Victory Over Video Game Addiction



A 21-day journey to overcome video game addiction by embracing God's purpose, nurturing relationships, and answering His call.





Table of contents

<u>Introduction</u>	4
<u>Day 1: God's Purpose for Your Life</u>	6
Day 2: Recognizing the Root of Addiction	12
Day 3: Renewing Your Mind	18
Day 4: Putting on God's Armor	24
Day 5: Finding Rest in God Alone	30
Day 6: Strength in Accountability	36
Day 7: Balancing Life with God's Priorities	42
<u>Day 8: ₩ Embracing God's Forgiveness</u>	48
<u>Day 9: Strengthening Relationships</u>	54
Day 10: 4 Spiritual Disciplines to Combat Addiction	60
Day 11: SExperiencing God's Peace	66
Day 12: Breaking Strongholds with Truth	72
Day 13: Trowing New Habits in Christ	78
Day 14: Ratience in the Process	84
Day 15: Setting Godly Goals	90
Day 16: Suarding Your Words and Conversations	96











Introduction

Welcome to your 21-day Bible study plan on overcoming video game addiction!

In today's digital age, video games can be a source of fun and relaxation but can also become a powerful distraction or even an addiction, pulling us away from God's higher purpose for our lives. This study is designed to help you seek victory over this challenge by realigning your heart and habits with God's will.

Why focus on purpose, relationships, and God's call? Addiction often replaces what should be our top priorities: our calling in God, loving relationships, and meaningful purpose. Scripture encourages us to live intentionally, serving God wholeheartedly and loving others deeply.

Throughout these 21 days, you will:

- Discover biblical truths about freedom and new life in Christ.
- Identify practical ways to combat temptation and strengthen your resolve.
- Explore how healthy relationships reflect God's love and can aid in your journey.
- Deepen your commitment to God's calling, finding joy beyond screens and games.







As you embark on this study, remember: change is a process, and God's grace is sufficient every step of the way. Embrace this time as a spiritual reset, praying for renewed strength and clarity so you can prioritize what truly matters.

Let's take this journey together with hope, faith, and courage, knowing God desires freedom for you—not just from addiction but into a rich, purposeful life.

















Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future."

Supporting Scriptures

- Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding;"
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."







Devotional: Embrace God's Good Plans for You

Understanding God's purpose is the first step to overcoming addictive habits. When video games take priority over God's calling, we miss the abundant life He offers. **Jeremiah 29:11** reminds us that God's plans are filled with hope and a future—better than what any game can offer.

Trusting God and following His plan helps us break free from distractions. As **Proverbs 3:5** encourages, we lean not on our limited understanding but on God's infinite wisdom. Recognizing ourselves as God's handiwork (*Ephesians 2:10*) means our lives have value and intention beyond momentary pleasures.

Today, reflect on how you can align daily choices with God's good plans rather than fleeting escape. Victory starts by seeking His purpose above all.







Reflect and Apply

	What areas of your life feel pulled away from God's purpose because of video games?
2.	How can trusting God more deeply help you resist addictive habits?
3.	What steps have you taken or can take to prioritize His plans in daily life?







Journaling Prompts

1.	Write about a moment you felt God's clear purpose for your life.
	List three ways your life would change if you fully embraced God's plan above gaming.
	Identify any fears or doubts that hold you back from trusting God with your future.







Prayer for Today

Lord, help me trust Your plans for me above all else. I surrender my distractions and choose to pursue the hope and future You promise. Strengthen my faith to lean on You daily. Guide my steps away from anything that hinders Your purpose in my life. Thank You for Your steadfast love and plans that are always for my good. Amen. \bigwedge \bigotimes \bigwedge







Day 2: P Recognizing the Root of Addiction









Day 2: • Recognizing the Root of Addiction

Your Verse

James 1:14-15 - "But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."

Supporting Scriptures

- Psalm 139:23–24 "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."
- 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."







Day 2: Recognizing the Root of Addiction

Devotional: Identifying Desires That Lead to Addiction

Addiction often begins with an innocent desire that spirals into control over our lives. James 1:14–15 explains the process plainly: desire, when unchecked, can lead to sin and spiritual death. Understanding this progression helps you recognize when a seemingly harmless habit becomes harmful.

