# Strength for Mind and Spirit: A 21-Day Mental Health Bible Study



Explore God's Word to build mental resilience and find healing from internet gaming disorder through guided scripture and prayer.





#### Table of contents

6
12
18
24
30
36
42
48
54
60
66
72
78
84
90
96











#### Introduction

Welcome to this 21-day journey focusing on mental health and healing from the challenges of internet gaming disorder. In a world where technology and online gaming consume so much of our time and attention, it can be difficult to maintain balanced mental health. This study is designed to help you rediscover peace, self-control, and fulfillment by turning to God's timeless wisdom.

Internet gaming disorder is a real struggle for many. It can bring feelings of isolation, anxiety, and discouragement. But the Bible reminds us that God is a healer of brokenness, a restorer of peace, and the one who gives us renewed minds. Over the next 21 days, we'll dive into scriptures that address anxiety, self-control, rest, identity, and hope.

You will find daily devotionals encouraging you to reflect deeply on God's promises and practical guidance for restoring your mental health. Throughout, you'll also be invited to journal and pray — key spiritual disciplines that connect your heart intimately with God's grace and strength.

Remember, progress takes time and daily commitment. Let this plan be your spiritual toolkit—your refuge when battling urges, your encouragement during weak moments, and your guide toward a balanced, God-centered life. Let's begin this journey of healing together, leaning on the Word that never fails.







May God's peace guard your heart and mind (Philippians 4:7) as you take each step toward freedom and greater mental wellness.  $\cancel{B}$   $\cancel{A}$ 















#### Your Verse

Philippians 4:6-7 – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 94:19 "When anxiety was great within me, your consolation brought me joy."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







#### Devotional: Embracing God's Peace Over Anxiety

Often, the mind is a battlefield. Especially when dealing with habits like internet gaming disorder, anxiety and restlessness can flood your thoughts. Paul's letter to the Philippians reminds us that God offers peace beyond our understanding. It's not a passive feeling but an active guarding of your heart and mind.

How do we tap into this peace? Through prayer and thanksgiving—bringing our worries honestly before God and trusting Him. This is not always easy when thoughts scream for escape through online games. Yet, by surrendering those urges and acknowledging God's sovereignty, you invite His presence to calm your soul and give you strength to overcome.

Today, focus on approaching God honestly with your anxiety and desire for healing. Take a moment right now to pause, breathe deeply, and bring your heart's burdens to Him. He carries them, and His peace will protect your mind from the chaos.

Remember: you are not alone in this fight. God's peace is your shield.







### Reflect and Apply

What anxieties are currently crowding your mind, especially related to gaming habits?
How do you usually respond to anxiety, and how might prayer change that response?
Have you experienced God's peace before in a stressful moment? What did that feel like?







#### **Journaling Prompts**

1.	List the worries you want to surrender to God today.
2.	Write a short prayer asking God for His peace to guard your mind.
3.	Reflect on moments when God's peace helped you previously.







#### Prayer for Today

Dear Heavenly Father, I come to You burdened by my anxieties and the struggles I face with internet gaming. Help me to turn to You first when my mind feels overwhelmed. Fill me with Your peace that surpasses all understanding and guard my heart and mind from the lies of fear and restlessness. Teach me to pray with thanksgiving and trust Your timing in my healing journey. Strengthen me today to overcome temptation and lean wholly on Your promise of rest. *Amen.*







## Day 2: Renewing the Mind with Truth









Day 2: Renewing the Mind with Truth

#### Your Verse

Romans 12:2 - "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."

#### **Supporting Scriptures**

- 2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."
- Ephesians 4:23 "Be made new in the attitude of your minds;"







Day 2: Renewing the Mind with Truth

# Devotional: Choosing God's Truth to Transform Your Mind

The mind battles daily—for control, for truth, for freedom. Internet gaming disorder can hijack our thought patterns, convincing us to prioritize virtual reward over real-life growth. Paul urges believers not to conform to worldly patterns but to renew the mind through God's truth.

