

KEEPING MY EYES ON JESUS

AND CHANGING MY PERSPECTIVE

I looked around
and my heart
grew heavy.

I compared.

I struggled.
I questioned.

I wondered if
God had forgotten me.

But then I
turned my eyes
to You, Jesus.

*And
everything
changed.*

You are my
portion forever.

You are my
strength.

You are my
Good.

Psalms 73

Asaph looks around and says,
Everyone else seems blessed.
He compares, struggles, questions.
But then it changes not his
circumstances but his perspective.

You answer me
when I call.

You teach me.

You change
my heart.
You renew
my mind.

*You give me
perspective.*

When I focus
on You, I find
contentment.

When I follow
You, I find
purpose.

When I trust
You, I find
peace.

YOU ARE MY PORTION FOREVER.

YOU ARE MY STRENGTH.

YOU ARE MY GOOD.

When I keep my eyes on You, Jesus, I find everything I need.

Copyright

Continue the Journey

A Bible Study Journal

A Five-Paper Bible Study Series Based on

Choosing Christ in the Middle of the Battle

Five Bible Studies That Renewed My Mind During One Difficult Week

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

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Continue the Journey

A Bible Study Journal

Volume 1

Five Bible Studies That Renewed My Mind During One Difficult Week

The Scriptures Jesus Christ Used to Renew My Mind, Strengthen My Faith, and Draw Me Back to Himself During One of the Hardest Weeks of My Life

Main Scripture

"Your word is a lamp to guide my feet and a light for my path."

Psalm 119:105

Supporting Scripture

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith."

Hebrews 12:2

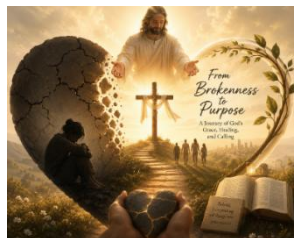
Prayerfully prepared by

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Servant of God

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





This Volume Includes

1. **Psalm 13** — Learning to Trust God When He Feels Silent
2. **Psalm 27** — Choosing Confidence in the Lord
3. **Psalm 34** — God's Nearness to the Brokenhearted
4. **Psalms 42–43** — Hope for the Downcast Soul
5. **Psalm 73** — When Our Perspective Needs God's Truth

Begin with the Psalm that speaks to your present season or journey through each study in order as the Lord leads you.



Preparing My Heart Before the Study

July 28, 2026 | 11:00 a.m.

Why I Began This Study

As I sat down to spend time with God, I was not looking for answers concerning anyone else. I was seeking encouragement, understanding, and guidance for myself. This time was about allowing God to begin healing me. I knew that I needed to focus on what He was doing within me before I could help another hurting soul.

I had prepared a list of Scriptures that I wanted to study slowly. I did not want to rush through them. I wanted to take my time, listen carefully for God's voice, and allow Him to speak to my heart. I also prepared a list of gospel songs because worship is one of the ways God helps me understand His truth more clearly.

My desire was to allow the Holy Spirit to teach me, guide me, encourage me, and place His truth within my spirit and mind. I wanted to listen, receive what God showed me, and obey Him.

Prayer Before Today's Study

Dear Heavenly Father,

Thank You for continuing to renew my mind day by day. Yesterday You reminded me once again that You are always at work, even in the ordinary moments of life. You continue to answer my prayers, teach me through unexpected experiences, and faithfully redirect my heart back to You.

"Do not copy the behavior and customs of this world but let God transform you into a new person by changing the way you think." Romans 12:2

Today I experienced that renewing work once again.

Yesterday I went to the movies with my cousin, who has truly been a Godsend in my life during this season. Although we are very different in personality, You have placed her in my life to bring comfort while I continue walking through this difficult season. She reminds me in many ways of my husband Joe. Even though she is not deeply religious, she believes in You and never makes me feel ashamed of my love for Jesus Christ. Thank You for placing people in our lives who become reminders of Your kindness and care.

"Every good and perfect gift is from above, coming down from the Father of lights." James 1:17

As we watched **Hadestown**, a musical based on Greek mythology, You quietly began teaching me a spiritual lesson. There came a moment when Hades allowed the main characters to leave, but they were given one instruction: they could not walk side by side, and he must not look back. If he doubted and turned around, everything he hoped for would be lost.

At that moment, Jesus, You began speaking to my heart.

You showed me that Satan often works in exactly the same way. He whispers doubt into our minds and tries to pull our attention away from You. He reminds us of our past, our wounds, our failures, and how others have treated us, hoping we will stop trusting the One who has called us.

But You reminded me:

Do not look back.

Stand firm.

Keep walking forward.

Keep your eyes on Me.