Psalm 139 invites us to be honest with God, asking Him to reveal hidden motives and destructive patterns. It's a powerful prayer asking for cleansing and guidance toward lasting change.

Remember, temptation is universal but God's faithfulness assures us no trial is too great. Leaning on His strength and wisdom (*1 Corinthians 10:13*) equips you to withstand the pull of addiction as your desires align with God's will.







Day 2: 🖓 Recognizing the Root of Addiction

Reflect and Apply

1.	What desires or feelings are driving your video game use?
2.	How willing are you to allow God to reveal hidden motives in your heart?
3.	In what ways can you rely on God's faithfulness when temptation strikes?







Day 2: 🖓 Recognizing the Root of Addiction

Journaling Prompts

	Describe the emotions that surface when you want to play video games but resist.
	Write a prayer asking God to search your heart and reveal any harmful desires.
3.	List moments when God helped you overcome temptation in the past.







Day 2: Recognizing the Root of Addiction

Prayer for Today

Lord, reveal to me the desires that pull me away from Your path. Help me confess and surrender every unhealthy craving. Thank You for loving me enough to search my heart and lead me in new ways. Give me the strength to resist temptation by Your grace and truth. Amen. \bigwedge









Day 3: Care Renewing Your Mind









Day 3: Careeving Your Mind

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

- Philippians 4:8 "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
- 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."







Day 3: Careeving Your Mind

Devotional: Transform Your Thinking for Lasting Change

Breaking addictive cycles means changing not just actions but also thoughts. Romans 12:2 calls us to a radical transformation through renewing our minds. Renewing the mind is a spiritual process that replaces harmful patterns with God-honoring ones.

Paul encourages us in Philippians 4:8 to focus on noble and pure things, consciously choosing uplifting and godly thoughts over fleeting entertainment or temptation. This intentional mindset guards the heart and mind from unhealthy cravings.

Taking thoughts captive, as 2 Corinthians 10:5 says, means recognizing and rejecting lies or rationalizations that fuel addiction. This spiritual discipline helps you live obediently and resist temptation by redirecting your thinking to Christ.







Day 3: 🖸 Renewing Your Mind

Reflect and Apply

1.	What types of thoughts lead you toward gaming, and how can you redirect them?
2.	How can focusing on what is pure and lovely help strengthen your will?
3.	What mental strategies can help you 'take captive' destructive thoughts?







Day 3: C Renewing Your Mind

Journaling Prompts

	Write down common thoughts that trigger your desire to play video games.
2.	List positive thoughts or Scriptures you can meditate on when tempted.
	Describe a time when changing your mindset helped you overcome difficulty.







Day 3: C Renewing Your Mind

Prayer for Today

Father, renew my mind and help me reject thoughts that lead me away from You. Teach me to focus on what is pure, lovely, and praiseworthy. Guide my thoughts and make them obedient to Christ, so I may live free and victorious. Amen. \bigwedge \bigcirc \diamondsuit \bigcirc

















Your Verse

Ephesians 6:11 – "Put on the full armor of God, so that you can take your stand against the devil's schemes."

Supporting Scriptures

- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
- Psalm 18:2 "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."







Devotional: Stand Strong Against Temptation with God's Armor

Spiritual warfare is real, especially when battling addiction. Ephesians 6:11 urges us to put on God's full armor—truth, righteousness, faith, and more—to stand firm against enemy attacks that entice us to harmful behaviors.

God equips us through His Spirit with power, love, and self-discipline (2 Timothy 1:7). These qualities empower you to say no firmly and lovingly—to yourself and others—and to replace addictive habits with strength-filled choices.

The Lord is your refuge and fortress (Psalm 18:2), a safe place where you can run to when temptation feels overpowering. Calling out to Him and relying on His armor daily is essential to walk in freedom.







Reflect and Apply

Which piece of God's armor do you find most challenging to put on?
How can self-discipline become a fruit of the Spirit in your life?
When in moments of temptation, where do you usually turn for help?







Journaling Prompts

1.	Write about a time you felt spiritually guarded against temptation.
2.	List how power, love, and self-discipline can help you combat addiction.
3.	Describe practical ways to remind yourself daily to put on God's armor.