Renewing your mind means intentionally replacing lies with God's promises. It requires vigilance—catching negative or controlling thoughts and redirecting them toward Christ. This is not instantly easy but profoundly freeing.

Today, identify a common lie or thought pattern that keeps you tethered to unhealthy gaming habits. Write it down, then find a scripture that counters that lie. Speak God's truth aloud as an act of rebellion against deception.

Transformation happens when you daily choose God's narrative over the world's pressure.







Day 2: Q Renewing the Mind with Truth

#### Reflect and Apply

	What lies does the world or your habit tell you about yourself or your worth?
2.	How can scripture actively replace these lies in your thinking?
3.	What practical steps can you take to 'take captive' your thoughts today?







Day 2: Q Renewing the Mind with Truth

#### **Journaling Prompts**

Identify one negative thought pattern linked to your gaming.
Find and write a scripture verse that challenges this thought.
Document how reciting this scripture affects your mindset.







Day 2: Q Renewing the Mind with Truth

#### Prayer for Today

**Lord,** renew my mind today. Help me to reject worldly lies that entangle my thoughts and embrace Your truth. Teach me to control my thoughts and make them obedient to You. Let Your Word be my foundation for change and healing. Amen.  $\square$   $\bigcirc$   $\triangle$ 

















#### Your Verse

Galatians 5:22-23 - "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

#### **Supporting Scriptures**

- 1 Corinthians 10:13 "God is faithful; he will not let you be tempted beyond what you can bear."
- Proverbs 25:28 "Like a city whose walls are broken through is a person who lacks self-control."







#### Devotional: Cultivating Spirit-Led Self-Control

**Self-control is a fruit, not a quick fix.** It's cultivated by the Spirit of God working within us. When struggling with internet gaming disorder, self-control may feel scarce. Yet, it's through reliance on the Spirit that we find strength to set healthy boundaries.

Paul reminds us that temptation is limited—God provides a way out. Recognizing your triggers and asking the Spirit for help allows you to build stronger 'walls' around your mind and time.

Practice saying "no" gently but firmly, leaning on God in moments of weakness. Celebrate small wins as steps toward freedom.

Self-control isn't about perfection but faithfulness to God's leading in your daily choices.







#### Reflect and Apply

	When are your moments of weakness during gaming? What triggers you?
2.	How does knowing God provides a way out give you hope?
3.	What practical boundaries can you begin to put in place?







#### **Journaling Prompts**

1.	List your top three gaming triggers.
2.	Write a prayer asking the Holy Spirit for self-control.
3.	Create a simple plan for redirecting yourself when tempted.







#### Prayer for Today

**Holy Spirit,** fill me with your fruit, especially self-control. Help me recognize temptation and provide strength to say no. Teach me to rely on Your power rather than my own. Thank You for being my faithful helper in moments of weakness. Amen. **\*\*** \(\mathbb{E}) \( \mathbb{E}) \)







# Day 4: P Embracing True Identity in Christ









Day 4: 

Embracing True Identity in Christ

#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

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







Day 4: 
O Embracing True Identity in Christ

#### Devotional: Living Fully in Your New Identity

Often, gaming becomes a false identity—a way to feel valued or escape. But God invites us into a new identity in Christ. You are not defined by the time you spend online or the games you play. You are a new creation, made in the image of God, loved and purposeful.

This foundational truth frees you from shame and fuels motivation to pursue healthier paths. It's a daily choice to live in that identity, allowing Christ's life to shape your thoughts and actions.

Reflect today on who you are in Christ versus the labels attached by your struggles. Let God's love reshape your self-view.







Day 4: 

© Embracing True Identity in Christ

#### Reflect and Apply

	How do you currently define yourself? How does that align with who God says you are?
2.	In what ways has gaming become part of your identity?
3.	How might embracing your identity in Christ transform your choices?







Day 4:  $\bigcirc$  Embracing True Identity in Christ

#### **Journaling Prompts**

1.	Write a statement of who you are in Christ.
2.	List labels or feelings you want to release.
3.	Reflect on how God's love redefines your worth.







