

31 Days to Break Free

God Loves You Too Much to Leave You Here

A 31-Day Biblical Journey Out of Addictions God Loves

All Addicts · Add1ct1on Is the Problem

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Introduction

Maybe you picked up this book in secret. Maybe someone handed it to you and you almost put it down. Maybe you are exhausted, not just from the addiction but from the shame of it, the hiding of it, the losing of yourself to it, piece by piece.

Wherever you are right now: **God sees you. And He loves what He sees.**

Not the version of you that has it together. Not the version you plan to become. The version holding this page right now, struggling, tired, maybe barely holding on. That is the person God loves. That is the person Christ died for.

Scripture says He demonstrated His love for us while we were still sinners. Not after we cleaned up. Not once we had something to offer. *While*. That word is everything.

But let this be equally clear: **Jesus hates your addiction.** Not you. Your addiction. He hates it the way a father hates the disease consuming his child. He hates it because it enslaves the person He loves. It steals worship that was meant for God and redirects it toward something that destroys. It isolates. It lies. It promises relief and delivers ruin.

That is why He came. Not to judge the addict, but to break the chain. The cross was not a sentence. It was a rescue.

This devotional is built on one foundational truth: **addiction is a worship problem.** Whatever you yield to becomes your master. Whatever you run to for comfort, identity, or relief begins to occupy the place in your heart that was designed for God. That is not a condemnation. It is a diagnosis. And it points directly to the cure.

If you can be addicted, it means you are capable of fierce, devoted, relentless worship. God is not intimidated by that intensity. He wants it. He wants *you*, all of you, every ounce of devotion you have, turned toward Him.

Over 31 days, we will walk together through awareness, confrontation, renewal, and restoration. We will end where the man freed at Gadara ended, sent back to community, carrying a testimony that changes lives. You are not too far gone. You are not forgotten. You are not beyond reach. You are exactly who this book was written for.

A Note from the Author

This devotional was not written from a distance.

My name is Oluwasegun Idowu. I am a pastor, a youth counsellor, a husband, a father, a software engineer, and a man who once lost himself to sports betting.

I did not see it coming the way most people expect. It did not begin as recklessness. It began as a genuine desire to provide, to prove I could take care of myself and the people I loved. One bet became two. Two became a pattern. The pattern became a master. And before long, I was losing far more than money. I was losing peace, clarity, and the sense of purpose God had placed inside me.

I know what it is to sit in a room full of people and feel completely alone in your struggle. I know what it is to pray in the morning and fall by afternoon. I know the particular shame of a battle you cannot easily explain to the people who depend on you.

I also know what it is to be free.

That freedom did not come from willpower. It did not come from trying harder or promising more. It came when I stopped running from God and started running toward Him. when I understood that what I was really chasing in every bet was something only He could give: security, significance, and the sense that my life had weight.

That is the revelation behind this book. **Addiction is a worship problem.** And the cure is not behavior management. It is redirected devotion.

Today I serve as a pastor at Lifestream Christian Center, and

I work daily with young people as a youth counsellor and applied behaviour analyst. I teach purpose discovery and what it means to function effectively as a believer fully engaged with the world. I have seen addiction up close, in the lives of the young people I walk with every day, and I have watched God break chains that looked unbreakable.

He broke mine. I believe He will break yours.

This is not a book I wrote about addiction. It is a book I wrote *through* it, and out the other side. I am with you on this journey.

Oluwasegun Idowu

Pastor - Youth Counsellor - Author

How to Use This Devotional

This devotional is designed to be simple enough to use every day and deep enough to change you over time. Here is what you need to know before you begin.

One day at a time. Do not rush. Each devotional takes five to ten minutes to read. Resist the urge to read ahead. Let each day settle before you move to the next. Healing rarely happens in a hurry.

You will need a journal. Every day includes an Application section with a reflective prompt and space for a few lines. But many readers find that a separate notebook allows them to go deeper. Write honestly. No one needs to read it but you and God. He already knows.

Pray the prayers slowly. The prayer at the end of each day is not a formality. Read it aloud if you can. Let the words become your own. If a line does not fit your situation, change it. God is not looking for perfect liturgy. He is looking for a real heart.

Do not give up on a hard day. If you miss a day, pick back up where you left off. If you stumble during the 31 days, return to Day 21 and read it again. This devotional was written for imperfect people making imperfect progress. You belong here.

Consider using it with someone. A trusted friend, a small group, a pastor, or a recovery community can walk through this devotional alongside you. You do not have to do this alone, and you were never meant to.

The Freedom Prayer is yours. The prayer at the back of this book is a full surrender prayer. It can be prayed on Day 1,

returned to on Day 31, and prayed again on any day in between when you need to come back to the beginning.

This is not a program. It is a conversation with God. Come to it every day with whatever you have, even if all you have is need. That has always been enough.

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WEEK 1

Recognizing the Monster

Awareness - Acknowledgment - Surrender

You did not choose to be here. But you are here. And that takes more courage than most people will ever know. This week, we name what is happening. Without shame, without flinching. God already sees it. Now it is time for you to see it too.

DAY 1

YOU ARE NOT THE PROBLEM

SCRIPTURE

Romans 7:15

"For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."

REFLECTION

Everyone struggles with something. For some it is food; for others alcohol, social media, pornography, gambling, drugs, or the need for approval.

Addiction often begins quietly. What starts as curiosity, comfort, or relief can slowly become something that controls us. The Apostle Paul described this struggle when he wrote that he often did the very things he did not want to do.

The important truth today is this: You are not the problem. The addiction is the problem.