Prayer for Today

God, equip me with Your armor to stand firm against temptation. Fill me with Your Spirit's power, love, and self-discipline. Be my fortress and protector as I battle addiction, and help me rely on Your strength each day. Amen. $\mathbb{Q} \bigtriangleup \mathbb{C}$

















Day 5: **B** Finding Rest in God Alone

Your Verse

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

Supporting Scriptures

- Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary."







Day 5: B Finding Rest in God Alone

Devotional: Discover True Rest Beyond the Screen

Often, video game addiction stems from a desire to escape life's stresses or find rest. However, true rest is found only in Jesus. Matthew 11:28 warmly invites the weary to come to Him for rest that refreshes the soul.

Psalm 62 declares that our souls find authentic rest in God's salvation, not temporary distractions. This rest renews our inner strength and restores perspective.

Isaiah 40:31 promises renewed strength to those who hope in the Lord. That hope invigorates and frees us, empowering us to run the race set before us without exhaustion—in contrast to the draining cycle of addiction.

Turn your weariness over to God today and embrace the rest He freely offers.







Day 5: 💋 Finding Rest in God Alone

Reflect and Apply

1.	What burdens or stresses lead you to overuse video games for escape?
2.	How can coming to Jesus change your approach to finding rest?
3.	What practical ways can you seek God's rest during difficult times?







Day 5: 💋 Finding Rest in God Alone

Journaling Prompts

	Write about how you currently find rest and how that could change in God.
2.	List situations when Jesus' invitation to rest felt especially meaningful.
3.	Imagine your life with God's rest replacing addictive habits — describe it.







Day 5: B Finding Rest in God Alone

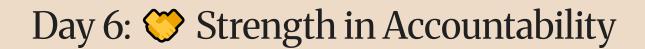
Prayer for Today

Jesus, I come to You weary and burdened. Please give me Your rest that renews and refreshes my soul. Teach me to rely on You instead of distractions that only tire me. Help me to hope fully in You and soar on wings of strength. Amen. \bigwedge \bigotimes \bigotimes \Longrightarrow

















Your Verse

Ecclesiastes 4:9-10 - "Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up."

Supporting Scriptures

- James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed."
- Proverbs 27:17 "As iron sharpens iron, so one person sharpens another."







Devotional: Overcome Addiction Through Godly Support

Going it alone in battling addiction is hard. Ecclesiastes 4:9-10 reminds us that companionship provides encouragement and help when we stumble. Accountability partners provide perspective, prayer, and practical support amidst struggle.

James 5:16 calls us to confess our sins aloud and pray with others for healing. Honesty and vulnerability unlock God's power to restore.

Like iron sharpening iron, godly relationships strengthen our character and resolve (Proverbs 27:17). Finding trustworthy friends, mentors, or small groups to walk with you in this journey is essential.

Reach out today – don't walk this path alone.







Reflect and Apply

Who in your life can you trust with your struggles?
Are you willing to be vulnerable and confess your addiction to someone else?
How have relationships helped you in past challenges?







Journaling Prompts

1. I	List people who could serve as accountability partners.
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2.1	Write about any fears or hopes you have about opening up to others.
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3. I	Describe what support and encouragement you need most right now.
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Prayer for Today

Lord, surround me with people who will support and hold me accountable. Give me courage to be honest and prayerfully connect with others for healing. Use relationships to sharpen and strengthen me as I seek freedom. Amen. 🙏





















Your Verse

Matthew 6:33 – "But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Supporting Scriptures

- Colossians 3:2 "Set your minds on things above, not on earthly things."
- Luke 10:27 "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, Love your neighbor as yourself."







Devotional: Put God First to Regain Life's Balance

Addiction often disrupts life balance, pulling focus away from what truly matters. Jesus teaches us to seek God's kingdom first, promising that when priorities align properly, our needs will be met.

Setting our minds on heavenly things rather than earthly distractions (Colossians 3:2) redirects passion and attention to eternal value.

The greatest commandments also highlight loving God fully and loving others deepens relationships that fill us in healthy ways, replacing the emptiness addictive habits try to cover.

Today, examine how your time and energy reflect your priorities. Ask God for help to reorder your life around Him.







Reflect and Apply

1.	How has video game addiction shifted your priorities away from God?
2.	What does it look like practically to seek God's kingdom first each day?
3.	How can loving God and others reshape your time investments?







Journaling Prompts

1.	Chart a typical day's activities and highlight where God fits in.
2.	Write a prayer asking God to reorder your priorities.
3.	Identify one change you can make to prioritize God's kingdom this week.







