

CLINT WILSON

Broken Chains

The Next 30 days

Copyright © 2024 by Clint Wilson

All rights reserved. No part of this publication may be reproduced, stored or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.

Clint Wilson asserts the moral right to be identified as the author of this work.

First edition

This book was professionally typeset on Reedsy.

Find out more at reedsy.com

To every brave soul who has faced the darkness of addiction and chosen the path of recovery, this devotional is for you. May these words remind you of God's unending grace, His strength in your weakness, and His purpose for your life. To the families, friends, and communities who walk alongside you, thank you for your love and support. And above all, to our mighty God, who makes all things new—this journey is a testament to Your redeeming power.

Contents

<i>Foreword</i>	iii
<i>Preface</i>	v
<i>Acknowledgments</i>	vii
I Week 1: Building a Strong Foundation	
1 Day 1: Returning Home, Not Returning to Addiction	3
2 Day 2: Strength in Weakness	6
3 Day 3: Renewing Your Mind	8
4 Day 4: Finding Purpose in Recovery	11
5 Day 5: Trusting God's Process	14
6 Day 6: Embracing Accountability	17
7 Day 7: God's Grace for Each Day	20
II Week 2: Relying on God's Strength	
8 Day 8: God's Strength, Not My Own	25
9 Day 9: Overcoming Temptation	28
10 Day 10: The Armor of God	31
11 Day 11: Finding Rest in God	34
12 Day 12: Peace in Chaos	37
13 Day 13: Freedom in Forgiveness	40
14 Day 14: Pressing Forward	43

III Week 3: Building Healthy Habits

15	Day 15: Daily Surrender to God	49
16	Day 16: Creating Healthy Boundaries	52
17	Day 17: Discipline in Recovery	54
18	Day 18: Replacing Old Habits	56
19	Day 19: The Power of Routine	58
20	Day 20: Nourishing Your Soul	60
21	Day 21: Finding Accountability	62

IV Week 4: Walking in Freedom

22	Day 22: God's Grace in Recovery	67
23	Day 23: Freedom from Shame	69
24	Day 24: Walking in Victory	71
25	Day 25: Embracing Your Identity in Christ	73
26	Day 26: Living with Purpose	75
27	Day 27: The Power of Prayer	77
28	Day 28: Overcoming Doubt	79

V Sharing Your Freedom: Living Out Recovery Every Day

29	Day 29: Sharing Your Testimony	83
30	Day 30: Living Free Every Day	85
31	Conclusion	87
	Epilogue	89
	<i>About the Author</i>	91
	<i>Also by Clint Wilson</i>	93

Foreword

Leaving the structure of residential placement can feel both liberating and daunting. After spending time in an environment designed to support your healing and recovery, stepping back into the world comes with new challenges, triggers, and temptations. The comfort of routine, the close-knit support, and the boundaries that once protected you are now replaced by the unpredictability of everyday life. It's natural to feel uncertain or overwhelmed by the freedom that once felt so far away.

This devotional is designed to help guide you as you transition from residential treatment back into the world. While your time in placement was crucial for your growth and healing, now begins the true test—learning to walk in recovery each day. The skills you've learned and the healing you've experienced don't stay behind; they go with you. Yet, the journey of recovery is ongoing, and it is essential to build a foundation that will help you not just survive but thrive in the face of life's challenges.

As you work through these daily reflections, you'll be reminded of a powerful truth: you are not walking this path alone. God's grace, strength, and love are with you every step of the way. Even when the world feels chaotic or overwhelming, God is steady, and His plan for you is good. You'll find that relying on His strength—not your own—will carry you through moments of weakness.

Each day, you'll have the opportunity to reflect on areas such as setting healthy boundaries, embracing accountability, finding rest, and overcoming temptation. These devotionals are here to remind you that recovery is a

journey, not a destination. You'll learn how to replace old habits with new, healthy ones, and discover what it truly means to walk in the freedom Christ offers.

This devotional is not just a guide; it's a reminder that you are never alone in this journey. You are a new creation in Christ, and the life you are stepping into is full of hope, purpose, and grace. You are equipped, empowered, and embraced by the One who can carry you through every high and every low. As you begin this new chapter, may you always remember that God's strength is made perfect in your weakness, and His love for you is greater than any challenge you'll face.

Here's to the next steps—one day at a time, walking in freedom, empowered by grace. You've got this, and more importantly, God's got you.

Preface

This devotional was born out of a deep understanding of the struggles that come with leaving the structured environment of residential placement and stepping back into the unpredictability of everyday life. The transition from the safety of a controlled setting to the freedom of the outside world can feel overwhelming. The support systems, routines, and accountability that once felt so secure are no longer as immediate, leaving many feeling vulnerable as they face the reality of recovery.

But this devotional is here to remind you that while you may be leaving behind one structure, you are stepping into another—a spiritual foundation that is far stronger and more enduring. The path of recovery isn't easy, but it is possible when you rely on the right source of strength: God. Throughout these pages, you will find daily encouragement rooted in Scripture, designed to help you face the real-world challenges that come with staying committed to recovery.

This journey is deeply personal, and each day presents new battles with addiction, temptations, and the pull of old habits. But there is hope. With God's strength, you can overcome. This devotional offers a blend of practical wisdom, spiritual guidance, and moments of reflection to help you renew your mind, build healthy habits, and embrace the freedom that Christ offers.

My hope is that as you work through these daily devotionals, you will be reminded that you are not walking this road alone. God's grace is sufficient for each day, and His love will sustain you. Whether you are struggling to rebuild your life, facing temptation, or simply trying to find your purpose in this new season, this devotional will guide you back to the truth that God's strength is

made perfect in your weakness.

This is more than just a collection of daily reflections; it is a tool to help you embrace your identity in Christ, find purpose in your recovery, and take practical steps toward lasting freedom. My prayer is that you will experience God's grace afresh each day, and that this devotional will empower you to walk in the victory He has already won for you.

As you embark on this new chapter, remember that recovery is not about perfection, but progress. Take each day as it comes, trusting that God will guide your steps, strengthen your heart, and lead you into a life of freedom, joy, and purpose.

You are stronger than you think, and with God's help, you can overcome anything. This devotional is a companion for your journey—offering hope, encouragement, and the reminder that your best days are still ahead.

Here's to a life of freedom, one day at a time.

Acknowledgments

This devotional would not be possible without the incredible dedication of those who stand on the front lines of the battle against addiction every single day. To the counselors, therapists, social workers, and healthcare professionals who tirelessly serve individuals and families impacted by addiction—you are the unsung heroes. Your compassion, expertise, and relentless commitment to helping others find freedom have made an immeasurable difference in countless lives.

To the residential program staff, mentors, and support workers who offer not only guidance but also understanding and empathy—thank you for creating safe spaces where individuals can begin the journey of recovery. You provide more than just structure and accountability; you offer hope to those who often feel hopeless. Your work is a light in the darkness, and your impact extends far beyond what can be seen in the moment.

To the family members and loved ones who continue to stand by those in recovery with grace, patience, and unconditional love—your support means everything. Your presence in their lives as they face this battle head-on is irreplaceable, and you serve as a reminder that they are not walking this journey alone.

To the recovery sponsors, accountability partners, and peer mentors—thank you for offering encouragement, wisdom, and tough love when it's needed most. Your willingness to walk alongside someone in their most vulnerable moments is a gift, and your shared experiences bring both comfort and strength.

Finally, to every individual who is currently fighting the battle of addiction or has walked through it to find freedom—this devotional is for you. Your resilience, courage, and faith are an inspiration. Never underestimate the power of your story, and never forget that God’s grace is sufficient for you every day.

This devotional is a small offering in honor of the countless people who have dedicated their lives to the fight against addiction, and to those who are courageously walking the path to recovery. May it serve as a source of hope, encouragement, and strength as you continue to make an impact in the lives of so many.

Thank you for all that you do.

I

Week 1: Building a Strong Foundation

Week 1: Building a Strong Foundation is about laying the groundwork for lasting recovery. In these first steps of your journey, we'll focus on establishing a solid spiritual foundation rooted in Christ. By seeking God's strength, embracing His grace, and committing to daily renewal, you'll create a firm base to overcome challenges, resist temptation, and grow in faith. Let's start this journey with God as your cornerstone!

