



## 7-Day Recovery & Reframing Devotional

*A Daily Reflection Guide for Renewing the Mind*

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### Day 1 – Hopelessness Thinking

**Distorted Thought:** “I’ll never change. My past defines me.”

**Scripture:** *2 Corinthians 5:17* — “If anyone is in Christ, he is a new creation.”

**Reframe:** God makes all things new.

**Reflection Prompt:**

*What part of my past do I struggle to let go of?*

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**Prayer:**

“Lord, remind me that I am new in You.”

**Action Step:**

Write down one lie about your identity and replace it with God’s truth.

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### Day 2 – Perfectionism Thinking

**Distorted Thought:** “If I fail once, I’m worthless.”

**Scripture:** *Psalms 103:14* — “He knows how we are formed, He remembers that we are dust.”

**Reframe:** Progress matters more than perfection.

**Reflection Prompt:**

*Where have I been harsh on myself this week?*

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**Prayer:**

“Father, thank You for loving me despite my flaws.”

**Action Step:**

Celebrate one small victory today.

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**Day 3 – Isolation Thinking**

**Distorted Thought:** “No one understands me. I have to do this alone.”

**Scripture:** *Hebrews 13:5* — “Never will I leave you; never will I forsake you.”

**Reframe:** God is present and provides community.

**Reflection Prompt:**

*Who can I reach out to for encouragement today?*

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**Prayer:**

“Lord, remind me I am never alone.”

**Action Step:**

Reach out to someone who supports your recovery.

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**Day 4 – Catastrophic Thinking**

**Distorted Thought:** “This craving/problem is too big for me.”

**Scripture:** *Philippians 4:13* — “I can do all things through Christ who strengthens me.”

**Reframe:** God’s strength is greater than any craving.

**Reflection Prompt:**

*What situation feels overwhelming right now?*

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**Prayer:**

“Jesus, be my strength in weakness.”

**Action Step:**

Pause and breathe deeply three times today, inviting God’s strength.

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**Day 5 – Shame Thinking**

**Distorted Thought:** “My mistakes are too great for grace.”

**Scripture:** *Micah 7:19* — “You will hurl all our iniquities into the depths of the sea.”

**Reframe:** God’s forgiveness is complete.

**Reflection Prompt:**

*What guilt do I still carry that God has already forgiven?*

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**Prayer:**

“Lord, help me accept Your forgiveness fully.”

**Action Step:**

Write a forgiveness declaration: “I am forgiven and free.”

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**Day 6 – Unworthy Thinking**

**Distorted Thought:** “I’m unlovable because of my past.”

**Scripture:** *Romans 8:38–39* — “Nothing can separate us from the love of God.”

**Reframe:** God’s love is unconditional.

**Reflection Prompt:**

*How does God’s love challenge my feelings of unworthiness?*

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**Prayer:**

“Father, let me rest in Your love today.”

**Action Step:**

Write down three truths about God’s love and repeat them aloud.

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## Day 7 – Defeatist Thinking

**Distorted Thought:** “I’m destined to fail again.”

**Scripture:** *Galatians 5:1* — “It is for freedom that Christ has set us free.”

**Reframe:** Freedom is possible; relapse is not inevitable.

**Reflection Prompt:**

*What steps can I take to guard my freedom today?*

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**Prayer:**

“Lord, strengthen me to walk in freedom.”

**Action Step:**

Identify one trigger and create a plan to avoid or reframe it.

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