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith." Hebrews 12:2

"Forget the past and look forward to what lies ahead." Philippians 3:13–14

"No one who puts a hand to the plow and then looks back is fit for the Kingdom of God." Luke 9:62

"Stand firm against all the strategies of the devil." Ephesians 6:11

When I focus on my past or allow today's hurts to define me, I begin doubting my calling, Your love for me, and the value You see in me. That is exactly where Satan wants my attention because doubt weakens faith. But Jesus continually reminds me that I belong to Him. I am His disciple. He has called me for His purpose, and as long as I continue seeking Him, learning from Him, obeying Him, and keeping my eyes fixed on Him, He will faithfully accomplish the work He has begun in me.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." Ephesians 2:10

"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

Thank You, Jesus, for continually showing me how to live out both the Great Commandment and the Great Commission. Thank You for reminding me that my

calling is not built upon my feelings but upon Your faithfulness. Continue filling me with Your Holy Spirit. Continue drawing me forward every day. Continue renewing my mind through Your Word.

I am humbled and deeply grateful that I belong to You.

Thank You for giving me the strength to endure these battles just as You faithfully endured Yours. Because You overcame the world, I know that through You I can continue walking in victory.

"In this world you will have many trials and sorrows. But take heart, because I have overcome the world." John 16:33

Thank You, Jesus.

Thank You a million times over.

Please continue feeding me through Your Word.

Amen.



Worship That Jesus Used to Renew My Mind

One of the ways Jesus continues renewing my mind is through worship music. Worship does more than stir my emotions—it reminds me of biblical truth, redirects my attention toward Christ, and fills my heart with hope when fear or discouragement begins pulling my thoughts away from Him.

Jesus has repeatedly used music alongside His Word, prayer, and the Holy Spirit to minister to me.

"Let the message about Christ, in all its richness, fill your lives... singing psalms and hymns and spiritual songs to God with thankful hearts."
Colossians 3:16

"Rescue" — Lauren Daigle

This song reminded me that Jesus continually rescues His children. Throughout my life, He has drawn me out of despair, redirected my thoughts toward truth, and reminded me that I am deeply loved. Listening to it while studying God's Word felt as though Jesus was wrapping His arms around me and assuring me that I am never abandoned or forgotten.

"The Lord hears His people when they call to Him for help. He rescues them from all their troubles."

Psalm 34:17

"The Lord is close to the brokenhearted; He rescues those whose spirits are crushed."

Psalm 34:18

"Demons" — Josiah Queen

This song reminded me that every battle ultimately belongs to the Lord. When fear, doubt, discouragement, or the lies of Satan attack my mind, Jesus reminds me that those lies have no authority over someone who belongs to Him.

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

James 4:7

"The Son of God came to destroy the works of the devil."

1 John 3:8

Because I belong to Jesus Christ, I do not have to live beneath fear, shame, or condemnation. I can stand upon His victory through the cross and resurrection.

Every song ministers to a different area of my life, but on certain days Jesus uses particular songs to speak directly to what I am facing. When I feel unseen, He reminds me that He sees me. When I feel forgotten, He reminds me that He has never abandoned me. When I doubt my worth, He reminds me that I am His beloved child.

Through worship, Jesus continues comforting, strengthening, teaching, and reminding me that I never walk through life's battles alone.

Thank You, Father, for giving us worship that points our hearts back to Jesus Christ. Thank You for using every part of my day—even music—to renew my mind and strengthen my faith. I love You.



Bible Study Journal

Day 5 — Psalm 73

Choosing Christ by Keeping My Eyes on Jesus

When Jesus Changes My Perspective

Main Question

What is Jesus teaching me through Psalm 73 about responding when comparison, disappointment, and the pain of my past begin pulling my eyes away from Him?

Psalm 73: When Jesus Changes Our Perspective

Psalm 73 was written by **Asaph**, one of the worship leaders appointed by King David (**1 Chronicles 16:4–7; 25:1–2**). Unlike many psalms that begin with praise, **Psalm 73** begins with an honest confession of inner struggle. Asaph knew that God was good, yet he admitted that his faith almost faltered because he became focused on the apparent prosperity of those who did not follow God (**Psalm 73:1–3**). As he looked around, he saw people who seemed to live comfortably while he continued experiencing hardship. His comparison led him to question whether living faithfully for God was worth the cost.

Asaph's struggle is one that many believers experience. There are moments when we know God's truth, yet our circumstances and what we see around us begin speaking louder than what we know to be true. We compare our lives with others, wonder why suffering continues, and question why some people appear blessed while we continue carrying heavy burdens. Like Asaph, our greatest battle is often not with God's character but with our perspective.

Everything changed when Asaph entered the presence of God (**Psalm 73:17**). His circumstances did not suddenly improve, nor did the people around him change. Instead, **God changed the way he saw everything**. Looking through the lens of God's truth rather than temporary appearances, Asaph remembered what was eternal, what truly mattered, and where lasting hope is found. By the end of the psalm, his attention was no longer fixed on what others possessed but on the One who would never leave him.