Day 4: 🖓 Embracing True Identity in Christ

#### Prayer for Today

**Father,** thank You that I am Your new creation. Help me to see myself through Your eyes, not my struggles or the world's lies. Strengthen me to walk daily in this truth, shedding old identities and embracing Your purpose for me. Amen.

















#### Your Verse

Psalm 23:2-3 - "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Hebrews 4:9–10 "There remains, then, a Sabbath–rest for the people of God; for anyone who enters God's rest also rests from their own work."







#### Devotional: Accepting God's Invitation to Rest

Physical and spiritual rest are essential for mental health. Overuse of online gaming often comes from a desire to escape fatigue and emotional unrest. God invites us to true rest—not just breaks but soul refreshment.

Psalm 23 beautifully portrays this: God as our Shepherd who lovingly leads us to rest. It's an active resting trust, not just inactivity.

Today, evaluate your rest habits. Are you truly finding rejuvenation in God's presence? Resting well can break cycles of exhaustion and reduce the need for unhealthy escapes.

Seek moments to pause, pray, and reconnect with God's peace.







#### Reflect and Apply

1.	How do you currently rest physically and emotionally?
2.	What are barriers to resting well for you?
3.	How can God's promise of rest impact your daily routine?







#### **Journaling Prompts**

1.	Document your current rest patterns and how they make you feel.
2.	Write about what God's rest means to you personally.
3.	Plan a spiritual rest practice to incorporate today.







#### Prayer for Today

**Lord,** I long for the rest only You can give. Help me to step away from distractions and experience Your refreshing peace. Teach me to trust You with my burdens and allow my soul to be restored. Amen.







# Day 6: V Overcoming Temptation with God's Help









Day 6: • Overcoming Temptation with God's Help

#### Your Verse

1 Corinthians 10:13 – "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

#### Supporting Scriptures

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Hebrews 2:18 "Because he himself suffered when he was tempted, he is able to help those who are being tempted."







Day 6: • Overcoming Temptation with God's Help

#### Devotional: Relying on God to Resist Temptation

Temptation can feel isolating and overpowering, especially with internet gaming as an escape. But scripture assures us we're not alone, and no temptation exceeds what God will allow.

God promises not only that temptation has limits but also that He provides an escape route. Often, this path appears through prayer, accountability, or redirecting your focus.

Jesus understands temptation's pain and empathizes with your struggles. Today, ask God to reveal your escape routes and strengthen your endurance. Remember, perseverance through temptation leads to victory and growth.







Day 6: ① Overcoming Temptation with God's Help

### Reflect and Apply

1. What temptations related to gaming feel hardest to overcome?	
2.	Have you recognized God's ways of escape before in your life?
3.	How can Jesus' empathy encourage you when facing temptation?







Day 6: ① Overcoming Temptation with God's Help

#### **Journaling Prompts**

1.	Write about a recent temptation and how you responded.
2.	Describe possible 'ways out' God may be providing for you.
3.	Pray for strength and endurance to persevere today.







Day 6: • Overcoming Temptation with God's Help

#### Prayer for Today

**Father,** thank You for not allowing me to be tempted beyond what I can bear. Help me see the escape routes You provide and give me courage to take them. Strengthen me to persevere through temptation and grow closer to You through every trial. Amen. (1) (1) (2) (1) (2) (3)







## Day 7: Cultivating Joy Beyond the Screen









Day 7: V Cultivating Joy Beyond the Screen

#### Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

#### **Supporting Scriptures**

- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."
- John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."







Day 7: V Cultivating Joy Beyond the Screen

#### Devotional: Finding Lasting Joy in God's Presence

Joy is often mistaken for fleeting pleasure, but the joy God gives is deep, sustaining strength. Our impulse to turn to internet gaming can sometimes be a search for joy or relief.

Nehemiah reminds us that true joy is rooted in God's presence, strengthening us through trials and temptation. As you pursue healing, seek that joy directly from Him rather than temporary distractions.

Today, try to notice moments of genuine joy that come from connection, creation, or worship—separate from your gaming triggers.







