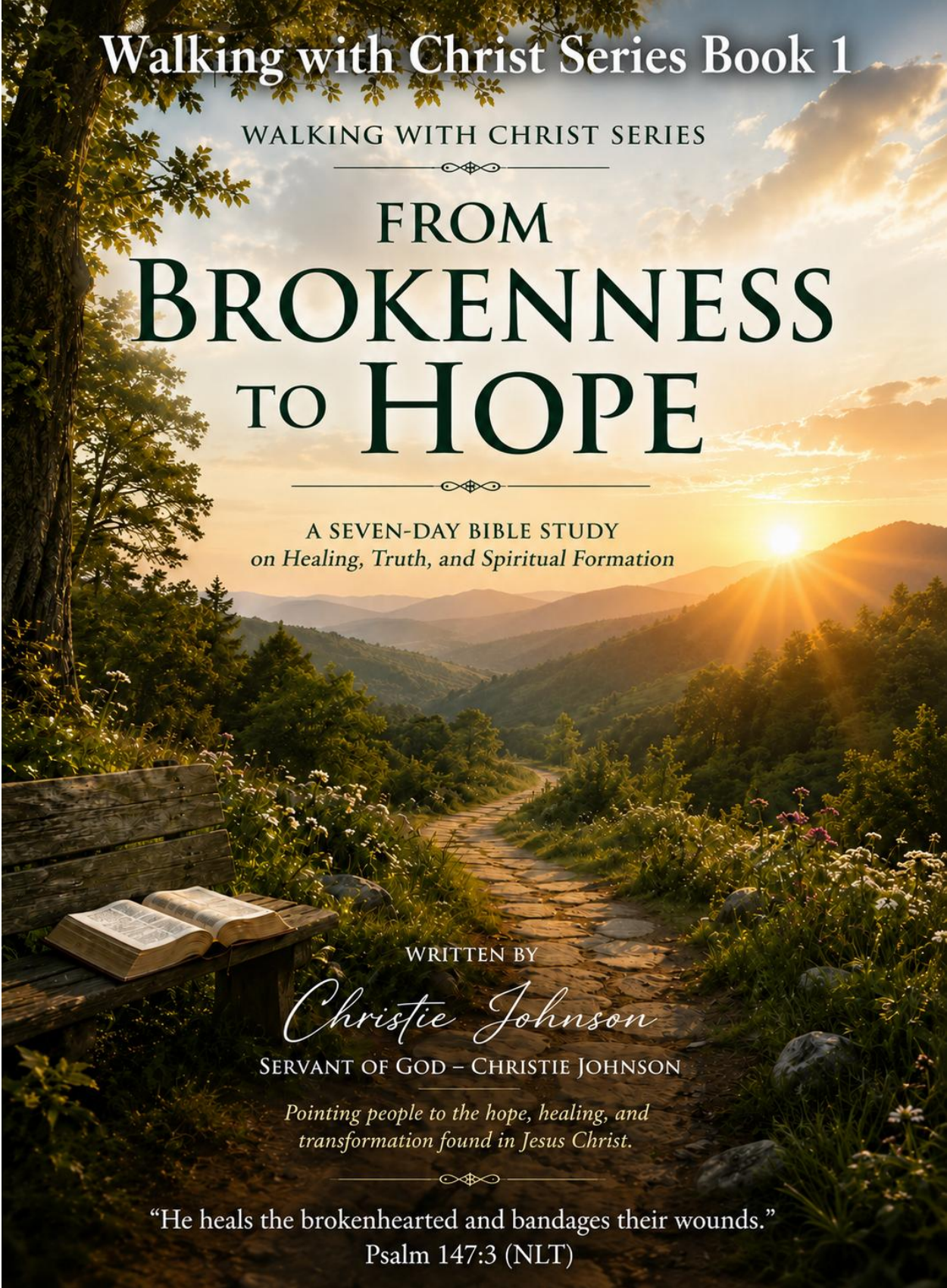




Walking with Christ Series Book 1

WALKING WITH CHRIST SERIES

FROM BROKENNESS TO HOPE

A SEVEN-DAY BIBLE STUDY
on Healing, Truth, and Spiritual Formation

WRITTEN BY

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SERVANT OF GOD – CHRISTIE JOHNSON

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

“He heals the brokenhearted and bandages their wounds.”
Psalm 147:3 (NLT)

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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.

From Brokenness to Hope

Before You Begin

Prepare your heart.