The climax of **Psalm 73** is one of the most beautiful declarations of faith in all of Scripture:

"My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever." Psalm 73:26

As I studied this psalm today, I realized that Jesus was teaching me this very lesson.

Throughout the day, He patiently redirected my attention away from comparison, disappointment, old wounds, and the lies that Satan continues trying to whisper into my mind. Through an unexpected movie, worship music, conversations, prayer, and His Word, Jesus kept reminding me not to look backward at my past or sideways at the lives of others, but upward toward Him.

Like Asaph, my circumstances did not suddenly change.

What changed was my perspective.

Jesus reminded me that when I keep my eyes fixed on Him, I no longer measure my life by what I lack or by how others treat me. Instead, I remember who I belong to, why He has called me, and that my greatest treasure has never been found in this world.

It has always been found in Him.

As I walk through today's study, I am asking one question:

What is Jesus teaching me that will help me keep my eyes on Him when comparison, discouragement, and doubt begin pulling my attention away from His truth?



Section One

Jesus Used an Unexpected Moment to Teach Me to Keep My Eyes on Him

There are days when Jesus teaches me directly through His Word, and there are other days when He begins preparing my heart long before I ever open my Bible. This was one of those days.

The lesson did not begin while I was reading **Psalm 73**.

It began the night before.

God had already started preparing my heart through the people He placed around me, an unexpected movie, worship music, and quiet moments where His Holy Spirit gently redirected my thoughts back to Him. Looking back, I realize none of those moments were accidental. Jesus was already answering the very question I would bring into my Bible study the next morning.

One of the greatest gifts God has given me during this season has been my cousin. Although we are very different in personality, the Lord has used her to bring comfort into my life while I continue walking through this difficult season. She reminds me in

many ways of my husband Joe. She has become one of the people God has used to show me His kindness and care during a time when my heart has desperately needed encouragement. I thank my Heavenly Father for placing her in my life because every good gift ultimately comes from Him (**James 1:17**).

The evening before this study, she invited me to go with her to watch *Hadestown*, a musical based on Greek mythology. I expected nothing more than an enjoyable evening together. Instead, Jesus used an unexpected scene from that story to teach me one of the greatest lessons I needed to learn.

In one part of the story, the main characters were finally given the opportunity to leave Hadestown. They were free to walk out, but there was one condition. They could not walk side by side, and he could not look back. If he allowed doubt to overcome him and turned around before reaching the end of the journey, everything he hoped for would be lost.

As I watched that scene unfold, Jesus quietly began speaking to my heart.

Although the story was built upon Greek mythology, the lesson He showed me was deeply biblical.

He reminded me that this is exactly how Satan often works in the lives of believers.

Satan knows he cannot separate God's children from the love of Christ (**Romans 8:38–39**). Instead, he seeks to fill our minds with doubt, fear, discouragement, and comparison. He wants us to keep looking backward at our past, focusing on our wounds, replaying painful memories, and measuring our lives by what others appear to have. If he can shift our attention away from Jesus, he knows our hearts will begin wrestling with questions God has already answered.

As I reflected on that scene, Jesus reminded me of His own words:

"No one who puts a hand to the plow and then looks back is fit for the Kingdom of God." (Luke 9:62)

He reminded me of Paul's testimony:

"Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize." (Philippians 3:13–14)

He reminded me where my attention must remain every day:

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith." (Hebrews 12:2)

Then Jesus gently asked me a question that stayed with me throughout the rest of the evening:

"Christie, where are your eyes today?"

Were they fixed on my past?

On the pain of childhood?

On the rejection I have experienced?

On the love I longed for but did not fully receive?

Or on the One who has never stopped loving me?

That question changed everything.

I realized that my greatest battle was not my circumstances.

It was where I was choosing to look.

When my attention remains on my past, I begin doubting my worth, my calling, and sometimes even whether I am making any difference for the Kingdom of God.

But when I lift my eyes back to Jesus, my perspective begins to change. My circumstances may remain the same, but my heart remembers what is eternally true. I remember that I belong to Him, that He has called me according to His purpose, and that He will faithfully complete the work He has begun in me (**Philippians 1:6**).

Before I ever opened Psalm 73, Jesus had already begun teaching me its central message.

He was preparing me to understand that the greatest battle is often not what is happening around me.

It is whether I will keep my eyes fixed on Him.



