

CHOOSING CHRIST IN THE MIDDLE OF THE BATTLE

*Why does it
hurt so much?*

*Does anyone
really care?*

*Am I
worth anything?*

*I'm so tired
of fighting.*

He heals the
brokenhearted.
Healing

He is close to
the brokenhearted.
Comfort

The Lord is
my Shepherd.
Provision

I will never leave
you or abandon you.

Faithful

Come to Me,
all who are weary.

Rest

My grace is
sufficient for you.

Strength

I am with you
always.

Presence

Cast all your
anxiety on Me.

Peace

You are precious
in My sight.

Loved

I have plans to
give you hope
and a future.

Purpose

Be still, and know
that I am God.

Trust

OUR EMOTIONS MAY BE OVERWHELMED,
BUT GOD'S CHARACTER NEVER CHANGES.

He is my Refuge. He is my Strength. He is my Savior.

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Choosing Christ in the Middle of the Battle

A Personal Testimony of God's Faithfulness During a Week of Deep Emotional and Spiritual Struggle

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This testimony is shared to encourage spiritual growth, strengthen faith in **Jesus Christ**, and point readers to the truth of God's Word. It reflects the author's personal experiences, biblical study, and understanding at the time it was written. It is not intended to provide medical, psychological, legal, or professional counseling. Readers experiencing a mental health crisis or other emergency should seek appropriate assistance from qualified professionals and local emergency services.

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Although this testimony recounts actual events from July 19–24, 2026, some personal details have been intentionally omitted or summarized to protect the privacy of family members and others while faithfully preserving the spiritual truths and lessons the **Lord** taught me through this experience.

"Not to us, LORD, not to us, but to your name goes all the glory for your unfailing love and faithfulness." Psalm 115:1



Choosing Christ in the Middle of the Battle

A Personal Testimony of God's Faithfulness During a Week of Deep Emotional and Spiritual Struggle

July 19–24, 2026

"I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take to heart, because I have overcome the world."

John 16:33

Purpose of This Testimony

This testimony was written on Friday, July 24, 2026, immediately following one of the hardest weeks of my life. I chose to write it while the memories, emotions, prayers, and lessons were still fresh because I wanted to remember what **Jesus Christ** did for me in the middle of my struggle—not years later after time had softened the memories, but while I was still walking through them.

I am not sharing this testimony because I have everything figured out, nor am I writing it to draw attention to my pain. I am sharing it because I believe many sincere followers of **Jesus** quietly struggle with overwhelming emotions while wondering if they are alone. **They love Christ, believe His Word, faithfully serve Him, and yet sometimes find themselves battling thoughts and emotions they never expected to face.** Scripture reminds us that we are not alone in these struggles. Even David cried out, *"O LORD, how long will you forget me? Forever? How long will you look the other way?" (Psalm 13:1)* and Elijah reached a place of complete exhaustion before God gently restored him *(1 Kings 19)*.

During the week of July 19–24, 2026, I discovered just how easily I could become one of those believers.

As you read these pages, my prayer is that you will not focus on my struggle, but on **Jesus Christ**. Every difficult moment I share is included for one purpose: to show what my Savior did in the middle of it. My prayer is that you will see His steadfast love, His patience, His mercy, His truth, His grace, and His faithfulness.

"Come and listen, all you who fear God, and I will tell you what he did for me." Psalm 66:16



Journey Overview

"Every journey with Christ begins with a single step of faith. The pages that follow are not simply the story of one difficult week—they are the story of the faithfulness of Jesus Christ. My prayer is that as you walk through this testimony, you will discover His presence, His truth, and His unfailing love in every season of life."

Preparing Your Heart

Purpose of This Testimony

Why this testimony was written and my prayer for every reader.

What God Taught Me

The life-changing truth the Lord revealed during this difficult week.

The Central Truth

The foundation upon which this testimony is built.

Why These Two Truths Belong Together

How **Jesus** revealed the deeper battle beneath my emotions.

This Testimony Is Still Being Written

A reminder that healing is a journey and **Christ** is still at work.

Before You Continue Reading

An invitation to look beyond my struggle and focus on **Jesus Christ**.

