setback isn't the end of your story—it's a moment to lean into grace and keep going.

The enemy wants to use failure to send you back to addiction. But God wants to use it to deepen your dependence on Him.



Day 14: Dealing with Setbacks

Journaling Prompts

1. Have I experienced a recent setback or moment of failure? How did I respond to it?

2. What does God say to me through 1 John 1:9 about confession and forgiveness?

3. How can I build resilience to rise again after I fall?



Day 14: Dealing with Setbacks

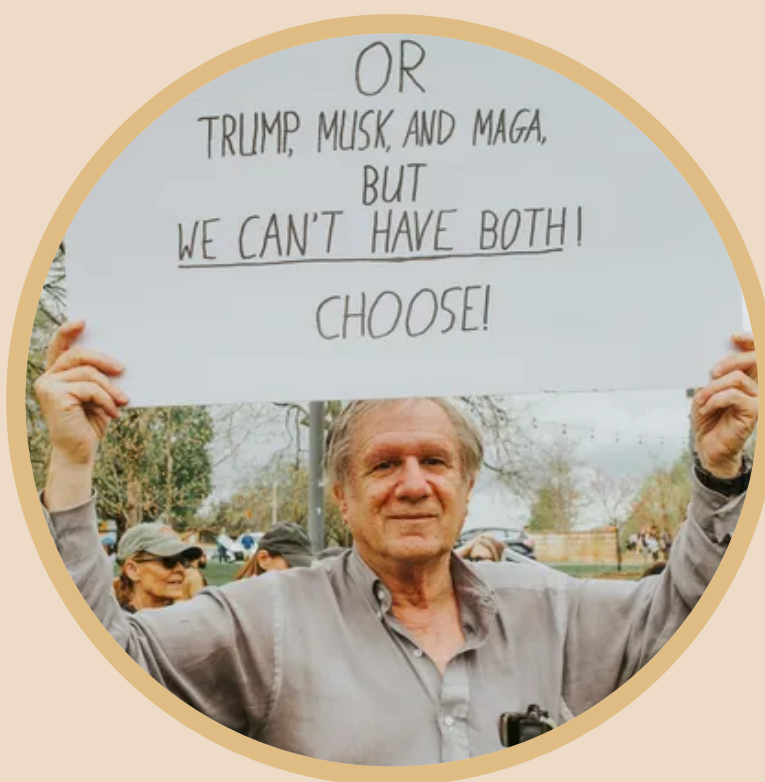
Prayer for Today

Father, thank You for Your mercy when I fall. I confess my sins to You—every hidden moment, every failure, every wrong choice. Cleanse me, restore me, and lift me up. Help me not to live in shame but to walk in grace. Thank You for the cross. Thank You that my story doesn't end with a mistake. Help me rise again. In Jesus' name, amen.





Day 15: Renewing Your Mind Daily



Your Verse

Ephesians 4:22–24 (NIV)

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

Supporting Scriptures

- *Romans 8:5 (NIV)*
- *“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”*



Devotional: What You Think, You Become

Your mind is the battlefield. Every day, thoughts rush in—some rooted in truth, others in lies. Thoughts like:

- *"You're still the same."*
- *"You're too far gone."*
- *"You need alcohol to relax, to be social, to feel okay."*

But none of those are true. And if you don't challenge them, they'll shape you.

Ephesians 4 tells you to *put off* the old self and *put on* the new. But the key is in the middle: **"be made new in the attitude of your minds."**

You are not defined by your temptations. You are defined by your identity in Christ.

Renewing your mind means feeding it with God's truth, daily. That might look like:

- Reading and meditating on Scripture
- Speaking declarations over yourself
- Listening to worship instead of worldly noise
- Journaling and praying when your thoughts feel heavy



Romans 8:5 reminds us that our focus fuels our direction. What you set your mind on is what you'll chase. So ask yourself—am I feeding my flesh or feeding my faith?