Day 7: SP Cultivating Joy Beyond the Screen

### Reflect and Apply

1.	How do you differentiate between true joy and temporary pleasure?
2.	What activities or relationships bring you joy apart from gaming?
3.	How can focusing on God's joy impact your recovery process?







Day 7: V Cultivating Joy Beyond the Screen

#### **Journaling Prompts**

1.	List three moments this week when you experienced God's joy.
2.	Reflect on feelings you associate with gaming versus God's joy.
3.	Write a prayer asking God to fill you with His lasting joy.







Day 7: W Cultivating Joy Beyond the Screen

#### Prayer for Today

**Lord Jesus,** fill me with Your joy today that strengthens beyond fleeting pleasures. Help me to rely on Your presence to sustain me instead of unhealthy escapes. Teach me to recognize and treasure the joy You provide. Amen. \*\* Amen. \*\*

















Day 8: 6 Guarding Your Heart and Mind

#### Your Verse

Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."

#### **Supporting Scriptures**

- Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right... think about such things."
- Colossians 3:2 "Set your minds on things above, not on earthly things."







Day 8: 🖰 Guarding Your Heart and Mind

# Devotional: Protecting Your Heart through Intentional Choices

The heart is the wellspring of life and action. When dealing with internet gaming disorder, guarding your heart means intentionally choosing what you allow into your mind and emotions.

Scripture advises filling your thoughts with truth, nobility, and righteousness—not the fleeting allure of unhealthy media or temptation triggers. This requires active discernment and sometimes removing or limiting access to certain content.

Today, evaluate what influences shape your heart and mind. Begin to make practical changes that protect you from harmful cycles and foster godly thinking.







Day 8: 🖰 Guarding Your Heart and Mind

### Reflect and Apply

1.	What 'inputs' affect your heart most deeply right now?
2.	How can changing what you focus on transform your habits?
3.	What practical steps can you take to guard your heart today?







Day 8: 🖰 Guarding Your Heart and Mind

### **Journaling Prompts**

1.	. List media, people, or habits that influence your heart.
2.	. Write how focusing on positive things could change your mindset.
3.	. Plan a step to reduce exposure to harmful triggers.







Day 8: 6 Guarding Your Heart and Mind

#### Prayer for Today

**God,** help me guard my heart carefully. Teach me to focus on what is pure and true, setting my mind on You and Your ways. Protect me from influences that weaken my spirit and lead me into temptation. Amen. () > \( \) \( \)









## Day 9: Z Redeeming Time Wisely









Day 9: 

Redeeming Time Wisely

#### Your Verse

Ephesians 5:15-16 - "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil."

#### **Supporting Scriptures**

- Psalm 90:12 "Teach us to number our days, that we may gain a heart of wisdom."
- Colossians 3:23 "Whatever you do, work at it with all your heart, as working for the Lord."







Day 9: 

☐ Redeeming Time Wisely

#### Devotional: Choosing to Live Wisely with Your Time

**Time is a precious and limited gift.** Internet gaming can consume hours that might otherwise be used for growth, rest, or meaningful connection. Paul calls believers to live wisely, redeeming time because life is short and filled with challenges.

Consider today how you are using your time. Are your hours supporting your mental and spiritual health or fueling unhealthy cycles? Redeeming time means consciously choosing activities that align with God's purpose and bring life.

Make space to plan daily rhythms that reflect wisdom and honor God with your time.







Day 9: 

☐ Redeeming Time Wisely

### Reflect and Apply

What habits currently fill much of your day?
How does your use of time reflect your values and goals?
What small change can you make to redeem your time better?







Day 9: 
☐ Redeeming Time Wisely

### **Journaling Prompts**

1.	Track your daily time spent gaming vs. other activities.
2.	Write about what a balanced day might look like for you.
3.	Create a daily schedule that includes time for rest and reflection.







Day 9: 

Redeeming Time Wisely

#### Prayer for Today

**Lord,** teach me to number my days and use my time wisely. Help me to redeem every moment for Your glory and my healing. Guide me to habits that build up my mind and spirit, and help me say no to wasted time. Amen.  $\square$   $\triangle$ 







## Day 10: The Power of Words—Speak Life









Day 10: Day 10

#### Your Verse

Proverbs 18:21 – "The tongue has the power of life and death, and those who love it will eat its fruit."