Your journey may have started from a genuine need: love, belonging, validation, or relief from pain.

What began as a small step became a path. But that does not define who you are. God loves you in this moment, in this struggle, exactly as you are.

APPLICATION

Think about when your struggle began. What was happening in your life at that time? In your journal, write down what you remember. The circumstances, how you felt. This is not about shame. It is about clarity.

My thoughts & reflections:

PRAYER

Jesus, I admit that I cannot overcome this alone. Like Paul, I see the struggle within me. Today I begin a new journey. Help me trust that Your love reaches me even in my worst moments. Amen.

An Honest Moment With Yourself

Before continuing, pause here.

Freedom always begins with honesty.

Addiction thrives in secrecy and rationalization. It convinces us that the problem is smaller than it is, that we are still in control, or that we can stop whenever we truly decide to. But deep down, many people already know the truth.

Jesus said: "Then you will know the truth, and the truth will set you free." (John 8:32) Truth can feel uncomfortable at first. But truth is the doorway to freedom.

God is not asking you to pretend. He is asking you to be honest, not because He wants to condemn you, but because He wants to heal you. Your struggle does not shock Him. It does not push Him away.

But addiction is something Jesus came to destroy, because it enslaves the heart, interferes with worship, and steals the life He died to restore.

Take a moment to answer these questions honestly. No one else needs to see your answers.

1. What addiction or habit am I struggling with most right now?

2. How long has this struggle been part of my life?

3. In what ways has it affected my relationship with God?

4. In what ways has it affected my relationships with others?

5. Have I tried to stop before? What happened?

6. Do I truly want freedom, even if it requires change?

A Simple Prayer of Honesty

Lord,

You already know the truth about my life.

Nothing about me is hidden from You.

Today I choose to be honest about my struggle.

I admit that this habit has had more control over me than I want it to have.

I need Your help.

Give me the courage to face the truth, and the strength to begin walking toward freedom.

In Jesus' name, Amen.

DAY 2

WHAT EXACTLY IS YOUR MONSTER?

SCRIPTURE

Revelation 12:11

"They triumphed over him by the blood of the Lamb and by the word of their testimony."

REFLECTION

Addiction does not respect age, intelligence, education, or social position. It reaches into every walk of life.

Scripture identifies the enemy's mission clearly: to steal, kill, and destroy. One of his most effective tools is addiction, something that gradually takes control of your attention, your energy, and your devotion.

Today we take the first bold step: naming the monster. What you can name, you can confront. Secrecy gives addiction power. Exposure begins to weaken it.

We overcome by the blood of the Lamb and the word of our testimony. Today, you begin building that testimony.

APPLICATION

Write the addiction you are struggling with plainly in your journal. Then write this sentence ten times:

"THIS IS SATAN STEALING FROM MY LIFE."

Do not rush through it. Let each repetition build your resolve. My thoughts & reflections:

PRAYER

Father, thank You for exposing the enemy's work in my life. I refuse to keep this hidden any longer. Today I name my monster and declare that it no longer has the final word. Amen.

DAY 3

ADDICTION IS ABOUT WORSHIP

SCRIPTURE

Matthew 6:24

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other."

REFLECTION

Addiction is not only a habit problem. At its core, it is a worship problem.

Whatever you consistently return to for comfort, identity, or relief becomes a master in your life. Jesus made this principle unmistakably clear: you cannot serve two masters.

Here is the powerful truth this reveals: if you are capable of addiction, you are capable of deep worship. The same intensity that drives addiction (the devotion, the sacrifice, the single-mindedness) is the very capacity God designed for relationship with Him.

Your addiction does not prove you are spiritually weak. In many cases, it proves the opposite: you have a powerful heart that has been misdirected. God is not looking to condemn that heart. He wants to redirect it.

APPLICATION

In your journal, write down what you have been turning to instead of God. Be specific. What has received the devotion, time, and energy that belongs to Him?

My thoughts & reflections:

PRAYER

Father, I see now that I have been worshipping at the wrong altar. Redirect my devotion back to You, the only One worthy of my heart. Amen.

DAY 4

YOUR MONSTER DOES NOT RESPECT YOU

SCRIPTURE

James 1:14

"Each person is tempted when they are dragged away by their own evil desire and enticed."

REFLECTION

Addiction often begins with genuine needs: love, belonging, acceptance, comfort, or relief from pain.

The path usually follows a pattern:

Deception: "Just a little won't hurt."

Trial: Testing it once, believing you are in control.

Habit: Returning repeatedly, giving it more space in your life.

Addiction: The behavior now controls you. It has become master.

Addiction is self-hating. Every time you choose something that destroys you, you act against your own wellbeing. But it rarely feels that way at the time, which is why it is so dangerous.

Your monster does not respect your plans, your values, your family, or your future. But God does.

And He loves you in the middle of this struggle.

APPLICATION

Write down the genuine need that your addiction first tried to satisfy. Was it loneliness? Rejection?

Stress? A void? Identifying the root is key to lasting healing.

My thoughts & reflections:

PRAYER

Lord, heal the wound that opened the door to this addiction. You see the real need beneath my struggle. Meet me there, and fill what only You can fill. Amen.

DAY 5

THE POWER OF ACKNOWLEDGMENT

SCRIPTURE

1 John 1:9

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

REFLECTION

Addiction grows in secrecy and denial. When we pretend everything is fine or tell ourselves we can handle it, we give the monster more room to grow.

Acknowledgment is not humiliation. It is clarity. It is the moment you stop pretending and invite God into the truth of your situation.