Journaling Prompts

1. What lies or old thought patterns am I still believing about myself or my addiction?

2. What truths from God's Word do I need to focus on today?

3. What's one practical way I can renew my mind every morning?



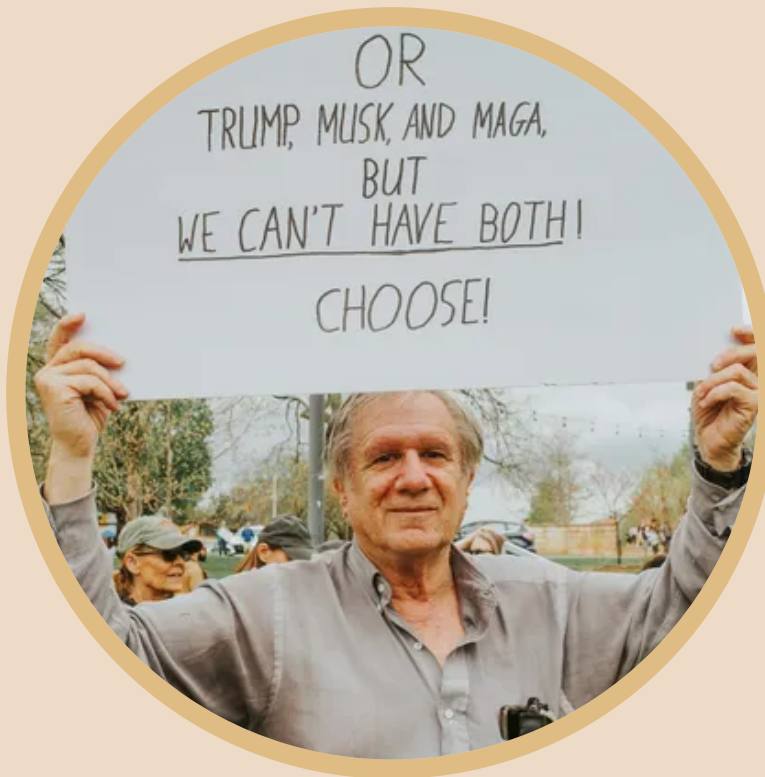
Prayer for Today

Lord, I want to be renewed. I want to think like You, live like You, and walk in the truth You speak over me. Help me put off the old and embrace the new. Quiet the lies in my mind and replace them with Your promises. Transform my thoughts so my actions will follow. Thank You for giving me a new identity—one that's free, clean, and whole. In Jesus' name, amen.





Day 16: Choosing the Right People



Day 16: Choosing the Right People

Your Verse

1 Corinthians 15:33 (NIV) “Do not be misled: ‘Bad company corrupts good character.’”

Supporting Scriptures

- *Proverbs 13:20 (NLT) “Walk with the wise and become wise; associate with fools and get in trouble.”*



Devotional: Your Friends Shape Your Future

You can't walk in freedom if you're still surrounded by chains. Many young men relapse not because they lack discipline, but because they stay in toxic environments with the wrong crowd.

The people you hang with are either **pulling you toward Christ** or dragging you back to compromise.

Paul didn't mince words: "Bad company corrupts good character." Not might. Not maybe. It **will**.

You don't have to hate the people you used to drink with. You can still love them—but you may need to **step away** to step into the new life God is calling you to.

This is where brotherhood matters. You weren't meant to fight this battle alone. Surround yourself with men who will sharpen you, encourage you, and speak life over you.

Don't just run from something—run **with someone** toward Jesus.