- More Precious Than Rubies
- Goodness of God
- Holy Forever

Days 1–2

Truth • Healing • Bringing Your Pain to God

- The Truth
- Even If
- Come What May

Days 3–4

Surrender • Identity in Christ

- I Speak Jesus
- Gratitude
- Who You Say I Am

Days 5–7

Grace • Faith • Transformation

- That's My King
- Hard Fought Hallelujah
- The Jesus Way
- Make It Well

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 — Truth That Sets You Free

Theme

God begins healing by replacing the lies we have believed with the truth of His Word.

A Word of Encouragement

Today we will discover that lasting freedom begins when we believe what God says instead of the lies our past has taught us.

Opening Scripture

John 8:31–32

"Jesus said to the people who believed in Him, 'You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.'"

Understanding God's Word

When Jesus spoke these words, He was not simply talking about knowing facts or gaining more knowledge. He was inviting His followers into a relationship with Him—a relationship where His truth continually transforms their lives. Many of us carry beliefs that were never placed there by God. Sometimes those beliefs develop through painful experiences, rejection, abuse, disappointment, failure, or the words of others. Over time, those lies can begin to shape how we see ourselves, how we see others, and even how we see God.

Perhaps you believed:

- "I'm not good enough."
- "No one will ever truly love me."
- "I have to earn God's approval."
- "If I don't take care of everyone else, I have no value."
- "God could never use someone like me."

None of those statements come from God.

Jesus tells us that His truth brings freedom. As we spend time in God's Word, the Holy Spirit gently exposes the lies we have believed and replaces them with the truth of who God is and who we are in Christ. Healing often begins with one simple decision: believing God's Word over our feelings, our past, and the voices that have spoken over us.

God never reveals truth to condemn us. He reveals truth because He loves us.

Romans 12:2 reminds us,

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think..."

Transformation begins in the mind, but it reaches every part of our lives. As our thinking changes, our relationships, decisions, attitudes, and responses begin to change as well.

Today, ask God to reveal any lies you have believed and to replace them with His truth.

Walking This Truth

For much of my life, I believed my value depended on what I could do for other people. I became the one who carried everyone's burdens, solved everyone's problems, and tried to keep peace wherever I went. Deep inside, I feared that if I stopped helping, I would no longer be needed or loved.

Those beliefs did not come from God.

As I spent time in His Word, the Lord patiently showed me that my identity had never been rooted in my performance. My identity had always been found in Jesus Christ. That truth did not change me overnight. There were days when I still struggled to believe what God said about me instead of what my past seemed to declare. Yet every time I opened His Word, He faithfully reminded me that I was His daughter, loved by grace rather than accepted because of what I could accomplish.

One verse that became especially meaningful during this season was **Romans 8:1**:

"So now there is no condemnation for those who belong to Christ Jesus."

God continues teaching me that freedom comes when I trust His truth more than my feelings. As I surrender old beliefs to Him, He continues renewing my mind and shaping me into the image of Christ.

If God can patiently transform my heart, He can transform yours as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask the Holy Spirit to search your heart and reveal His truth.

1. What beliefs about yourself have been shaped more by your past than by God's Word?
2. Is there a lie you have believed that continues to affect your relationship with God or others?
3. What truth from today's Scripture do you need to believe and embrace today?

Write your answers honestly in a journal. Remember, God already knows your heart. You are not informing Him—you are inviting Him to transform you.

Today's Prayer

Heavenly Father,

Thank You for revealing Your truth and loving me through it. Forgive me for believing lies instead of trusting what You say about me. Search my heart, renew my mind through Scripture, and help me see myself through Your eyes. Give me courage to surrender every lie and walk in the freedom of Jesus Christ. Continue transforming me into who You created me to be. Help me become more like Jesus today than I was yesterday.

I trust You with every part of my life.
 In Jesus' name,
Amen

Today's Challenge

Don't worry about getting everything right today. Simply take one step of faith and allow God to continue His work in your heart.

- Today, ask God to reveal one lie you have believed.
- Write it on the left side of a page in your journal.
- Then search God's Word—or use the Scriptures from today's study—to write one biblical truth beside it.
- Each time the lie comes to mind this week, intentionally replace it by reading God's truth aloud.
- Remember, lasting transformation happens as we repeatedly choose God's truth over old patterns of thinking.

Every step of obedience, no matter how small, is another step toward the person God is shaping you to become.

Scripture to Memorize

John 8:32

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

As you hide God's Word in your heart, the Holy Spirit uses it to renew your mind, strengthen your faith, and transform your life.

Walking with Christ

Following Jesus is more than believing the right truths. It is allowing His truth to shape every part of our lives. As we surrender our thoughts, fears, desires, and old beliefs to Christ, the Holy Spirit lovingly transforms us and makes us more like Him. Today, ask yourself: **What is one lie I am willing to surrender so God's truth can transform my heart?**

Today's Truth: My identity is found in Jesus Christ, not in my past, my performance, or the opinions of others.