Walking Through the Journey

Introduction

Why I chose to write this testimony while the experience was still fresh.

Part One – When My Heart Could No Longer See What I Already Knew

The backdrop of one of the most difficult weeks of my life.

Part Two – Then Jesus Began to Show Me the Truth

How **Christ** revealed the deeper wounds beneath my struggle.

Part Three – How Jesus Patiently Drew Me Back to Himself

The many ways **Jesus** ministered to me through His Word, His Spirit, worship, and His presence.

Part Four – What Jesus Is Still Teaching Me

The continuing work of spiritual growth, healing, and the renewing of my mind.

Part Five – My Prayer for You

Encouragement for anyone walking through their own season of struggle.



Continuing the Journey

A Prayer of Gratitude

Giving thanks to God for His faithfulness throughout this journey.

Continue the Journey

The Bible studies that grew out of this experience and the Scriptures God used to deepen my faith.

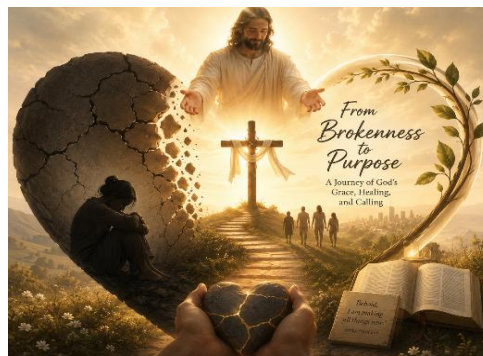
- *Psalm 13* — Learning to Trust God When He Feels Silent
- *Psalm 27* — Choosing Confidence in the Lord
- *Psalm 34* — God's Nearness to the Brokenhearted
- *Psalms 42–43* — Hope for the Downcast Soul
- *Psalm 73* — When Our Perspective Needs God's Truth

Your Journey Doesn't End Here

As you journey through these pages, I encourage you to pause often, read the Scriptures for yourself, pray honestly before the Lord, and allow **Jesus Christ** to speak to your heart. My story is only the backdrop. The true story is the faithfulness of our Savior, who continues to walk beside His children through every trial and every victory. My prayer is that this testimony will strengthen your faith, deepen your trust in **Christ**, and encourage you to continue walking with Him—one step at a time.

"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. Now he is seated in the place of honor beside God's throne."

Hebrews 12:2





What God Taught Me

"This week I discovered that my greatest battle was not whether God loved me. It was whether I believed I was worth being loved by the people around me."

The Central Truth

"Our emotions may become overwhelmed, but God's character never changes. Even when I questioned everything, He continued pursuing me through His Word, His Spirit, worship, truth, and grace until I chose to trust Him again."

Why These Two Truths Belong Together

For much of my life, I believed my greatest struggle was understanding God's love. During this week, however, the Lord revealed something much deeper. I have never truly questioned whether God is loving by nature. Instead, my greatest battle has been believing that I am worthy of receiving love from the people around me after years of childhood abuse, rejection, grief, chronic pain, disappointment, and loneliness. Those wounds became so deeply rooted that they shaped the way I interpreted the actions, words, and even the silence of others. *"Let God transform you into a new person by changing the way you think."* (Romans 12:2) My past had taught me one story, but God was patiently teaching me another.



When those emotions became overwhelming, they did not change who God is. They simply became louder than what I already knew to be true. My feelings convinced me that I was unwanted, forgotten, and alone, but God's character never changed.

"Jesus Christ is the same yesterday, today, and forever." Hebrews 13:8

Throughout that week, He patiently pursued me through His Word, guided me back to truth.

"Your word is a lamp to guide my feet and a light for my path." Psalm 119:105

He ministered to me through the Holy Spirit, who reminded me of what Jesus had taught.

"But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything I have told you." John 14:26

He used worship to redirect my heart toward Him.

"Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him." Psalm 95:1–2

He gave me peace that slowly quieted my anxious thoughts.

"Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6–7

Through countless quiet reminders, He showed me that He had never abandoned me.

