

Walking with Christ Series Book 3

Walking with God

Finding Freedom from Rejection

Finding Your Identity in Christ Through
Rejection, Forgiveness, and God's Unfailing Love

A 7-Day Bible Study for Healing,
Hope, and a New Beginning

"The Lord is close to the brokenhearted
and saves those
who are crushed in spirit."

Psalm 34:18 (NLT)

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Healing for Your Past. Hope for Your Future. Strength for Your Journey.

Walking with God—One Step of Faith at a Time.

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Scripture Notice

Unless otherwise noted, all Scripture quotations are taken from the Holy Bible, New Living Translation (NLT).

Ministry Disclaimer

This Bible study is intended to provide biblical encouragement, spiritual guidance, and discipleship rooted in God's Word.

It is not intended to replace pastoral care, professional counseling, legal advice, or medical or mental health treatment. If you are facing circumstances that require professional assistance, please seek help from qualified professionals while continuing to trust the Lord for His wisdom, comfort, and strength.

A Personal Note

My prayer is that every page of this study points you to Jesus Christ rather than to me. Any wisdom shared here comes from God's Word and from His faithful work in my own life. May the Holy Spirit use these pages to encourage you, strengthen your faith, and help you grow into the person God created you to be.

"Pointing people to the hope, healing, and transformation found in Jesus Christ."

Contact

If this study has encouraged you and you would like additional Bible studies, personalized discipleship resources, or prayer, I would be honored to hear from you.

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Introduction

Welcome to the Walking with God Bible Study Series.

Whether you are opening the first book or joining somewhere along the journey, I am grateful God has brought you here. Perhaps you are carrying burdens that feel too heavy to bear. Maybe you are searching for healing, hope, freedom, purpose, or simply a deeper relationship with Jesus Christ. Whatever brought you here, know this: you are not here by accident. God, in His love and sovereignty, has led you to this moment.

Like many believers, I have walked through seasons of brokenness, rejection, grief, disappointment, and unanswered questions. Yet through every season, God remained faithful. Through His Word, the work of the Holy Spirit, and the encouragement of His people, He has continued transforming my heart into the likeness of Jesus Christ. That lifelong process of becoming more like Christ is called spiritual formation, and it is the foundation of this entire series.

These Bible studies are not about earning God's approval or becoming a better version of yourself. They are about learning to know Jesus more deeply, trusting Him more fully, and allowing Him to transform every area of your life through His Word.

About the Series

Each book in the Walking with God series builds upon the previous one, guiding you step by step through biblical truth and spiritual growth.

- **Book 1 – From Brokenness to Transformation** – Begin your journey by discovering Christ's healing, grace, forgiveness, and transforming work.
- **Book 2 – Living Worthy of His Call** – Learn your identity in Christ and live from God's approval instead of the approval of others.
- **Book 3 – Finding Freedom from Rejections** – Find security in Christ when facing rejection, criticism, misunderstanding, and disappointment.
- **Book 4 – God Uses Broken People** – Discover throughout Scripture that God delights in using ordinary, imperfect people for His glory.
- **Book 5 – Becoming More Like Jesus** – Grow in Christlike character as the Holy Spirit transforms your heart, mind, and daily walk.
- **Book 6 – When You Fall** – Learn how God's grace restores believers after failure and encourages them to keep walking faithfully with Him.

Although each study may be completed on its own, I encourage you to read them in order. Each book builds upon the biblical truths learned in the previous one, moving from healing and identity to spiritual maturity, faithful service, and perseverance. Together they present a journey of lifelong spiritual formation as God continually shapes His children into the image of Jesus Christ.

How to Use This Study

Each study contains seven daily lessons. Every day includes Scripture to read, biblical teaching, questions for personal reflection, prayer, and one practical step of faith to help you apply God's truth to everyday life.

I encourage you to keep a journal nearby. Write down the Scriptures that speak to your heart, the prayers you pray, what God teaches you, and the ways you see Him faithfully working in your life. Over time, those pages will become a testimony of His grace and faithfulness.

Above all, remember this:

- **This Bible study is about Jesus.**
- **His love that never fails.**
- **His grace never runs out.**
- **His truth that sets us free.**
- **His forgiveness makes us new.**
- **His presence that never leaves us.**
- **His power to transform broken lives for His glory.**

No matter where your journey begins today, God is not finished with you.

"And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."

Philippians 1:6

Let's Begin

Open your Bible, quiet your heart before the Lord, and take your next step of faith as we walk with Jesus together.

How to Use This Bible Study

Set aside 15–20 minutes each day to be alone with God without distractions. Begin by asking the Holy Spirit to open your heart to His truth. Read each Scripture slowly, paying attention to what it teaches about God's character, His promises, and your response to Him.

As you move through each day, do not rush. Pause, reflect, write honestly in a journal, and spend time talking with God in prayer. The goal is not to finish another study but to allow God's Word to shape your heart and deepen your relationship with Jesus Christ.

If one day speaks deeply to you, spend extra time there. Spiritual growth is not measured by how quickly you finish but by your willingness to obey what God reveals. Healing and spiritual formation are lifelong journeys, and God faithfully completes the work He begins.

Ways to Memorize God's Word

- Read the verse aloud three times each morning.
- Write it on an index card and carry it with you.
- Place it somewhere you will see often.
- Pray the verse back to God throughout the day.
- Repeat the verse before going to sleep.

As God's Word fills your mind, the Holy Spirit uses it to renew your heart, strengthen your faith, and help you walk more closely with Jesus Christ.

Worship Playlist

How to Use Worship Music During This Study

Don't treat these songs as background entertainment. Instead, use them as another way to focus your heart on the Lord.