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

Tomorrow We'll Discover: Tomorrow we will discover how God meets us in our grief and why bringing our pain honestly before Him is an act of faith that leads to healing and lasting hope.

Today's Takeaway: God's truth has the power to transform every heart surrendered to Jesus Christ.

Day 2 — God Meets You in Your Grief

Theme

God invites us to bring every hurt, loss, and unanswered question into His presence, where He offers comfort, healing, and hope.

A Word of Encouragement

Today we'll discover that bringing our pain honestly to God is not a sign of weak faith—it is an act of deep trust. God never asks us to hide our wounds. He invites us to bring them to the One who heals broken hearts.

Opening Scripture

Psalm 34:18

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

Understanding God's Word

One of the greatest misconceptions many Christians believe is that they must hide their pain from God. We may think we need to appear strong, always have the right answers, or quickly move past our grief. Yet Scripture paints a very different picture.

Throughout the Bible, God's people cried out to Him in their darkest moments. David poured out his heart in the Psalms. Job questioned God in the midst of unimaginable suffering. Jeremiah wept over his broken nation. Even Jesus wept at the tomb of Lazarus and cried out to His Father in the Garden of Gethsemane.

God is not intimidated by our grief.

Psalm 34:18 reminds us that God draws near to those who are brokenhearted. He does not stand at a distance waiting for us to "get over it." Instead, He meets us in the middle of our pain with His presence, His comfort, and His unfailing love.

Grief comes in many forms. It may be the loss of a loved one, the pain of rejection, the wounds of abuse, broken relationships, shattered dreams, declining health, disappointment, or seasons that did not unfold as we hoped.

Whatever the source of your grief, God already knows it.

He sees every tear. He hears every silent prayer. He understands every burden you carry. Healing often begins when we stop pretending we are okay and honestly bring our pain before the Lord. We do not have to protect God from our emotions. He welcomes us into His presence exactly as we are. As we surrender our grief to Him, the Holy Spirit gently begins replacing despair with hope, fear with peace, and sorrow with the assurance that God is walking beside us.

Today, allow yourself to be honest with God. His love is greater than your deepest hurt.

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 to carry my pain quietly. I became skilled at helping others while hiding my own hurt. I convinced myself that being strong meant keeping my emotions to myself.

God slowly showed me something different. Through seasons of abuse, rejection, grief, loss, and disappointment, He taught me that He never asked me to hide my brokenness. Instead, He invited me to bring every fear, every question, and every tear into His presence.

One passage that became especially precious to me was 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.'"

I discovered that healing did not begin when my circumstances changed. It began when I trusted Jesus enough to stop carrying my burdens alone. Even today, I still bring my hurts to Him. I have learned that every prayer offered through tears becomes another opportunity to experience His faithfulness.

If God has faithfully carried me through my darkest seasons, He will faithfully walk with you through yours as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask the Holy Spirit to search your heart and reveal His truth.

1. What burden have you been carrying that God is inviting you to surrender today?
2. Have you been trying to appear strong instead of honestly bringing your pain to God?
3. How would your relationship with Jesus change if you trusted Him with your deepest hurt?

Write your answers honestly in your journal. Remember, God already knows every part of your story. He invites you to come to Him with confidence, knowing you are deeply loved.

Today's Prayer

Heavenly Father,

Thank You for being near to the brokenhearted and for loving me even in my deepest pain. Thank You that I never have to hide my grief or pretend everything is okay.

Today I bring every hurt, every disappointment, every fear, and every unanswered question into Your hands. Help me trust You with the burdens I have carried for far too long.

Fill my heart with Your peace, strengthen my faith, and remind me that I never walk through suffering alone. Continue transforming my heart as I learn to rest in Your love and Your presence.

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

I trust You with every part of my life.

In Jesus' name,

Amen.

Today's Challenge

Don't try to fix everything today. Instead, spend time resting in God's presence.

- Read Psalm 34 slowly.
- Tell God exactly what is weighing on your heart.
- Write one burden you need to surrender to Him.
- Pray specifically about that burden.
- Before ending your prayer time, thank God for being with you, even if nothing has changed yet.

Remember, healing often begins with surrender before circumstances begin to change. Every step of obedience, no matter how small, is another step toward the person God is shaping you to become.

Scripture to Memorize

Psalm 34:18

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

As you hide God's Word in your heart, the Holy Spirit uses it to remind you that you are never alone. God's presence is often most evident in the moments when we feel weakest.