Section Two

Jesus Showed Me That My Greatest Battle Is Where I Choose to Look

As I reflected on everything Jesus had shown me the night before, I realized that He had been preparing my heart for **Psalm 73** before I ever opened my Bible. The lesson was not only about a scene from a movie, nor was it simply about the pain of my past or the difficult circumstances I continue facing. Jesus was teaching me that one of the greatest battles I face is deciding where I will keep my eyes. Satan cannot separate me from the love of God that is found in Jesus Christ. Scripture assures me that nothing in all

creation can separate God's children from His love (**Romans 8:38–39**). However, Satan still tries to distract my mind and weaken my confidence in what God has said. He brings old memories to the surface, reminds me of what I have lost, points out what other people appear to have, and tempts me to measure my life according to what I can see. **His goal is to move my attention away from Jesus and place it upon my pain, disappointment, comparison, and unanswered questions.**

This is the same battle Asaph describes in **Psalms 73**. He knew that God was good, but his feet almost slipped when he began looking at the apparent prosperity of people who did not follow God (**Psalms 73:1–3**). The longer he focused on them, the more confused and discouraged he became. From his limited perspective, they appeared comfortable, successful, and untouched by the suffering he experienced. What he saw around him began speaking louder than what he knew about God.

I understand that struggle because there are moments when I also look around and see people experiencing the kind of life I once desired. I see people who appear to have loving families, close relationships, good health, financial security, and the acceptance I have longed for throughout much of my life. I know that I cannot see every hidden struggle in another person's life, but my flesh still sometimes compares my story with what I see on the outside of theirs. During those moments, old wounds begin asking painful questions. Why does life seem easier for them? Why do I continue carrying wounds that began so many years ago? Why does faithfully following Jesus still involve so much pain?

Jesus does not condemn me for bringing those questions to Him. Instead, He reminds me that comparison always gives me an incomplete picture. I see only what is visible, but Jesus sees every heart. I see one moment in someone's life, but He sees the entire story. I see what appears to be happening now, but He sees everything from the perspective of eternity.

My understanding is limited, but His knowledge is complete.

Through this study, Jesus showed me that my greatest battle is not always the circumstances surrounding me. The deeper battle is whether I will interpret those circumstances through the wounds of my past or through the unchanging truth of God's Word.

- When I focus only on what I have lost, discouragement grows.
- When I focus on what others possess, comparison grows.
- When I allow my pain to become the loudest voice in my mind, hopelessness begins pushing aside the truths I already know.

But when I turn my attention back to Jesus, my perspective begins to change.

My circumstances may not immediately improve, and every question may not receive an instant answer. Other people may not suddenly understand me or love me in the way I have always desired. Yet Jesus reminds me of what remains eternally true: I belong to Him, I am loved by Him, I have been redeemed through Him, and I have been called according to His purpose.

- My worth is not determined by how people treat me.
- My identity is not defined by what happened in my past.
- My future does not depend upon whether my earthly life looks like someone else's.
- My life is secure in Jesus Christ.

The more I thought about these truths, the more I realized that Satan's greatest weapon against me is often **distraction**. He wants me looking backward instead of moving forward, looking around instead of looking upward, and concentrating on people instead of keeping my eyes on Christ. When my attention drifts, my perspective begins drifting with it. This is why Scripture tells believers to keep their eyes fixed on Jesus, "the champion who initiates and perfects our faith."

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame."

Hebrews 12:2

Keeping my eyes on Jesus does not mean pretending that my pain is not real. It does not mean denying that comparison, disappointment, or jealousy sometimes enter my thoughts. It means that I refuse to allow those feelings to have the final word. I acknowledge them honestly, bring them before my Heavenly Father, and then allow His truth to correct the way I am seeing my life.

Jesus was inviting me to do what Asaph eventually learned to do: stop measuring life only by what can be seen and begin viewing everything through the faithfulness of God. Asaph's circumstances did not immediately change when he entered God's presence, but his understanding did. In the same way, Jesus was teaching me that when I return my attention to Him, I begin to see my past, my present struggles, my calling, and my future from a different perspective.

That became the truth I carried with me as I opened **Psalm 73:**

where I keep my eyes will shape how I understand my life, so I must continually choose to keep my eyes on Jesus.



Section Three

Jesus Changed My Perspective Through Psalm 73

When I opened **Psalm 73**, I immediately recognized myself in Asaph's struggle. He begins by declaring that God is truly good to Israel and to those whose hearts are pure, yet he quickly admits that his own feet had almost slipped because he became envious of people who appeared to prosper without following God (**Psalm 73:1–3**). Asaph knew the truth about God, but what he saw around him temporarily distorted his perspective. In the same way, I know that my Heavenly Father is good to me. I know that I am His child, that Jesus Christ has saved me, and that God has faithfully carried me through every season of my life. Yet there are still moments when my human nature begins wrestling with what I see around me.

This struggle does not mean that I have stopped believing God. It means that I am still growing and that Jesus is continuing to renew my mind. My emotions sometimes respond to what I see before my spirit has time to remember what is true. During those moments, I may begin comparing my life with the lives of others. I see people who appear to be receiving their heart's desires while I continue facing pain, disappointment, loneliness, and battles that have followed me for many years. I understand that I cannot see everything another person is experiencing, and I know that appearances do not reveal the whole truth. Nevertheless, there are times when my flesh becomes jealous because it seems as though other people are receiving the love, acceptance, and security I have desired throughout my life.