1

Day 1: Returning Home, Not Returning to Addiction

Scripture:

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

Reflection:

Coming home after leaving a treatment facility can feel like a huge relief—finally, freedom! But this new chapter can also be filled with fear. The world you’re stepping back into is the same as before, but you’re not the same. You’ve done the hard work of breaking free from the chains of addiction, but old temptations might try to pull you back.

Remember this powerful truth: In Christ, you are a new creation! The old you, the one trapped by addiction, no longer controls your future. Now that you’re free, it’s important to keep building a life that aligns with your new identity—one where God is at the center, giving you the strength to stay strong even

when the old urges sneak back.

Coming home isn't about going back to the way things were. This is a fresh start, and you don't have to do it alone. God promises that you are new, and He is with you every step of the way, helping you resist what used to hold you down. You don't need to be perfect. Every day is about progress, and God's love will carry you through even when the road is tough.

Meditation:

Close your eyes and take a deep breath. As you breathe in, focus on the word "new." Imagine God filling you up with new life, new strength, and new hope. As you breathe out, let go of any guilt, shame, or fear about slipping back into old habits. Picture your old self—the girl weighed down by addiction—falling away, and your new self, free in Christ, stepping forward.

Remember: you are not defined by your past. The old is gone, and the new is here. Let this truth fill your heart as you get ready to face life at home.

Prayer:

Dear God, thank You for making me a new creation. Coming home feels overwhelming, and I'm scared of falling back into my old ways. Please help me remember that my identity is in You, not my past. Give me the strength to handle the challenges ahead, and let me rely on Your grace every day. Walk with me as I continue this journey of recovery, knowing that I am free in You. Amen.

Challenge:

Today, take a moment to write down something from your past—whether it's a habit, a mindset, or something you regret—that you don't want to carry with you anymore. Pray over it and ask God to help you leave it behind as you step into the new life He's given you. Trust that He's making all things new in you.

2

Day 2: Strength in Weakness

Scripture:

“But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” — 2 Corinthians 12:9

Reflection:

Being back home might feel like a mix of relief and fear. You’re away from the safety of treatment and surrounded by familiar places, faces, and routines that remind you of your past struggles. It’s normal to feel weak and unsure of yourself, and it’s easy to wonder, “Can I really stay sober on my own?”

Here’s the good news: You don’t have to do it alone. God knows we have moments of weakness, and He doesn’t expect us to be strong all the time. In fact, it’s in those very moments of weakness when God’s strength shows up the most. When you feel like you can’t handle the pressure, that’s exactly when God steps in and lifts you up.

DAY 2: STRENGTH IN WEAKNESS

The world may tell you that being weak is something to be ashamed of, but God sees it differently. When you admit you need help, God's grace can flood in and give you what you need to make it through. Don't be afraid to admit your struggles. God isn't looking for perfection from you; He's offering His power to carry you through the tough days.

Meditation:

Take a deep breath. As you inhale, imagine God's strength filling your heart, giving you peace and calm. With each exhale, let go of the pressure to have it all figured out. Imagine your weaknesses being lifted into God's hands, and feel the weight of them become lighter as you surrender them to Him.

Prayer:

Lord, I admit that I often feel weak and overwhelmed. But today, I choose to trust in Your promise that Your grace is enough for me. Help me to embrace my weakness, knowing that it allows Your power to be at work in my life. Strengthen me when I feel like giving up, and remind me that I don't have to rely on my own strength. Thank You for being my source of strength, even in my weakest moments. Amen.

Challenge:

Identify one area in your life where you feel particularly weak or vulnerable. Write it down and take time to pray over it today, asking God to fill that area with His strength. Let go of any shame or frustration about feeling weak, and trust that God's grace will meet you exactly where you are. Remember, His power is made perfect in your weakness.

3

Day 3: Renewing Your Mind

Scripture:

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” — Romans 12:2

Reflection:

Leaving rehab and stepping back into the world can feel like a test of everything you’ve learned. You’ve made real progress, but there are still so many triggers—places, people, and even thoughts—that can pull you back toward old habits. That’s why guarding and renewing your mind is one of the most important things you can do.

In recovery, the biggest battle often takes place in your mind. Your thoughts can either push you toward healing or pull you toward destruction. Old ways of thinking—like believing you’re not strong enough or that you’ll never change—can feel comfortable, but they keep you trapped. Renewing your mind means choosing new, healthy thoughts that align with God’s truth

instead of the lies you used to believe.

God calls you to be different, to not fit into the world's mold or go back to old ways. Renewing your mind is how you stay on track, how you keep growing. It's a daily choice to replace the thoughts that drag you down with the promises that lift you up. Recovery isn't just about your body healing—it's about allowing God to heal your mind, too. Every day, you have a chance to reset your thoughts and focus on what God says about you: You are loved, you are strong, and you are made new.

Meditation:

As you breathe in, imagine God filling your mind with His peace and truth. With each exhale, release the negative thoughts that try to hold you back—thoughts like “I’m not good enough” or “I’ll never be free.” Picture those lies leaving your mind, making room for the truth that God is renewing you day by day.

Picture your mind like a garden. Just as you pull out weeds to protect the healthy plants, allow God's Word to uproot any lies or toxic thoughts. Let this meditation remind you that God is renewing your mind each day, and as you align your thoughts with His truth, transformation will follow.

Prayer:

Lord, I know the battle to stay free from addiction starts in my mind. Help me to focus on Your truth instead of the lies that try to pull me back. Renew my thoughts and remind me every day that I'm not who I used to be. Give me the strength to let go of old patterns and choose new ones that honor You. Thank You for making me new and helping me change from the inside out. Amen.

Challenge:

Lord, I know the battle to stay free from addiction starts in my mind. Help me to focus on Your truth instead of the lies that try to pull me back. Renew my thoughts and remind me every day that I'm not who I used to be. Give me the strength to let go of old patterns and choose new ones that honor You. Thank You for making me new and helping me change from the inside out. Amen.

4

Day 4: Finding Purpose in Recovery

Scripture:

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” — Ephesians 2:10

Reflection:

Sweet girl, you are not just anyone—you are God’s beloved daughter, hand-crafted by Him for something amazing. You might be feeling unsure about what your life looks like after rehab. You’ve come through so much, and it’s easy to wonder, “What now?” After focusing so hard on breaking free from addiction, it can feel like there’s this huge blank space ahead of you. But let me remind you—God has a beautiful purpose for your life, a purpose that is so much bigger than what you’ve been through.

Your journey, even the tough parts, is part of God’s bigger plan for you. You are His masterpiece, and He has already written incredible works for you to step into. Recovery is not just about staying clean, it’s about stepping into the life God designed for you long before you were born. He knows every detail of your heart, and He created you for good things. Right now, you are a walking

testimony of His grace, His power, and His endless love.

Maybe you don't see it yet, but your story matters. Your recovery is not wasted—it's going to bring hope, light, and love to others. God has made you with a purpose, and nothing—no addiction, no mistake—can erase the destiny He has for you. The world may have tried to tell you otherwise, but hear this loud and clear: You are precious to God. He made you with a purpose, and as you walk forward, He will reveal more and more of His amazing plan for your life.

Meditation:

As you breathe in, imagine God whispering to your heart, "You are My daughter, created with love." With each exhale, release any fear or uncertainty about your future. Picture yourself walking hand-in-hand with God, each step filled with purpose and grace. Know that you are not walking this road alone—He has designed a path just for you.

Prayer:

Father, thank You for reminding me that I am Your precious daughter, created with a purpose. Sometimes I feel lost, but I trust that You know the plan for my life, and it's good. Help me to see myself through Your eyes and believe that my story can bring hope and healing to others. Thank You for loving me so much and for guiding me every step of the way. I trust You with my future. Amen.

Challenge:

Take some time today to reflect on how far you've come in your journey. Write down at least three ways you believe God might be using your story for something good. Ask Him to open your heart to the purpose He has for you and be willing to take even small steps toward it. Know that you are walking in the good works He created for you.

5

Day 5: Trusting God's Process

Scripture:

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” — Romans 8:28

Reflection:

Beautiful girl, I know the road of recovery can sometimes feel long and uncertain. You might wonder why things aren't moving faster or why some days still feel so hard. But remember this—God is not in a rush, and neither should you be. He's working out something amazing in your life, even when it feels slow or unclear. Every step you take, even the small ones, are part of His bigger plan for you.