Walking with Christ

Following Jesus does not mean living without pain. It means walking through pain with the One who has already overcome the world. As you bring your grief to Christ, the Holy Spirit uses even your deepest wounds to strengthen your faith, deepen your dependence on God, and shape you into the likeness of Jesus.

Today, ask yourself: **What burden do I need to place into Jesus' hands instead of continuing to carry it alone?**

Today's Truth: God is near to the brokenhearted and never wastes our pain.

Today's Step of Faith: Today I will bring one burden honestly before the Lord and trust Him to carry what I cannot.

Tomorrow We'll Discover: Tomorrow we'll learn the freedom that comes from releasing burdens God never intended us to carry and trusting Him with what only He can do.

Today's Takeaway: God's presence is often most deeply experienced when we surrender our pain to Him.

Day 3 — Learning to Let Go

Theme

God never intended for us to carry burdens that belong to Him. Freedom begins when we surrender what only He can carry.

A Word of Encouragement

Today we'll discover that surrender is not giving up—it is trusting God enough to place every burden into His loving hands. The more we release Him, the more room we make for His peace to fill our hearts.

Opening Scripture

1 Peter 5:7

"Give all your worries and cares to God, for he cares about you."

Understanding God's Word

Life often places heavy burdens on our hearts through grief, relationships, painful memories, illness, finances, or uncertainty. At times, we also carry what God never asked us to bear by trying to fix, rescue, or control what belongs in His hands. Peter reminds us that God deeply cares for His children and invites us to bring every worry, fear, and burden to Him.

Surrendering is not a sign of weakness. It is one of the greatest demonstrations of faith. When we release our burdens to God, we acknowledge that He is wiser than we are, stronger than we are, and more capable than we are. We exchange our striving for His strength and our anxiety for His peace. Jesus never promised a life without difficulties, but He did promise His presence in every difficulty. As we trust Him daily, we discover that His grace is sufficient and His strength is made perfect in our weakness.

Today, ask yourself if you have been carrying something that belongs in God's hands instead of your own. 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 it was my responsibility to keep everyone happy, solve every problem, and carry the emotional weight of those around me. If someone was hurting, I felt responsible for fixing it. If conflict arose, I believed it was my job to make everything right. Eventually, those burdens became too heavy.

God gently showed me that while He calls us to love people, He never calls us to become their savior. That position belongs to Jesus alone.

One Scripture that changed my perspective was **Matthew 11:28–30**, where Jesus invites the weary to come to Him and find rest. I realized I had been carrying burdens He had already invited me to surrender.

Learning to let go was not easy. It required trusting that God loved the people in my life even more than I did and believing that He was fully capable of caring for them without my constant striving. Even today, surrender is a daily choice. Some mornings I still find myself picking up burdens that belong to God. Yet each time I return them to Him, I experience His peace again.

God has taught me that freedom grows as trust grows. If He has faithfully carried me, He will faithfully carry you.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask the Holy Spirit to reveal anything you have been carrying that He is asking you to surrender.

1. What burden have you been trying to carry without God's help?
2. Are you trying to control a situation that belongs in God's hands?
3. What would change if you trusted God completely with that burden?

Write your thoughts in your journal and honestly place them before the Lord.

Today's Prayer

Heavenly Father,

Thank You for caring about every burden I carry. Forgive me for trying to handle life in my own strength instead of trusting You.

Today I surrender every worry, fear, disappointment, and responsibility that You never intended me to carry.

Teach me to trust Your wisdom above my own understanding and to rest in the peace that only You can give.

Help me release what I cannot control and faithfully obey what You have placed before me. Continue transforming my heart and help me become more like Jesus today than I was yesterday.

I trust You with every part of my life.

In Jesus' name,

Amen.

Today's Challenge

Don't try to carry tomorrow's burdens today.

- Make two columns in your journal.
- Label one "**Mine to Obey.**"
- Label the other "**God's to Carry.**"
- Prayerfully write each burden in the appropriate column.
- Spend time surrendering every burden in the second column to the Lord.

Remember, surrendering is not something we do once. It is a daily act of faith. Every burden surrendered becomes another opportunity to experience God's peace.

Scripture to Memorize

1 Peter 5:7 (NLT)

"Give all your worries and cares to God, for he cares about you."

As you hide God's Word in your heart, the Holy Spirit reminds you that God never asks you to carry what He has already promised to bear.

Walking with Christ

Walking with Christ means learning to depend on Him instead of depending on ourselves. The Holy Spirit continues shaping us as we surrender our plans, fears, and burdens to the Lord each day. Today ask yourself: **What burden do I need to place into God's hands and leave there?**

Today's Truth: God is strong enough to carry every burden I surrender to Him.