Before each day's lesson

Play one worship song and ask the Holy Spirit to prepare your heart. Let the words remind you of God's love, faithfulness, and truth before you begin reading Scripture.

During your reflection

If a particular song speaks to your heart, pause the study for a few moments. Pray through the lyrics and allow God to reveal what He is teaching you.

During prayer

After completing each day's prayer, spend a few quiet minutes listening to one worship song. Instead of rushing to the next activity, remain in God's presence and allow His peace to settle over your heart.

Throughout the week

Choose one song that especially encourages you and listen to it several times during the week. As you memorize Scripture, allow the message of the song to reinforce the biblical truths you are learning.

End each study with worship

Before closing your Bible, thank God for what He has taught you that day. Worship is one of the greatest ways to respond to His goodness and continue the work of spiritual formation in your heart.

Worship Playlist

Before You Begin

Rest in God's Presence

- Goodness of God — CeCe Winans
- Holy Forever — Chris Tomlin
- More Precious Than Rubies — Jake Olsen

Days 1–2

God's Acceptance Is Greater Than Rejection

- The Truth — Megan Woods
- Fear Is Not My Future — Brandon Lake & Maverick City Music
- No Fear — Jon Reddick

Days 3–4

Forgiveness • Healing • Freedom

- Hard Fought Hallelujah — Brandon Lake
- Desperate — Jamie MacDonald
- I Speak Jesus — Charity Gayle

Days 5–6

Trusting God's Plan

- The Lord Will Provide — Passion featuring Landon Wolfe
- Living Hope — Phil Wickham
- Firm Foundation (He Won't) — Cody Carnes

Day 7

Walking Forward in Faith

- That's Who I Praise — Brandon Lake
- Gratitude — Brandon Lake
- Believe For It — CeCe Winans

A Final Encouragement

Music has always been one of the ways God has spoken to my heart. During seasons of joy, grief, healing, and spiritual growth, He has often used worship songs to remind me of His promises and draw me closer to Him. My prayer is that as you listen, you will hear more than beautiful melodies—you will hear the voice of your Heavenly Father reminding you of His love, His truth, and His faithfulness as you continue walking with Jesus Christ.

Day 1 — Accepted by God

Theme

People may reject you, but God's love never changes. Your identity is rooted in His acceptance, not in the opinions or actions of others.

A Word of Encouragement

Today we'll discover that rejection may be part of your story, but it is not your identity. Through Jesus Christ, you are fully known, deeply loved, and completely accepted by God.

Opening Scripture

Isaiah 43:1–2, 4 (NLT)

"But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, 'Do not be afraid, for I have ransomed you. I have called you by name; you are mine.' When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. Others were given in exchange for you. I traded their lives for yours because you are precious to me. You are honored, and I love you."

Understanding God's Word

Rejection is one of the deepest wounds we can experience. It often comes through broken relationships, harsh words, abandonment, betrayal, or being overlooked by the people we longed to love us. These experiences can leave lasting scars and cause us to question our value, our purpose, and even God's love for us.

If rejection remains unhealed, it often shapes the way we see ourselves. We may begin believing that we are unworthy of love, unwanted, or destined to be alone. Those lies can quietly influence our relationships, our decisions, and even our walk with God.

But God's Word tells a different story.

Before anyone accepted or rejected you, God knew you. Before anyone spoke words of encouragement or criticism, He called you by name. Before anyone questioned your worth, He declared that you are precious, honored, and deeply loved.

Notice that God never promised we would never experience rejection. Instead, He promised that we would never face it alone. He walks with us through every painful season, carrying us when our hearts are weary and reminding us that our identity is secure in Him.

The world's acceptance may come and go, but God's love never changes.

When we begin believing what God says about us instead of what rejection has taught us, healing begins. The wounds may not disappear overnight, but God's truth gradually replaces the lies that rejection has written on our hearts.

Remember this today:

Your rejection is part of your story.

It is not your identity.

Your identity is found in Jesus Christ.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

There were seasons in my life when rejection seemed to follow me everywhere. I experienced rejection within my family, in relationships, and at times even from people I believed would care for me. Those experiences left deep wounds and caused me to question my value. I often wondered if something was wrong with me or if I would ever truly belong.

As I spent time with God, He gently began changing the way I saw myself. Instead of defining me by the people who rejected me, He reminded me that He had chosen me long before anyone else's opinion could shape my identity.

The more I read His Word, the more I realized that my worth had never depended on being accepted by people. My worth had always been established by the love of Jesus Christ.

One verse that became especially meaningful to me was **Psalm 27:10**:

"Even if my father and mother abandon me, the Lord will hold me close."

Although the pain of rejection did not disappear overnight, God's love slowly replaced the lies I had believed for so many years. Today I know that I belong to Him, and that truth has given me a peace no person could ever provide.

If God has healed my heart, He can heal yours as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask Him to reveal any wounds of rejection that still need His healing.

1. How has rejection influenced the way you see yourself?
2. What lies have you believed because of how others have treated you?
3. What truth from today's Scripture do you need to embrace today?

Write your answers honestly in your journal. Invite God to replace every lie with His truth.

Today's Prayer

Heavenly Father,

Thank You for knowing me completely and loving me unconditionally. Thank You that my identity is found in Jesus Christ and not in the acceptance or rejection of others.

Heal every wound that rejection has left in my heart. Replace every lie with Your truth and help me rest in the security of Your unfailing love.

Teach me to see myself through Your eyes and remind me each day that I belong to You.

Help me become more like Jesus today than I was yesterday.

In Jesus' name,

Amen.

Today's Challenge

Don't allow yesterday's rejection to determine today's identity.

Today...