God has a process for your healing, and He's using every single moment—your triumphs and even your struggles—for good. He knows your heart, and He sees the deep work He's doing inside of you. Sometimes it can feel frustrating, like you should be further along or like you're still battling things that should be behind you. But trust me, sweet girl, God is not done with you. He's carefully shaping you, walking with you through every challenge, and making sure that

nothing is wasted.

When you start to feel discouraged, remember that God is in control. He is weaving together every part of your story, even the painful ones, for a purpose greater than you can see right now. He sees the woman you are becoming, His precious daughter who is stepping into the freedom He has designed for her. You don't have to rush, compare, or control the outcome—God's timing is perfect, and He will complete the beautiful work He has started in you.

Meditation:

As you breathe, focus on the word "trust." With each inhale, imagine yourself letting go of any need to control the process. With each exhale, release your fears or frustrations, trusting that God is working in your life, even when you don't see it.

Picture your recovery as a long, winding path. Some parts are smooth, others rocky, but God walks beside you on every part of the journey. Trust that He knows the way, and that every twist, turn, and delay is part of the plan He's working out for your good.

Prayer:

Lord, I confess that I often struggle to trust Your timing and plan, especially when things don't go as I expect. Help me to surrender control and place my trust in You. Remind me that You are working all things together for my good, even when I don't understand. Give me patience to trust the process and faith to believe that You are leading me every step of the way. Amen.

Challenge:

Take a moment to reflect on areas of your recovery where you've been feeling frustrated or impatient. Write down those areas, and spend time in prayer asking God to help you trust His process. Then, intentionally take one step today to surrender control, whether it's letting go of an expectation or simply reminding yourself that God is in control.

6

Day 6: Embracing Accountability

Scripture:

“Therefore encourage one another and build one another up, just as you are doing.”

— 1 Thessalonians 5:11

Reflection:

One of the most powerful tools in your recovery journey is accountability. After leaving the safety and structure of residential treatment, the temptation to isolate or hide your struggles can be strong. However, true growth and healing happen when you allow others to walk alongside you, offering support, encouragement, and correction when necessary.

Accountability isn't about judgment or shame—it's about having people who care enough to hold you to the path of recovery. When you embrace accountability, you open yourself to the support of others who can help keep you grounded, especially in moments of weakness. You don't have to do this alone. God designed us for community, and part of that design includes being vulnerable with others so we can be encouraged and built up in our faith and

recovery.

Accountability may feel uncomfortable at times, but it is vital to staying on track. Being accountable means inviting trusted individuals—whether friends, family, a mentor, or a counselor—into your life to ask the hard questions, celebrate your progress, and encourage you through the tough times. When you embrace accountability, you’re not just protecting yourself from relapse—you’re growing stronger in your faith and in your recovery.

Meditation:

As you breathe, focus on the word “support.” With each inhale, imagine God surrounding you with people who care about your recovery. With each exhale, release any fears or pride that keep you from being honest and open with others.

Picture the people in your life who can help keep you accountable. See them as blessings from God, placed in your life to help you stay on the path of healing. Let go of the fear of vulnerability, and embrace the strength that comes from being supported by others.

Prayer:

Lord, help me to embrace accountability in my life. I know that I cannot walk this journey alone, and I need others to help me stay on the path of recovery. Give me the courage to be vulnerable and honest with those I trust. Help me to receive correction with humility and to encourage others in their journey as well. Thank You for surrounding me with people who care about my healing and my faith. Amen.

Challenge:

Identify one or two people in your life who can be your accountability partners. Reach out to them today, whether through a conversation or a message, and ask them to help keep you accountable in your recovery. Share with them what areas you need support in and commit to being open with them moving forward.

7

Day 7: God's Grace for Each Day

Scripture:

“The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness.” — Lamentations 3:22-23

Reflection:

Recovery is a day-by-day process. Some days will feel like victories, while others may seem like setbacks. But no matter how the day unfolds, God's grace is available to you every single day. His mercies are new each morning, and His love for you never runs out. This means that even on your toughest days, when you feel like you've failed or fallen short, God's grace is there to lift you up and keep you moving forward.

God doesn't expect you to be perfect, but He does invite you to rely on His grace. Trying to manage your recovery on your own will only lead to frustration, but trusting in God's strength and grace will give you the endurance you need to stay the course. Each day, you have the opportunity to receive God's grace anew—to let go of yesterday's mistakes and walk in the freedom and mercy He provides for today.

DAY 7: GOD'S GRACE FOR EACH DAY

Remember, God's grace is sufficient for you, not just in the big moments, but in every small step of your recovery. Lean on His love and mercy daily, trusting that He is with you, giving you the strength and support you need to stay committed to your healing.

Meditation:

As you breathe, focus on the word "grace." With each inhale, imagine God's grace filling your heart, refreshing you for the day ahead. With each exhale, release any guilt, shame, or anxiety from the past, knowing that God's mercies are new for you this morning.

Allow yourself to rest in the knowledge that you don't have to carry yesterday's burdens into today. God's grace covers you, renews you, and gives you the strength you need, one day at a time.

Prayer:

Lord, thank You for Your never-ending grace and mercy. Each day is a new opportunity to receive Your love and start fresh. Help me to rely on Your grace as I walk through my recovery, trusting that You are with me in every step. Teach me to let go of yesterday's failures and to embrace the hope You offer for today. I am grateful for Your faithfulness and grace that sustain me. Amen.

Challenge:

Take a moment today to reflect on God's grace in your life. Write down one way God's grace has been evident in your recovery journey so far. Each morning this week, remind yourself of Lamentations 3:22-23 and embrace the fresh start that God's mercy provides.

II

Week 2: Relying on God's Strength

In recovery, you don't have to face challenges alone. This week, we'll focus on learning to rely on God's strength instead of our own. Through prayer, Scripture, and trust in His power, you can find the courage and endurance needed to overcome temptations and struggles. God is your source of strength, and His power is made perfect in your weakness. Embrace His strength each day and lean on Him in your journey.

8

Day 8: God's Strength, Not My Own

Scripture:

"I can do all things through Him who strengthens me." — Philippians 4:13

Reflection:

In recovery, it's easy to feel overwhelmed by the weight of temptation, the pressure to stay on track, and the fear of relapse. You might feel like you're carrying the world on your shoulders, trying to manage everything in your own strength. But here's the truth: you were never meant to face this journey alone or depend solely on your own strength.

God invites you to rely on His strength, not yours. His power is made perfect in your weakness. When you admit that you can't do this on your own and turn to God for help, He gives you the strength to keep going, one day at a time. Through Him, you can do what feels impossible on your own.

Your battle with addiction is not one you have to fight alone. God is with you, offering His power to help you break the chains of addiction and walk in

freedom. It's okay to admit that you feel weak because God's strength is made perfect in your moments of weakness. Each time you feel like you can't go on, lean into God's strength and trust that He will give you what you need to move forward.

Meditation:

As you breathe, focus on the word "strength." With each inhale, imagine God's strength filling you, giving you the courage and power you need for today. With each exhale, release any feelings of inadequacy or the pressure to be strong on your own.

Allow yourself to rest in the knowledge that you don't have to carry the burden alone. God is with you, strengthening you every step of the way. The power that raised Jesus from the dead is the same power that lives in you, helping you overcome every obstacle in your recovery.

Prayer:

Lord, I know I can't do this on my own. I need Your strength every day, every hour, and every moment. Thank You for Your promise that I can do all things through You. Help me to surrender my pride and my fear, and to rely on Your power instead of my own. Fill me with the strength I need to continue my recovery journey and to trust that You will provide what I need each step of the way. Amen.

Challenge:

The next time you feel weak or like giving up, stop and pray Philippians 4:13. Remind yourself that God's strength is available to you, and ask Him to help you rely on Him instead of trying to power through on your own. Take a moment to reflect on where you need God's strength most in your recovery and invite Him into that space.

9

Day 9: Overcoming Temptation

Scripture:

“No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it.” — 1 Corinthians 10:13

Reflection:

Temptation is something everyone faces—especially during recovery. It’s easy to feel like you’re the only one who struggles, but this verse reminds us that temptation is a universal experience. You are not alone in your fight, and more importantly, God is faithful. He doesn’t leave you to battle temptation on your own, nor does He allow you to face something that is too overwhelming for you to handle with His help.

The key to overcoming temptation isn’t found in willpower or self-reliance but in God’s faithfulness. He has promised that there will always be a way of escape, a path that leads you away from the temptation and toward freedom.