Day 16: Choosing the Right People

Journaling Prompts

1. Are there friendships in my life that are keeping me tied to my old habits?

2. Who in my life encourages me in my walk with Christ?

3. How can I build a stronger brotherhood of accountability and support?



Day 16: Choosing the Right People

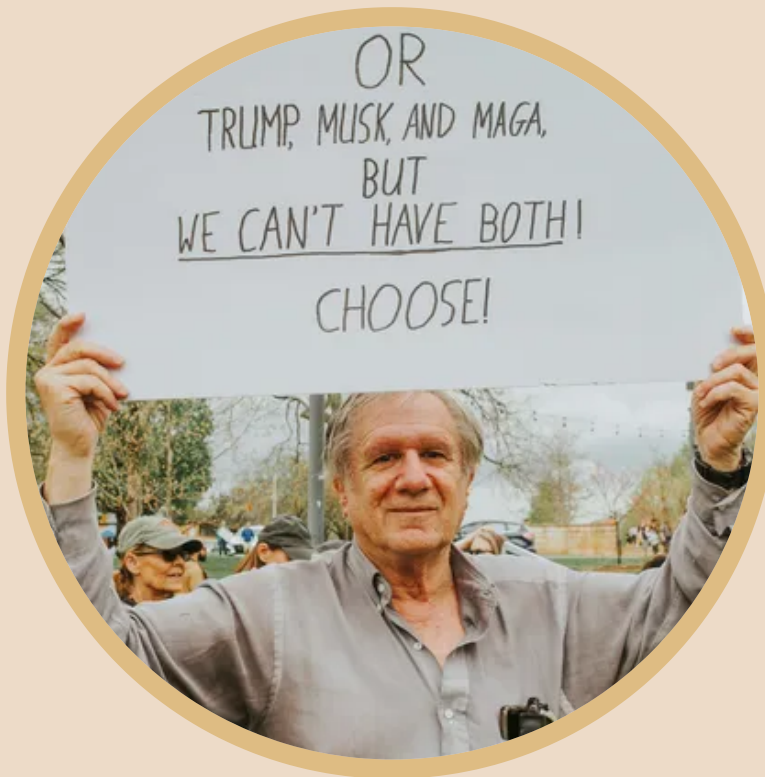
Prayer for Today

Father, I need wisdom in my relationships. Show me who I need to release and who I need to draw closer. Give me the courage to walk away from anything that keeps me from You. Place godly men around me—brothers who will walk with me, pray with me, and keep me grounded in truth. Help me be that kind of friend too. In Jesus' name, amen.





Day 17: Walking in the Spirit



Your Verse

Galatians 5:16 (NIV)

“So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Supporting Scriptures

- ***Romans 8:13–14 (NIV)***

“For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God.”



Devotional: Led by the Spirit, Not by the Flesh

You've probably noticed by now that white-knuckling your way through temptation only works for so long. Self-control is important, but it isn't the ultimate solution—**the Holy Spirit is.**

When Paul says, “*walk by the Spirit*,” he's not talking about just reading your Bible and trying to behave better. He's talking about a new way of life—**living moment-by-moment in dependence on God.**

The Spirit doesn't just help you *resist* temptation—He gives you new **desires.**

Romans says that the Spirit helps you put to death the misdeeds of the body. This isn't about behavior modification—it's about **transformation.** The flesh can't be rehabbed; it has to be crucified.

The more you walk with the Spirit—through prayer, worship, obedience, and stillness—the less appeal your old cravings will have. You'll begin to want what God wants.

You'll feel it. You'll hear Him speak. You'll sense His nudge.

And where the Spirit leads, **freedom always follows.**



Day 17: Walking in the Spirit

Journaling Prompts

1. What does “walking in the Spirit” look like in my daily life?

2. What are some specific moments when I’ve felt the Spirit guiding me?

3. How can I intentionally choose to listen and follow His lead more closely?



Day 17: Walking in the Spirit

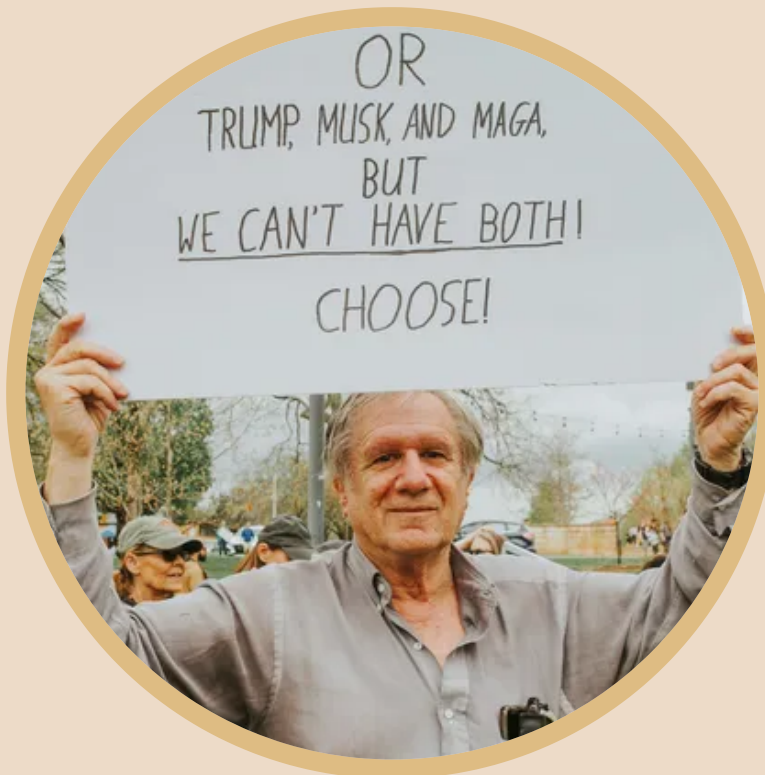
Prayer for Today

Holy Spirit, I need You every hour. I don't want to live by my flesh anymore—I want to be led by You. Teach me to walk with You in the quiet and in the chaos. Transform my desires. Make holiness my hunger. Fill me with power to say no to sin and yes to life. Thank You that You live in me. I choose today to walk in step with You. In Jesus' name, amen.