- Write down one painful experience of rejection.
- Beside it, write one truth from today's Scripture.
- Read Isaiah 43:1–4 aloud several times today.
- Thank God that you belong to Him.
- Ask Him to begin healing the places where rejection still affects your heart.

Remember, healing begins when God's truth becomes greater than your pain.

Every time you believe what God says about you, another lie loses its power.

Scripture to Memorize

Isaiah 43:4 (NLT)

"Others were given in exchange for you. I traded their lives for yours because you are precious to me. You are honored, and I love you."

As God's Word fills your heart, His love will become stronger than the wounds rejection has left **behind**.

Walking with Christ

Following Jesus does not mean you will never experience rejection. It means you never have to face it alone. Christ walks with you, heals your heart, and reminds you that your worth has already been settled at the cross. Today ask yourself: **Am I allowing rejection to define me, or am I allowing God's love to redefine me?**

Today's Truth: I am accepted, loved, and chosen by God through Jesus Christ.

Today's Step of Faith: Today I will replace one lie born from rejection with one truth from God's Word.

Tomorrow We'll Discover... Tomorrow we'll discover why even Jesus experienced rejection and how His example gives us hope, strength, and confidence when others fail to understand us.

Today's Takeaway. The opinions of people may wound my heart, but they can never change my identity because I belong to Jesus Christ

Day 2 — When Jesus Was Rejected

Theme

Jesus understands the pain of rejection because He experienced it Himself. When others reject us, we can find comfort, strength, and hope in the Savior who fully understands our hearts.

A Word of Encouragement

Today we'll discover that rejection does not mean God has abandoned us. Jesus experienced rejection, yet He fulfilled the Father's purpose perfectly. Through His example, we learn to trust God's love even when others fail to understand or accept us.

Opening Scripture

Isaiah 53:3 (NLT)

"He was despised and rejected—a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care."

Understanding God's Word

One of the enemy's greatest lies is that rejection means we are unwanted or unloved. Yet when we look at the life of Jesus, we discover something remarkable. The perfect Son of God was rejected by the very people He came to save.

Jesus was misunderstood by His family, opposed by religious leaders, betrayed by one of His closest disciples, denied by Peter, abandoned by His friends, falsely accused, mocked, beaten, and crucified. Yet through every painful moment, He remained faithful to the Father's will.

His rejection was never evidence that He had failed.

It became part of God's greater plan to bring salvation to the world.

Sometimes we believe that if we faithfully follow God, everyone will appreciate us. Scripture teaches otherwise. Jesus Himself warned His followers that there would be times when they would face misunderstanding, criticism, and rejection because they belong to Him.

People may reject us for many reasons. They may misunderstand our motives, disagree with our convictions, or simply choose not to accept us. While those experiences are painful, they do not change who we are in Christ.

The cross reminds us that God can bring purpose from pain.

The resurrection reminds us that rejection never has the final word.

When we experience rejection, we do not walk that road alone. Jesus walks beside us because He has already traveled it. He understands every tear, every disappointment, and every wound. His compassion gives us the strength to continue trusting Him even when others fail us.

When people reject you, remember this truth:

The One who matters most has already chosen you.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

There were seasons when I desperately wanted people to understand my heart. I tried to explain myself, earn acceptance, and prove my intentions. When relationships broke down or people misunderstood me, I often questioned my worth and wondered what I had done wrong.

As I spent time with the Lord, He gently reminded me that even Jesus was misunderstood and rejected. If the perfect Son of God experienced rejection, I should not expect everyone to understand me either.

That realization changed my perspective. Instead of spending my energy trying to gain everyone's approval, I began focusing on living faithfully before God. His approval became far more important than the opinions of others.

One verse that strengthened me during this season was **John 15:18–19**, where Jesus reminds His followers that the world rejected Him before it rejected them.

God continues teaching me that my peace is found in pleasing Him, not in being accepted by everyone around me. That truth has brought freedom to my heart and greater confidence in my walk with Christ.

If Jesus remained faithful through rejection, He will give you the strength to remain faithful as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask Him to remind you that His acceptance is greater than the rejection of others.

1. Have you been seeking the approval of people more than the approval of God?
2. Is there a painful experience of rejection that you still need to place into God's hands?
3. How does knowing that Jesus understands your pain encourage your faith today?

Write your answers honestly in your journal. Invite Jesus to comfort every place where rejection has left a wound.

Today's Prayer

Heavenly Father,

Thank You that Jesus understands every pain I carry. When others reject me, remind me that I am fully loved and accepted by You.

Help me stop seeking my worth in the approval of people and rest confidently in Your unfailing love. Give me the strength to remain faithful, even when I am misunderstood, criticized, or rejected. Teach me to follow Jesus with humility, courage, and unwavering trust. Help me become more like Jesus today than I was yesterday.

In Jesus' name, **Amen.**

Today's Challenge

When rejection comes, choose to focus on God's truth instead of people's opinions.

Today...

- Read **Isaiah 53:3** slowly and reflect on what Jesus endured for you.
- Thank Him for understanding your pain.
- Write down one situation where you have been seeking the approval of others.
- Surrender that situation to God in prayer.
- Ask the Lord to help you seek His approval above all else.

Remember, you cannot control how others respond to you, but you can choose to remain faithful to Christ.

Every step of obedience draws you closer to the heart of Jesus.

Scripture to Memorize

Galatians 1:10 (NLT)

"Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant."

As you hide God's Word in your heart, He will give you the courage to seek His approval above the opinions of others.