Today's Step of Faith: Today I will release one burden to God and choose to trust His care instead of my control.

Tomorrow We'll Discover: Tomorrow we'll discover the freedom that comes from embracing our identity in Jesus Christ instead of allowing our past to define us.

Today's Takeaway: The burdens you surrender to God become opportunities to experience His peace.

Day 4 — Your Identity Is Found in Christ

Theme

Your past may explain part of your story, but it does not define your identity. In Christ, you are loved, forgiven, chosen, and made new.

A Word of Encouragement

Today we'll discover that true freedom comes when we stop allowing our past, our failures, or the opinions of others to define us and begin embracing who God says we are in Jesus Christ.

Opening Scripture

2 Corinthians 5:17

"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

One of Satan's greatest strategies is to convince us that our past determines our future. He wants us to believe we will always be defined by our mistakes, our pain, our failures, or what others have done to us. God says something completely different. When we place our faith in Jesus Christ, He does far more than forgive our sins. He gives us a completely new identity. We become children of God, forgiven, redeemed, loved, accepted, and chosen according to His grace.

Our identity is no longer rooted in what has happened to us, but in what Christ has done for us. That does not mean we forget our past. It means our past no longer has authority over our future. The enemy may remind you of where you have been, but God reminds you of whose you are.

The world often tells us to discover ourselves. Scripture teaches us something even greater—we discover who we truly are by belonging to Jesus Christ. **As the Holy Spirit continues transforming us, we learn to live from our new identity rather than striving to earn one.**

Today, choose to believe what God says about you instead of what fear, shame, or your past has tried to convince you to believe. 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 viewed myself through the lens of my past. I allowed abuse, rejection, disappointment, and painful experiences to shape the way I saw myself. Although I loved the Lord, I still struggled to believe that I was truly worthy of His love and purpose. God patiently began changing that.

As I spent time in Scripture, He reminded me again that my identity was never meant to be found in what had happened to me. It was found in Jesus Christ.

That realization did not erase the memories of my past, but it transformed the way I understood them. Instead of seeing myself as broken beyond repair, I began seeing myself as someone God was restoring by His grace. Instead of believing I had to earn His love, I discovered that He had already chosen me, forgiven me, and called me His own.

One verse that continually encouraged me was **Ephesians 2:10**:

"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."

Today I still have days when old thoughts try to return, but God's truth is stronger than every lie. Every day I choose to believe His Word over my feelings; my confidence grows in who I am because of Christ.

If God has given me a new identity, He has given you one as well.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask the Holy Spirit to help you see yourself through God's eyes.

1. What labels have you allowed to define your life?
2. Which part of your past do you need to surrender to Christ today?
3. How does knowing you are God's beloved child change the way you see yourself?

Write your thoughts in your journal and thank God for making you a new creation through Jesus Christ.

Today's Prayer

Heavenly Father,

Thank You for loving me enough to call me Your child. Thank You that my identity is not determined by my past, my failures, or the opinions of others, but by Your grace through Jesus Christ.

Help me believe what Your Word says about me. Remove every false label I have accepted and replace it with Your truth.

Teach me to walk confidently as Your son or daughter, knowing I am forgiven, redeemed, accepted, and deeply loved.

Continue transforming my heart until my life reflects the character of Jesus.

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

I trust You with every part of my life.

In Jesus' name,

Amen.

Today's Challenge

Today, begin replacing old labels with God's truth.

- Draw a line down in the middle of a page in your journal.

- On the left side, write labels you have believed about yourself.
- On the right side, write what God says about you in Scripture.
- Read the truths aloud several times today.
- Thank God for giving you a new identity in Christ.

Remember, every time you choose God's truth over the enemy's lies, your faith grows stronger. Every step of obedience, no matter how small, is another step toward the person God created you to become.

Scripture to Memorize

2 Corinthians 5:17

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

As you hide God's Word in your heart, the Holy Spirit continually reminds you that your identity is secure because it is rooted in Jesus Christ.

Walking with Christ

Walking with Christ means learning to see yourself the way God sees you. As the Holy Spirit transforms your heart, your identity becomes less about your past and more about your relationship with Jesus Christ. Today ask yourself: **Am I living according to what God says about me or according to what my past says about me?**

Today's Truth: My identity is secure because I belong to Jesus Christ.

Today's Step of Faith: Today I will replace one false label with one truth from God's Word.

Tomorrow We'll Discover: Tomorrow we'll discover how God's grace frees us from shame and empowers us to walk in forgiveness and new life.