Prayer for Today

















Day 8: **\$\frac{1}{2}\$** Embracing God's Forgiveness

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 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."
- Isaiah 1:18 "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 8: **\$\frac{1}{2}\$** Embracing God's Forgiveness

Devotional: Receive God's Cleansing Grace

Feelings of guilt and shame often accompany addiction, keeping us trapped in cycles of defeat. But God offers a pathway to freedom through forgiveness.

1 John 1:9 promises that when we confess our sins honestly, God is faithful to forgive and purify us completely. Our mistakes no longer define us.

Psalm 103 paints a beautiful picture of how God distances our sins from us, removing them as far as east is from west. Isaiah 1:18 reassures us that even scarlet sins can be made pure as fresh snow.

Allow God's forgiveness to restore your soul, empowering you to move forward without burden.







Day 8: 🛠 Embracing God's Forgiveness

Reflect and Apply

1.	What guilt or shame do you carry related to your addiction?
2.	How does receiving God's forgiveness free you to live differently?
3.	In what ways can you forgive yourself as God forgives you?







Day 8: 🛠 Embracing God's Forgiveness

Journaling Prompts

	Write a confession of addiction struggles to God and ask for His cleansing.
2.	List scriptures or truths that remind you of God's forgiveness.
3.	Reflect on how forgiveness can change your future choices.







Day 8: 🛠 Embracing God's Forgiveness

Prayer for Today

Father, I confess my sins and addiction to You. Thank You for Your faithfulness and justice that bring complete forgiveness. Purify my heart and remove all shame. Help me live freely in Your grace, embracing the new life You offer each day. Amen. \bigwedge \diamondsuit \diamondsuit

















Day 9: Strengthening Relationships

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

- John 15:13 "Greater love has no one than this: to lay down one's life for one's friends."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







Day 9: Strengthening Relationships

Devotional: Cultivate Healthy Connections for Support

Recovery is not meant to be a solitary journey. God emphasizes the significance of strong, encouraging relationships in the Christian community.

Hebrews 10 calls believers to spur one another on in love and good deeds and to continually meet for encouragement. Such fellowship counters loneliness and temptation.

Jesus' greatest command in John 15 demonstrates sacrificial love and care for friends—qualities that nurture healing and accountability.

As you work toward freedom, intentionally seek to build or repair relationships that uplift and support your spiritual growth.







Day 9: 🗱 Strengthening Relationships

Reflect and Apply

1.	How has addiction affected your current relationships?
2	Who encourages you to pursue good and godly habits?
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3.	What steps can you take to improve connection with others?







Day 9: 🗱 Strengthening Relationships

Journaling Prompts

1.	List people who currently support you and how they do so.
2.	Identify a relationship you want to strengthen and plan ways to do it.
3.	Write about what a healthy support network looks like for you.







Day 9: Strengthening Relationships

Prayer for Today

God, thank You for relationships that encourage and uplift. Help me to strengthen bonds with those around me who spur me on in love and righteousness. Teach me to love sacrificially and build up others as You do for me. Amen. 🙏 😜 💙 🦭















Your Verse

1 Timothy 4:7-8 - "Train yourself to be godly. For physical training is of some value, but godliness has value for all things..."

Supporting Scriptures

- Psalm 1:2-3 "But whose delight is in the law of the Lord, and who meditates on his law day and night..."
- Matthew 26:41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."







Devotional: Discipline Your Spirit for Freedom

Just as athletes train their bodies, Christians are called to train their spirits. 1 Timothy 4 teaches that godliness requires intentional discipline—integral to overcoming any stronghold, including addiction.

Daily meditation on God's Word (Psalm 1) shapes your heart and mind toward life-giving habits, replacing empty pursuits.

Jesus' call to watch and pray (Matthew 26:41) reminds us of the necessity of spiritual vigilance and communication with God to resist temptation effectively.

Developing consistent spiritual disciplines fortifies your will and fills you with strength beyond yourself.







Reflect and Apply

1.	Which spiritual disciplines do you practice or want to start?
2.	How does prayer help you stay alert against temptation?
	What daily habits bring you closer to God and distance you from addiction?







Journaling Prompts

1.	Plan a daily routine including Scripture reading and prayer.
2.	Write about obstacles to maintaining spiritual disciplines.
3.	List benefits you've noticed when spiritually disciplined consistently.