My deepest desire has never been great wealth or an easy life. **I have always wanted to be loved with the kind of unconditional love God gives His children. I longed to feel wanted, valued, protected, and accepted without being made to believe that I had to be perfect before I could receive love.** Through Jesus Christ, I am learning that God's love is not based upon my performance. I do not earn His love by becoming perfect, because I cannot make myself perfect. Scripture tells us that everyone has sinned and falls short of God's glorious standard, but we are made right with God freely through the grace and redemption found in Jesus Christ (**Romans 3:23–24**).

God's agape love is not something I must work hard enough to deserve. He loved me while I was still a sinner, and Jesus demonstrated that love by dying for me (**Romans 5:8**). The world may teach us that love must be earned through perfection, appearance, usefulness, or constant performance, but Jesus reveals something completely different. He teaches that God's love flows from His character. The Father loves His children because He is love, not because we have managed to live without weakness or failure (**1 John 4:8–10**).

Satan has spent much of my life trying to convince me otherwise. He used the actions of people who hurt me to create the lie that I was unworthy of love. For many years, those lies became part of how I survived what happened to me. However, during the more than twenty years that I have followed Jesus, He has patiently replaced those lies with the truth of His Word. I can now say that I believe my Heavenly Father more than I believe Satan. I am not perfect, and God does not require me to become perfect before He loves me. He calls me to seek Him, trust Him, obey Him, and continue allowing Him to transform me.

This is why Asaph's words in **Psalm 73** speak so deeply to me. His struggle did not begin because he wanted to reject God. His struggle began because he allowed what he saw around him to become more influential than what he knew about God. As he watched the apparent prosperity of others, he began wondering whether his decision to remain faithful had been worthwhile. He even questioned whether keeping his heart pure had been for nothing because trouble seemed to meet him every morning (**Psalm 73:13–14**).

I understand that question. There are moments when I have wondered whether all my efforts to follow Jesus, obey God, forgive those who hurt me, serve others, and remain faithful to my calling have made any difference. When troubles continue appearing every day, my wounded heart sometimes asks whether I am doing all of this for nothing. That is the moment when doubt tries to enter my mind and pull my attention away from Jesus.

But Jesus does not leave me in that place.

Just as God redirected Asaph, Jesus continually redirects me. He reminds me that faithfulness is never wasted, even when I cannot yet see its fruit. Paul writes that we should not grow weary in doing good because, at the proper time, we will reap a harvest if we do not give up (**Galatians 6:9**). God sees every prayer, every act of obedience, every moment of forgiveness, and every decision I make to choose Christ in the middle of the battle.

Jesus also reminds me that the reward for following Him cannot be measured only by what happens during this earthly life. He never promised that His disciples would avoid hardship. In fact, He told us that we would experience trials and sorrows in this world, but He also told us to take heart because He has overcome the world (**John 16:33**). Following Jesus does not mean that suffering disappears. It means that I no longer walk through suffering alone, and it means that suffering does not have authority over my eternal future.

Asaph's honest struggle teaches me that I do not need to hide these thoughts from God. I can bring my jealousy, disappointment, confusion, and questions directly to my

Heavenly Father. The goodness of God makes it safe for me to speak honestly because He already knows what is in my heart. He is not surprised when I struggle, nor does He abandon me because my perspective temporarily becomes distorted. Instead, He receives my honest prayer and begins leading me back to the truth.

That is what happens every time I find myself in a battle for my mind. I pray a brutally honest prayer to my loving Heavenly Father. I tell Him what hurts, what I do not understand, what I fear, and where I feel disappointed. Then He responds by revealing more of Himself to me. He uses His Word, His Spirit, worship, people, and ordinary events to help me understand what I could not see while my emotions were overwhelmed.

Psalm 73 shows me that Jesus does not demand that I pretend everything is fine. He invites me to bring my distorted perspective into His presence so He can correct it. My feelings may be real, but they do not always tell me the entire truth. Comparison tells me that everyone else is more blessed. My past tells me that I am unworthy of love. Disappointment tells me that nothing will ever change. Satan tells me that my faithfulness is accomplishing nothing.

Jesus answers every one of those lies.

- He tells me that I am loved.
- He tells me that I belong to Him.
- He tells me that my labor for the Lord is never useless (1 Corinthians 15:58).
- He tells me that He is continuing the work He began within me (Philippians 1:6).
- He tells me that my present troubles cannot compare with the glory that will one day be revealed (**Romans 8:18**).

As I continued reading **Psalm 73**, I began to understand that the turning point in Asaph's story was not that his circumstances changed. The turning point came when he brought his confusion into the presence of God. There, God gave him an eternal perspective and reminded him that outward appearances do not reveal the final outcome of a person's life.