Day 18: Forgiving Yourself



Day 18: Forgiving Yourself

Your Verse

Psalms 103:12 (NIV)

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

Supporting Scriptures

- *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.”



Day 18: Forgiving Yourself

Devotional: Let Go of What God Let Go Of

Sometimes the hardest person to forgive is yourself.

Maybe you've hurt people during your addiction. Maybe you've broken promises, wasted opportunities, or lived recklessly. The weight of that guilt can feel paralyzing—even when you know God has forgiven you.

But listen: **if God has removed your sins “as far as the east is from the west,” who are you to go fishing for them again?**

Self-condemnation isn't humility—it's unbelief in God's grace.

Isaiah 1:18 paints the gospel in vivid color. Your sin—crimson and loud—is now white and clean. Not because you earned it, but because Jesus bled for it.

You're not defined by your past. You're not chained to your worst moments. If God calls you clean, **walk like it**. Hold your head up. Stand in grace. Live in freedom.

Forgiving yourself doesn't minimize your mistakes—it magnifies His mercy.



Day 18: Forgiving Yourself

Journaling Prompts

1. Is there anything I'm still holding against myself that God has already forgiven?

2. How does Psalm 103:12 shift my perspective on my past?

3. What would it look like to live as someone truly forgiven?



Day 18: Forgiving Yourself

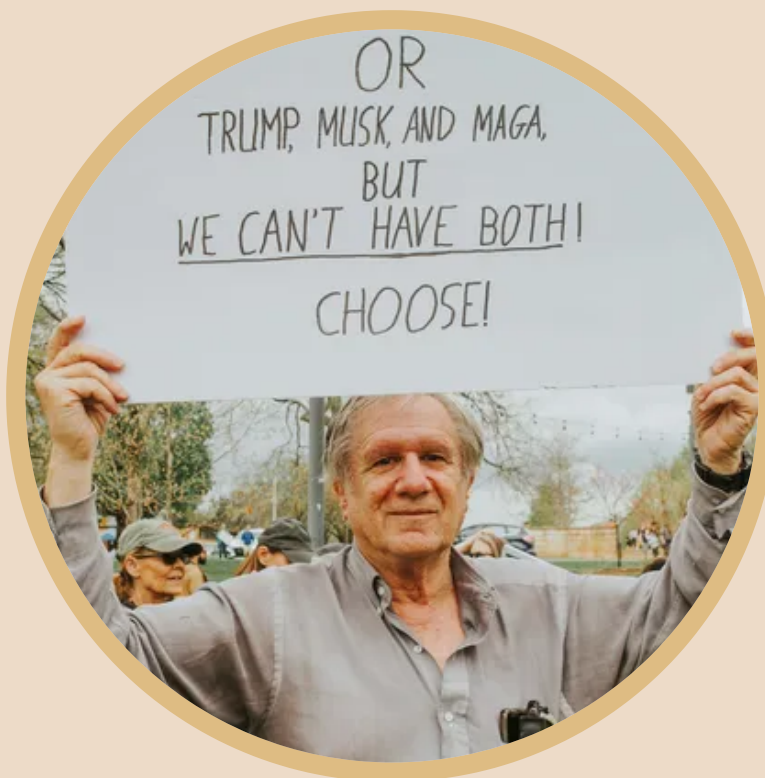
Prayer for Today

Lord, thank You for removing my sins far from me. I don't deserve Your grace, but I receive it. Help me to stop punishing myself for what You already paid for. Teach me to forgive myself just as You have forgiven me. Let my past be a testimony of Your mercy, not a source of shame. I want to walk in the newness You've given me. In Jesus' name, amen.





Day 19: Facing Temptation with Courage



Day 19: Facing Temptation with Courage

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. But when you are tempted, He will also provide a way out so that you can endure it.”