DAY 9: OVERCOMING TEMPTATION

That escape may come in the form of accountability, a change of environment, prayer, or even the strength to say “no.” The important thing to remember is that God equips you to overcome temptation.

When you face moments of temptation, remind yourself that God is with you, providing a way out. The enemy wants you to feel isolated and powerless, but you are neither. Through the power of the Holy Spirit, you can resist the pull of temptation and choose to walk in the freedom God has already given you. Temptation may come, but it doesn't have to define your journey.

Meditation:

As you breathe, focus on the word “escape.” With each inhale, imagine God showing you a way out of temptation. With each exhale, release any feelings of helplessness or fear, trusting that God is with you in the battle.

Reflect on a recent moment of temptation and ask yourself: Did I look for God's way of escape, or did I rely on my own strength? Meditate on the truth that God always provides a way out and ask Him to help you recognize His escape route in the future.

Prayer:

Lord, I know that temptation will come, but I also know that You are faithful. Thank You for always providing a way out when I face the pull of temptation. Help me to lean on Your strength and to see the escape You provide. When I feel weak, remind me that You are with me and that I have the power through Your Spirit to overcome. Protect me from the lies of the enemy, and help me to walk in victory. Amen.

Challenge:

Identify a situation or environment where you often feel tempted. Pray specifically for God to show you the “way of escape” when you face that temptation again. Take a practical step today to prepare yourself, whether that means reaching out to an accountability partner or setting up a boundary that protects you from falling into temptation.

10

Day 10: The Armor of God

Scripture:

“Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” — Ephesians 6:11

Reflection:

In the battle against addiction and temptation, you need more than just willpower; you need God’s strength and protection. The Bible teaches us that we are in a spiritual battle, and just like any soldier preparing for combat, we must put on the right armor to stand strong. God has given us the tools to fight this battle—not on our own, but with His power.

The armor of God is designed to protect you in every aspect of life. The *belt of truth* holds everything together, grounding you in the truth of who God is and who you are in Him. The *breastplate of righteousness* guards your heart from sin and keeps your conscience clear. The *shoes of the gospel of peace* help you walk confidently in the peace that comes from knowing Jesus, even when you face difficult paths. The *shield of faith* protects you from the fiery darts of

doubt, fear, and lies that the enemy throws your way. The *helmet of salvation* guards your mind, reminding you that you are saved and that your identity is in Christ. And finally, the *sword of the Spirit*—the Word of God—is your weapon, empowering you to speak truth over lies and attack temptation head-on.

God's armor is not something you put on once and forget about. It's a daily decision to walk in His strength, truth, and righteousness. When you are equipped with the armor of God, you can stand firm against the enemy's schemes and find victory in the midst of temptation, addiction, or any other challenge you face.

Meditation:

As you breathe, focus on the phrase "armor of God." With each inhale, imagine yourself putting on each piece of God's armor, equipping yourself for the challenges ahead. With each exhale, release any fear or anxiety about the battles you face, trusting that God has already provided everything you need to stand firm.

Picture yourself standing strong, covered in God's armor, ready for whatever comes your way. Reflect on areas of your life where you need to apply each piece of armor—whether it's protecting your thoughts with the helmet of salvation, or strengthening your faith with the shield that extinguishes doubt.

Prayer:

Lord, I thank You for the armor You've provided me. Help me to remember that I don't fight these battles alone, but with Your strength. Teach me to wear Your armor daily, relying on Your truth, righteousness, peace, faith, salvation, and Word. When the enemy tries to bring me down with lies or temptation, remind me that I am fully equipped by You to stand firm. Protect me as I fight

this battle, and help me to walk in victory. Amen.

Challenge:

Today, take a moment to mentally put on each piece of God's armor. Identify which piece of armor you've neglected recently. Spend time in prayer, asking God to strengthen that part of your spiritual defense, and memorize a Scripture that will help you wield the sword of the Spirit effectively when temptation strikes.

11

Day 11: Finding Rest in God

Scripture:

“Come to me, all who labor and are heavy laden, and I will give you rest.” —
Matthew 11:28

Reflection:

In recovery, it’s easy to feel overwhelmed. The fight against addiction, the pressure of daily life, and the mental and emotional toll of staying strong can leave you feeling exhausted. The weight of it all may seem too much to bear, and you may be tempted to turn to old habits to find relief. But Jesus offers a different way—He invites you to find rest in Him.

True rest doesn’t come from escaping your struggles or numbing the pain; it comes from placing your burdens at the feet of Jesus. He promises that if you come to Him with your weariness, He will give you rest. This is not just physical rest, but deep soul rest—the kind of rest that refreshes you spiritually, emotionally, and mentally. Jesus wants to take the heaviness from your shoulders and replace it with His peace.

When you find rest in God, you're acknowledging that you don't have to carry everything on your own. God never intended for you to fight this battle by yourself. He is your strength and refuge, and in His presence, you can find true peace and renewal. Resting in God is an act of trust—it's saying, "God, I give this to You. I trust You to handle it because I can't do it alone." And when you trust Him, He provides the peace that surpasses understanding, even in the midst of your recovery journey.

Meditation:

As you breathe, focus on the word "rest." With each inhale, imagine yourself drawing near to Jesus, laying your burdens at His feet. With each exhale, release the stress, anxiety, and heaviness you've been carrying, trusting Jesus to give you rest.

Allow yourself to fully relax in God's presence. Reflect on what areas of your life feel heavy or overwhelming, and picture yourself handing those over to God, knowing He is strong enough to carry them for you. Rest in the truth that God is your refuge and strength.

Prayer:

Lord, I come to You weary and in need of rest. I've been carrying so much on my own, but today I choose to lay it all at Your feet. Help me to trust You with my burdens and to find the rest You've promised me. Refresh my heart, mind, and soul as I draw near to You, and give me the peace that comes from being in Your presence. Thank You for being my refuge and strength. Amen.

Challenge:

Today, set aside time to intentionally rest in God. Find a quiet place where you can be alone with Him, even if only for a few minutes. Spend that time in prayer, worship, or simply sitting in silence, giving your worries and stress to Him. Make this a daily practice, reminding yourself that God's rest is always available to you.

12

Day 12: Peace in Chaos

Scripture:

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.” — Isaiah 26:3

Reflection:

Life after recovery can feel chaotic. There are temptations, triggers, responsibilities, and unexpected challenges that can make you feel like you’re losing control. It’s easy to be overwhelmed by the noise and pressure around you, and you might start to wonder how you can stay strong when everything feels like it’s falling apart.

But in the midst of all this chaos, God offers you a gift: peace. Not just any peace, but a perfect peace that transcends circumstances. This peace isn’t found in avoiding difficulties or pretending everything is fine. It’s found in trusting God, even when the world around you feels chaotic. When you keep your mind focused on God, you’re reminded that He is in control, no matter how out of control life seems.

BROKEN CHAINS

This peace comes when we learn to shift our focus away from the storm and onto the One who calms the storm. The problems, challenges, and stress of life don't disappear, but God promises to guard your heart with His peace when you place your trust in Him. Instead of letting fear or anxiety take over, you can experience peace by grounding yourself in God's truth, trusting that He is with you and for you.

Meditation:

As you breathe, focus on the word "peace." With each inhale, imagine God's peace filling your heart and mind. With each exhale, release the chaos, anxiety, and fear you've been holding onto.

Picture the chaos of life swirling around you, but in the center of it all, imagine yourself standing firm, wrapped in God's perfect peace. Allow that peace to wash over you, calming your heart and steadying your mind, as you trust in His presence and guidance.

Prayer:

Lord, I need Your peace in the chaos of my life. So often, I let the worries and pressures of this world overwhelm me, but today, I choose to trust in You. Help me to keep my mind steadfast, focused on You, and to experience Your perfect peace. No matter what challenges I face, remind me that You are in control and that I can rest in Your promises. Thank You for being my refuge in the storm. Amen.

Challenge:

Identify one area in your life that feels especially chaotic right now. Take time today to bring that situation to God in prayer, asking Him to fill you with His peace. Each time you feel anxious or overwhelmed, pause, take a deep breath, and remind yourself that God is with you in the chaos.