#### **Supporting Scriptures**

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."
- James 3:8 "But no human being can tame the tongue. It is a restless evil..."







Day 10: Day 10

#### Devotional: Speaking Words of Life Over Yourself

Words shape our reality and mindset profoundly. The way you speak to yourself influences your motivation, self-worth, and healing journey from internet gaming disorder.

Proverbs reminds us that words can bring life or death. Negative self-talk fuels addiction's grip, while positive, truthful speech empowers freedom.

Today, monitor how you talk to yourself. Replace criticism and shame with kindness and encouragement rooted in God's love. Speak life over your mind and heart.







Day 10: 💬 The Power of Words—Speak Life

## Reflect and Apply

1.	What are common negative phrases you say to yourself?
2.	How can changing your self-talk impact your healing journey?
3.	What biblical truths can you declare over yourself today?







Day 10: 💬 The Power of Words—Speak Life

#### **Journaling Prompts**

1.	. Write down negative self-talk patterns you notice.
2.	Create a list of positive affirmations grounded in scripture.
3.	. Journal a prayer asking God to renew your speech and thoughts.







Day 10: Day 10

#### Prayer for Today

**Lord,** help me to tame my tongue and speak words that build life and hope. Replace negativity with Your truth in my thoughts and speech. Empower me to encourage myself as You encourage me. Amen.















#### Your Verse

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

#### **Supporting Scriptures**

- Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."
- Isaiah 61:1 "He has sent me to bind up the brokenhearted... to set the captives free."







#### Devotional: Allowing Christ to Set You Free

**Entrapment to any habit can feel like chains holding you back.** But God promises true freedom through Jesus Christ.

Whether the bondage is physical, emotional, or spiritual like internet gaming disorder, Jesus sets captives free—free to live richly and purposefully in Him.

Approach God today with an open heart, asking Him to break every chain that binds you. Accept His freedom and take steps toward walking unshackled.







### Reflect and Apply

1.	What areas feel like chains or captivity in your life?
2.	How does Jesus' promise of freedom challenge your current situation?
3.	What does freedom in Christ look like to you personally?







#### **Journaling Prompts**

1.	Write about the 'chains' you want Jesus to break.
2.	Describe what freedom feels like or might feel like.
3.	Pray a surrender prayer asking Jesus to free you fully.







#### Prayer for Today

**Jesus,** You are my Redeemer and Liberator. Set me free from every chain that binds me, especially the grip of internet gaming disorder. Help me walk in the freedom You purchased with Your blood. Amen. ② 🙏 🕇 🥬







## Day 12: 🌣 Seeking Support and Fellowship









Day 12: 🎔 Seeking Support and Fellowship

#### Your Verse

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

#### **Supporting Scriptures**

- Ecclesiastes 4:9 "Two are better than one, because they have a good return for their labor."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 12: 🎔 Seeking Support and Fellowship

# Devotional: Building a Supportive Christian Community

**Healing journeys rarely happen in isolation.** Whether dealing with mental health or addiction challenges, God designed community as a vital support system.

Hebrews encourages us to meet regularly and encourage each other. Fellowship offers accountability, prayer, and encouragement when temptation feels strong.

Today, consider who God might be prompting you to connect with for support. Whether a trusted friend, mentor, or faith group, take a courageous step to reach out.







Day 12: 🌣 Seeking Support and Fellowship

### Reflect and Apply

Who are the people in your life who encourage your faith and healing?
What fears hold you back from seeking support?
How can you be an encourager to others with struggles?







Day 12: 🌣 Seeking Support and Fellowship

### **Journaling Prompts**

1.	List people you trust and can reach out to this week.
2.	Write about what sharing your struggle feels like.
3.	Plan a step to initiate fellowship or accountability.