Prayer for Today

Lord, teach me to train myself in godliness through daily prayer and Scripture. Help me watch carefully for temptation and rely on Your Spirit's strength. Discipline my heart to follow You faithfully and live free from addiction's grip. Amen. \bigwedge \square \heartsuit \triangleright

















Day 11: SExperiencing God's Peace

Your Verse

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

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."







Day 11: 🛱 Experiencing God's Peace

Devotional: Let God's Peace Guard Your Heart

Anxiety and restlessness often drive addictive behaviors. God's Word offers a peace that surpasses human understanding—a peace that can guard your heart and mind amidst struggle.

Philippians 4 encourages us to bring every worry and request to God in prayer, trusting His care.

Jesus promises a unique peace that isn't like the fleeting calm the world offers (John 14:27). This peace strengthens us to withstand urges and find assurance in God's presence.

Isaiah 26 assures that keeping our minds fixed on God produces perfect peace. Allow His peace to replace anxiety as you pursue freedom.







Day 11: 😂 Experiencing God's Peace

Reflect and Apply

1.	What anxieties or worries often trigger your desire to escape in games?
2.	How can prayer and thanksgiving cultivate God's peace in your heart?
3.	In what areas do you need God's peace most today?







Day 11: 😂 Experiencing God's Peace

Journaling Prompts

1.	Describe a time God's peace calmed you in a difficult moment.
2.	Write a list of worries you can bring to God in prayer this week.
3.	Reflect on how God's peace might shift your responses to temptation.







Day 11: W Experiencing God's Peace

Prayer for Today

Father, help me cast all my anxieties on You and receive Your peace that guards my heart and mind. Strengthen me to trust You fully and find calm in Your presence. Replace my restlessness with Your perfect peace today. Amen.









Day 12: Breaking Strongholds with Truth









Day 12: Breaking Strongholds with Truth

Your Verse

John 8:32 - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- 2 Corinthians 10:4–5 "For the weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds..."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







Day 12: @ Breaking Strongholds with Truth

Devotional: Use God's Truth to Shatter Addiction

Addictive patterns create strongholds—a mindset or behavior that feels impossible to break. But Jesus declares that knowing the truth brings freedom (John 8:32).

Our spiritual weapons are powerful to demolish these strongholds when we wield them—God's truth and Word.

Psalm 119:105 reminds us that Scripture lights our way, showing us the path out of darkness and deception. By hiding God's word in our hearts, we equip ourselves to stand firm and resist lies that fuel addiction.

Commit to daily immersion in God's truth as your weapon and guide to liberty.







Day 12: @ Breaking Strongholds with Truth

Reflect and Apply

1.	What lies keep you chained to addiction?
2.	How can Scripture challenge and replace these lies?
3.	What practical ways can you incorporate God's truth daily?







Day 12: @ Breaking Strongholds with Truth

Journaling Prompts

1.	Identify false beliefs that influence your addictive behaviors.
2.	Write out Bible verses that counteract these lies.
3.	Plan a Scripture memory strategy to support your freedom journey.







Day 12: Breaking Strongholds with Truth

Prayer for Today

Lord Jesus, reveal Your truth in my life and set me free from every stronghold. Help me wield Your Word as a weapon against lies and temptation. Illuminate my path so I may walk in freedom and righteousness. Amen. \triangle \square \bigcirc \heartsuit







Day 13: F Growing New Habits in Christ









Day 13: 😽 Growing New Habits in Christ

Your Verse

Galatians 5:22–23 – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."

Supporting Scriptures

- Romans 6:4 "We were therefore buried with him through baptism into death... so that we too may live a new life."
- Ephesians 4:22–24 "...put off your old self...put on the new self, created to be like God in true righteousness and holiness."







Day 13: F Growing New Habits in Christ

Devotional: Cultivate the Fruit of the Spirit Daily

Victory over addiction includes cultivating new, healthy habits rooted in the Spirit's fruit. Galatians 5 details nine qualities that blossom when we remain connected to Jesus.

Romans 6 reminds us we have died to old patterns and now live a new life—a life empowered to choose differently.

Ephesians reinforces this transformation, urging us to discard the old self and embrace a renewed identity reflecting God's righteousness and holiness.