13

Day 13: Freedom in Forgiveness

Scripture:

“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” — Ephesians 4:32

Reflection:

Forgiveness is a powerful key to freedom. When we hold onto bitterness, anger, or resentment, it can feel like we’re carrying an invisible weight. That burden holds us back from experiencing the full joy and freedom that God wants for us. Forgiving others — and even forgiving yourself — isn’t always easy, especially when the pain runs deep. But in Christ, you have the power to forgive, just as He has forgiven you.

Forgiveness doesn’t mean that what happened was okay or that you’re minimizing the hurt. Instead, it’s releasing the hold that hurt has over your life. It’s about freeing yourself from the prison of bitterness and allowing God to heal those wounds. Forgiving others is an act of grace that reflects the heart of God, and in doing so, you open the door to deeper healing, peace, and

restoration.

In recovery, forgiveness is especially important. You may need to forgive those who hurt you during your addiction, those who didn't understand, or even yourself for the choices you've made. Each act of forgiveness is a step toward freedom — freedom from the past and freedom to embrace the future God has for you. When you forgive, you release not only the other person but also yourself, allowing God's grace to flow in your life.

Meditation:

As you breathe, focus on the word "forgiveness." With each inhale, imagine God's grace filling your heart, releasing any bitterness or pain. With each exhale, let go of the hurt, anger, or resentment you've been holding onto, and imagine yourself walking in freedom.

Think of someone you need to forgive, or perhaps an area where you need to forgive yourself. As you breathe deeply, picture yourself handing that hurt over to God, trusting that He will heal the broken places in your heart and bring freedom.

Prayer:

Lord, thank You for the forgiveness You've shown me through Christ. Help me to extend that same forgiveness to others and to myself. I know that holding onto bitterness and anger only weighs me down, so today, I choose to forgive and walk in the freedom You offer. Heal the wounds in my heart and teach me to live in the fullness of Your grace. Amen.

Challenge:

Identify one person you need to forgive or one area where you've been holding onto resentment. Spend time praying for God to help you release that hurt. If possible, take a step toward reconciliation, even if it's just in your heart. Embrace the freedom that comes with forgiveness, and allow God to bring healing and peace.\

14

Day 14: Pressing Forward

Scripture:

“Brothers and sisters, I do not consider myself yet to have taken hold of it. 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.” — Philippians 3:13-14

Reflection:

In recovery, it can be easy to get caught up in regrets from the past — missed opportunities, mistakes made, and the hurt that came with addiction. However, dwelling on the past only keeps you stuck. The apostle Paul, who had his own past filled with struggles, reminds us that the key to moving forward is to forget what lies behind and strain toward what lies ahead. It’s about choosing each day to leave the past where it belongs and press forward toward the future God has for you.

God’s plan for your life is greater than the mistakes you’ve made. He calls you to look ahead with hope, knowing that your past does not define you. Pressing

forward requires a mindset shift. It's not about ignoring what happened, but about refusing to let it control your future. It's about setting your eyes on the prize — the life God has called you to in Christ. Recovery is not just about leaving behind addiction; it's about stepping into the new, abundant life that God has prepared for you.

There will be moments when looking back seems tempting — when shame or doubt tries to pull you into the past. In those moments, remember Paul's encouragement: keep pressing forward. God's grace is sufficient for your journey, and His strength will sustain you as you pursue the life of freedom He has for you. Fix your eyes on Christ and trust that He is leading you, step by step, into His promises.

Meditation:

As you breathe, focus on the word “forward.” With each inhale, imagine God giving you strength and hope for the future. With each exhale, release any attachment to the past, knowing that God's grace has already covered it.

Take a moment to reflect on the path ahead. Visualize yourself moving forward, step by step, into the new life that God has promised. Release the weight of past regrets and allow yourself to fully embrace the future God has for you.

Prayer:

Lord, thank You for the reminder to press forward and not dwell on my past. Help me to let go of the things that hold me back and to focus on the future You have planned for me. Strengthen me each day as I take steps toward the life of freedom and purpose You've called me to. I trust You to guide my path and lead me into all You have for me. Amen.

Challenge:

Identify one area of your life where you've been holding onto the past — whether it's guilt, regret, or fear. Take a tangible step today to move forward, whether through prayer, seeking forgiveness, or making a positive change in your routine. Trust that God is leading you toward a hopeful and restored future.



Week 3: Building Healthy Habits

Recovery is not just about avoiding old patterns—it's about creating new, life-giving habits. This week, we'll explore how to build healthy routines that support your growth and keep you focused on God. By replacing harmful behaviors with positive habits, you'll strengthen your mind, body, and spirit. These habits, rooted in faith and discipline, will help you stay grounded and committed to your journey of healing.

15

Day 15: Daily Surrender to God

Scripture:

“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.” — Proverbs 3:5-6

Reflection:

Surrendering to God is not just a one-time decision—it’s a daily act of trust and obedience. Each day in recovery is a fresh opportunity to submit your life, your will, and your desires to God. Sometimes, we are tempted to rely on our own strength or understanding, thinking we know what’s best. But true freedom comes when we let go and trust God’s plans, even when we don’t fully understand them.

Surrender doesn’t mean giving up; it means giving over—releasing control to the One who knows you better than you know yourself. It’s choosing to let God lead, knowing that He is good and faithful. The journey of recovery is filled with moments where you’ll need to surrender old habits, thought patterns,

and even people. This is difficult, but God promises that when you trust Him fully and lean on His understanding, He will guide your steps and straighten your path.

Daily surrender allows you to live in the flow of God's grace. When you give Him your struggles, fears, and uncertainties, He works in ways that you might not have imagined. Each day of surrender becomes a step toward greater freedom and peace. It's a process, and there will be moments when you'll have to remind yourself to surrender again. But with each act of submission, you will experience God's faithfulness in new ways.

Meditation:

As you breathe, focus on the word "surrender." With each inhale, imagine yourself breathing in God's peace and guidance. With each exhale, release any sense of control or self-reliance, letting go of the need to figure everything out on your own.

Take a moment to envision yourself handing over your worries, struggles, and plans to God. Picture Him gently receiving them and placing His hand on your path, leading you forward with love and grace.

Prayer:

Lord, today I choose to surrender my life to You. Help me to trust in Your wisdom and not my own understanding. Teach me to submit to Your will in every area of my life, knowing that You will guide me on the right path. I surrender my fears, my desires, and my future into Your hands. Thank You for being my strength and my guide. Amen.

Challenge:

Identify one area of your life where you are holding onto control. Take a step today to surrender that area to God. Whether it's through prayer, writing it down, or talking to someone about it, actively choose to let go and trust God's plan for that part of your life.

16

Day 16: Creating Healthy Boundaries

Scripture:

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Reflection:

Healthy boundaries are essential to your recovery and well-being. Setting boundaries is about protecting yourself from situations, people, or habits that may pull you back into old ways of thinking and behaving. Just as physical fences protect property, emotional and spiritual boundaries protect your heart and mind. Boundaries are not walls meant to isolate you, but rather, they create space for growth, healing, and healthy relationships.

Creating healthy boundaries means learning to say “no” to things that don’t serve your recovery. It’s about discerning when to step away from harmful influences or situations. This might mean limiting time with people who trigger negative behaviors or avoiding places that bring back unhealthy memories. At the same time, it’s also about saying “yes” to what brings

you life, joy, and growth in Christ. Boundaries enable you to focus on the things that truly matter.

By guarding your heart and setting boundaries, you allow God to work in your life without unnecessary distractions or temptations. Boundaries give you the freedom to move forward in recovery, knowing that you are protecting the precious new life God is building in you.

Meditation:

As you breathe, focus on the word “guard.” With each inhale, imagine yourself placing a protective barrier around your heart and mind. With each exhale, release any fear of setting boundaries, trusting that God is helping you establish them for your good.

Prayer:

Lord, teach me how to create healthy boundaries in my life. Help me to protect my heart and mind from harmful influences and to focus on the things that honor You. Give me the wisdom and courage to say “no” when necessary, and the strength to guard my heart in this season of recovery. Amen.

Challenge:

Identify one area where you need to establish a healthier boundary. Take a practical step today to reinforce that boundary, whether it’s a conversation, a change in routine, or a new commitment to protect yourself.

17

Day 17: Discipline in Recovery

Scripture:

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Reflection:

Healthy boundaries are essential to your recovery and well-being. Setting boundaries is about protecting yourself from situations, people, or habits that may pull you back into old ways of thinking and behaving. Just as physical fences protect property, emotional and spiritual boundaries protect your heart and mind. Boundaries are not walls meant to isolate you, but rather, they create space for growth, healing, and healthy relationships.