God already knows. He sees everything. What changes when you confess is not what God knows. It is what you allow Him to heal.

Scripture promises that when we confess, He is faithful and just to forgive and to cleanse. That word 'cleanse' means more than pardon. It means purification. God does not merely overlook the mess; He begins to clear it.

APPLICATION

In your journal, write a short, honest letter to God about your struggle. Do not filter it. Speak openly, as you would to someone who already knows everything and loves you anyway. Because He does.

My thoughts & reflections:

PRAYER

Father, I acknowledge my addiction and my inability to overcome it alone. Thank You for loving me even in my brokenness. I open this door and invite You in to begin Your work. Amen.

DAY 6

WHY YOU CANNOT FIGHT THIS ALONE

SCRIPTURE

John 15:5

"I am the vine; you are the branches. Whoever abides in Me and I in him, he it is that bears much fruit, for apart from Me you can do nothing."

REFLECTION

Addiction convinces us that willpower is the answer. We tell ourselves that if we just try harder, want it more, or push through, we can overcome.

But Jesus said: apart from Me, you can do nothing.

This is not defeat. It is the most liberating truth in Scripture. You were never designed to carry this alone. The very architecture of your spirit requires connection to God to function at its highest level.

Addiction thrives when we isolate. It loses power when we abide. Abiding means staying connected, through prayer, His Word, community, and daily surrender. Freedom is not a one-time decision; it is a daily posture of reliance on Jesus.

APPLICATION

Write down the ways you have tried to fight this battle entirely on your own. What has that cost you?

Then write one specific way you will begin relying on God instead of yourself this week.

My thoughts & reflections:

PRAYER

Jesus, I see now that I cannot do this alone. I stop striving in my own strength. Help me abide in You daily, connected, close, trusting Your power over my own. Amen.

DAY 7

START SEEING ADDICTION AS A MASTER

SCRIPTURE

Romans 6:16

"Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey – either of sin, which leads to death, or of obedience, which leads to righteousness?"

REFLECTION

Whatever you repeatedly obey becomes your master. This is a spiritual law as real as gravity.

Addiction works slowly. First a suggestion, then a desire, then a habit, then a master. By the time most people realize what has happened, the chains are already tight.

Seeing addiction clearly as a master is the first step toward choosing a different one.

You were not made to be ruled by a substance, a screen, a behavior, or any created thing. You were made for God. And the God who made you loves you enough to call you out of every lesser mastery.

APPLICATION

Write down three specific areas of your life where addiction has been making decisions for you. Then write this declaration:

"I choose God as my Master. I was made for Him, not for this."

My thoughts & reflections:

PRAYER

Father, I acknowledge that addiction has been ruling parts of my life. I reject it as master. I Submit myself to You, the only One worthy of my obedience. Amen.

Week 1 Reflection

You have completed the first week of your journey. Take a moment to look back.

* Which day this week spoke most directly to your situation?

+ What have you learned about the root of your struggle?

- In what specific area did you most sense God speaking to you?

WEEKLY PRAYER

Lord, thank You for the clarity You have brought this week. I see my struggle more honestly now, and I trust that You see me with love. Carry me into the next week with courage and renewed hope. Amen.

WEEK 2

Redirecting Worship

Confrontation - Devotion - The Heart

Addiction is not the absence of devotion. It is devotion aimed at the wrong thing. This week we look honestly at what your heart has been worshipping, and we begin the slow, sacred work of turning it back toward the One who made it.

DAY 8

CHANGE WHAT YOU WORSHIP

SCRIPTURE

Matthew 4:10

"Worship the Lord your God, and serve Him only."

REFLECTION

Addiction is not merely a behavioral problem. It is a devotion problem. Whatever you consistently return to for comfort, escape, or validation becomes an object of worship in your life.

Every addict is a worshipper. The issue is never the intensity of the devotion. It is always the direction.

Substances, behaviors, approval, and control all promise relief, but they eventually demand more than they can ever give back.

Jesus resisted the devil's offer with a single, decisive declaration: worship belongs to God alone. That same declaration is available to you today. The false altar has demanded enough. It is time to return worship to its rightful home.

APPLICATION

In your journal, make two columns.

Column 1: Things you run to when you feel stress, loneliness, or pain.

Column 2: Ways you could begin turning to God in those same moments.

My thoughts & reflections:

PRAYER

Father, I recognize that I have given my devotion to things that cannot save me. Today I redirect my worship to You alone. Be the One I run to first. Amen.

DAY 9

YOUR HEART WAS BUILT FOR WORSHIP

SCRIPTURE

Psalm 95:6

"Come, let us bow down in worship, let us kneel before the Lord our Maker."

REFLECTION

You were created to worship. Worship is not a religious activity. It is the deepest function of the human heart.

Here is a truth that could change how you see yourself: the fact that you became addicted does not mean you are spiritually defective. It may mean the opposite. Your heart has a powerful capacity for devotion that has simply been aimed in the wrong direction.

The same intensity that once fueled your addiction, the obsession, the sacrifice, the relentless return, is the very capacity God designed for relationship with Him. God is not afraid of your intensity. He wants to receive it.

APPLICATION

Write down ways your addiction demonstrated commitment, focus, and devotion, even if destructive.

Then ask God in prayer to redirect that same energy toward prayer, His Word, and worship.

My thoughts & reflections:

PRAYER

Lord, thank You for creating my heart with the capacity to worship. Redirect that capacity toward You so that my passion serves life instead of destruction. Amen.

OFFER YOURSELF TO GOD

SCRIPTURE

Romans 12:1

"Offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship."