Day 12: 🎔 Seeking Support and Fellowship

#### Prayer for Today

**Father,** thank You for placing community in my life. Help me to open my heart and find supportive fellowship that encourages healing. Use me also to be a source of strength for others. Amen.  $\heartsuit$   $\bigwedge$   $\heartsuit$ 















#### Your Verse

Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Proverbs 3:5-6 "Trust in the Lord with all your heart... and He will make your paths straight."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: Inviting God Into Your Emotions

**Emotions play a significant role in mental health and addiction cycles.** Feeling overwhelmed, lonely, or broken can drive one to seek comfort in gaming. Yet God promises His nearness to the brokenhearted.

Understanding and naming your emotions is the first step toward healing. Instead of burying feelings, invite God into them. Trust Him to guide your path through confusion and fear.

Today, pause to reflect on your emotional state. Bring your hurts and fears honestly to God and listen for His comfort.







### Reflect and Apply

1.	What emotions are most difficult for you to face?
2.	How have you tried to manage these feelings so far?
3.	What does it mean for God to be close to your broken heart?







### **Journaling Prompts**

1.	Write about your current emotional landscape.
2.	Journal a prayer inviting God's comfort and guidance.
3.	Reflect on a past time when God brought emotional healing.







#### Prayer for Today

**Lord,** You see my brokenness and are close to my hurting heart. Help me to face my emotions instead of escaping them. Comfort me in my fears and guide me with Your steady hand. Amen. • 🗘 😩 👄









# Day 14: 6 Setting Godly Goals









Day 14: **③** Setting Godly Goals

#### Your Verse

Philippians 3:13-14 - "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

#### **Supporting Scriptures**

- Proverbs 16:3 "Commit to the Lord whatever you do, and he will establish your plans."
- Habakkuk 2:2 "Write down the revelation and make it plain on tablets so that a herald may run with it."







Day 14: **③** Setting Godly Goals

#### Devotional: Aligning Your Goals with God's Purpose

Goal setting is a powerful tool for overcoming habits and growing spiritually. Paul models perseverance and focus, pressing toward God's heavenly calling. Likewise, small, intentional goals can help reclaim time and mental space from internet gaming disorder.

Goals aligned with God's will keep you motivated and accountable. They turn vision into action and help measure progress in healing.

Today, write down simple goals to honor God through healthier habits—whether less gaming time, more prayer, or positive social engagement.







Day 14: **(3)** Setting Godly Goals

### Reflect and Apply

1.	What short-term goals would support your mental health and faith?
2.	How can committing your plans to the Lord bring peace and direction?
	What obstacles might arise, and how can God's strength help you persevere?







Day 14: **(3)** Setting Godly Goals

### **Journaling Prompts**

1.	List 2–3 specific, achievable goals for the coming week.
2.	Write a prayer committing these goals to God.
3.	Reflect on past successes and lessons learned.







Day 14: **③** Setting Godly Goals

#### Prayer for Today

**God,** I commit my goals to You today. Help me to align them with Your purpose and to persevere even when challenges come. Guide my steps and give me strength to press on. Amen.

















#### Your Verse

1 Thessalonians 5:18 – "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

#### **Supporting Scriptures**

- Psalm 107:1 "Give thanks to the Lord, for he is good; his love endures forever."
- Colossians 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."







#### Devotional: Choosing Gratitude to Renew Your Heart

Gratitude shifts perspective and renews the mind. When struggles like internet gaming disorder feel overwhelming, giving thanks can open your heart to God's goodness even in hard times.

Paul encourages believers to give thanks always as a spiritual discipline. Gratitude promotes peace, diminishes anxiety, and helps you focus on God's blessings.

Today, write down things you are grateful for and thank God specifically. Over time, this habit rewires your brain toward hope and joy.







### Reflect and Apply

1.	What blessings or moments of grace do you often overlook?
2.	How can gratitude affect your mental health journey?
	What challenges make it hard to be thankful, and how can you overcome them?







### **Journaling Prompts**

1.	List at least five things you're thankful for today.
2.	Write a prayer expressing gratitude despite difficulties.
3.	Reflect how gratitude changes your mood or mindset.