Supporting Scriptures

- *James 4:7 (NIV)*
- *“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”*



Devotional: There's Always a Way Out

Temptation will come. Whether it's an invitation to drink, the pressure to fit in, or the internal voice whispering, *"Just one won't hurt."* You're not weak for being tempted—you're **human**.

But here's the truth: temptation doesn't have power over you unless you give it permission.

Paul reminds us that God is **faithful**, even in the face of temptation. He always provides an escape. It might be:

- A friend calling at just the right moment
- A Bible verse popping into your head
- A deep, holy discomfort in your gut before a bad decision

Don't ignore those exits. God is signaling you because He loves you too much to let you self-destruct.

James 4:7 gives the game plan: **Submit first, then resist**. Don't just try to fight temptation on your own. Submit to God—ask for His strength, His wisdom, and His guidance. Then stand your ground. The enemy will not win.

Temptation isn't a trap; it's an opportunity to trust God.



Day 19: Facing Temptation with Courage

Journaling Prompts

1. What temptations do I face most often when it comes to alcohol or escape?

2. Have I noticed any “way out” moments that I ignored in the past?

3. How can I prepare spiritually to face the next moment of temptation?



Day 19: Facing Temptation with Courage

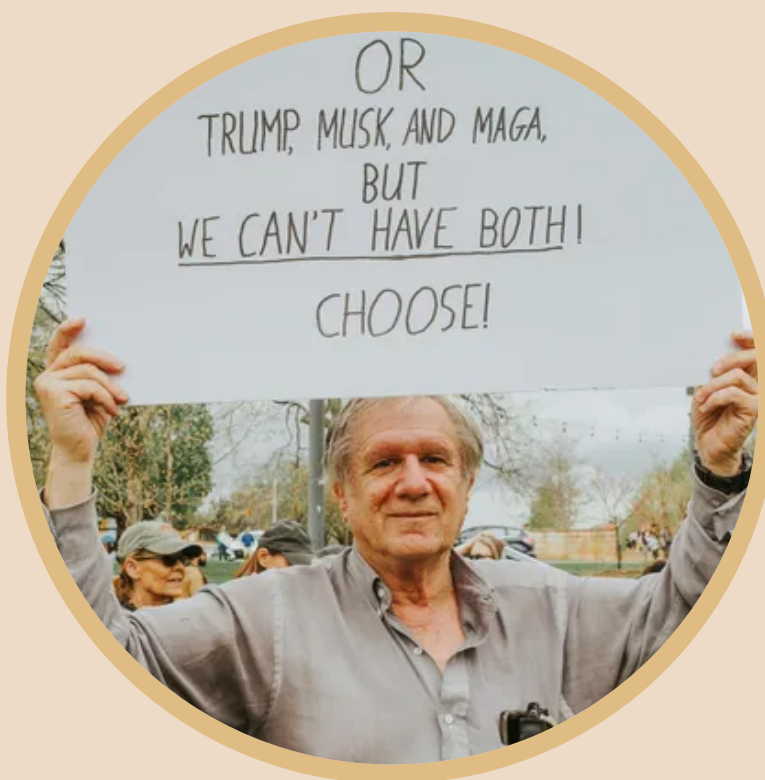
Prayer for Today

God, I confess I still feel tempted. But I also believe that You are faithful and that there is always a way out. Give me eyes to see the escape You provide and a heart that's quick to respond. I don't want to go backward—I want to go forward, walking in obedience and strength. I submit to You right now, and I resist the lies of the enemy. In Jesus' name, amen.





Day 20: A New Legacy



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

- *Joel 2:25 (NIV)*
- *“I will repay you for the years the locusts have eaten...”*



Devotional: You're Not Who You Were

You may have wasted years. Broken relationships. Embarrassed your family. Lost opportunities. But with Jesus, nothing is truly lost—**everything can be redeemed.**

Today's scriptures speak of a miracle: not just a second chance, but a new identity.

You are not the drunk guy at the party. You are not your old nickname. You are not your worst night.

You are a new creation. That's not poetic—it's spiritual reality.

Joel 2:25 is God's promise that He will restore what was destroyed. Not just survive it. Not just endure it. **Restore it.**

Your story is being rewritten. And through your healing, you're building a **new legacy**—for your future family, your friends, and your church community.

Don't look back with regret—look forward with purpose. Let your scars speak of His healing. Let your history fuel your ministry.

You're not the same. You're becoming who God always knew you could be.