REFLECTION

Addiction demands sacrifice. It takes your time, energy, money, health, and relationships. It costs far more than it ever advertised.

God also calls for sacrifice, but His calls lead to life, not destruction. Offering yourself to God as a living sacrifice is not about earning favor. It is about choosing, moment by moment, whose purposes your life will serve.

God is not asking for perfection. He is asking for surrender. A living sacrifice keeps showing up, even when broken, even when it falls and rises again.

APPLICATION

Identify one area of your life that addiction has controlled: your time, finances, relationships, or health. Write a specific commitment to begin surrendering that area to God today.

My thoughts & reflections:

PRAYER

Father, I offer my life to You today. Not perfectly, but sincerely. Take the areas that addiction has occupied and help me surrender them fully into Your hands. Amen.

DAY 11

THE MAN WHO LOST EVERYTHING

SCRIPTURE

Mark 5:1-6

"When he saw Jesus from a distance, he ran and fell on his knees in front of Him."

REFLECTION

In the region of Gadara, there was a man completely overtaken by destructive forces. He lived among the tombs, isolated from society. He had been chained and shackled, but broke free only to harm himself further. Night and day he cried out and cut himself with stones.

This man is one of Scripture's most vivid portraits of addiction: isolation, self-harm, broken relationships, and a life lived outside the bounds of human community.

Yet the moment he saw Jesus from a distance, he ran toward Him. Not away. Toward.

Even in the depths of destruction, the part of him that could worship still existed. And Jesus did not turn away from him.

APPLICATION

Reflect on areas where addiction has isolated you or caused harm, physically, relationally, spiritually.

Write them down. Then write: "Like the man at Gadara, I run toward Jesus."

My thoughts & reflections:

PRAYER

Jesus, even in the middle of my destruction I choose to run toward You. Do not turn away from me. Restore what addiction has broken. Amen.

DAY 12

JESUS BREAKS CHAINS

SCRIPTURE

Luke 4:18

"The Spirit of the Lord is on Me, because He has anointed Me to proclaim freedom for the captives."

REFLECTION

Addiction often feels like chains, habits that tighten with every attempt to break free, patterns that reassert themselves just when freedom seems close.

But Jesus described His own mission in terms of liberation. He came to proclaim freedom to captives.

This was not metaphor. It was mandate.

When Jesus spoke to the man at Gadara, the forces that had bound him could no longer hold him.

Chains that had resisted human strength submitted to divine authority.

Freedom may not always be instant. But it always begins with an encounter with Jesus. He is still in the business of breaking chains.

APPLICATION

Write the word FREEDOM at the top of a journal page. Under it, list the specific chains you want Jesus to break in your life. Be specific.

My thoughts & reflections:

PRAYER

Lord Jesus, You came to set captives free, and I am one of them. Break the chains that addiction has placed around my life. Lead me into the freedom You promised. Amen.

DAY 13

COUNT THE COST

SCRIPTURE

Proverbs 14:12

"There is a way that appears to be right, but in the end it leads to death."

REFLECTION

Addiction always begins with a promise. Pleasure. Escape. Belonging. Relief.

But every promise has a price tag hidden on the back.

Over time the cost becomes visible: relationships strained or broken, health declining, finances depleted, peace stolen, purpose deferred.

What once appeared harmless slowly reveals its true destination.

Counting the cost is not an exercise in shame. It is an act of clarity. When you see honestly what addiction has taken from you, the desire for a different path grows stronger. That desire is a gift from God. Do not ignore it.

APPLICATION

Write down three specific ways addiction has negatively affected your life. Be honest. The clearer the cost, the stronger the motivation for freedom.

My thoughts & reflections:

PRAYER

*Father, help me see clearly the true cost of addiction in my life.
Give me courage to choose the path that leads to life instead.
Amen.*

DAY 14

ASK GOD TO SEARCH YOUR HEART

SCRIPTURE

Psalms 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."

REFLECTION

Addiction rarely exists in isolation. Beneath the surface there are almost always deeper wounds: pain that was never healed, rejection that was never processed, fears that were never surrendered.

God does not only want to remove the addiction. He wants to heal the heart beneath it. The behaviors are symptoms. The wounds are the source.

King David's prayer was radical in its vulnerability: search me. Test me. Show me what is hidden.

That kind of honesty opened the door to the deepest levels of God's healing.

When God searches your heart, He is not looking to condemn you. He is looking to restore you.

APPLICATION

Spend five quiet minutes in prayer. Ask God to reveal the deeper emotions connected to your addiction. Write down whatever surfaces, without judgment.

My thoughts & reflections:

PRAYER

Lord, search my heart and reveal what lies beneath my addiction. Heal the wounds inside me so that I can live free and worship You fully. I trust Your hand, even in the searching. Amen.

Week 2 Reflection

Week Two has taken you deeper, into worship, devotion, and the heart behind the struggle.

- What did you discover about the connection between addiction and worship?

- How did the story of the man at Gadara speak to your situation?

* What is one thing God is asking you to surrender right now?

WEEKLY PRAYER

Father, thank You for showing me the deeper things. I see now that this battle is spiritual at its core. Redirect my worship, heal my heart, and lead me closer to freedom. Amen.

If You Relapse During These 31 Days

A word of grace before you go further.

Addiction is a journey. Freedom is rarely instant. You may experience days when old habits or thoughts resurface. You may stumble, fall, or give in to temptation.

This does not mean failure. This does not mean God has given up on you.

Scripture says: "My grace is sufficient for you, for my power is made perfect in weakness." (2Corinthians 12:9) Relapse is not the end of the journey. It is a reminder that we need God's strength more than our own. Every stumble is an invitation to lean deeper into Him rather than pull away.