Start by inviting the Spirit to develop self-control and kindness where addiction once ruled.







Day 13: 🍞 Growing New Habits in Christ

Reflect and Apply

1.	Which fruit of the Spirit feels most relevant to your recovery?
2.	How can embracing your new identity help resist past addictive patterns?
2	What habite can you replace with Crisit ladections?
3.	What habits can you replace with Spirit-led actions?







Day 13: 🍞 Growing New Habits in Christ

Journaling Prompts

1.	Choose one fruit of the Spirit to focus on developing this week.
2.	Write about how Jesus has transformed your identity.
3.	Plan an action step to practice self-control or kindness daily.







Day 13: F Growing New Habits in Christ

Prayer for Today

Holy Spirit, produce Your fruit in my life—especially self-control and peace. Help me live out my new identity in Christ, leaving old habits behind. Guide me daily to grow more like Jesus and walk free from addiction. Amen.









Day 14: Z Patience in the Process









Day 14:
☐ Patience in the Process

Your Verse

James 5:7-8 - "Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop... be patient and stand firm."

Supporting Scriptures

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







Day 14:
☐ Patience in the Process

Devotional: Trust God's Timing for Your Healing

Breaking free from addiction often takes time and persistence. James encourages patience, illustrating it with a farmer waiting for crops to grow. Healing and breakthrough happen in God's timing.

Romans reminds us that hope requires patient waiting, even when the change feels slow.

Psalm 27 calls for strength and courage as we wait for God's intervention.

Be gentle with yourself; trust that God is working beneath the surface, cultivating lasting transformation.







Day 14: Σ Patience in the Process

Reflect and Apply

1.	How do you feel about the pace of your recovery journey?
2.	What fears or frustrations arise during slow progress?
3.	How can you practice patience and stand firm in hope?







Day 14: Σ Patience in the Process

Journaling Prompts

1.	Reflect on a time when being patient led to fruitfulness.
2.	Write prayers expressing honest feelings about your recovery pace.
3.	List encouragements from Scripture to remind you to persevere.







Day 14:

☐ Patience in the Process

Prayer for Today

Lord, teach me to be patient as You work in my life. Help me stand firm in hope and trust Your perfect timing for healing and freedom. Strengthen my heart when I feel weary, and remind me You are faithful. Amen. 🙏 🌾 🚨 💙









Day 15: Setting Godly Goals









Day 15: Setting Godly Goals

Your Verse

Philippians 3:13-14 - "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

- 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 15: 🕱 Setting Godly Goals

Devotional: Plan Purposefully for Victory

Setting concrete, God-centered goals helps provide direction and motivation as you overcome addiction. Paul models this by forgetting the past and pressing forward toward the heavenly prize.

Proverbs 16 assures us that committing our plans to God will establish them securely, ensuring they align with His will.

Habakkuk 2 encourages writing down God's vision clearly, providing clarity and focus on the journey ahead.

Identify specific, achievable goals to replace addictive habits and pursue God's purpose with intentionality.







Day 15: 🕱 Setting Godly Goals

Reflect and Apply

1.	What goals can help you turn from addiction to God's calling?
2.	How will committing your plans to God change your approach?
3.	What vision motivates you enough to persist toward freedom?







Day 15: 🕱 Setting Godly Goals

Journaling Prompts

1.	Write down three Godly goals related to your recovery.
2.	Reflect on what keeps you motivated when setbacks come.
3.	Pray over your goals, asking God to guide and bless them.







Day 15: Setting Godly Goals

Prayer for Today

Father, help me set and commit Godly goals to overcome my addiction. Give me clarity, focus, and perseverance to press on toward the prize You have prepared. Align my plans with Your will and strengthen me to achieve them. Amen. \bigwedge \bigcirc \bigtriangleup \bigcirc







Day 16: Suarding Your Words and Conversations









Day 16: 💁 Guarding Your Words and Conversations

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 1:19 "Everyone should be quick to listen, slow to speak and slow to become angry."







Day 16: 🙅 Guarding Your Words and Conversations

Devotional: Speak Life and Build Up Others

The words we speak influence our thoughts, emotions, and actions. Proverbs 18 warns that the tongue holds immense power for destruction or life.

Ephesians 4 guides us to speak only what builds up others and serves God's purpose.