"Don't love money; be satisfied with what you have. For God has said, 'I will never fail you. I will never abandon you.'" Hebrews 13:5



He did not condemn my questions. Instead, He invited me to bring them to Him. Throughout Scripture, God preserved the honest prayers of people like David, Job, Jeremiah, Elijah, and Asaph—not to show a lack of faith, but to demonstrate that He welcomes honest hearts that continue seeking *Him (Psalm 13; Job; Jeremiah 20; 1 Kings 19; Psalm 73).*

By the end of this week, I realized that my greatest battle was never between belief and unbelief.

It was between the painful story my trauma had been telling me for decades and the unchanging truth God has been speaking over me all along.

My emotions were overwhelmed, but God's character remained steadfast. His truth did not change because my feelings did. As Paul 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." Romans 12:2

God was not simply changing how I felt; He was beginning to change how I thought.

This Testimony Is Still Being Written

I have not reached the end of this journey. These pages were begun on Friday, July 24, 2026, at the close of several deeply difficult days because I wanted to record God's faithfulness while I was still walking through the process of healing. My prayer is that if you are in the middle of your own battle, you will discover—as I am—that **Jesus Christ** is faithful to walk with us one step at a time.

"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



Before You Continue Reading

Before you continue reading, I ask one thing of you. Do not read this testimony looking primarily at my struggle. Read it looking for **Jesus Christ**. My experiences simply provide a backdrop.

The true story is how faithfully my Savior pursued me, carried me, corrected me, comforted me, and refused to let me go.

As you read, do not ask only, “What happened to Christie?” Instead, ask, “**What did Jesus do here?**” My prayer is that by the time you finish reading, you will remember His faithfulness far more than you remember my pain.

“Come and listen, all you who fear God, and I will tell you what he did for me.” Psalm 66:16



Introduction

There are some testimonies that are shared years after they happen, when the pain has faded and the lessons are easier to explain. This is not one of those testimonies.

I began writing these pages on **Friday, July 24, 2026**, immediately following one of the most difficult weeks of my life. My emotions were still raw, my prayers were still fresh, and I was only beginning to understand what **Jesus Christ** had been doing in my heart. I intentionally chose not to wait because I wanted to record His faithfulness while I was still walking through the process of healing. I wanted this testimony to become a reminder—for myself and for others—that **God is just as faithful in the middle of our battles as He is after they are over.**

“The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.” Psalm 34:18



For many years I believed that if someone truly loved **Jesus**, knew God's Word, and faithfully followed Him, they should not struggle the way I struggled during this week. Yet as I opened the Scriptures again, I found something very different. God never hid the struggles of His people.

- David cried out in despair.
- Job wrestled with overwhelming suffering.
- Elijah reached the point of complete exhaustion.
- Jeremiah poured out his grief.
- Asaph admitted his confusion.

Yet God preserved every one of those accounts in His Word—not to highlight their weakness, but to reveal His faithfulness. Their stories remind us that honest struggles do not disqualify genuine faith. Instead, they often become the very places where God's grace is displayed most clearly. (*Psalm 13; Job 1–42; 1 Kings 19; Jeremiah 20; Psalm 73.*)

"My grace is all you need. My power works best in weakness."
Corinthians 12:9

As I reflected on this week, I realized that my testimony is not ultimately about the emotions I experienced. Those emotions simply provide the backdrop. The true story is what **Jesus Christ** did in the middle of them. He patiently pursued me through His Word. He gently corrected my thinking through His truth. He reminded me of His promises through worship. He comforted me through the Holy Spirit. He gave me strength when I felt weak, hope when I could not see tomorrow, and peace when my heart could not find it on its own.

"He renews my strength. He guides me along right paths, bringing honor to his name."
Psalm 23:3

As you continue reading, I invite you to walk beside me through one difficult week—not to focus on my pain, but to watch the faithfulness of **Jesus** unfold one step at a time. My prayer is that somewhere in these pages you will recognize part of your own story. More importantly, I pray you will discover that the same Savior who faithfully carried me is able to carry you as well.