Shame is one of addiction's most powerful tools. It tells you that because you fell, you have forfeited

your place at the table. That is a lie. The cross was not conditional. Grace does not expire. Come back.

Pick up this book. Keep going.

WHAT TO DO IF YOU RELAPSE

Do not shame yourself,

Guilt that drives you toward God is conviction. Guilt that drives you into hiding is condemnation. God is not waiting with punishment. He is waiting with open arms.

Pause and pray.

Tell Jesus exactly what happened. Not a polished confession. A real one. He already knows. He is asking you to trust Him with it.

Reflect honestly.

What triggered this moment? What was the feeling beneath the behavior, loneliness, stress, boredom, pain? Name it. Write it down. Understanding the trigger weakens its power next time.

Return to the devotional.

Do not skip tomorrow's day. Do not go back to Day 1 out of guilt. Pick up exactly where you are.

Each day builds momentum. One stumble does not erase fourteen days of progress.

Tell someone.

Isolation feeds addiction. If there is a trusted person in your life, a friend, pastor, or mentor. Reach out. You do not need to carry this alone.

*A Prayer After a Stumble Lord Jesus,
I have stumbled. I may feel weak or ashamed.
But I know Your love for me has not changed.
Thank You that Your grace covers me, even when I fall.
Help me to learn from this moment.
Strengthen me to continue walking toward freedom.
Renew my mind, my heart, and my spirit.
Keep my eyes on You.
I will not give up.
Amen.*

Reflect Before Moving On

- What triggered this relapse or moment of struggle?

- How can I respond differently next time?

* What one truth from Scripture reminds me I am still loved and still on the journey?

WEEK 3

Renewing the Mind

Truth - Transformation - Resilience

The battle for freedom is won or lost in the mind before it ever reaches the hands. This week we go after the thoughts, the lies, and the patterns that have kept you returning to the same place. The Word of God is a weapon. Learn to use it.

DAY 15

WHAT YOU FEED WILL GROW

SCRIPTURE

Galatians 6:7

"Do not be deceived: God is not mocked. For whatever one sows, that will he also reap."

REFLECTION

Addiction survives through constant feeding. Every exposure to triggers, environments, and influences connected to the addiction plants a seed that grows into a stronger urge.

The same principle works in the opposite direction. When you feed your mind with truth, prayer, scripture, and healthier habits, you plant different seeds, and a different harvest begins to grow.

Freedom rarely happens by accident. It grows through intentional choices about what you allow in.

You cannot starve addiction while still feeding it daily. But when you begin feeding your soul, the balance begins to shift.

APPLICATION

In your journal, make two columns:

Column 1: Things that feed your addiction.

Column 2: Things that feed your spiritual life.

Identify one thing to remove and one thing to add. Start today.

My thoughts & reflections:

PRAYER

Father, help me recognize what strengthens my addiction and give me courage to feed my soul instead. I choose today to sow seeds that lead to life. Amen.

DAY 16

REPLACE THE LIES

SCRIPTURE

John 8:32

"Then you will know the truth, and the truth will set you free."

REFLECTION

Every addiction survives on lies.

"I need this to cope." "I can't function without it." "This is the only thing that helps." "I'll deal with it later."

These lies become beliefs. And beliefs shape behavior. The longer they go unchallenged, the deeper they sink into the foundation of how you see yourself.

Jesus declared that truth sets people free. That is not poetry. It is a spiritual reality. When the lies addiction whispers are replaced by the truth of God's Word, the grip weakens. Freedom begins in the mind before it shows up in behavior.

APPLICATION

Write down three lies your addiction has told you. Then, beside each one, write a truth from Scripture that challenges it. Read the truths aloud.

PRAYER

Lord, expose the lies that have kept me bound. Fill my mind with Your truth so that I can walk in freedom. Amen.

DAY 17

GOD UNDERSTANDS YOUR STRUGGLE

SCRIPTURE

Hebrews 4:15

"For we do not have a high priest who is unable to empathize with our weaknesses."

REFLECTION

Many people in the grip of addiction feel profoundly misunderstood. They expect judgment. They anticipate rejection. They sometimes stay silent because they fear that if people truly knew, they would turn away.

But the Bible reveals something extraordinary: Jesus understands human weakness from the inside.

He experienced temptation. He knows the weight of desire, suffering, and struggle in a human body.

When you bring your addiction to God, you are not approaching a distant judge. You are approaching a compassionate Savior who has walked through the valley of temptation and came out the other side, so that you could too.

APPLICATION

Write a short, honest letter to Jesus about your struggle. Say what you have never said aloud. Hold nothing back. He is not surprised, and He will not turn away.

My thoughts & reflections:

PRAYER

Jesus, thank You for understanding my weakness. Help me come to You honestly and receive the grace I need to keep moving forward. Amen.

DAY 18

CAPTURE THE THOUGHT

SCRIPTURE

2 Corinthians 10:5

"We take captive every thought to make it obedient to Christ."

REFLECTION

Addiction often begins in the mind long before it becomes action. A thought appears. If it is entertained long enough, it becomes desire. Desire, left unchecked, becomes behavior.

Learning to interrupt this cycle at the thought level is one of the most important skills in recovery.

Paul describes the strategy as taking thoughts captive, recognizing destructive thinking early and redirecting it before it gains momentum.

You cannot stop every thought from appearing. But you can choose which thoughts you allow to stay.

A thought that is not fed will eventually lose its power.