#### Prayer for Today

**Father,** thank You for Your endless love and faithfulness. Help me to cultivate a heart of gratitude even when life is hard. Thank You for the blessings, seen and unseen, that sustain me. Amen. △ ⋄ ⋄ ⋄















#### Your Verse

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

#### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- Matthew 6:34 "Do not worry about tomorrow... each day has enough trouble of its own."







# Devotional: Embracing God-Centered Stillness and Focus

Mindfulness—being present and focused—has roots in biblical stillness and trust. When struggling with unhealthy gaming habits, racing thoughts can dominate your mind. God invites you to be still and know Him.

Practice pausing throughout your day, focusing on God's presence and promises instead of distractions. This spiritual mindfulness calms anxiety and enhances mental clarity.

Today, incorporate moments of stillness into your routine. Breath deeply and center your heart on God's faithfulness.







## Reflect and Apply

1.	How often do you take purposeful stillness in your day?
2.	What distractions pull you away from God's peace?
	How might practicing mindfulness in Christ change your responses to temptation?







### **Journaling Prompts**

1.	Describe what being still before God feels like.
2.	Write about moments today where you paused and prayed.
3.	Plan intentional stillness breaks tomorrow.







#### Prayer for Today

**Lord**, teach me to be still and know You in the busyness and battles of life. Help me to focus my mind on Your faithfulness and not be overwhelmed by worries or temptations. Amen. 🕹 🙏 🥬







# Day 17: 🥰 Surrendering Control to God









Day 17: Surrendering Control to God

#### Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

#### **Supporting Scriptures**

- Psalm 55:22 "Cast your cares on the Lord and he will sustain you."
- Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."







Day 17: Surrendering Control to God

#### Devotional: Letting Go and Letting God Lead

**Surrender is releasing the illusion of control and trusting God fully.** Internet gaming disorder often stems from trying to manage stress, emotions, or boredom alone.

Proverbs 3 challenges you to submit your way to God's leading, trusting He will guide. This surrender leads to freedom and clarity, releasing burdens into God's capable hands.

Today, practice surrender through prayer, admitting your limits and inviting God's help in your healing.







Day 17: 🖏 Surrendering Control to God

### Reflect and Apply

1.	What areas do you try to control that cause stress or addiction?
2.	How does surrendering to God differ from giving up?
3.	What does trusting God look like in your daily life?







Day 17: 🖏 Surrendering Control to God

### **Journaling Prompts**

1.	Write about something you are struggling to surrender.
2.	Pray a prayer of surrender and trust.
3.	Reflect on times God has led you when you let go.







Day 17: Surrendering Control to God

#### Prayer for Today

**God,** I surrender my plans, my struggles, and my need for control to You. Help me to trust You completely and follow Your guidance. Carry my burdens so I may walk free. Amen. 😂 🙏 💝 🥬







# Day 18: XX Cultivating Hope in the Darkness









Day 18: X Cultivating Hope in the Darkness

### Your Verse

Romans 15:13 - "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

### **Supporting Scriptures**

- Psalm 42:11 "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God."
- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning."







Day 18: 🎇 Cultivating Hope in the Darkness

# Devotional: Letting God Fill You with Hope

Hope is the anchor for your soul, especially during struggles with mental health and addiction. When days feel dark, God's Spirit empowers joy, peace, and hope within.

Paul prays for believers to overflow with hope—a hope not rooted in circumstances but in God's unfailing love and power.

Today, let hope rise. Declare God's promises and let His compassionate mercies renew your strength each morning.







Day 18: 🎇 Cultivating Hope in the Darkness

# Reflect and Apply

1.	Where do you place your hope in difficult times?
2.	How does hope change your outlook on recovery?
3.	What promises from God inspire you most today?







Day 18: 🎇 Cultivating Hope in the Darkness

# **Journaling Prompts**

1.	Write a hope-filled letter to yourself.
2.	List scriptures that inspire hope during hardship.
3.	Pray for God's peace and joy to overflow in your heart.







Day 18: X Cultivating Hope in the Darkness

# Prayer for Today

**God of hope,** fill me with Your joy and peace as I trust You. Help me to overflow with hope by Your Spirit's power, even when the future feels uncertain. Renew my strength daily with Your compassion and love. Amen.

