Creating healthy boundaries means learning to say “no” to things that don’t serve your recovery. It’s about discerning when to step away from harmful influences or situations. This might mean limiting time with people who trigger negative behaviors or avoiding places that bring back unhealthy memories. At the same time, it’s also about saying “yes” to what brings

you life, joy, and growth in Christ. Boundaries enable you to focus on the things that truly matter.

By guarding your heart and setting boundaries, you allow God to work in your life without unnecessary distractions or temptations. Boundaries give you the freedom to move forward in recovery, knowing that you are protecting the precious new life God is building in you.

Meditation:

As you breathe, focus on the word “guard.” With each inhale, imagine yourself placing a protective barrier around your heart and mind. With each exhale, release any fear of setting boundaries, trusting that God is helping you establish them for your good.

Prayer:

Lord, teach me how to create healthy boundaries in my life. Help me to protect my heart and mind from harmful influences and to focus on the things that honor You. Give me the wisdom and courage to say “no” when necessary, and the strength to guard my heart in this season of recovery. Amen.

Challenge:

Identify one area where you need to establish a healthier boundary. Take a practical step today to reinforce that boundary, whether it’s a conversation, a change in routine, or a new commitment to protect yourself.

18

Day 18: Replacing Old Habits

Scripture:

“Do not be conformed to this world, but be transformed by the renewal of your mind.” — Romans 12:2

Reflection:

Breaking free from old habits is essential in recovery, but it’s equally important to replace them with new, life-giving ones. When you remove something destructive from your life, there’s a void that needs to be filled. If you don’t fill it with positive habits, there’s a risk of falling back into your old ways. Recovery isn’t just about saying “no” to harmful behavior—it’s about saying “yes” to healthier, Christ-centered choices.

God calls you to be transformed by the renewal of your mind. This transformation happens as you cultivate new habits that align with God’s truth. Replacing old habits with new ones might look like turning to prayer instead of destructive thoughts, seeking encouragement from God’s Word rather than from unhealthy relationships, or choosing physical activity over unhealthy coping

mechanisms. Every time you make a positive choice, you are strengthening your new identity in Christ.

The renewal of your mind is a process that takes time, but as you fill your life with good habits, you'll begin to see the fruit of God's work in you. Don't be discouraged if it takes time to fully replace old habits—God is with you every step of the way.

Meditation:

As you breathe, focus on the word “renew.” With each inhale, imagine God renewing your mind and heart, replacing old patterns with new ones. With each exhale, release any attachment to old habits that no longer serve you.

Prayer:

Lord, help me to replace my old habits with new ones that bring life and healing. Renew my mind each day and guide me toward choices that reflect Your love and grace. Give me the strength to break free from the past and to embrace the new life You've given me. Amen.

Challenge:

Identify one old habit that you want to replace. Choose a new, positive habit to take its place, and commit to practicing it today.

19

Day 19: The Power of Routine

Scripture:

“Let all things be done decently and in order.” — 1 Corinthians 14:40

Reflection:

Establishing a routine is one of the most powerful tools in recovery. Routine provides structure and stability, helping you to stay focused on your goals and maintain a sense of balance in your daily life. Without a routine, it's easy to drift back into old patterns of behavior, but when you have a clear plan, you are better equipped to navigate the challenges that come your way.

God values order, and He has designed your life to function best when there is balance and structure. A well-crafted routine that includes time for prayer, reflection, healthy habits, and meaningful activities helps you stay connected to God and grounded in your recovery. Routine doesn't mean rigidity; rather, it's about creating a rhythm that allows you to live with purpose and intention each day.

As you build new routines, make sure to prioritize the things that nourish

your spirit, mind, and body. With God's help, your daily routine can become a foundation for lasting change and growth. Each day is an opportunity to create a life that reflects God's love, grace, and order.

Meditation:

As you breathe, focus on the word "order." With each inhale, imagine God bringing balance and structure to your day. With each exhale, release any feelings of chaos or overwhelm, trusting that God is guiding you toward peace.

Prayer:

Lord, help me to establish a routine that honors You and supports my recovery. Show me how to create a balance in my life that allows for growth, healing, and connection with You. Strengthen my commitment to maintaining healthy routines each day. Amen.

Challenge:

Take time to review your daily routine. Identify one area where you could add structure or order, and make a plan to implement it today.

20

Day 20: Nourishing Your Soul

Scripture:

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

Reflection:

Recovery isn't just about breaking free from addiction—it's also about nourishing your soul. True healing happens when you prioritize spiritual growth and nurture your relationship with God. Just as your body needs physical nourishment, your soul needs spiritual nourishment to thrive. Feeding your soul with God's Word, prayer, and worship helps you stay connected to Him and strengthens your recovery journey.

The fruit of the Spirit comes from a life that is deeply rooted in Christ. When you focus on nourishing your soul, you allow the Holy Spirit to produce love, joy, peace, and all the other beautiful qualities that God desires for you. These qualities will not only sustain you but also overflow into the lives of others, enriching your relationships and your recovery.

DAY 20: NOURISHING YOUR SOUL

Make time each day to feed your soul with the things that bring you closer to God. Whether it's spending time in prayer, reading Scripture, or simply reflecting on God's goodness, these practices will nourish your spirit and help you grow in your faith.

Meditation:

As you breathe, focus on the word "nourish." With each inhale, imagine God filling your soul with His love and peace. With each exhale, release any distractions or worries, making room for the fruit of the Spirit to grow within you.

Prayer:

Lord, help me to nourish my soul each day with Your Word and Your presence. Fill me with the fruit of the Spirit and guide me to grow in love, joy, and peace. Teach me to seek You in all things, knowing that my soul finds rest and strength in You. Amen.

Challenge:

Set aside time today to intentionally nourish your soul. Whether through prayer, reading, or worship, make space to connect with God and allow Him to refresh your spirit.

21

Day 21: Finding Accountability

Scripture:

“Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” — James 5:16

Reflection:

Accountability is a powerful tool in recovery. It provides support, encouragement, and correction when needed. God designed us for community, and He calls us to bear one another’s burdens. Having someone to walk alongside you in your recovery can make all the difference when you face challenges or temptations. Accountability helps keep you grounded and focused on your goals.

Confession and prayer are key elements of accountability. When you share your struggles with someone you trust, you invite God’s healing and strength into your life. There is power in vulnerability and openness, and accountability creates a safe space for growth and healing. It also provides an opportunity to

encourage and uplift others in their journeys.

As you seek accountability, remember that it's not about judgment or shame—it's about walking together toward healing and wholeness. God uses accountability to strengthen your faith and help you stay on the path of recovery.

Meditation:

As you breathe, focus on the word “accountable.” With each inhale, imagine God bringing people into your life who will support and encourage you. With each exhale, release any fear or hesitation about being open and vulnerable with others.

Prayer:

Lord, thank You for the gift of accountability. Help me to find people who will walk with me in my recovery and encourage me to stay faithful to Your plan. Give me the courage to be open and honest, and teach me to offer the same support to others. Amen.

Challenge:

Identify one person who can hold you accountable in your recovery. Reach out to them today and ask them to pray for you, check in with you, and support you as you continue on this journey.

IV

Week 4: Walking in Freedom

True freedom comes from Christ, who has set us free from the chains of addiction, shame, and sin. This week, we'll focus on embracing the freedom God has given you. You no longer have to live bound by the past—God's grace has unlocked a new life for you. By trusting in Him and letting go of fear, you can walk confidently in the freedom He offers and live fully in the purpose He has for your life.

22

Day 22: God's Grace in Recovery

Scripture:

“But He said to me, ‘My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.” — 2 Corinthians 12:9

Reflection:

Recovery is a journey that requires grace—God's grace for the moments when you fall short and your own grace for yourself as you grow and heal. God's grace isn't just a one-time gift; it's an ongoing source of strength, forgiveness, and renewal that is available to you every single day. His grace covers every mistake, every moment of weakness, and every struggle you face.

In recovery, you may experience times of failure or setbacks. Instead of beating yourself up or believing that you have to be perfect, lean into the grace of God. It's in your weakness that God's power is made perfect. Allow His grace to fill you, knowing that He is with you, sustaining you and helping you move forward.