APPLICATION

The next time an addictive thought appears, pause and say deliberately:

"I see you. I will not entertain you. I take this thought captive."

Then redirect your attention right away to prayer, to Scripture, or to a different physical activity.

My thoughts & reflections:

PRAYER

Father, train my mind to recognize destructive thoughts early. Help me capture them and replace them with thoughts that lead to life. Amen.

DAY 19

GOD ALWAYS PROVIDES AN EXIT

SCRIPTURE

1 Corinthians 10:13

"No temptation has overtaken you except what is common to mankind. And God is faithful;

He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out."

REFLECTION

Temptation often feels overwhelming and unique, as if no one has ever faced what you are facing. But Scripture is clear: temptation is common to all people. Others have faced it and found freedom.

More importantly, God promises something specific: every temptation has an exit. He always provides a way out. The challenge is that addiction trains the mind to ignore that exit and move automatically toward the familiar behavior without pausing to look for an alternative.

Recovery includes learning to pause long enough to find the door God has already opened.

APPLICATION

Think about the situations where temptation most often appears. For each one, identify at least one practical 'exit strategy, something specific you can do in that moment to redirect yourself.

My thoughts & reflections:

PRAYER

Lord, help me recognize the escape routes You provide when temptation appears. Give me the clarity and strength to take them. Amen.

DAY 20

YOU WERE NOT MEANT TO FIGHT ALONE

SCRIPTURE

Ecclesiastes 4:9-10

"Two are better than one... If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

REFLECTION

Addiction thrives in isolation. Many people hide their struggle out of shame, fear of judgment, or the belief that no one would understand.

But God designed human beings for community, accountability, and support. When trusted people walk alongside us, they provide strength we cannot generate alone.

You do not need to share everything with everyone. But finding even one person you can be honest with changes the dynamic entirely. Secrecy feeds addiction. Honest community weakens it.

APPLICATION

Identify one trusted person you could speak honestly with about your journey. It may be a friend, a pastor, a mentor, or a counselor. Write their name. Then make a plan to reach out.

My thoughts & reflections:

PRAYER

Father, give me the courage to seek support. Bring the right people into my life who will walk with me and strengthen my resolve. Amen.

DAY 21

LEARN TO GET BACK UP

SCRIPTURE

Proverbs 24:16

"For though the righteous fall seven times, they rise again."

REFLECTION

Recovery is rarely a straight line. There may be days when you stumble back into old patterns. When that happens, the voice of addiction will say: 'See? You will never change.'

That voice is lying.

Scripture's measure of righteousness is not perfection. It is persistence. The righteous person may fall seven times. What defines them is that they get up seven times.

God's grace is not exhausted by your failures. Each morning His mercies are new. The journey is not over because you stumbled. It is only over if you stay down.

APPLICATION

Write this commitment somewhere you will see it daily:

"No matter how many times I stumble, I will keep getting back up. God's grace is bigger than my failure."

My thoughts & reflections:

PRAYER

Lord, thank You for Your grace when I fall. Give me the strength to rise again and keep moving toward the freedom You are building in my life. Amen.

Week 3 Reflection

Week Three has been about renewing your mind and rebuilding new patterns.

- What lie has God's truth replaced in your thinking this week?

* Which practical strategy has helped you the most?

- How is your mind beginning to change?

WEEKLY PRAYER

Father, continue renewing my mind. What I once couldn't resist is beginning to lose its hold. Keep working in me. I trust the process You have started. Amen.

WEEK 4

Living Free

Identity - Purpose - Testimony

Freedom is not just the absence of addiction. It is the presence of God reshaping your identity, restoring your relationships, and redirecting your story. This week you discover who you are when the chains come off, and why the world needs to hear what happened to you.

DAY 22

YOUR STORY HAS POWER

SCRIPTURE

Revelation 12:11

"They triumphed over him by the blood of the Lamb and by the word of their testimony."

REFLECTION

Addiction fills people with shame about their story. The instinct is to hide it, minimize it, or pretend it never happened.

But in God's kingdom, testimony becomes a weapon.

The same story that once produced shame can become evidence of God's grace and power. When you speak honestly about where you were and what God did, something happens, not just for those who hear it, but for you.

Testimony reinforces freedom. It reminds you of what God has done. It anchors your faith. And it gives someone else the courage to take their first step.

APPLICATION

In your journal, write the outline of your story in three parts:

1. Where I was before.
2. What addiction did to my life.
3. How God began working in me.

This is the beginning of your testimony.

My thoughts & reflections:

PRAYER

Father, give me the courage to see my story through Your eyes. Turn my past into a testimony that encourages others and glorifies You. Amen.

DAY 23

FREEDOM MUST BE PROTECTED

SCRIPTURE

Galatians 5:1

"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."

REFLECTION

Freedom is not only something you receive. It is something you protect.

The patterns addiction created do not disappear instantly. Neural pathways, emotional triggers, and environmental cues can all attempt to pull you back toward old behavior.

Paul's instruction is deliberate: stand firm. Do not drift back. Guard the ground you have gained.

Freedom grows stronger when it is protected intentionally, through prayer, accountability, avoiding certain environments, and staying close to God.

Jesus did not set you free so you could return to the same chains. He set you free to live.

APPLICATION

Write down three specific habits that help protect your freedom. These might include prayer, accountability, avoiding certain places, or replacing old routines with new ones.

My thoughts & reflections:

PRAYER

Lord, help me guard the freedom You are building in my life. Give me wisdom to protect the ground I have gained and strength to stand firm. Amen.