Walking with Christ

Following Jesus does not guarantee the acceptance of people, but it does guarantee the presence of Christ. As you walk with Him, His love becomes your security, His truth becomes your foundation, and His approval becomes your greatest desire. Today ask yourself: **Whose approval am I seeking most—God's or people's?**

Today's Truth: My value is not determined by the acceptance of others but by the love of Jesus Christ.

Today's Step of Faith: Today I will choose to seek God's approval above the opinions of people.

Tomorrow We'll Discover... Tomorrow we'll discover how forgiveness frees our hearts and why releasing those who have hurt us is one of the greatest steps toward healing and spiritual freedom.

Today's Takeaway. When I remember that Jesus understands my pain and has fully accepted me, I can remain faithful even when others reject me.

Day 3 — Choosing Forgiveness

Theme

Forgiveness is not excusing the hurt or pretending it never happened. It is choosing to release the offense into God's hands and trusting Him to bring justice and healing.

A Word of Encouragement

Today we'll discover that forgiveness is one of the greatest steps toward freedom. It does not change the past, but it frees your heart to move forward with God.

Opening Scripture

Ephesians 4:31–32 (NLT)

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

Understanding God's Word

Few things are more difficult than forgiving someone who has deeply wounded us. When we have experienced rejection, betrayal, abuse, abandonment, or harsh words, forgiveness can seem impossible. Everything within us wants to hold on to the pain because we believe it protects us from being hurt again.

But God never intended for His children to carry the weight of unforgiveness.

Forgiveness does not mean pretending the hurt never happened. It does not mean saying the offense was acceptable. It does **not** always mean restoring a broken relationship or removing healthy boundaries.

Forgiveness means choosing to release the offense to God instead of carrying it ourselves. It is trusting Him to be the righteous Judge while allowing Him to heal our hearts.

Jesus demonstrated this on the cross. As He endured unimaginable suffering, He prayed,

"Father, forgive them, for they don't know what they are doing." (Luke 23:34)

Those words reveal the heart of God. Even in His deepest pain, Jesus chose forgiveness.

Forgiveness is rarely a one-time decision. Sometimes it is a daily act of surrender. Each time painful memories return, we choose once again to place them into God's hands.

As we forgive, we are not setting the other person free.

We are allowing God to set our hearts free.

Forgiveness opens the door for healing because it removes the burden God never intended us to carry.

When we release people to God, we make room for His peace to replace our pain.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

Forgiveness has been one of the hardest lessons God has taught me. There were people who deeply wounded me through abuse, rejection, betrayal, and painful words. For a long time, I believed holding on to the hurt somehow protected me. Instead, it only kept the pain alive.

As I spent time with the Lord, He gently reminded me how much He had forgiven me through Jesus Christ. Little by little, He helped me understand that forgiveness was not about declaring what happened was acceptable. It was about trusting Him with the justice I could never provide and allowing Him to heal the places I could never heal on my own.

There were moments when I had to forgive the same person more than once because painful memories would return. Each time, God reminded me to place that hurt back into His hands.

One verse that became especially meaningful during this season was Romans 12:19:

"Dear friends, never take revenge. Leave that to the righteous anger of God."

Today, I have learned that forgiveness does not erase the past, but it breaks the power the past once held over me. God continues healing my heart as I trust Him with every painful memory.

If God has helped me forgive, He can give you the strength to forgive as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask Him to reveal any area where unforgiveness may still be keeping you from experiencing His peace.

- 1.** Is there someone you need to forgive, even if they never apologize?
- 2.** What hurt have you been carrying that God is asking you to place into His hands?
- 3.** How might forgiveness bring greater freedom to your heart?

Write your answers honestly in your journal. Remember, forgiveness is not weakness, it is an act of faith and obedience.

Today's Prayer

Heavenly Father,

Thank You for forgiving me through Jesus Christ. Because I have received Your grace, help me extend that same grace to others.

Give me the courage to release every hurt, every offense, and every painful memory into Your hands. Heal the places that still ache and replace bitterness with Your peace.

Teach me to forgive as You have forgiven me and help me become more like Jesus today than I was yesterday. I trust You with my heart. In Jesus' name, **Amen.**

Today's Challenge

Forgiveness is often a journey, but every journey begins with one step.

Today...

- Write the name of one person you need to forgive.
- Tell God honestly how the hurt has affected you.
- Pray and release that person into His hands.
- Read Ephesians 4:31–32 aloud several times today.
- Ask the Holy Spirit to replace bitterness with His peace.

Remember, forgiveness is not saying the hurt was acceptable.

It is trusting God to carry what you no longer need to hold.

Every act of forgiveness opens your heart to greater healing.

Scripture to Memorize

Ephesians 4:32 (NLT)

"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

As God's Word fills your heart, the Holy Spirit will give you the strength to forgive and the freedom to move forward.

Walking with Christ

Jesus forgave those who crucified Him, demonstrating the depth of God's love and mercy. As His followers, we are called to extend that same forgiveness—not because others deserve it, but because Christ has first forgiven us. Today ask yourself: **What burden could I lay at the feet of Jesus by choosing forgiveness today?**

Today's Truth: Through Jesus Christ, I have been forgiven, and by His strength, I can choose to forgive others.

Today's Step of Faith: Today I will surrender one painful offense to God and trust Him to bring healing and justice.

Tomorrow We'll Discover... Tomorrow we'll discover how to guard our hearts from bitterness and choose the peace that only God can give.

Today's Takeaway. Forgiveness does not change what happened, but through Jesus Christ it changes what the hurt is allowed to do in my life.

Day 4 — Guarding Your Heart Without Hardening It

Theme

God calls us to guard our hearts with wisdom while continuing to love others with the compassion of Jesus Christ.