Jesus was teaching me to do the same thing. When comparison begins influencing how I see my life, I must return to His presence. When the pain of my past begins speaking again, I must bring those memories beneath the authority of His truth. When doubt causes me to question my worth or calling, I must remember that my identity was established by Jesus Christ, not by the people who failed to love me properly.

The lesson I received from the beginning of **Psalm 73** is not that I will never struggle with comparison again. The lesson is that I now know what to do when it happens. I can acknowledge the feeling without allowing it to control my thinking. I can bring it

honestly to God and allow Jesus to redirect my attention away from what others appear to have and back toward everything I already possess in Him.

My circumstances may remain difficult, but my perspective does not have to remain distorted. Jesus is teaching me to look beyond what is temporary and remember what is eternal. He is teaching me that the greatest blessing in my life is not receiving everything I once desired from this world.

The greatest blessing is knowing that I belong to Him.



Section Four

Jesus Reminded Me That I Am Loved by My Heavenly Father

One of the greatest truths Jesus reminded me of through this study is that my worth has never been determined by the opinions or actions of other people. Throughout much of my life, I unknowingly measured my value by whether I felt accepted, loved, or wanted. When people rejected me, abandoned me, or treated me as though I was not enough, I began believing that something must be wrong with me. Those experiences slowly shaped the way I viewed myself, and without realizing it, they also influenced the way I viewed God.

For many years, I struggled to believe that someone could love me simply because they chose to love me. My experiences taught me that love had to be earned. If I performed well enough, worked hard enough, or became good enough, perhaps I would finally receive the acceptance I longed for. When I failed or made mistakes, I often felt as though I had disappointed everyone around me. Eventually, I began believing that God might see me the same way.

Jesus has spent many years patiently replacing those lies with His truth.

As I continued reflecting on **Psalm 73**, I realized that Asaph's struggle was not only about comparing himself with others. At its heart, it was about forgetting what he already possessed in his relationship with God. He became so focused on what others appeared to have that he temporarily lost sight of the greatest treasure he already owned—the presence of God Himself.

I have done the same thing.

There have been times when I focused so much on the love I never received from people that I forgot to rest in the perfect love my Heavenly Father has always offered me. I

became preoccupied with what was missing instead of thanking God for what He had already given me through Jesus Christ.

The Bible describes God's love with the word *agape*—a love that is unconditional, sacrificial, faithful, and rooted in His perfect character. Unlike human love, God's love does not change because of my failures or weaknesses. He does not love me more on the days when I succeed, nor does He love me less when I struggle. His love remains constant because it is based on who He is, not on what I do.

John reminds us,

"We know how much God loves us, and we have put our trust in His love. God is love..." 1 John 4:16

Paul also writes that "God showed His great love for us by sending Christ to die for us while we were still sinners" (**Romans 5:8**). These verses remind me that God did not wait for me to become perfect before loving me. He loved me while I was still broken, and He continues loving me as He transforms me into the image of His Son.

That truth has brought tremendous freedom into my life.

I no longer have to spend my life trying to earn what God has already freely given through Jesus Christ. I no longer have to prove my worth by meeting everyone else's expectations. My identity is not rooted in my past, my accomplishments, or the approval of other people. My identity is rooted in being a daughter of my Heavenly Father.

This does not mean that the wounds of my past have completely disappeared. There are still days when old memories resurface or when painful experiences tempt me to question my value. Yet when those thoughts begin speaking, Jesus gently reminds me to return to the truth of His Word. He reminds me that I have been chosen, forgiven, redeemed, adopted into God's family, and deeply loved with an everlasting love.

As I reflected on these truths, I realized that this is another reason comparison is so dangerous. Comparison causes me to measure my worth by what other people have, while God's love reminds me that my worth has already been established by Jesus Christ. One voice tells me that I am not enough. The other tells me that I belong to Him.

The more I understand my Father's *agape* love, the less power comparison has over my life. Instead of asking why someone else seems more blessed than I am, I can thank God for the greatest blessing He has already given me—His Son. Instead of measuring my life by what this world values, I can measure it by the unchanging truth that I am loved by God, saved by grace, and called according to His purpose.

Asaph eventually reached the place where he declared,

"Whom have I in heaven but You? I desire You more than anything on earth." Psalm 73:25

I believe that is where Jesus was leading my heart as well. He was teaching me that no earthly relationship, achievement, or possession can satisfy the deepest longing of my soul. Only my relationship with Him can do that.

When I truly understand my Father's love, I no longer have to spend my life searching for my identity in the approval of people. I have already found it in Jesus Christ.



Section Five

Jesus Confirmed That My Suffering Is Never Outside My Father's Care

After studying **Psalm 73**, I was led to **Job 5**. At first, I wondered why this chapter came to my attention, but I soon realized it reinforced what Jesus had already been teaching me: suffering does not mean that God has abandoned me, and painful circumstances do not reveal the whole story of what He is doing.