DAY 24

YOU ARE NOT YOUR ADDICTION

SCRIPTURE

2 Corinthians 5:17

*"Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!"*

REFLECTION

Addiction often becomes part of a person's identity. "I am an addict." The label can feel permanent, as if the struggle has defined who you fundamentally are.

But Scripture speaks a radically different truth: in Christ, identity changes. The old is gone. The new has come.

Your addiction is part of your story. It is not the final description of who you are. God defines you by redemption, not by failure. By what He has done in you, not by what addiction did to you.

APPLICATION

Write this sentence in your journal:

"My addiction is part of my past. It is not my identity. In Christ, I am a new creation."

Read it aloud three times.

My thoughts & reflections:

PRAYER

Father, help me see myself through Your eyes. Teach me to live from the new identity You have given me rather than from the old one addiction tried to assign. Amen.

DAY 25

NOTHING SEPARATES YOU FROM GOD'S LOVE

SCRIPTURE

Romans 8:38-39

"Neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

REFLECTION

Many people believe that their addiction has finally pushed God away, that they have gone too far, fallen too many times, or damaged themselves beyond the reach of grace.

Paul's declaration in Romans destroys that belief entirely.

Nothing. Not death, not life, not your worst moment, not your longest relapse Nothing can separate you from the love of God. God loved you before the addiction began. He loved you in your worst seasons. He loves you right now. His love is not a reward for progress. It is the foundation you stand on while making it.

APPLICATION

Spend time thanking God specifically for loving you during your most difficult seasons. Write a prayer of gratitude, naming those seasons specifically.

My thoughts & reflections:

PRAYER

Lord, thank You for loving me even when I felt far from You. Help me stand on the foundation of Your love as I keep moving forward. Amen.

THE RESTORED MAN RETURNED HOME

SCRIPTURE

Mark 5:19

"Go home to your own people and tell them how much the Lord has done for you, and how He has had mercy on you."

REFLECTION

After Jesus freed the man from Gadara, the man wanted to stay with Jesus, to follow Him wherever He went. It was a reasonable desire. He had been through something devastating, and the safety of being near Jesus must have felt irreplaceable.

But Jesus had a different plan: Go back. Return to your people. Tell them what the Lord has done.

The man who had been chained and isolated, who cut himself in the darkness and could not live among others, was now sent back to rebuild community and speak hope into lives.

Addiction isolates. Restoration reconnects. Your freedom is not only for you. it is a testimony that can light the way for someone else.

APPLICATION

Think of one person or group who might one day need to hear your story. Write their name. Then write what you would want them to know.

My thoughts & reflections:

PRAYER

Jesus, help me rebuild what addiction damaged. Use my story to bring hope to others who are still chained. Amen.

DAY 27

GOD CAN USE YOUR LIFE

SCRIPTURE

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 hope and a future.'"

REFLECTION

Addiction often convinces people that their future is ruined, that too much has been lost, too many years wasted, too many relationships broken to recover a meaningful life.

But God specializes in restoring what appears beyond repair. Many of the people who now help others most powerfully were once trapped in exactly the same struggles. Your past does not cancel your purpose. In many cases, the very pain of your experience prepares you to understand and reach people that no one else can. God's plans for you did not disappear because of addiction. They are still waiting to unfold.

APPLICATION

Write down ways your experience, including the struggle itself, could one day be used to help someone else.

My thoughts & reflections:

PRAYER

Father, thank You that my past does not disqualify me from Your purpose. Show me how my life can be used to serve others. Amen.

DAY 28

PROGRESS, NOT PERFECTION

SCRIPTURE

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."

REFLECTION

Recovery is a journey, not an instant transformation. Some days will feel strong. Other days will feel difficult. The point is not to be perfect. It is to keep moving.

Paul's instruction is not to dwell on past failures or even past victories. He says to forget what is behind and press forward. Not because the past doesn't matter, but because fixating on it keeps you from the ground ahead.

Your focus should be on the next right step. Not the full journey, just the next step.

APPLICATION

Write one positive change you have noticed in yourself since beginning this journey. Celebrate it, however small it seems.

My thoughts & reflections:

PRAYER

Lord, help me keep pressing forward. Teach me to focus on progress rather than perfection. I trust You with every step. Amen.

DAY 29

WORSHIP IS YOUR TRUE FREEDOM

SCRIPTURE

2 Corinthians 3:17

"Where the Spirit of the Lord is, there is freedom."

REFLECTION

This devotional began with a simple but radical claim: addiction is a worship problem. The heart was built for devotion. When that devotion is misdirected, addiction fills the void.

The solution was never merely behavioral change. It was worship restored.

When the Spirit of the Lord is present in your daily life, through prayer, Scripture, community, and surrender, something shifts. The hold of addiction weakens. Not because you are trying harder, but because the heart has found what it was actually longing for all along.

APPLICATION

Spend time today in intentional worship. Play music that draws you toward God. Pray with gratitude.

Read a passage of Scripture slowly. Let worship take the space that addiction once occupied.

My thoughts & reflections:

PRAYER

Father, let Your presence be the freedom my heart truly needs. Help me cultivate a life of worship where every day is lived for You. Amen.

DAY 30

THE MONSTER DOES NOT OWN YOU

SCRIPTURE

1 John 4:4

"The One who is in you is greater than the one who is in the world."

REFLECTION

For a long time, addiction felt like it owned you. It dictated your schedule, your choices, your emotions, your resources.

But the power that lives in you through the Holy Spirit is greater than any force addiction could marshal.

The man at Gadara could not break his own chains. But when Jesus spoke, the chains could not hold.

The authority had changed hands.

