

monday

tuesday

wednesday

thursday

friday

saturday

1
Did you know that when you give your life to Christ you also gave your body as a to Him? Consider any unhealthy choices you are making.
1 Corinthians 6:20

2
If you are wondering why people have addictions, think about the fight that is going on within them between the flesh and the spirit. The victory comes from the spirit realm.
Ephesians 6:12

3
God absolutely can heal a person from addictions. He may do it immediately or He may heal over time. But when He sets someone free, they are totally free!
John 8:32

Week 1: Overcoming Addictions

5
If you or someone you know has self-harm habits, turn that self-hate into God's love. Focus on Him not on your own perspective. One of the main reasons for those actions comes from self-hate.
Jeremiah 31:3

6
Even if you don't receive love from people around you, God has embraced you and loves you more than anyone. Find a counselor or trusted adult to talk to about your situation if needed.
1 Cor. 6:19,20

7
Did you know you are worth dying for? You don't need the fulfillment of an empty addiction when you have all you need from the Love of God.
Romans 5:8

8
"Hurt people, hurt people" is a saying that has been proven true over and over. People that are hurting, respond by hurting other people. Read this verse for GOOD NEWS!
Psalms 147:3

9
The struggle with temptation to not treat your own body with respect comes from the battle going inwardly in your heart and mind. Focus on how Christ already won all battles for you!
2 Cor. 4:18

10
The areas you struggle the most are the places God wants to come in the most! Write down what you feel and how you struggle. Then, write a prayer asking the Lord to come in and take over!
1 Corinthians 6:12

Week 2: Self-Harm Addiction

12
Is your mind constantly looking for stimulation? Do you check your phone every few minutes? Are you bored without an electronic? Perhaps technology has become an addiction. Think about it.
1 Corinthians 6:12

13
There is no shopping, social media, App, or photo that can give you what you need. Your eyes don't need to "roam the earth" looking for answers. Take time away from your device.
Prov 17:24

14
Are there choices you have made while using technology that you have justified but in your heart, you know they aren't what you should be looking at or doing? Delete and start fresh today!
Proverbs 21:2

15
Does time on your device lead you to sexual content? Perhaps you have fear from the news you see? Are you watching violence? Hearing foul language? Guard your thoughts and heart!
2 Corinthians 10:5

16
If you are full of what you need, then you won't crave what you don't need. Be full of the spirit of God so when distractions come on your device you aren't misguided.
Galatians 5:16

17
If you were to show the world what your mind thinks about, where would it lead others? Death or life? Choose how you will direct your mind with technology. It can be used for good or harm.
Romans 8:6

Week 3: Technology Addiction

19
Evaluate your words. Do you exaggerate? Twist the truth a bit? Embellish details? If so, be aware and start fresh today. God delights in people that are trustworthy!
Proverbs 12:22

20
The closer to the Lord you become, the less you will have the desire to lie. His love will overtake your spirit in ways that reveal any unhealthy patterns. Take time to turn on a worship song today.
John 8:44

21
You may not even realize the lies you tell. Often times others can see what we can't see. Ask those close to you if your words are accurate and honest. Ask if there are there patterns they see.
Ephesians 4:9

22
How do you know what is true and what is a lie? Take all things you hear or say and place it through the filter of God's Word. You will have discernment to know what is true!
Psalms 119:163

23
If you find yourself saying something that isn't true, stop and regroup before you move on. Creating a new habit of telling the truth will become easier every time you do it.
Colossians 3:9

24
Confession about lying brings freedom and a fresh start! Make time to pray for forgiveness and ask others for it as well if needed. You can be forgiven. It will take time to rebuild trust but it can be done!
1 John 1:9

Week 4: Lying Addiction

26
Most people start an addiction because of the people they are around. Choose your friends wisely. They will affect your life path.
1 Corinthians 15:33

27
There is not a single temptation you could have that you can't overcome! WOW! That's incredible news. It is a promise in God's Word. You don't have to be a victim of addictions.
1 Corinthians 10:13

28
You need guidance and counsel. Everyone does! Don't do life alone. Get the help you need for whatever you are going through. You don't have to turn to addictions.
Proverbs 11:14

29
If you are already deep in an addiction, you will need all the strength of Christ to overcome. He may also guide you to pastoral help and doctors on the journey as His power gives victory!
Philippians 4:13

30
If you desire the addictions of the world but are unsure why, consider this verse. Your desires and your life direction can be reversed towards the ways of God. You don't have to be labeled for life.
Romans 8:5

31
There is always an enemy looking to entice you when you are following God. But God gives power and hope that if you resist the enticer he will leave you. You are an overcomer!
James 4:7

Week 5: Substance Abuse Addictions