

A 7-Day Recovery Reading Pack

For anyone in recovery, at any stage, and for the family beside them.

Empowering KJV scriptures for those battling addiction and walking the road of recovery.

How to use this pack

- One page a day; a page a day is also how recovery works.
- This pack does not replace a programme, a sponsor, or a doctor.
- Honesty on the page is practice for honesty in the room.

The seven days

Day 1 — Telling the truth · John 8:36

Day 2 — A way of escape · 1 Corinthians 10:13

Day 3 — New creature · Romans 12:2

Day 4 — Amends · 2 Corinthians 5:17

Day 5 — Shame versus conviction · Philippians 4:13

Day 6 — People who keep you · Galatians 5:1

Day 7 — One day · Isaiah 40:31

Addiction is a battle that affects body, mind, and spirit. Whether you are struggling with alcohol, drugs, gambling, or any other bondage, God's Word declares that freedom is possible through Christ. These King James Bible verses speak to the power of God to break chains, renew minds, and restore what addiction has stolen. They are for the one in the fight, the one starting over again, and the loved ones praying from the sidelines.

Telling the truth

If the Son therefore shall make you free, ye shall be free indeed.

John 8:36 (KJV)

True freedom through Christ

Devotion prompt

Write the true sentence about where you are today. Not the managed version.

Write your answer

Pray it back to God before you close the page.

A way of escape

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

1 Corinthians 10:13 (KJV)

A way of escape from temptation

Devotion prompt

God will with the temptation make a way to escape. What is your escape route, practically, at the moment of craving?

Write your answer

Pray it back to God before you close the page.

New creature

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2 (KJV)

Renewing the mind

Devotion prompt

Old things are passed away. What do you want to be true of you in ninety days?

Write your answer

Pray it back to God before you close the page.

Amends

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

2 Corinthians 5:17 (KJV)

A new creation

Devotion prompt

Who have you hurt? Name one person and what a real amend would involve.

Write your answer

Pray it back to God before you close the page.

Shame versus conviction

I can do all things through Christ which strengtheneth me.

Philippians 4:13 (KJV)

Strength for the battle

Devotion prompt

Shame says you are bad; conviction says do something. Which voice have you been listening to?

Write your answer

Pray it back to God before you close the page.

People who keep you

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Galatians 5:1 (KJV)

Stand firm in freedom

Devotion prompt

Write the three names and numbers you will call before you use. Put them in your phone tonight.

Write your answer

Pray it back to God before you close the page.

One day

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40:31 (KJV)

Renewed strength

Devotion prompt

Write today's date and one sentence of commitment for today only. Tomorrow gets its own sentence.

Write your answer

Pray it back to God before you close the page.

More verses for this season

Keep this page for cards, texts, and the days when you need different words.

Then they cried unto the Lord in their trouble, and he saved them out of their distresses. He brought them out of darkness and the shadow of death, and brake their bands in sunder.

Psalm 107:13-14 (KJV)

God breaks chains

For sin shall not have dominion over you: for ye are not under the law, but under grace.

Romans 6:14 (KJV)

Sin's power is broken

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

James 4:7 (KJV)

Resist and the enemy flees

A prayer for this season

Lord, I cannot do this on my own and I have proved it. Give me strength for today, honest friends, and a way out when the pull is strongest. Amen.

Practical ways to use these verses

- John 8:36 is the foundational verse for Christian recovery programs
- 1 Corinthians 10:13 is practical — remind someone in temptation that God provides a way out
- Romans 12:2 is powerful for long-term recovery and mindset transformation
- Psalm 107:13-14 is deeply encouraging for someone who has relapsed
- Share Galatians 5:1 to encourage someone to keep fighting and not return to bondage

Notes and prayer requests

Read the full collection, with every verse in context, at biblesundays.com/life-events/addiction-recovery-verses — free KJV verse collections, printables, and reading plans for every season of life. Free to print and share; please keep this page attached.