Today's Takeaway: Your past may be part of your story, but Jesus Christ is writing your future.

Day 5 — Living in the Freedom of God's Grace

Theme

God's grace not only forgives our sins—it frees us from shame, restores our hearts, and empowers us to walk in new life through Jesus Christ.

A Word of Encouragement

Today we'll discover that because of Jesus Christ, we no longer have to live under the weight of shame, guilt, or condemnation. God's grace is greater than our past, and His mercy is new every morning.

Opening Scripture

Romans 8:1

"So now there is no condemnation for those who belong to Christ Jesus."

Understanding God's Word

Many people understand that God forgives sin, yet they continue living as though they must carry the shame of their past. They know they have been forgiven, but they still struggle to forgive themselves. **That is not how God intends His children to live. Romans 8:1** is one of the most powerful promises in Scripture. Because Jesus paid the full penalty for our sins on the cross, those who belong to Him no longer stand condemned before God. Our guilt has been forgiven, our debt has been paid, and our relationship with the Father has been restored.

- Shame tells us we are beyond hope.
- Grace tells us we are deeply loved.
- Shame says our failures define us.
- Grace reminds us that Jesus defines us.

The enemy wants us to keep looking backward. God continually calls us to look forward in faith. Living in God's grace does not mean ignoring our mistakes. It means trusting that Christ's sacrifice is greater than our failures. His grace gives us the freedom to repent, receive forgiveness, and continue growing without remaining trapped by shame. Every day we choose to believe God's grace over our guilt; we take another step toward becoming the people He created us to be.

Today, thank God not only for forgiving you but also for setting you free to live in His grace. 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 carried more than painful memories—I carried shame. Even after giving my life to Christ, there were times when I believed my past somehow made me less valuable or less useful to God. **But the Lord patiently showed me something beautiful. His grace was never dependent upon my past. It was dependent upon His love.**

As I spent time reading Scripture, I realized God was not constantly reminding me of where I had been. Instead, He continually reminded me of what Jesus had already accomplished for me on the cross. **Slowly, my focus shifted.** Instead of seeing myself through my failures and painful experiences, I began seeing myself through God's amazing grace. I realized that forgiveness was not something I had to earn—it was a gift Christ had already purchased. That truth changed the way I prayed, the way I viewed myself, and the way I viewed my future.

Even now, when old memories try to remind me of who I used to be, God's grace reminds me of who I am becoming through Jesus Christ.

If His grace has been sufficient for me, it is sufficient for you.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask the Holy Spirit to help you receive His grace more fully.

1. Is there something from your past you continue to carry even though God has already forgiven you?
2. Do you struggle more with receiving God's forgiveness or forgiving yourself?
3. How would your life change if you truly believed there is no condemnation for those who belong to Christ?

Write your answers honestly in your journal, then thank God for His amazing grace.

Today's Prayer

Heavenly Father,

Thank You for Your amazing grace and for the gift of forgiveness through Jesus Christ.

Thank You that I no longer have to live under guilt, shame, or condemnation.

Help me receive Your grace completely. Teach me to believe what Your Word says about me instead of what my past tries to tell me.

Thank You that Jesus paid the price for my sins so I could walk in freedom and new life.

Continue transforming my heart so I reflect Your grace to others.

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

I trust You with every part of my life.

In Jesus' name,

Amen.

Today's Challenge

Today, spend time thanking God for His grace.

- Write down three ways God has shown you grace.
- Confess any area where you continue carrying guilt.
- Thank Jesus for completely forgiving you.
- Choose one verse about God's forgiveness to read throughout the day.
- When feelings of shame arise, answer them with God's truth instead of your emotions.

Remember, grace is not permission to remain the same—it is God's power to become more like Christ. Every step of obedience, no matter how small, is another step toward the person God is shaping you to become.

Scripture to Memorize

Romans 8:1

"So now there is no condemnation for those who belong to Christ Jesus."

As you hide God's Word in your heart, the Holy Spirit reminds you that your standing before God is based on Christ's finished work, not your past failures.

Walking with Christ

Walking with Christ means living each day in the freedom His grace provides. As we receive God's forgiveness, we also learn to extend that same grace to ourselves and to others.

Today ask yourself: **Am I living as someone who has been forgiven, or am I still allowing shame to define me?**

Today's Truth: God's grace is greater than my greatest failure.

Today's Step of Faith: Today I will thank God for His forgiveness and choose to believe His grace over my shame.

Tomorrow We'll Discover: Tomorrow we'll discover how trusting God daily strengthens our faith and teaches us to walk confidently with Him through every season.