### Your Verse

Joshua 1:8 - "Keep this Book of the Law always on your lips; meditate on it day and night..."

## **Supporting Scriptures**

- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."
- Romans 10:17 "Faith comes from hearing the message, and the message is heard through the word about Christ."







## Devotional: Letting God's Word Guard Your Mind

Scripture is the ultimate weapon and nourishment for your mind and spirit. Replacing unhealthy thoughts requires filling your mind with God's Word continuously.

Joshua encourages meditating day and night, making God's Word guide your decisions and attitudes.

Today, choose a favorite passage to memorize or meditate on. Let scripture guard your heart and provide strength in temptation.







# Reflect and Apply

1.	Which scriptures have brought you comfort and strength before?
2.	How can memorizing or meditating on scripture help your recovery?
3.	How does daily engagement with God's Word change your mindset?







# **Journaling Prompts**

1.	Choose a verse to memorize this week and write it here.
2.	Reflect on how that verse speaks to your current struggle.
3.	Journal about a time scripture helped you resist temptation.







# Prayer for Today

**Lord,** help me to treasure Your Word in my heart and mind. Guide me to meditate on Your truths day and night. Let Your Word be my light and strength as I walk this healing path. Amen.  $\square$   $\bigwedge$   $\bigtriangleup$ 















### Your Verse

1 John 1:9 – "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

### **Supporting Scriptures**

- Psalm 32:5 "I acknowledged my sin to you... and You forgave the guilt of my sin."
- Isaiah 1:18 "Though your sins are like scarlet, they shall be as white as snow."







# Devotional: Healing through Confession and Forgiveness

Confession brings freedom; forgiveness brings healing. The guilt and shame associated with addiction can paralyze progress. But God invites honest confession and offers complete forgiveness.

Walking in the light with God renews your spirit and breaks the power of sin's hold.

Today, practice confession—name your struggles to God and trust His promise to forgive fully. This step releases shame and opens new healing doors.







# Reflect and Apply

1.	Are there any sins or habits you have been hiding from God?
2.	How does God's promise of forgiveness affect your self-view?
3.	What steps can you take to live openly and honestly before God?







# **Journaling Prompts**

1.	Confess specific struggles or sins in writing to God.
2.	Write about how forgiveness feels or what it means to you.
3.	Journal a prayer asking God to help you forgive yourself.







# Prayer for Today

**Merciful Father,** I confess my sins and struggles openly before You. Thank You for Your faithfulness and forgiveness that purify me completely. Help me to walk in Your light and live free from shame. Amen.  $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







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### Your Verse

Psalm 118:24 – "This is the day the Lord has made; let us rejoice and be glad in it."

### **Supporting Scriptures**

- Isaiah 40:31 "Those who hope in the Lord will renew their strength."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







# Devotional: Step Boldly into God's Grace and Freedom

Congratulations on completing this journey toward mental health and healing! God's faithfulness has been your foundation, His Word your guide, and His Spirit your strength.

As you walk forward, remember to rejoice in each day as a gift from the Lord. Your hope in Him renews your strength and empowers you with love and self-discipline.

Keep resting in God's peace, renewing your mind, and seeking community. The road ahead is one of continued growth and freedom.

Celebrate today and step forward boldly into the abundant life God offers!







# Reflect and Apply

1.	What are the biggest lessons you've learned this study?
2.	How will you continue to apply God's truths in your routine?
3.	What encouragement can you offer someone else struggling?







# **Journaling Prompts**

1.	Write a summary of your healing journey so far.
2.	List commitments you want to maintain moving forward.
3.	Write a prayer of thanksgiving and hope for the future.







# Prayer for Today

**Gracious God,** thank You for walking with me through this journey. Help me to rejoice in every day You give and to trust You as I continue healing. Fill me with Your Spirit's power, love, and self-discipline. Let Your grace guide my steps forward in freedom and hope. Amen.







# Where God's Word Meets Your Daily Life



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