A Word of Encouragement

Today we'll discover that healing does not require us to harden our hearts. Through the Holy Spirit, God teaches us how to establish healthy boundaries while continuing to walk in love, grace, and wisdom.

Opening Scripture

Proverbs 4:23 (NLT)

"Guard your heart above all else, for it determines the course of your life."

Understanding God's Word

When we have been deeply hurt, our natural response is often to protect ourselves from experiencing that pain again. Sometimes we build emotional walls, withdraw from relationships, or stop trusting people altogether. We believe these walls will keep us safe, but over time they can also keep us from experiencing the healthy relationships God desires for us.

Scripture tells us to guard our hearts—not to harden them.

There is an important difference.

A guarded heart seeks God's wisdom. It establishes healthy boundaries, exercises discernment, and recognizes that trust is earned over time. A guarded heart remains open to God's love while wisely choosing how and when to trust others.

A hardened heart, however, becomes closed to love, compassion, and forgiveness. It often grows bitter, suspicious, and fearful. Instead of protecting us, it keeps us imprisoned by the very pain we are trying to escape.

Jesus demonstrated perfect balance. He loved people deeply, yet He also exercised wisdom. He did not entrust Himself to everyone because He knew the human heart (John 2:24–25). He showed compassion without allowing others to distract Him from the Father's purpose.

God never asks us to ignore wisdom or place ourselves in harmful situations. Healthy boundaries are not signs of unforgiveness—they are often acts of wise stewardship. They allow us to love others without enabling harmful behavior or sacrificing the emotional, spiritual, and physical health God has entrusted to us.

As the Holy Spirit heals our hearts, He teaches us how to replace fear with wisdom, bitterness with peace, and unhealthy walls with healthy boundaries.

When our hearts are guarded by God's truth instead of hardened by our pain, we become free to love as Christ loves.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

For many years, I believed I had only two choices: trust everyone or trust no one. After experiencing abuse, rejection, and broken relationships, I often found myself swinging between those extremes. Sometimes I gave too much of myself because I wanted to be accepted. Other times I withdrew completely because I was afraid of being hurt again.

God patiently showed me there was a better way.

Through His Word, He taught me that healthy boundaries are not selfish, they are wise. I learned that I could love people, pray for them, and treat them with kindness without allowing unhealthy behaviors to control my life. I also learned that not everyone deserves immediate access to my heart. Trust is built over time, while God's love remains constant.

One Scripture that has encouraged me throughout this journey is James 1:5:

"If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking."

Today I continue asking God for wisdom in every relationship. He is teaching me to guard my heart without closing it and to love others while remaining firmly rooted in His truth.

If God has taught me to walk with both wisdom and compassion, He will teach you as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask Him to reveal where He wants to bring healing, wisdom, and freedom.

1. Have past hurts caused you to build walls instead of healthy boundaries?
2. Is there a relationship where God is asking you to exercise greater wisdom?
3. How can you guard your heart while continuing to reflect the love of Jesus?

Write your answers honestly in your journal. Invite the Holy Spirit to guide your relationships with wisdom and grace.

Today's Prayer

Heavenly Father,

Thank You for caring about every part of my heart. Help me guard it with Your wisdom and not allow pain to harden it.

Teach me to establish healthy boundaries that honor You while continuing to love others with the compassion of Jesus Christ. Give me discernment in my relationships and the courage to trust Your guidance.

Replace fear with faith, bitterness with peace, and insecurity with confidence in Your unfailing love. Help me become more like Jesus today than I was yesterday.

In Jesus' name, **Amen.**

Today's Challenge

God desires your heart to be protected, not imprisoned.

Today...

- Ask God to reveal one relationship where you need greater wisdom.
- Pray for discernment before making decisions.
- Read Proverbs 4:23 and James 1:5 several times today.
- Consider one healthy boundary that would honor both God and your well-being.
- Thank God for His wisdom and His protection.

Remember, healthy boundaries are not walls that keep love out.

They are doors that allow God's wisdom to guide who and what enters your heart.

Every wise decision strengthens your freedom in Christ.

Scripture to Memorize

Proverbs 4:23 (NLT)

"Guard your heart above all else, for it determines the course of your life."

As God's Word fills your heart, the Holy Spirit will give you wisdom to love others while protecting the heart He is healing.

Walking with Christ

Jesus never stopped loving people, but He always walked in wisdom. As His followers, we are called to reflect both His compassion and His discernment. Today ask yourself: **Am I guarding my heart with God's wisdom, or have I allowed pain to harden it?**

Today's Truth: God calls me to guard my heart with wisdom while continuing to love others through the strength of Jesus Christ.

Today's Step of Faith: Today I will ask God for wisdom to establish one healthy boundary that honors Him and protects the heart He is healing.

Tomorrow We'll Discover... Tomorrow we'll discover how God enables us to love others without losing ourselves by carrying burdens He never intended us to bear.

Today's Takeaway. God does not ask me to close my heart because of past pain. He invites me to guard it with His wisdom so I can continue loving others with the heart of Christ.

Day 5 — Loving Others Without Losing Yourself

Theme

God calls us to love others as Christ loves us, but He never asks us to carry burdens that belong to Him or to become responsible for another person's choices.

A Word of Encouragement

Today we'll discover that biblical love is rooted in wisdom, grace, and truth. As we grow in Christ, we learn to care for others without losing ourselves or carrying burdens God never intended us to bear.

Opening Scripture

Galatians 6:2, 5 (NLT)

"Share each other's burdens, and in this way obey the law of Christ."

"For we are each responsible for our own conduct."

Understanding God's Word

God created us to love one another, encourage one another, and help carry each other's burdens. Compassion is part of the Christian life. Yet there is an important difference between helping someone and becoming responsible for their life.