"Jesus Christ is the same yesterday, today, and forever." Hebrews
13:8



Part One

When My Heart Could No Longer See What I Already Knew

During the week of **July 19–24, 2026**, several struggles that had been building for a long time seemed to collide all at once. Childhood trauma, years of chronic pain, grief, loneliness, disappointment, physical exhaustion, and discouragement became so overwhelming that my emotions drowned out truths I had believed for years. Although I continued to know God's Word intellectually, my heart struggled to experience the peace those truths had always brought me.

As the week continued, I found myself questioning almost everything except God's character. Looking back now, I realize I was not truly questioning whether God existed. I was questioning whether I could continue carrying so much pain while waiting for answers that had not yet come.

My greatest longing was not success, recognition, or even the ministry God had called me to build. It was the deep desire to know that I was genuinely wanted, chosen, and loved by the people around me.

Years of abuse, rejection, and loss had quietly shaped how I interpreted the actions of others until those old wounds began speaking louder than present reality.

In those difficult days, my emotions convinced me that I had become a burden rather than a blessing. Every disappointment seemed to reinforce the same painful message I had carried for decades. Although people around me cared for me, my wounded heart struggled to believe it. My mind understood truth, but my emotions continued telling a different story. Solomon wrote,

“Let God transform you into a new person by changing the way you think.” Romans 12:2

During this week, I saw just how deeply the lies of my past had shaped the way I viewed both myself and others.



There were moments when I became so emotionally overwhelmed that I questioned whether I should continue the ministry God had placed on my heart. I wondered if I had anything left to give. Yet even in those moments, something remarkable was happening that I could not yet see. Although my emotions were crying out in despair, I never stopped talking to God. Like David, I continued bringing my questions, my confusion, and my pain before Him.

"O LORD, how long will you forget me? Forever? How long will you look the other way?" Psalm 13:1

God did not remove David's prayer from Scripture because it was too honest. He preserved it so believers like me would know that He welcomes truthful hearts that continue seeking Him.

Looking back now, I understand that this week was not the story of my faith disappearing. It was the story of my wounded heart struggling to hear truth over decades of painful memories. My emotions were real, but they were not telling me the whole story. While I believed I was losing sight of God, **Jesus** had never once lost sight of me.

"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." Psalm 34:18

That realization changed everything.

It was not the end of my struggle.

It was the beginning of seeing what Jesus Christ had been doing all along.



Part Two

Then Jesus Began to Show Me the Truth

As I look back over those difficult days, I can now see that **Jesus** was at work long before I recognized it. While I believed I was simply trying to survive another painful week, He was patiently uncovering wounds that had been hidden beneath the surface for many years. What felt like my life was falling apart was, in reality, the **Lord** exposing places in my heart that He wanted to heal.

One of the first truths **Jesus** gently revealed to me was that my greatest battle was not whether I believed God loved me. Deep within my heart, I had never truly doubted His character. I knew He was holy, faithful, loving, merciful, and true. I believed His promises. I believed **Christ** died for me. I believed He had called me into ministry.

What I struggled to believe was something entirely different.

I struggled to believe that I was worthy of being loved by the people around me.

That realization surprised me because I had spent years praying for stronger faith, deeper trust, and greater spiritual maturity. Yet **Jesus** showed me that beneath all of those prayers was a much older wound. The abuse, rejection, loneliness, grief, and disappointments I had experienced throughout my life had quietly shaped the story I believed about myself. Without realizing it, I had begun measuring present relationships through the lens of past pain.

Instead of seeing people as they were, I often saw them through the memories of those who had hurt me.



Jesus lovingly showed me that those wounds had become a filter through which I interpreted words, actions, delays, silence, and even kindness. When someone became busy, I assumed they had forgotten me. When I was misunderstood, I assumed I had failed. When I was corrected, I believed I had disappointed them. My heart often reached painful conclusions before my mind could return to what I knew was true.

As the Holy Spirit revealed these patterns, I began to understand that trauma does more than leave painful memories; it can teach us false stories. Over time, those stories can become so familiar that they sound like truth. Yet Jesus reminded me that only God's Word has the authority to define who I am.

"Make them holy by your truth; teach them your word, which is truth." John 17:17
The painful messages spoken over my life were never His voice. His voice had been speaking a different story all along.