James reminds us to be thoughtful in speech—listening well, speaking carefully, and controlling anger.

As you recover, guard your language and conversations. Avoid negative self-talk or rationalizations that fuel addiction. Choose words that encourage and affirm your new path.







Day 16: 💁 Guarding Your Words and Conversations

Reflect and Apply

1.	How does your self-talk affect your addiction or recovery?
2.	What conversations might you limit or change to protect your progress?
3.	How can you better listen and respond in stressful moments?







Day 16: Sur Guarding Your Words and Conversations

Journaling Prompts

	Record common negative thoughts and rewrite them positively with Scripture.
2.	List friends or groups that help you speak life and stay accountable.
3.	Reflect on how controlled speech has helped you resist temptation.







Day 16: 💁 Guarding Your Words and Conversations

Prayer for Today

Lord, help me use my words to speak life—to myself and others. Teach me to listen well and respond with grace rather than anger. Guard my tongue from harmful talk and fill me with encouraging speech that honors You. Amen. \triangle



















Your Verse

Zechariah 4:10 - "Do not despise these small beginnings, for the Lord rejoices to see the work begin."

Supporting Scriptures

- Psalm 118:24 "This is the day the Lord has made; let us rejoice and be glad in it."
- 1 Corinthians 15:58 "Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord..."







Devotional: Honor Progress in Your Journey

Change rarely happens overnight. Zechariah encourages us not to despise small beginnings, recognizing God's pleasure in every step forward.

Celebrating daily progress—no matter how small—builds momentum and reminds you of God's active presence.

Psalm 118 invites rejoicing daily, turning every moment into gratitude for growth and grace.

Paul exhorts believers to remain steadfast and fully committed, encouraging perseverance through all stages.

Take time today to celebrate your victories and give thanks for progress made.







Reflect and Apply

1.	What recent small victories have you experienced in overcoming addiction?
2.	How do you celebrate progress in healthy ways?
3.	What helps you stay motivated when change feels slow?







Journaling Prompts

1.	List three small victories from this week and how you felt.
2.	Write a gratitude journal entry focused on daily progress.
3.	Plan a reward system for milestones reached in your recovery.







Prayer for Today

Thank You, Lord, for every step of progress You've made in my life. Help me celebrate small beginnings and stay steady in my journey. Keep me joyful and committed as I trust You to complete Your work in me. Amen. \bigwedge







Day 18: V Loving Yourself as God Loves You









Day 18: V Loving Yourself as God Loves You

Your Verse

Psalm 139:14 – "I praise you because I am fearfully and wonderfully made; your works are wonderful..."

Supporting Scriptures

- Mark 12:31 "Love your neighbor as yourself."
- Ephesians 2:10 "We are God's handiwork, created in Christ Jesus to do good works."







Day 18: V Loving Yourself as God Loves You

Devotional: Accept God's Love and Value for You

Self-love is essential in breaking addictive cycles. God's Word reminds you are wonderfully made and deeply valued.

Psalm 139 celebrates God's intentional design of your life and uniqueness.

Jesus commands to love others as we love ourselves, implying the importance of healthy self-love.

Remembering your identity as God's handiwork empowers you to treat yourself with kindness, replacing shame and self-condemnation with grace.

Allow God's love to heal and motivate you as you continue this journey.







Day 18: 🞾 Loving Yourself as God Loves You

Reflect and Apply

1.	How do you currently view yourself in light of God's love?
2.	In what ways can self-love aid in your recovery?
3.	What negative beliefs about yourself need replacing with truth?







Day 18: V Loving Yourself as God Loves You

Journaling Prompts

	Write a letter to yourself from God's perspective, full of love and acceptance.
2.	List qualities about yourself that reflect God's handiwork.
3.	Reflect on how loving yourself improves your relationships with others.







Day 18: V Loving Yourself as God Loves You

Prayer for Today

Father, help me see myself as You see me—fearfully and wonderfully made. Teach me to love myself with Your love and treat myself with kindness and grace. Heal any wounds of shame so I walk free and whole. Amen. 🙏 🎔 💟







Day 19: 🗱 Living Out Your Godly Purpose









Day 19: 💥 Living Out Your Godly Purpose

Your Verse

Ephesians 2:10 – "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Supporting Scriptures

- Micah 6:8 "What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."
- Romans 12:11 "Never be lacking in zeal, but keep your spiritual fervor, serving the Lord."