Job 5 records the words of Eliphaz, one of Job's friends. Although he spoke some truths about God, he did not fully understand Job's situation. He assumed that suffering could be explained by wrongdoing and correction. Later, God rebuked Job's friends because they had not spoken accurately about Him. Therefore, **Job 5** must be read within the message of the entire book rather than treated as God's direct explanation of why people suffer.

The full story of Job teaches that suffering is not always the result of personal sin or weak faith. Job feared God and turned away from evil, yet he still experienced loss, physical pain, grief, and confusion. His suffering was not evidence that God had rejected him. It showed that faithful people can suffer deeply while still remaining within God's care.

The opening chapters also reveal that Satan could not act outside God's sovereign authority. God established boundaries he could not cross. This does not mean that God caused evil or delighted in Job's pain. It means that Satan was never in control of Job's life, and he is not in control of mine.

That truth comforts me because suffering never removes me from my Heavenly Father's awareness. Nothing surprises Him or places me beyond His reach. God does not

approve of abuse, betrayal, cruelty, or sin, but He remains present with His children in the middle of what they endure.

As I reflected on my own life, I realized that God has used many of my deepest wounds to deepen my compassion, strengthen my dependence upon Jesus, and prepare me to minister to hurting people. This does not make the wounds good or excuse those who caused them. It reveals that evil has not been powerful enough to prevent God from bringing redemption from what happened.

Job never received a complete explanation for everything he endured. Instead, he encountered the greatness, wisdom, and sovereignty of God. That reminds me that I may not understand every detail of God's plan, but I can still trust His character.

This does not make the suffering good.

It reveals that God is greater than the suffering.

Job confirmed what Jesus had already been teaching me through Psalm 73: suffering may make me feel forgotten, but I am never outside my Father's care.

My suffering has never been beyond His reach.

My pain has never been hidden from His awareness.

My life has never been outside His sovereign and loving care.



Section Six

Jesus Is Teaching Me to Keep Choosing Him Every Day

One of the greatest lessons Jesus taught me through Psalm 73 is that choosing Christ is not merely a decision I made once. It is a choice I must continue making each day through the way I think, respond, and live. I can focus on my past, disappointments, circumstances, or what others appear to possess, or I can intentionally fix my eyes on Jesus and trust Him to guide me forward.

Many spiritual battles begin in my mind before they become visible in my actions. When I dwell on comparison, discouragement grows. When I focus on rejection, I become vulnerable to lies about my identity and worth. When I repeatedly revisit painful memories without bringing them before God, those memories can begin shaping how I interpret my present life. Jesus is teaching me that His peace grows as I allow the truth of His Word to renew my mind.

Keeping my eyes on Jesus does not mean ignoring my emotions or pretending life is easy. He welcomes my honesty. I can tell Him when I feel discouraged, confused, angry, exhausted, or afraid. Yet He loves me too much to leave me trapped within those emotions. He receives my honest prayers and then leads me back to His truth so that my feelings do not become the final authority over my life.

Each day, I want to make several intentional choices: to look toward Jesus instead of comparing my journey with others, bring my emotions honestly before my Heavenly Father, allow Scripture rather than circumstances to shape my perspective, trust God's wisdom when I do not understand His timing, and thank Him for His faithfulness instead of concentrating only on what I lack. Most importantly, I want to continue moving forward in my calling without allowing my past to pull my attention away from Christ.

I cannot make these choices faithfully through my own strength. The Holy Spirit continues renewing my mind and forming me into the likeness of Jesus Christ. He teaches me to think differently, trust more deeply, and rest more securely in my Father's love. I still have much to learn, but I can see that Jesus is continuing the work He began within me, and I trust Him to complete it according to His purpose.



Section Seven

Looking Back: Jesus Has Been Renewing My Mind One Study at a Time

As I finished today's study, I realized that Jesus was doing more than helping me understand **Psalms 73**. Each psalm studied during this difficult week prepared my heart for the next lesson. Together, they reveal how patiently my Heavenly Father has been renewing my mind, strengthening my faith, and drawing me closer to Himself.

Through **Psalms 13**, Jesus taught me to pray honestly rather than hide my questions and emotions. Through **Psalms 27**, He taught me that confidence rests in God's character rather than favorable circumstances. Through **Psalms 34**, He reminded me that He remains near to the brokenhearted. Through **Psalms 42–43**, He taught me to acknowledge my emotions while answering them with the truth of His Word. Through **Psalms 73**, He showed me how comparison, disappointment, and past wounds can distort my perspective—and how His presence restores it.

Looking back over these first five studies, I can see a clear progression. Jesus taught me to bring Him my struggles, trust Him while waiting, recognize His nearness in suffering, speak truth to my downcast soul, and keep my eyes fixed upon Him rather

than measuring my life by others. The story of Job also confirmed that suffering is never outside my Father's awareness or care. Pain does not mean abandonment, questions do not make me faithless, and weakness does not remove me from God's family.