Many people who have experienced rejection or a deep desire to be accepted become caregivers, rescuers, or people-pleasers. They often believe their value comes from fixing problems, meeting everyone's needs, or keeping peace at any cost. While these actions may appear loving, they can quietly become unhealthy patterns that leave us emotionally, physically, and spiritually exhausted.

Paul reminds us in Galatians 6 that believers are called to help carry one another's burdens, but each person is also responsible for his or her own choices. God never intended for us to take ownership of responsibilities that belong to someone else.

Jesus perfectly demonstrated this balance. He loved people deeply, showed compassion to those who suffered, and met many needs. Yet He did not heal every sick person, solve every problem, or remain everywhere people wanted Him to be. He followed the Father's will, not the expectations of others.

Healthy love does not mean saying "yes" to every request. Sometimes love says "no." Sometimes love waits. Sometimes love prays instead of fixing. Sometimes love allows others to experience the consequences of their own decisions so they can grow.

When our identity is secure in Christ, we are free to love others without trying to earn acceptance or control outcomes. We can serve with joy while trusting God to do what only He can do.

Love does not require us to lose ourselves.

Love calls us to faithfully reflect Jesus.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

For much of my life, I believed loving people meant carrying their burdens as if they were my own. I wanted to help everyone, fix every problem, and keep peace wherever I could. Deep inside, I feared that if I stopped giving, people would no longer need me or love me.

Over time, those patterns left me exhausted and discouraged. I often carried responsibilities that God had never asked me to carry. Through His Word, the Lord began teaching me that compassion is not the same as responsibility.

He showed me that I could pray for people without trying to rescue them. I could love others without sacrificing the emotional and spiritual health He had entrusted to me. Most importantly, He reminded me that He is the Savior—I am not.

One verse that continually reminds me of this truth is **Matthew 11:28**:

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'"

As I learned to place people into God's hands instead of trying to carry them myself, I found greater peace, healthier relationships, and a deeper trust in God's ability to care for those I love.

If God has taught me to love with wisdom instead of unhealthy responsibility, He can teach you as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask Him to reveal any burdens you are carrying that belong to someone else.

- 1.** Are you carrying responsibilities that God never asked you to carry?
- 2.** Have you confused helping others with trying to rescue them?
- 3.** What burden do you need to place back into God's hands today?

Write your answers honestly in your journal. Invite the Holy Spirit to teach you how to love others with wisdom, grace, and healthy boundaries.

Today's Prayer

Heavenly Father,

Thank You for loving me with perfect wisdom and grace. Forgive me for trying to carry burdens that belong to You or to someone else. Teach me to love people as Jesus loved them—with compassion, truth, and wisdom. Help me know when to help, when to wait, and when to trust You to work in ways I cannot. Give me the courage to surrender every burden that is not mine to carry. Fill my heart with Your peace and help me become more like Jesus today than I was yesterday. In Jesus' name, **Amen.**

Today's Challenge

Today, allow God to lighten the burdens you were never meant to carry.

- Make a list of the burdens that are weighing on your heart.
- Beside each one, ask yourself, "**Is this my responsibility, someone else's responsibility, or God's?**"
- Pray over each burden and surrender to God what belongs to Him.
- Read Galatians 6:2-5 and Matthew 11:28 aloud.
- Ask God to show you one practical way to love someone today without taking responsibility for what only He can do.

Remember, loving others does not mean carrying every burden.

It means pointing people to the One who can carry them all.

Scripture to Memorize

Matthew 11:28 (NLT)

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'"

As God's Word fills your heart, He will teach you to exchange the weight of unhealthy responsibility for the peace that comes from trusting Him.

Walking with Christ

Jesus loved people completely, yet He never carried responsibilities the Father had not given Him. As we follow His example, we learn to love faithfully while trusting God with what only He can do. Today ask yourself: **Am I carrying burdens that belong to God or to someone else?**

Today's Truth: I can love others deeply without carrying responsibilities that belong to God.

Today's Step of Faith: Today I will surrender one burden I was never meant to carry and trust God to care for it.

Tomorrow We'll Discover... Tomorrow we'll discover how to trust God with relationships that remain broken and find peace even when circumstances do not change.

Today's Takeaway. True freedom comes when I love others with the heart of Christ while trusting God to carry the burdens only He was meant to bear.

Day 6 — Trusting God with Broken Relationships

Theme

Some relationships heal, and some do not. Our peace is found not in controlling the outcome but in trusting God with every person and every circumstance.

A Word of Encouragement

Today we'll discover that God never asks us to carry the weight of restoring every relationship. He asks us to trust Him, obey Him, and leave the results in His hands.

Opening Scripture

Proverbs 3:5-6 (NLT)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

Understanding God's Word

Broken relationships can become some of life's greatest burdens. Whether the pain comes from family, friendships, marriage, or other relationships, we often spend countless hours wondering what we could have done differently. We replay conversations, search for answers, and carry the heavy weight of trying to make everything right.

While God calls us to pursue peace and reconciliation whenever possible, He never promises that every relationship will be restored. Reconciliation requires willingness from both people. We are responsible for our obedience, but we are not responsible for another person's response.

Romans 12:18 reminds us,

"Do all that you can to live in peace with everyone."

Notice the words "do all that you can." God asks us to do our part with humility, honesty, forgiveness, and love. After that, we must trust Him with what only He can accomplish.

Trying to force someone to change often leads to frustration and disappointment. But surrendering that person to God brings peace because it reminds us that He loves them even more than we do.

God sees every broken relationship. He understands every misunderstanding, every disappointment, every betrayal, and every unanswered question. Nothing escapes His attention, and nothing is beyond His ability to redeem.