Through Scripture, **Jesus** reminded me that I am chosen, not abandoned. (*Ephesians 1:4-5*) I am accepted in the Beloved, not rejected. (*Ephesians 1:6*) I am God's workmanship, created for His purposes. (*Ephesians 2:10*) These were not new verses. I had known many of them for years. What was changing was not God's truth—it was the way I was beginning to hear it.

"See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don't recognize that we are God's children because they don't know him." 1 John 3:1

For the first time, I realized that **Jesus** was not simply comforting me during a difficult week. He was renewing my mind. He was patiently replacing the false story my past had written with the truth He had been declaring over me from the very beginning.

"Don't copy the behavior of the world but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2

That truth became the turning point of my week.

The battle was no longer simply about surviving difficult emotions.

The battle became deciding which voice I would believe.



Part Three

How Jesus Patiently Drew Me Back to Himself

Jesus did not change my heart in a single moment.

He patiently walked with me one step at a time.

Looking back now, I can see that Jesus was constantly reaching toward me, even when I could not recognize what He was doing. My emotions told me I was alone, but His actions continually proved otherwise. Like the Good Shepherd, He never stopped pursuing one weary sheep overwhelmed by the weight she was carrying.

"If a man has a hundred sheep and one of them gets lost, what will he do? Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? Luke 15:4

I am deeply grateful that Jesus did not leave me wandering beneath the weight of my pain. Even when I struggled to recognize His voice, He continued drawing me toward Himself and reminding me that I was precious, remembered, and never beyond His reach.

One of the first ways Jesus met me was through His Word. When my thoughts became overwhelming, He continually brought Scripture to my mind. I found myself reading passages I had known for years, yet this time I was not simply gathering knowledge. I was searching for the heart of God.

- David's cries in the Psalms no longer sounded like distant history—they sounded like conversations I was having with my own Father.
- Elijah's exhaustion became a reminder that even faithful servants can become emotionally and physically weary.
- Job's suffering reminded me that our understanding is limited, but God's purposes are never absent.

Again and again, the **Lord** gently reminded me that I was not the first believer to walk through deep sorrow, and I would not walk through it alone.

As Jesus reminded me of His truth through Scripture, He also began ministering to my heart through the Holy Spirit. The Spirit gently brought God's promises to mind, corrected my thinking, and continually pointed me back to Christ.



There were moments when painful thoughts seemed louder than everything else. Yet quietly and faithfully, the Holy Spirit continued bringing God's truth back to my remembrance. He did not shame me for struggling. He did not condemn me for asking difficult questions. Instead, He patiently reminded me of what **Jesus** had already said.

"But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything I have told you." John 14:26

The battle was not won by my own strength or ability to change my thinking. It was won as God's Spirit continually redirected my thoughts back to His truth.

Jesus also used worship to redirect my heart.

There were times when I could not find the words to pray, but I could listen to songs that proclaimed God's faithfulness. As truth filled my mind through worship, my attention slowly shifted away from the voices of fear and back toward the character of God. My circumstances had not changed, but my focus was beginning to change. I was reminded that worship is not simply singing when life is good. Worship is choosing to declare who God is, even when our emotions are struggling to believe it.

"Come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him." Psalm 95:1–2

Jesus also taught me the importance of bringing every thought into His presence instead of allowing it to remain hidden.

For many years I believed that faith meant I should not struggle. During this week, however, the **Lord** showed me that faith is not pretending everything is fine. Faith is continually bringing our fears, questions, pain, and confusion back to Him and allowing His truth to speak over them.

"Give all your worries and cares to God, for he cares about you." 1 Peter 5:7

As the week came to a close, I realized something that has continued to stay with me.

Jesus had not abandoned me at my lowest point.

He had been closer than I realized.

That may have been the greatest miracle of all.

"The LORD replied, I will personally go with you, Moses, and I will give you rest—everything will be fine for you." Exodus 33:14



Part Four

What Jesus Is Still Teaching Me

Although this difficult week has passed, the work **Jesus** began in my heart is continuing. Healing is rarely accomplished in a single moment. More often, it is a journey of learning to trust **Christ** one day at a time. I am still walking that journey, and I believe I will continue to do so as long as the **Lord** is shaping me into the image of His Son.