Jesus has not simply given me information about individual psalms. Through Scripture and the Holy Spirit, He has been transforming the way I think and teaching me how to respond to suffering, rejection, comparison, fear, and discouragement. Spiritual growth is often gradual. Jesus reveals an area that needs growth, teaches me through His Word, gives me opportunities to practice what I have learned, and prepares me for the next lesson.

My circumstances have not suddenly changed, but my perspective has. I do not have to understand everything God is doing in order to trust Him. I do not have to carry yesterday's wounds into tomorrow's calling. I do not have to compare my journey with anyone else's because God is faithfully accomplishing His purpose within my life.

The central lesson Jesus taught me today is simple:

Keep your eyes on Jesus.

When I keep my eyes on Him, my perspective is renewed, fear begins losing its power, and my heart remembers what remains true. People may disappoint me. My body may continue experiencing pain. I may face rejection, loss, unanswered questions, and suffering. None of those realities changes who God is. He remains faithful, loving, sovereign, and present.

My greatest need has never been for every circumstance to become easier. My greatest need has always been to remain close to Jesus. He is my strength when I am weak, my hope when I am discouraged, my peace when my mind is overwhelmed, and my Shepherd when I do not know which direction to take.

As I continue this journey, I will keep choosing Him each day. The One who has faithfully led me this far will continue guiding me, renewing my mind, and preparing me to fulfill the calling He has placed upon my life.

No matter what I face, Jesus is enough, and He is worthy of my complete trust.

Final Reflection

Psalm 73 reminded me that my identity is not determined by rejection, comparison, pain, or the failures of other people. I am loved, known, valued, and precious to my Heavenly Father. My pain may be part of my journey, but it does not define my future. Jesus does.

A brief conversation with my stepfather brought an old wound to the surface. I felt dismissed and unimportant, as I have many times within my birth family. Yet Jesus used that moment to remind me of something greater: I can go to God, my true Father, and ask Him anything.

My Heavenly Father never treats me as though I am a burden. He does not rush me away, become impatient with my questions, or make me feel unwanted. He listens, teaches, corrects, comforts, and continues working with me until His truth reaches my heart.

The pain did not disappear, but it no longer had the authority to define me. I am continuing to forgive, pray, set healthy boundaries, and redirect my thoughts toward what God says is true. Human beings may fail to listen, but God hears me. People may reject me, but God welcomes me. Others may make me feel unwanted, but through Jesus Christ, I have been adopted into God's family.

This is what I want others to understand: when people fail you, you are not left without a Father. You can come honestly to God. He will receive you, remain with you, and patiently transform your heart.



How These Five Studies Helped Me Choose Christ in the Middle of the Battle

These five studies helped me understand what Jesus was doing during the battle described in *Choosing Christ in the Middle of the Battle*. **Psalm 13** taught me to bring my honest questions to God. **Psalm 27** taught me to remain confident while waiting. **Psalm 34** reminded me that God stays near to the brokenhearted. **Psalms 42–43** taught me to answer overwhelming emotions with God's truth. **Psalm 73** taught me to stop measuring my life by my pain, circumstances, or other people and to keep my eyes fixed upon Jesus.

Together, these studies showed me that the battle did not erase my spiritual growth or cancel my calling. Jesus used Scripture to expose old lies, renew my mind, strengthen my faith, and remind me that I am still loved, chosen, and being transformed. The circumstances did not immediately change, but my perspective did. I learned that choosing Christ in the middle of the battle means continuing to pray honestly, trust God's character, receive His love, speak truth to my soul, and follow Jesus one step at a time.

My Story Is the Backdrop—Jesus Is the True Story

My testimony is not ultimately about everything I endured. It is about what Jesus did for me in the middle of it. He found me when I felt unwanted, loved me when I believed I was unlovable, renewed my mind when old lies returned, and reminded me that my past cannot cancel His calling upon my life.

To anyone who has been harmed, rejected, neglected, or betrayed: what happened to you does not determine your worth. You are not what another person did to you. Where harm is continuing, please get to safety. Contact a trustworthy person, pastor, advocate, counselor, emergency service, or appropriate authority. Forgiveness does not require remaining where you are being abused.

Jesus invites you to come to Him with your questions, anger, fear, grief, exhaustion, and wounds. He said, **“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest”** (Matthew 11:28). You do not have to become perfect before approaching Him. Come honestly and allow Him to show you the love of your Heavenly Father.

You may feel forgotten, but God sees you. You may feel unwanted, but He is drawing you near. You may feel too broken to begin again, but Jesus still offers healing, hope, and new life.

Come to Me. Keep your eyes on Me. Let Me show you how deeply the Father loves you.

Prayerfully prepared by

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Servant of God

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