Sometimes God restores relationships.

Sometimes He gives us the grace to move forward without them.

In every situation, He promises to remain faithful.

Trusting God does not mean we stop caring. It means we stop carrying what belongs to Him.

When we surrender broken relationships to God, we make room for His peace to guard our hearts.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

There have been relationships in my life that I desperately wanted to restore. I prayed, reached out, apologized when necessary, and hoped things would change. Yet despite my efforts, some relationships remained broken.

For a long time, I believed it was my responsibility to fix everything. I carried guilt, disappointment, and unanswered questions. The more I tried to control the outcome, the more exhausted I became.

God patiently reminded me that I could only be responsible for my own obedience. He showed me that I had to release people into His hands and trust Him with what I could never control. That surrender did not remove the sadness overnight, but it replaced the burden with peace.

One Scripture that has continually strengthened me is **Psalm 46:10**:

"Be still and know that I am God!"

God continues teaching me that His plans are greater than my understanding. Even when relationships remain broken, His love, presence, and purpose remain constant.

If God has given me peace in the middle of unanswered questions, He can give you that same peace as you trust Him.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Invite Him to help you surrender every relationship into His loving care.

- 1.** Is there a relationship you have been trying to fix instead of trusting God to handle?
- 2.** What burden do you need to release into God's hands today?
- 3.** How would your heart change if you truly trusted God with the outcome?

Write your answers honestly in your journal. Remember, God is working even when you cannot see what He is doing.

Today's Prayer

Heavenly Father,

Thank You for caring about every relationship in my life. Forgive me for trying to control what only You can change. Today I surrender every broken relationship into Your hands. Help me walk in obedience, extend grace where You lead, and trust You with every outcome.

Fill my heart with Your peace and remind me that You are always working, even when I cannot see it. Help me become more like Jesus today than I was yesterday. In Jesus' name,

Amen.

Today's Challenge

Today, choose to surrender over control.

- Write the name of one relationship that weighs heavily on your heart.
- Pray specifically for that person.
- Ask God to bless them and work in their life.
- Release the outcome to Him.
- Read Proverbs 3:5–6 and Romans 12:18 several times today.
- Thank God that He is trustworthy even when you do not understand His plan.

Remember, peace comes when you place people into God's hands instead of trying to carry them yourself.

Every surrendered relationship creates more room for God's peace to fill your heart.

Scripture to Memorize

Proverbs 3:5–6 (NLT)

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

As God's Word fills your heart, the Holy Spirit will strengthen your faith and remind you that God is always worthy of your trust.

Walking with Christ

Jesus trusted the Father completely, even when He experienced betrayal, abandonment, and suffering. As we follow His example, we learn to surrender every relationship into God's faithful hands and trust His perfect plan. Today ask yourself: **Am I trusting God with my relationships, or am I trying to control what only He can change?**

Today's Truth: God is faithful, and I can trust Him with every relationship and every outcome.

Today's Step of Faith: Today I will release one broken relationship into God's hands and trust Him to accomplish His perfect will.

Tomorrow We'll Discover... Tomorrow we'll celebrate the freedom that comes from walking in Christ's love, leaving rejection behind, and embracing the new life God has prepared for us.

Today's Takeaway. When I trust God with the relationships I cannot fix, He replaces my burden with His peace and teaches me to rest in His faithful love.

Day 7 — Walking in Freedom

Theme

Because of Jesus Christ, your past no longer defines your future. As you walk with Him each day, He continues transforming your heart, renewing your mind, and leading you into the life He has prepared for you.

A Word of Encouragement

Today we'll celebrate the freedom found in Jesus Christ. The wounds of rejection no longer have to define your life. As you continue walking with God, He will faithfully complete the work He has begun in you.

Opening Scripture

2 Corinthians 5:17 (NLT)

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

Understanding God's Word

Throughout this week, we have discovered that God accepts us, Jesus understands our pain, forgiveness brings freedom, healthy boundaries protect our hearts, love is guided by wisdom, and God is trustworthy with every relationship.

Today, we celebrate the truth that our past no longer has the final word.

The enemy wants us to believe we will always be defined by what happened to us. He reminds us of past failures, painful memories, broken relationships, and the hurtful words spoken over our lives. But God's Word tells a different story.

When we place our faith in Jesus Christ, we become a new creation. Our identity is no longer rooted in rejection, shame, fear, or guilt. It is rooted in Christ alone.

This does not mean we forget our past. Instead, God redeems it. He takes the places where we have been wounded and uses them to display His grace, His faithfulness, and His transforming power.

Spiritual formation is a lifelong journey. There will be days when you feel strong and days when old memories return. When that happens, remember that healing is not measured by perfection but by continued dependence on Jesus Christ.

Every day you choose to trust God, forgive others, guard your heart with wisdom, and walk in obedience, you are becoming more like Christ.

God is not finished with you.

The same Savior who carried you through yesterday will faithfully lead you into tomorrow.

Walk forward with confidence, knowing your future is secure in His hands.

God's Word becomes even more meaningful when we see His faithfulness lived out in everyday life. This is one way He used this truth to transform my heart.

Walking This Truth

There was a time when I believed my past would always define me. I carried the weight of rejection, abuse, grief, disappointment, and unanswered questions, wondering if I would ever truly be free.

But God had a different plan.

As I surrendered each part of my life to Him, He began changing me from the inside out. He did not erase my past, but He transformed it into a testimony of His grace and faithfulness. The wounds that once brought shame now remind me of His healing. The struggles that once seemed impossible now reveal His strength.