One of the greatest lessons **Jesus** has taught me is that emotions are real, but they are not always reliable. Throughout this week, my emotions honestly reflected the pain I was carrying, but they did not always reflect reality. They often echoed the wounds of my past more loudly than the truth of God's Word. **Jesus** gently showed me that while I should never ignore my emotions, neither should I allow them to become the authority over my life. His truth—not my feelings—must remain my foundation.

"Make them holy by your truth; teach them your word, which is truth." John 17:17

Jesus also reminded me that weakness is not the opposite of faith.

For many years I believed that struggling meant I was somehow failing spiritually. Yet as I studied the lives of God's people throughout Scripture, I saw something very different.

- Abraham had moments of fear.
- Moses questioned his ability.
- David wrestled with despair.
- Elijah became exhausted.
- Jeremiah wept over his calling.
- Peter failed publicly.
- Even the apostle Paul pleaded for God to remove a burden from his life.

None of these men were rejected because they struggled. Instead, God met them in their weakness and demonstrated His strength through them.

"Each time he said, "My grace is all you need. My power works best in weakness." 2 Corinthians 12:9



Jesus has been teaching me that my identity cannot be determined by the acceptance or rejection of others. For much of my life, I measured my worth by how others responded to me. Now He is replacing those lies with the truth that my identity was settled at the cross. I am valuable because I belong to **Christ**, and I am accepted because of His grace.

This experience has also deepened my compassion for those who are hurting. Some pain cannot be understood through study alone. People do not always need quick answers; sometimes they need someone willing to sit beside them, listen patiently, and gently remind them of **Jesus**. Throughout His ministry, **Jesus** never minimized suffering. He entered into it, wept with those who grieved, and walked patiently with those whose faith was fragile.

As I continue serving in ministry, I pray that I will reflect His compassion more faithfully because of what He has taught me through this experience.

Most importantly, Jesus has reminded me that spiritual formation is not becoming someone who never struggles.

Spiritual formation is becoming someone who continues to turn toward Christ in every struggle.

It is allowing Him, day after day, to renew my mind, reshape my heart, and conform me to His image. Some days I will clearly see His work in my life. Other days His work may seem almost invisible. Yet He has promised to finish the work He has begun.

"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

As I look back over this week, I no longer see only one of the hardest seasons of my life.

I see one of the clearest demonstrations of Christ's patience.

He never stopped teaching me.

He never stopped loving me.

He never stopped walking beside me.

And He is not finished yet.



Part Five



My Prayer for You

If you are reading this testimony while walking through a difficult season of your own, I want you to know something that **Jesus** has been teaching me.

You are not alone.

- There may be days when your emotions tell you otherwise.
- There may be moments when you wonder if anyone understands what you are carrying.
- You may even question whether God is still working because you cannot see what He is doing.

If that is where you find yourself today, I pray that this testimony has reminded you of one unchanging truth:

Jesus is always present, even when His presence is difficult to feel.

Throughout this week, I discovered that **Christ's** faithfulness is not measured by my emotions. His love does not increase on my good days or decrease on my difficult ones. His promises remain true whether my heart feels strong or weak because His character never changes.

"Jesus Christ is the same yesterday and today and forever." Hebrews 13:8

Perhaps your struggle is different from mine.

Maybe your battle is grief.

Perhaps it is loneliness.



Maybe it is anxiety, fear, chronic illness, rejection, disappointment, broken relationships, or wounds from your past that still seem to influence your present.

Whatever your battle may be, I encourage you to bring it honestly before Jesus. Do not believe the lie that you must hide your questions or pretend to be stronger than you are.

Throughout Scripture, God welcomed honest hearts that continued seeking Him.

- David cried out.
- Job asked difficult questions.
- Elijah admitted his exhaustion.
- Jeremiah poured out his sorrow.
- None of them were rejected because they came honestly before the Lord.

Neither will you.

If there is one lesson I hope remains with you after reading these pages, it is this:

Do not judge God's faithfulness by the intensity of your pain.