Today's Takeaway: God's grace frees us from shame so we can walk confidently in the new life Christ has given us.

Day 6 — Walking by Faith Every Day

Theme

Spiritual growth happens as we choose to trust God each day, even when we cannot see what lies ahead.

A Word of Encouragement

Today we'll discover that faith is not simply believing God exists—it is trusting His character, His promises, and His plan one step at a time. God does not ask us to see the entire journey. He simply asks us to trust Him with the next step.

Opening Scripture

Proverbs 3:5–6

"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

Walking with Christ is a daily journey of faith. Some days are filled with joy and confidence. Other days bring uncertainty, disappointment, or questions we cannot answer. Yet regardless of our circumstances, God's character never changes. **Proverbs 3** reminds us that trusting God requires more than believing He exists. It requires surrendering our understanding to His wisdom. Our natural tendency is to rely on what we can see, control, or understand. We want answers before we move forward. We want certainty before we obey. But faith often calls us to trust God before we know the outcome.

That is how God grows us. Every act of obedience strengthens our faith. Every prayer offered in trust deepens our relationship with Him. Every step we take according to His Word shapes us into the image of Jesus Christ.

Walking by faith does not mean we never experience fear. It means we choose to trust God even when fear is present. As we continue surrendering our plans to Him, the Holy Spirit teaches us to depend less on ourselves and more on God's wisdom, timing, and faithfulness.

Today, ask yourself if there is an area where God is inviting you to trust Him more completely. 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 many seasons in my life when I could not see what God was doing. I prayed for answers that did not come quickly. I faced doors that closed unexpectedly and walked through valleys I never would have chosen. During those times, I often wanted God to show me the entire plan before I moved forward. Instead, He usually showed me only the next step. As I continued spending time in His Word, I realized that faith is built one act of obedience at a time. God was teaching me to trust His heart even when I could not

understand His ways. Looking back now, I can see His faithfulness in every season. Even the painful chapters became part of the story He was writing for His glory and my growth. One verse that has continually guided my life is Proverbs 3:5–6. It reminds me that God's direction is always better than my own understanding.

I still do not have every answer, but I have learned that I can trust the One who does. If God has faithfully directed my steps, He will faithfully direct yours.

Reflect with God

Take a few quiet moments with the Lord and honestly reflect on these questions. Ask the Holy Spirit to strengthen your faith and deepen your trust.

1. Where is God asking you to trust Him instead of relying on your own understanding?
2. Is fear keeping you from taking a step of obedience?
3. What next step of faith is God placing before you today?

Write your thoughts in your journal and ask God to give you the courage to trust Him completely.

Today's Prayer

Heavenly Father,

Thank You for always being faithful, even when I cannot see what You are doing. Forgive me for the times I have relied more on my own understanding than on Your wisdom.

Teach me to trust You with every part of my life. Strengthen my faith when doubts arise and help me follow wherever You lead.

Give me the courage to obey You one step at a time, knowing that Your plans are always good and Your timing is always perfect.

Continue transforming my heart so that my life reflects greater trust, deeper faith, and complete dependence upon You.

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

I trust You with every part of my life.

In Jesus' name,

Amen.

Today's Challenge

Today, choose one area where you need to trust God more completely.

- Write down one situation you have been worrying about.
- Pray specifically over that situation.
- Read Proverbs 3:5–6 several times throughout the day.
- Ask yourself before making decisions, "Am I trusting God or relying on my own understanding?"
- Thank God for His faithfulness before you see the outcome.

Remember, faith grows every time we choose obedience over fear. Every step of obedience, no matter how small, is another step toward becoming more like Christ.

Scripture to Memorize

Proverbs 3:5-6

"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 you hide God's Word in your heart, the Holy Spirit strengthens your faith and reminds you that God is always trustworthy, even when the path ahead is unclear.

Walking with Christ

Walking with Christ means trusting Him one day at a time. The Holy Spirit grows our faith as we continually choose God's wisdom over our own understanding and His will over our own plans. Today ask yourself: **What next step of faith is God asking me to take today?**

Today's Truth: God is faithful to guide every life surrendered to Him.

Today's Step of Faith: Today I will trust God's direction more than my own understanding.

Tomorrow We'll Discover: Tomorrow we'll celebrate how God uses every part of our journey to transform us and prepare us for His purpose.

Today's Takeaway: Faith grows one step of obedience at a time as we trust God's heart more than our own understanding.

Day 7 — A Life Being Transformed

Theme

God is faithfully transforming your life into the likeness of Jesus Christ. Your journey is not over—He is continuing the good work He has begun in you.