Journaling Prompts

1. What old labels or identities do I still carry that God has already removed?

2. How does it feel to think of myself as a “new creation”?

3. What kind of legacy do I want to leave for those who follow me?



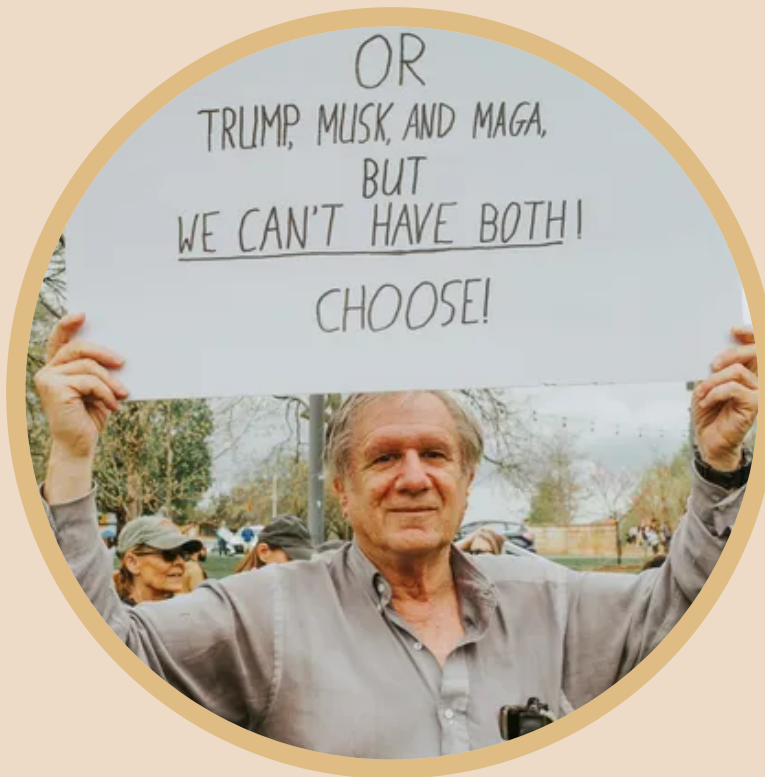
Prayer for Today

Jesus, thank You for making me new. I don't want to live as a prisoner to the past. I receive Your forgiveness, Your identity, and Your purpose. Restore what I've lost—heal what I've broken—and use my life to build something that lasts. I want to be a man who walks in grace, courage, and strength. Thank You that my story doesn't end with regret—it begins again with You. In Jesus' name, amen.





Day 21: Running the Race to Win



Your Verse

Hebrews 12:1–2 (NIV) “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.”

Supporting Scriptures

- *1 Corinthians 9:24–25 (NIV) “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training... they do it to get a crown that will not last, but we do it to get a crown that will last forever.”*



Day 21: Running the Race to Win

Devotional: Stay in the Race

You've made it through 21 days of seeking God, resisting temptation, and renewing your mind. But this isn't the end—it's just the **starting line** of a much longer race.

Life with Jesus isn't a sprint. It's a marathon. A daily pursuit of righteousness, purpose, and the Kingdom of God. The enemy will still try to trip you up, but now you've tasted freedom—and you know how to fight.

Hebrews reminds us that we're not running alone. Saints who've gone before you are cheering. Brothers in Christ are running beside you. And most importantly, **Jesus is running with you**, empowering you to keep going.

The call today is perseverance.

Throw off the sin. Reject distractions. Stay in training. Don't settle for halfway. Don't go back to what you left behind.

Fix your eyes on Jesus—and run like your soul depends on it.

Because it does.



Day 21: Running the Race to Win

Journaling Prompts

1. What has God revealed to me over the last 21 days?

2. What habits, truths, or Scriptures do I want to carry with me long-term?

3. How can I continue this race with accountability, passion, and purpose?



Day 21: Running the Race to Win

Prayer for Today

Father, thank You for getting me this far. I know I still have so far to go, but I'm not who I used to be—and I never want to go back. Give me strength to run with endurance, grace to rise when I fall, and courage to stay on the path You've laid out for me. Let this race end in Your glory, not mine. I fix my eyes on Jesus, my prize and my King. In His name I pray, amen.

 **Congratulations, brother. You finished the study—but more importantly, you've begun a new life.** Stay connected to the Word. Stay in fellowship. Keep journaling, praying, and walking in the Spirit. Your freedom journey is just beginning.





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