Judge your circumstances by the unchanging character of God.

When your emotions become louder than truth, return to His Word.

When fear overwhelms your heart, return to His promises.

When you feel alone, remember that Christ has promised never to leave nor forsake His children. When you do not know what to pray, simply remain in His presence and allow Him to minister to your heart one step at a time. This testimony has reminded me that healing is not always instant.



Sometimes healing begins the moment we stop running from **Jesus** and allow Him to walk with us through the valley instead of trying to escape it. The Good Shepherd never promised that His sheep would avoid dark valleys. He promised that **He would be with them in those valleys.**

"Even when I walk through darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me." Psalm 23:4

As I close this testimony, I do not stand before you as someone who has reached the finish line.

I stand before you as someone who has witnessed the faithfulness of **Jesus in one more chapter of my journey.**

The story is not finished.

Jesus is still healing.

Jesus is still teaching.

Jesus is still transforming.

Jesus is still leading.

And **Jesus is still worthy of my trust.**

My prayer is that one day, when you look back over your own life, you will not remember only the battles you fought.

You will remember the Savior who faithfully walked beside you through every one of them.

May all the glory belong to **Jesus Christ alone.**





A Prayer of Gratitude

Father,

As I close this testimony, I am grateful for Your faithfulness As I look back on one of my most difficult weeks, I can see that You never left me.

Thank You for pursuing me when I could not see You.

Thank You for reminding me of Your truth when my emotions became louder than my faith.

Thank You for Your Word that became a lamp to my feet, for the Holy Spirit who reminded me of Your promises, and for worship that gently turned my eyes back to You.

Thank You for showing me that my greatest battle was not Your love for me, but believing the lies that years of hurt had written on my heart. Thank You for replacing those lies with the unchanging truth of who I am in Christ.

Lord, continue renewing my mind, healing my broken places, and teaching me to trust You each day. Help me use what You have taught me to comfort, encourage, and point others to Jesus Christ.

If someone reading this testimony is walking through a valley, let them see beyond my story to Your faithfulness. Let them discover Your peace and experience Your presence. Remind them that they are never alone because You have promised never to leave or forsake Your children.

Thank You for loving me when I struggled to love myself.

Thank You for remaining faithful when I felt weak.

Thank You for carrying me when I lacked the strength to walk.

Most of all, thank You for Jesus Christ—my Savior, Shepherd, Redeemer, and constant hope.

May every page of this testimony bring honor to You alone.

**In the precious name of Jesus Christ,
Amen.**

"Being confident of this very thing, that He who began a good work in you will carry it on to completion until the day of Christ Jesus." — Philippians 1:6

Continue the Journey

This testimony marks the beginning of a deeper work God is doing in my life—not the end.

During this difficult week, the Lord drew me back to His Word and gave me passages that became anchors for my faith. Rather than allowing this experience to remain only a painful memory, I continued seeking Him through Scripture. As I studied, Jesus revealed more of His character, faithfulness, presence in suffering, and transforming work in the hearts and minds of His children.

The Bible studies that follow were born from that journey. They are more than academic studies or devotional reflections; they record what God taught me through one of the most difficult weeks of my life. My prayer is that as you study these passages, you will encounter His truth, recognize His presence, and allow Him to continue His transforming work in you.

I invite you to continue this journey with me by exploring these companion Bible studies:

- *Psalm 13* — Learning to Trust God When He Feels Silent
- *Psalm 27* — Choosing Confidence in the Lord
- *Psalm 34* — God's Nearness to the Brokenhearted
- *Psalms 42–43* — Hope for the Downcast Soul
- *Psalm 73* — When Our Perspective Needs God's Truth
- *Psalm 139* — Fully Known, Fully Loved
- *Psalm 147* — The God Who Heals the Brokenhearted

My prayer is that these studies will encourage you to keep your eyes fixed on **Jesus Christ**, trust Him through every season of life, and discover—as I continue to discover—that His faithfulness is greater than any struggle we may face.

"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. Now he is seated in place of honor beside God's throne." Hebrews 12:2

Prayerfully prepared by

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