Through Christ, the authority of addiction has been challenged. Even when the struggle remains, the final word does not belong to the addiction. It belongs to the One who lives in you.

APPLICATION

Write this statement boldly in your journal:

"The monster does not own me. I belong to God. Greater is He who is in me than he who is in the world."

My thoughts & reflections:

PRAYER

Lord, remind me daily that You are greater than every force that once controlled my life. I belong to You. Amen.

DAY 31

A LIFE FULLY SURRENDERED

SCRIPTURE

Matthew 22:37

"Love the Lord your God with all your heart and with all your soul and with all your mind."

REFLECTION

Thirty-one days ago, you turned the first page. Maybe with trembling hands. Maybe with doubt. Maybe with just enough hope to try.

Look at where you are now.

You named the monster. You traced the wound beneath it. You redirected your worship. You renewed your mind. You stood back up after stumbling. You kept showing up, day after day, for yourself and for God.

That is not nothing. That is everything.

This journey was never only about stopping a behavior. It was about recovering your heart and returning to the One it was made for.

Jesus walked into the tombs to find the man at Gadara. He walked through these 31 days with you.

And now, like that man, He sends you back. Back to your people. Back with a story that someone else desperately needs. Go. Tell them what the Lord has done for you.

APPLICATION

Write a personal commitment to continue pursuing God beyond these 31 days. Then write the name of one person you will share your story with. That name is part of your calling.

My thoughts & reflections:

PRAYER

Father, I have walked 31 days with You. I am not the same person who began this journey. You have been faithful to every step, every stumble, every quiet morning when I showed up with nothing but my need. I surrender my life fully to You. Not because I have arrived, but because You are worth everything I have. Use my story. Use my scars. Use even the years the addiction stole. Make them into something that brings someone else home to You. I love You. Help me live like it. Amen.

Week 4 Reflection

You have completed thirty-one days. Take a moment to reflect on the full journey.

- How has your understanding of addiction changed over these 31 days?

* What is the most significant thing God has shown you?

* What does your next step look like?

WEEKLY PRAYER

Lord, thank You for walking with me through every day of this journey. What You have begun in me, I trust You to complete. I press forward, one day at a time, with You. Amen.

The Freedom Prayer

Lord Jesus,

I come to You as I am.
Not as I wish I were. Not as I pretend to be.
As I am, struggling, tired, and in need of You.

You already know everything about me.
Every secret. Every relapse. Every morning I woke up ashamed.
You have seen it all, and You have not turned away.
That is the miracle I am standing on right now.
Your Word says You died for me while I was still in my sin.
Not after I fixed myself. While.
That means Your love reached me at my worst.
And it is still reaching me now.
I confess that I have given my devotion to things that cannot
save me.
I have worshipped at broken altars.
I have run to what destroys me and called it comfort.
I am done pretending I can win this alone.
Jesus, I surrender this addiction to You.
Break every chain that has held me captive.
Heal the wound beneath the behavior.
Renew my mind where the lies have taken root.
Restore the relationships that my addiction has damaged.
And Lord, I ask You: redirect my worship.
Take the same intensity that once drove me toward
destruction and turn it, completely, toward You.
Make me a worshipper.
Make me a testimony.
31 Days to Break Free - 52 Send me back to my people with a
story they need to hear.
I choose You today.
One day at a time, I choose You.
In Jesus' name, Amen.

Your Next Step

Your journey does not end here.

The man who was freed by Jesus in the region of Gadara was told to return to his community and tell them what God had done. The one who had been isolated and broken was sent back, restored, purposeful, and carrying a story that would bring hope to others.

Your freedom is not only for you. Your story can light the way for someone who is still in the darkness you have begun to leave behind.

Consider these next steps:

- Continue daily prayer and Scripture reading.
 - Find a trusted friend, mentor, or support group to walk with you.
 - Write your full testimony when you feel ready.
 - Share your story with someone who needs hope.
 - Return to this devotional in seasons of struggle.
- "Go home to your own people and tell them how much the Lord has done for you."
- Mark 5:19

About the Author

Oluwasegun Idowu is a pastor, author, youth counsellor, applied behaviour analyst, and software engineer whose life and ministry are shaped by one conviction: that every person was made for purpose, and no addiction, failure, or season of darkness has the final say.

He serves as a pastor at Lifestream Christian Center, where he teaches the Word of God with clarity and pastoral warmth. His daily work as a youth counsellor and applied behaviour analyst places him at the intersection of faith and practical human transformation, walking with young people through the real challenges of identity, behaviour, and purpose.

Oluwasegun teaches purpose discovery and what it means to function fully and effectively as a believer who is genuinely engaged with the world around them. His approach is grounded in Scripture, informed by behavioural science, and tested in the lives of real people.

He speaks and writes from personal experience. Having fought and won the battle against sports betting addiction, he understands from the inside what it means to be enslaved to something you never intended to become your master, and what it means to walk free. That experience is the heartbeat of this devotional.

He is also the author of *Make Money Meeting People – 3MP*, a book on building meaningful relationships and financial opportunity through genuine human connection.

Oluwasegun is married to Oluwafunmilola. Together they are blessed with two children, Zion and Zoe. He is based in Ottawa, Canada.

JOIN THE ACCOUNTABILITY TEAM

If this devotional has impacted your life, or if you are walking through this journey and would like community, prayer, and accountability, you are invited to connect directly with the author.

Oluwasegun personally welcomes readers who want to go deeper, share their testimony, or simply know that someone is standing with them on the journey to freedom.

oluobamzy@gmail.com

You are not alone. You were never meant to be.