Today, I continue walking with Christ one day at a time. I still face challenges, but I no longer face them alone. My hope is no longer found in people or circumstances. My hope is found in Jesus Christ, who continues to transform my heart through His Word, His Spirit, and His unfailing love.

One Scripture that continually reminds me of God's faithfulness is **Philippians 1:6**:

"And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."

That promise gives me confidence every day. God has not finished writing my story, and He has not finished writing yours.

If He has transformed my life, He can continue transforming yours.

Reflect with God

Take a few quiet moments with the Lord and reflect on what He has been teaching you throughout this study.

1. What truth has impacted your heart the most this week?
2. In what area have you seen God begin bringing healing or freedom?
3. What is one step of faith God is asking you to continue taking after this study ends?

Write your answers in your journal. Ask God to continue shaping your heart as you walk with Him each day.

Today's Prayer

Heavenly Father,

Thank You for walking with me throughout this journey. Thank You for reminding me that my identity is found in Jesus Christ and that my past does not define my future. Continue healing my heart, renewing my mind, and strengthening my faith. Help me walk each day in the freedom You have given me through Christ. Lead me by Your Holy Spirit and continue transforming me into the person You created me to be. Help me become more like Jesus today than I was yesterday. I trust my future completely to You. In Jesus' name, **Amen.**

Today's Challenge

This study may be ending, but your walk with Christ continues.

Today...

- Read through your journal from this week.
- Thank God for every truth He has shown you.
- Write down three ways you have seen Him working in your life.
- Share one lesson from this study with someone who may need encouragement.
- Commit to spending time with God every day through His Word and prayer.

Remember, spiritual formation is not a destination.

It is a lifelong journey of becoming more like Jesus Christ.

Every step of obedience brings you closer to the person God created you to be.

Scripture to Memorize

Philippians 1:6 (NLT)

"And I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns."

As you continue hiding God's Word in your heart, trust that the Holy Spirit is faithfully transforming you one day at a time.

Walking with Christ

Walking with Christ is a daily choice to trust Him, follow Him, and allow Him to transform every part of your life. As you continue surrendering your heart to Him, He will lead you with His wisdom, strengthen you with His grace, and fill you with His peace. Today ask yourself: **Will I continue trusting Jesus to shape my life, no matter what lies behind me or what lies ahead?**

Today's Truth: My identity is secure in Jesus Christ, and He is faithfully transforming me each day.

Today's Step of Faith: Today I choose to leave my past in God's hands and walk confidently into the future He has prepared for me.

Looking Ahead... This may be the end of this Bible study, but it is not the end of your journey. Continue spending time in God's Word, seeking Him in prayer, worshiping Him wholeheartedly, and walking in fellowship with other believers. The Lord who has begun His work in you will faithfully complete it.

Today's Takeaway. Because I belong to Jesus Christ, I am no longer defined by rejection. I am loved, forgiven, accepted, and free to walk confidently in the new life God has prepared for me.

As you grow secure in Christ's love, you'll begin to see that God doesn't simply heal broken people—He delights in using them. Book 4 will show how God works through ordinary people for His glory.

A Personal Note from Christie

Thank you for allowing me to walk beside you through these seven days. My prayer is that this study has helped you take meaningful steps toward Jesus Christ and reminded you that God sees you, loves you, and continues His work within you. If you would like additional Bible studies, personalized resources, or prayer, I would be honored to hear from you through my website or by email. May God continue strengthening your faith as you walk with Christ.

Simply email me at:

servantofgodchristie@yahoo.com

Please share a little about yourself, the area where you are seeking God's guidance, and how many additional days you would like your study to include. Together, we will seek God's truth and discover what His Word says about your situation. My prayer is not only to provide another Bible study, but to help you continue growing into the person God created you to be through the transforming power of Jesus Christ.

1 Thessalonians 5:24 (NLT)

"The One who calls you is faithful, and He will do it."

May God's grace, peace, and love continue to guide you as you walk faithfully with Jesus Christ every day.

Spiritual formation is a lifelong journey. As you continue in Scripture, prayer, worship, obedience, and fellowship with other believers, remember this: God is faithfully working in you, even when you cannot see it.

As you continue walking with Christ, remember His promise:

Philippians 1:6

"And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns."

Trust Him with your next step. One day, one prayer, one Scripture, and one step of faith at a time.

Final Reflection

Spend a few quiet moments with the Lord and prayerfully reflect on these questions.

1. What has God taught me most during these seven days?
2. Which Scripture spoke most deeply to my heart, and why?
3. What lie has God replaced with His truth?
4. What burden have I surrendered to Him?
5. How has my understanding of my identity in Christ grown?
6. What area of my life is God continuing to transform?
7. What is one step of faith I will take this week to continue walking with Jesus?

Take time to write your answers in your journal. Revisit them often as God continues His work in your life.

My Prayer for You

Heavenly Father,

Thank You for every person who has completed this study. Thank You for the work You have already begun in their hearts. Continue drawing them closer to You each day.

Replace fear with faith, shame with grace, sorrow with hope, and uncertainty with confidence in Your promises.

Help them continue growing in their relationship with Jesus Christ. Fill them with the wisdom of Your Word, the guidance of Your Holy Spirit, and the peace that only You can give.

Strengthen them for every challenge they face, remind them of their identity in Christ, and help them become more like Jesus each day.

May their lives bring glory to You as they faithfully walk with Christ.

In Jesus' name,

Amen.

Remember: *Transformation does not happen in a single day. It happens one step of faith at a time as we walk with Jesus Christ.*

May God richly bless you as you continue your journey with Him.

Prayerfully prepared by

Christie Johnson

Christie Johnson

Servant of God

"Pointing people to the hope, healing, and transformation found in Jesus Christ."