God's grace is sufficient for every moment of your recovery. It doesn't run out or diminish; it's always there to catch you, heal you, and empower you to keep going. Rest in the knowledge that His grace is more than enough for whatever challenges you face today.

Meditation:

As you breathe, focus on the word "grace." With each inhale, imagine God's grace pouring into your heart, giving you peace and strength. With each exhale, release any guilt or feelings of failure, allowing God's grace to wash over you.

Prayer:

Lord, thank You for Your grace that is sufficient for every moment of my recovery. Help me to accept Your grace daily and to give myself grace when I fall short. Strengthen me to keep moving forward, knowing that Your power is made perfect in my weakness. Amen.

Challenge:

Identify an area of your recovery where you've struggled to show yourself grace. Pray over it and ask God to help you embrace His grace and continue moving forward in healing.

23

Day 23: Freedom from Shame

Scripture:

“Therefore, there is now no condemnation for those who are in Christ Jesus.” —
Romans 8:1

Reflection:

Shame is a powerful emotion that can keep you trapped in a cycle of guilt and defeat, but God has set you free from shame. In Christ, there is no condemnation. Your past no longer defines you, and the mistakes you’ve made are covered by the blood of Jesus. You are no longer a slave to shame; you are free to walk in the new identity that Christ has given you.

When shame tries to creep back in and remind you of your failures, remind yourself of the truth: you are forgiven, loved, and redeemed. God sees you not through the lens of your past but through the lens of Christ’s sacrifice. You don’t have to carry the burden of shame anymore—let it go and step into the freedom that God has for you.

BROKEN CHAINS

Freedom from shame is an ongoing journey. It requires daily reminders of God's love, grace, and forgiveness. As you walk in recovery, make the decision to leave shame behind and embrace the truth of who you are in Christ.

Meditation:

As you breathe, focus on the word "freedom." With each inhale, imagine God lifting the weight of shame from your shoulders. With each exhale, release any feelings of condemnation, knowing that you are free in Christ.

Prayer:

Lord, thank You for setting me free from shame and condemnation. Help me to walk confidently in the freedom You've given me, knowing that my past no longer defines me. Teach me to embrace my identity as Your beloved child, free from guilt and shame. Amen.

Challenge:

Reflect on a past mistake or moment of shame. Spend time in prayer, asking God to help you release it and embrace the freedom He offers through Christ.

24

Day 24: Walking in Victory

Scripture:

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

Reflection:

Victory isn't something you achieve on your own—it's a gift from God through Jesus Christ. In your recovery, you can walk in victory every day, not because of your own strength, but because of what Jesus has done for you. Victory doesn't mean you won't face challenges, but it means that through Christ, you have the power to overcome them.

Walking in victory means living with confidence, knowing that God is for you and that He has already won the ultimate battle. Even on days when you feel weak or defeated, remember that the victory is yours in Christ. His strength is enough to carry you through every struggle, and His grace is enough to cover every mistake.

Choose today to walk in victory. Don't focus on the battles you've yet to win, but celebrate the victories God has already given you. Every step forward in recovery is a victory, and God is with you every step of the way.

Meditation:

As you breathe, focus on the word "victory." With each inhale, imagine God filling you with the strength to overcome. With each exhale, release any feelings of defeat or discouragement, knowing that victory is already yours in Christ.

Prayer:

Lord, thank You for giving me victory through Jesus Christ. Help me to walk in that victory every day, trusting in Your strength and grace. Teach me to celebrate the small victories and to rely on You for the strength to keep moving forward. Amen.

Challenge:

Reflect on a recent victory in your recovery, no matter how small. Thank God for that victory and write down a prayer of gratitude.

Day 25: Embracing Your Identity in Christ

Scripture:

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” — 2 Corinthians 5:17

Reflection:

When you accept Christ, you become a new creation. Your old identity, shaped by sin and shame, is gone, and you are now defined by your relationship with Jesus. Embracing your identity in Christ means letting go of the labels the world or your past has given you and stepping into the truth of who God says you are—redeemed, loved, forgiven, and chosen.

Your identity in Christ is secure, no matter what mistakes you’ve made or how others see you. You are not your addiction, your failures, or your struggles. You are a child of God, made new through His love and grace. Embracing this identity empowers you to walk in freedom and to live with purpose and confidence.

BROKEN CHAINS

Today, choose to embrace your identity in Christ. Let go of the lies that try to hold you back and step into the new life God has given you. You are His beloved, and He has a beautiful plan for your life.

Meditation:

As you breathe, focus on the word “new.” With each inhale, imagine God reminding you of your new identity in Christ. With each exhale, release any thoughts or labels from your past that no longer define you.

Prayer:

Lord, thank You for making me a new creation in Christ. Help me to fully embrace my identity in You, letting go of the past and stepping into the new life You've given me. Remind me daily that I am loved, forgiven, and chosen by You. Amen.

Challenge:

Write down three truths about your identity in Christ. Keep them somewhere visible and remind yourself of them throughout the day.

26

Day 26: Living with Purpose

Scripture:

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” — Ephesians 2:10

Reflection:

God has created you with a unique purpose. You are not here by accident—He has good works planned for you to walk in. Recovery is not just about breaking free from addiction; it’s about stepping into the purpose God has for your life. When you live with purpose, you align your actions with God’s plan and make a positive impact on the world around you.

Living with purpose gives your recovery meaning. It helps you stay focused on what truly matters and reminds you that God has a greater plan for your life. Even in the smallest actions, you can live out your purpose by loving others, serving, and using the gifts God has given you.

Today, ask God to reveal His purpose for your life. Trust that He has equipped

you to fulfill the good works He has prepared for you. As you walk in your purpose, you'll find joy, fulfillment, and strength in your recovery journey.

Meditation:

As you breathe, focus on the word "purpose." With each inhale, imagine God revealing His purpose for your life. With each exhale, release any feelings of uncertainty, trusting that God has a plan for you.

Prayer:

Lord, thank You for creating me with purpose. Help me to live each day with intentionality, seeking to fulfill the good works You have prepared for me. Teach me to trust Your plan for my life and to walk in the purpose You have given me. Amen.

Challenge:

Reflect on one way you can live out your purpose today, whether through serving, loving, or using your gifts. Take a step of action in that direction.

Day 27: The Power of Prayer

Scripture:

“The prayer of a righteous person has great power as it is working.” — James 5:16

Reflection:

Prayer is a powerful tool in your recovery. It connects you directly to God’s strength, wisdom, and guidance. Through prayer, you invite God into every aspect of your life, including your struggles, your victories, and your decisions. Prayer isn’t just about asking for help; it’s about building a relationship with your Heavenly Father and seeking His will in your life.

In recovery, prayer provides the strength you need to resist temptation, the peace you need in moments of anxiety, and the hope you need to keep moving forward. When you pray, you are reminded that you are not alone—God is with you, ready to help and guide you every step of the way.

Today, make prayer a priority in your recovery. Set aside time to talk with God, bringing Him your fears, your hopes, and your struggles. Trust in the power

of prayer to bring healing, strength, and direction to your journey.

Meditation:

As you breathe, focus on the word “prayer.” With each inhale, imagine God drawing near to you as you pray. With each exhale, release any burdens or anxieties, trusting that God hears your prayers.

Prayer:

Lord, thank You for the gift of prayer. Help me to make it a priority in my recovery and to seek You in every moment. Teach me to trust in the power of prayer, knowing that You hear me and are working in my life. Amen.

Challenge:

Set aside time today for focused prayer. Bring your recovery journey before God, asking for His strength, guidance, and peace.

28

Day 28: Overcoming Doubt

Scripture:

“Trust in the Lord with all your heart, and do not lean on your own understanding.”

— Proverbs 3:5

Reflection:

Doubt is something we all experience, but it doesn't have to control you. When doubts arise—whether about your recovery, your future, or even your faith—God invites you to trust Him completely. Leaning on your own understanding often leads to confusion and fear, but when you trust in the Lord, you find peace and clarity.

Overcoming doubt requires a shift in focus. Instead of dwelling on what you don't understand or can't control, choose to focus on God's promises and His faithfulness. Remember that God sees the bigger picture, and He is guiding you even when the path seems unclear. Trust that He is working everything for your good, even in the midst of doubt.

BROKEN CHAINS

Today, surrender your doubts to God and choose to trust in His wisdom and plan. He is faithful, and He will guide you through every uncertainty.