Day 19: 🎇 Living Out Your Godly Purpose

Devotional: Step Into God's Calling with Zeal

God created you with a unique purpose and good works in mind. Your recovery journey is not only about stopping addiction but stepping into all God planned for you.

Micah 6:8 summarizes the heart of God's call: justice, mercy, and humility in daily living.

Romans encourages us to serve eagerly, maintaining passion in our walk with the Lord.

Embrace your freedom as an opportunity to actively pursue God's work and call, bringing glory to Him and joy to your life.







Day 19: 🎇 Living Out Your Godly Purpose

Reflect and Apply

	How does your healing journey connect to God's broader purpose for your life?
2.	What good works do you feel called to pursue as you grow in freedom?
3.	How can you maintain zeal for serving God despite challenges?







Day 19: 🎇 Living Out Your Godly Purpose

Journaling Prompts

1.	Write about a passion or calling you sense from God.
2	
2.	List ways you can serve others as part of your recovery.
2	Deflect on how nursuing nurness shanges your identity
Э.	Reflect on how pursuing purpose changes your identity.







Day 19: 💥 Living Out Your Godly Purpose

Prayer for Today

Lord, thank You for creating me for a purpose and preparing good works for me to do. Ignite zeal in my heart to serve You fervently and pursue Your calling. Help me walk humbly and show mercy as I live for Your glory. Amen.



















Your Verse

Psalm 77:11 - "I will remember the deeds of the Lord; yes, I will remember your miracles of long ago."

Supporting Scriptures

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."
- Philippians 3:13 "Forgetting what is behind and straining toward what is ahead."







Devotional: Look Back with Gratitude and Forward with Hope

Reflection is a vital part of growth. Psalm 77 encourages remembering God's deeds and miracles as fuel for faith.

Lamentations assures us God's compassion renews daily—a fresh start every morning to keep moving forward.

Paul presses on by forgetting the past but also learning from it, straining toward what lies ahead.

Take time to reflect on your recovery journey—the struggles, breakthroughs, and God's faithfulness. Let gratitude inspire hope for the future.







Reflect and Apply

1.	What ways have you seen God's faithfulness during this journey?
	Which lessons have shaped your understanding of addiction and freedom?
3.	How will you carry hope forward past this study?







Journaling Prompts

1.	List milestones and breakthroughs you experienced in these 20 days.
2.	Write a gratitude letter to God for His presence and help.
3.	Describe your hopes and goals for maintaining freedom going forward.







Prayer for Today

Father, thank You for Your unwavering love and mercy every day. I remember Your faithfulness through this journey and praise You for the victories. Help me forget past failures and keep my eyes on the hope and future You provide. Amen. \bigwedge







Day 21: Z Launching into a Victorious Future









Day 21: 🔀 Launching into a Victorious Future

Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- Joshua 1:9 "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
- 2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."







Day 21: 💋 Launching into a Victorious Future

Devotional: Step Forward with Courage and Strength

As this study concludes, embrace the truth that strength to overcome comes from Christ. Philippians 4:13 reminds you that with Him, all things are possible—including lasting freedom.

God commands courage and promises His presence wherever you go (Joshua 1:9). You are never alone in the ongoing journey.

Paul's words in 2 Timothy celebrate the perseverance of faith through trials and victory. Likewise, you are equipped to fight the good fight, finish strong, and keep growing.

Step forward boldly, empowered by God's strength and grace, knowing your future is secure in Him.







Day 21: 💋 Launching into a Victorious Future

Reflect and Apply

1.	What emotions do you feel stepping into life beyond this study?
2.	How will you remind yourself daily of God's strength in your life?
3.	What commitments will you make to maintain your freedom?







Day 21: 💋 Launching into a Victorious Future

Journaling Prompts

1.	Write a declaration of faith and victory over addiction.
2.	Plan practical ways to rely on God's strength in coming months.
3.	Reflect on how you will celebrate and share your recovery story.







Day 21: Z Launching into a Victorious Future

Prayer for Today

Lord, thank You for the strength You provide every day. As I move forward from this study, empower me to be strong and courageous. Help me keep the faith and run the race set before me with perseverance. I trust in Your presence and grace for a victorious future. Amen. \bigwedge







Where God's Word Meets Your Daily Life



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