A Word of Encouragement

Today we'll celebrate God's faithfulness throughout this journey. Transformation is not about becoming perfect overnight. It is about faithfully walking with Jesus one step at a time and trusting Him to complete the work He has begun in your life.

Opening Scripture

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."

Understanding God's Word

As we come to the end of this seven-day journey, it is important to remember that this is not the end of God's work in your life. Spiritual formation is a lifelong journey of becoming more like Jesus Christ. Throughout this study, we have discovered that God's truth sets us free, that He meets us in our grief, invites us to surrender our burdens, gives us a new identity in Christ, covers us with His grace, and teaches us to walk by faith each day. There are not seven separate lessons. They are part of one beautiful work God is accomplishing in every believer.

Transformation rarely happens all at once. Instead, God patiently works within us day after day, teaching us to trust Him more deeply, love Him more completely, and reflect His character more faithfully. There will still be difficult days. There will still be questions, struggles, and moments when you feel discouraged. But those moments do not mean God has stopped working. Often, they are the very places where He is doing His deepest work. God is far more interested in transforming your heart than simply changing your circumstances.

As you continue walking with Christ, remember that every act of obedience, every prayer, every time you open His Word, every choice to forgive, every step of faith, and every moment of surrender becomes another opportunity for the Holy Spirit to shape you into the image of Jesus.

Your story is still being written. The God who has faithfully carried you this far will faithfully lead you every step ahead. 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

When I look back over my life, I can clearly see that God has never stopped working, even during seasons when I couldn't recognize His hand. There were chapters filled with pain, loss, rejection, abuse, grief, unanswered questions, and waiting. At times I wondered if God had forgotten me or if healing would ever come. But He never left. Looking back now, I see that every season—even the painful ones—became part of God's work of transforming my heart.

- He taught me to depend on Him instead of myself.
- He replaced fear with faith.
- He exchanged shame for grace.
- He reminded me that my identity is found in Christ.
- He strengthened me through His Word, prayer, and the work of the Holy Spirit.

Most importantly, He showed me that spiritual formation is not about arriving at perfection. It is about faithfully walking with Jesus every day and allowing Him to transform every area of our lives. **God is still working in me today.**

I continue learning, growing, surrendering, and trusting Him one step at a time. If God has been faithful throughout my journey, I know He will be faithful throughout yours.

Reflect with God

Take a few quiet moments with the Lord and thank Him for what He has shown you during these past seven days.

1. What has God taught you most through this study?
2. Where have you seen Him begin transforming your heart?
3. What next step is He inviting you to take as you continue walking with Him?

Write your answers in your journal and thank God for His faithfulness.

Today's Prayer

Heavenly Father,

Thank You for walking with me throughout these past seven days. Thank You for Your truth that sets me free, Your grace that forgives me, Your love that never leaves me, and Your Spirit who continues transforming my life.

Help me continue growing in my relationship with You. Strengthen my faith, deepen my trust, and teach me to follow Jesus with my whole heart.

Thank You for never giving up on me and for faithfully completing the work You have begun.

Continue transforming me into the image of Christ.

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

I trust You with every part of my life.

In Jesus' name,

Amen.

Today's Challenge

Take time this week to look back over everything God has taught you.

- Read through your journal.
- Highlight the Scriptures that spoke most deeply to your heart.
- Write three ways God has been faithful during this study.
- Share with someone what God has been teaching you.
- Choose one spiritual habit you will continue after this study ends.

Remember, spiritual growth is not measured by how much you know but by how faithfully you follow Jesus. Every step of obedience is another step toward becoming more like Christ.

Scripture to Memorize

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."

As you hide God's Word in your heart, remember that God is still writing your story. He has not finished His work in you, and He never abandons those who belong to Him.

Walking with Christ

Walking with Christ is a lifelong journey of becoming more like Jesus. Every day is another opportunity to trust Him, obey His Word, and allow the Holy Spirit to shape your heart. This study may be ending, but your walk with Christ is only continuing. Today ask yourself: **What next step is God inviting me to take as I continue following Jesus?**

Today's Truth: God is faithfully transforming me into the image of Jesus Christ.

Today's Step of Faith: Today I will continue walking with Christ, trusting Him to complete the work He has begun in my life.

Continue Your Journey: This Bible study may be complete, but God's work in your life is not. Continue spending time in His Word, prayer, and fellowship with other believers as you grow in your relationship with Jesus Christ.

Today's Takeaway: Every step of faith brings you closer to the person God created you to become.

Now that you have begun experiencing Christ's healing and transforming grace, you're ready to discover who God says you are. In Book 2, we'll explore your identity in Christ and learn what it means to live worthy of His calling.

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."