Meditation:

As you breathe, focus on the word “trust.” With each inhale, imagine God filling your heart with trust and peace. With each exhale, release any doubts or fears, choosing to rely on God’s wisdom.

Prayer:

Lord, help me to trust You with all my heart, especially in times of doubt. Teach me to rely on Your wisdom and not my own understanding. Strengthen my faith, and guide me through every uncertainty I face. Amen.

Challenge:

Write down a doubt or fear that has been weighing on your heart. Spend time in prayer, asking God to help you overcome it and to trust Him fully.

V

Sharing Your Freedom: Living Out Recovery Every Day

As you reach the final two days of this journey, it's time to reflect on how far you've come and the freedom you've gained in Christ. These last days focus on sharing your testimony and embracing the freedom to live out your recovery every day. Your story is powerful and can inspire others, and your daily surrender to God allows you to walk in lasting victory. Stay anchored in Him and continue to live free, one day at a time.

29

Day 29: Sharing Your Testimony

Scripture:

“But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you.” — 1 Peter 3:15

Reflection:

Your recovery journey is a powerful testimony of God’s grace, strength, and love. Sharing your testimony not only encourages others who may be struggling but also reminds you of how far God has brought you. It’s a way to honor God and give Him glory for the transformation He is working in your life.

Your testimony doesn’t have to be perfect or dramatic to be impactful. It’s simply sharing the truth of what God has done for you. Whether it’s a conversation with a friend or a public declaration, your testimony can be a source of hope and inspiration for others.

Today, take time to reflect on your story and be prepared to share it. Your journey of recovery is a testament to God's power and grace, and it has the potential to change lives.

Meditation:

As you breathe, focus on the word "testimony." With each inhale, imagine God filling you with courage and boldness to share your story. With each exhale, release any fear or hesitation, trusting that God will use your testimony to bless others.

Prayer:

Lord, thank You for the story of redemption You are writing in my life. Give me the courage to share my testimony with others and to bring glory to You through my journey of recovery. Help me to speak words of hope and encouragement to those who need it. Amen.

Challenge:

Think of one person you could share your testimony with. Whether it's a friend, family member, or group, ask God for the opportunity and courage to share how He has been at work in your life.

30

Day 30: Living Free Every Day

Scripture:

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” — Galatians 5:1

Reflection:

Christ has set you free—not just once, but every day. Recovery is an ongoing journey of walking in the freedom that Jesus has given you. Freedom isn’t just about breaking free from addiction; it’s about living each day with the confidence, peace, and joy that comes from being fully surrendered to God.

Living free means standing firm in your identity as a child of God and refusing to go back to the things that once enslaved you. It’s about making daily choices that align with the freedom Christ has given you and trusting Him to help you stay strong.

As you move forward in your recovery, remember that freedom is a gift you can live in every single day. Stand firm, trust God’s strength, and walk boldly

in the freedom He has provided.

Meditation:

As you breathe, focus on the word “freedom.” With each inhale, imagine God strengthening you to walk in freedom. With each exhale, release any burdens or temptations that try to pull you back, choosing to stand firm in Christ.

Prayer:

Lord, thank You for the freedom You have given me through Christ. Help me to live in that freedom every day, standing firm against anything that tries to pull me back. Teach me to walk confidently in the new life You have given me, trusting You to guide me every step of the way. Amen.

Challenge:

Write down one way you can stand firm in your freedom today. Make a commitment to live out that freedom, trusting God to help you stay strong in your recovery journey.

Conclusion

As you finish this devotional, take a moment to reflect on how far you've come. Over the past 30 days, you've delved into the struggles, victories, and new beginnings that come with the journey of recovery. But more importantly, you've seen how God's hand has been guiding you each step of the way.

This devotional wasn't just about reading Scripture or reflecting on ideas—it was about learning how to live in the freedom that God has already given you. You've broken free from the chains that once held you back, and now, you're equipped with spiritual tools to navigate life outside of treatment.

It won't always be easy. There will be days when the road seems long, when temptation whispers, or when fear of the future tries to creep in. But remember, you are never walking this path alone. Every day is another chance to lean on God's strength, trust in His plan, and let His grace carry you forward.

In these 30 days, you've learned how to build a foundation on prayer, Scripture, and God's promises. You've discovered how to guard your heart, stay connected with positive influences, and practice gratitude even in challenging moments. Now, it's time to take these lessons with you—into every corner of your life.

BROKEN CHAINS

You are not defined by your past, your mistakes, or your darkest moments. You are defined by God's love and His purpose for your life. No matter what happens from here, hold on to the truth that you are loved, you are valuable, and you are free.

Your journey continues, and with God by your side, there is nothing you can't overcome. Keep pressing forward. Keep growing in faith. And always remember that your freedom is a gift from God, a gift that empowers you to live fully and abundantly in Him.

You are walking in freedom now—embrace it with all your heart.

Epilogue

A New Beginning

You've reached the end of these 30 days, but in reality, this is only the beginning of your story. Over the past month, you've explored what it means to walk in freedom, face your fears, and rebuild your life with God at the center. Every day, you've been reminded of God's unchanging love for you, the value of your life, and the strength you possess through Him.

Recovery isn't a straight path, and life won't always be easy. You may still face struggles, moments of doubt, or even relapse, but remember this: you are not defined by your mistakes, nor are you bound by the chains of your past. God's grace is more powerful than any failure, His love deeper than any wound.

In your weakest moments, you have access to the greatest strength: the presence of God. He has been with you throughout your journey and will continue to walk beside you. When the world feels overwhelming, or when you feel tempted to return to old habits, lean on Him. Surround yourself with people who lift you up, continue to seek truth in His Word, and trust that even in your hardest times, God is working in you.

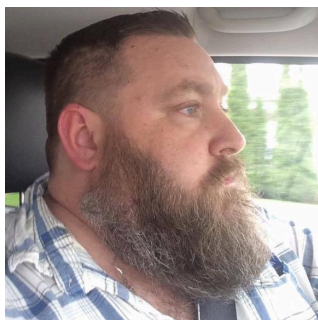
You are free—not just from the chains of addiction, but free to live the life God has called you to live. A life filled with purpose, joy, and love. You were created for more than just survival. You were created to thrive.

As you move forward, hold on to hope, stay grounded in faith, and remember:

BROKEN CHAINS

this journey is about progress, not perfection. Each step you take is a step toward healing, a step toward your true self, and a step closer to the life God has planned for you.

You are never alone. And your future is filled with possibility.



About the Author

Clint Wilson is a licensed social worker with a personal and professional dedication to helping young men overcome life's toughest challenges. As a Residential Supervisor at Josiah White's, a faith-based organization committed to guiding at-risk youth, Clint works closely with adolescents navigating difficult paths, offering them structure, support, and hope for a better future.

Clint's journey hasn't been easy. He once faced his own battles with substance abuse, giving him firsthand experience with the struggles of addiction, recovery, and transformation. His past fuels his passion for helping others find a way out of dark places and reminds him that no one is beyond redemption or change.

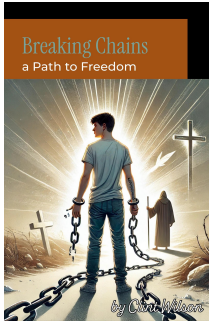
Before his career in social work, Clint was deeply involved in ministry as a member of the Church of the Brethren. His faith, combined with his personal and professional experiences, shapes the compassionate, hope-filled approach he brings to both his work and his writing. Through this devotional, Clint draws on the lessons of his own life, blending spiritual wisdom and practical advice to guide young men toward healing, growth, and a brighter future.

Clint's story is one of grace, resilience, and the belief that, no matter where you've been, there's always a way forward. He hopes to share that message with those who need it most.

You can connect with me on:

 <http://www.clintawilson.com>

Also by Clint Wilson



Breaking Chains - a Path to Freedom

Breaking Chains is a 24-week devotional designed to help those seeking freedom from addiction, harmful habits, and emotional struggles. It offers daily Scripture-based reflections, prayers, and challenges to break free from destructive cycles and grow closer to God. Emphasizing God's love, grace, and transformative power, it encourages readers to trust in His strength, embrace their identity in Christ, and walk confidently in newfound freedom. Key themes include surrender, healing, forgiveness, and renewal, providing hope and spiritual guidance for anyone on the journey to lasting change.

