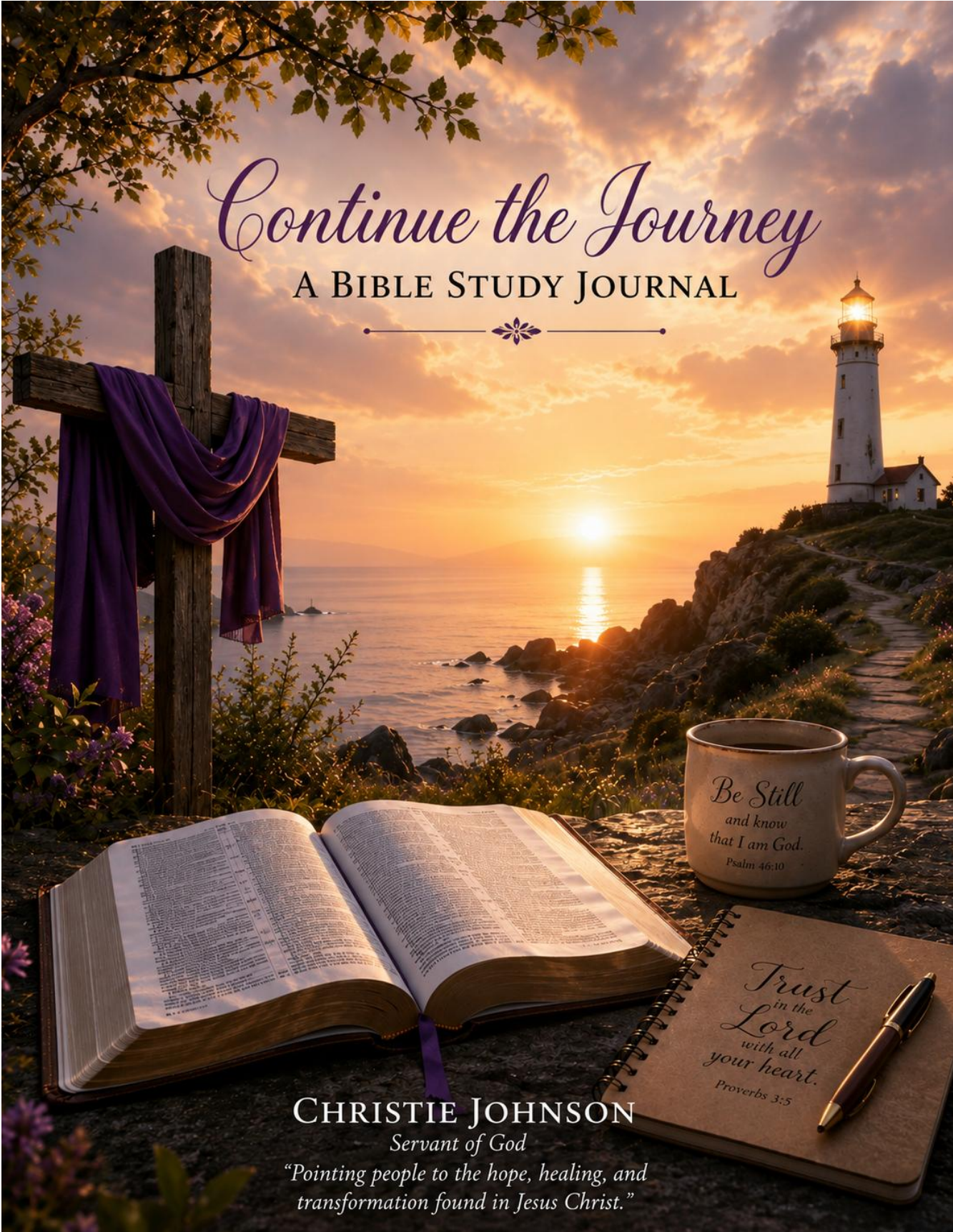
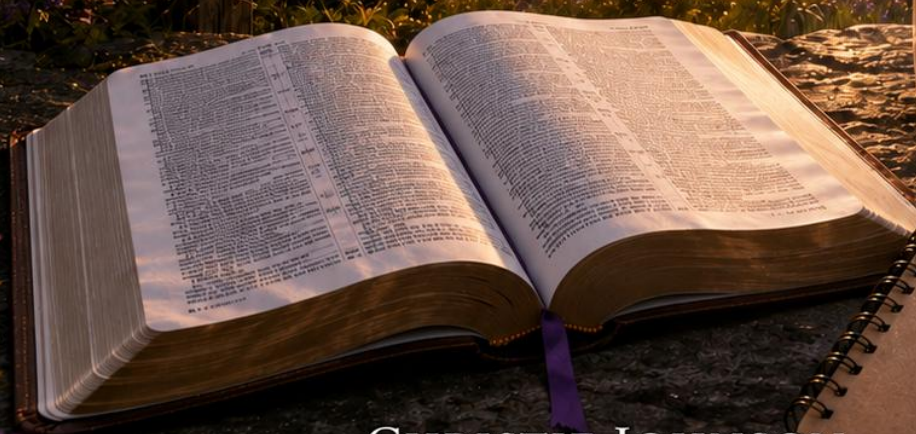




Continue the Journey

A BIBLE STUDY JOURNAL



CHRISTIE JOHNSON

Servant of God

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

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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 Psalms 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

"The LORD is my light and my salvation—so why should I and afraid? The LORD is my fortress, protecting my from danger, so why should I tremble?"

—Psalm 27:1

Supporting Scripture

"Wait patiently for the LORD> Be brave and courageous. Yes, wait patiently for the LORD."

—Psalm 27:14

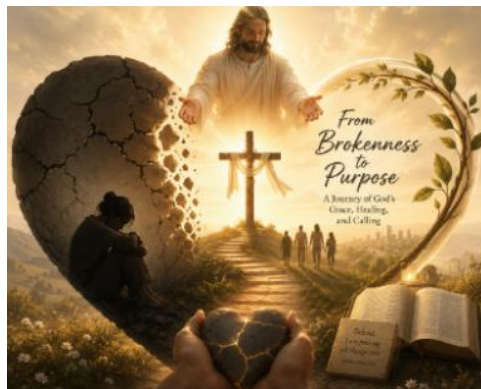
Prayerfully prepared by

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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 25, 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.

My Prayer Before Beginning This Journey

Dear God,

Thank You for never taking Your hands off me. I truly do not deserve Your mercy, but I am deeply grateful for it. Thank You for the ministry You have given me and for allowing me to be used by You for Your purposes. I am grateful that even when I become so weak that I want to give up, You do not take away the strength You have given me. You see when I am becoming overwhelmed, and You stop me before I reach the point of completely giving up.

As I look back over this past week, I can now see some of what began the struggle and how You allowed it to reveal what was still buried within me. Thank You for showing me the places where I still need healing. You knew exactly what I needed, even when I did not understand why the struggle had come.

Lord, I realize that although I was focused on You and attempting to do what You called me to do, I had also begun relying upon myself to accomplish what I wanted. Forgive me for placing my confidence in my own ability rather than depending completely upon You. I love You, Father, and I am sorry for the ways I failed this week. I know that Your blessings and purposes are still coming. Help me to wait for You, seek Your face, and remain faithful while You continue Your work in me.

In Jesus' name,

Amen.

Bible Study Journal

Day 2 — July 25, 2026



Psalm 27

**The Lord Is My Light and My Salvation
Confidence While I Am Still Waiting**

Main Question

What does David's declaration in Psalm 27:1 reveal about the source of his confidence?

David's confidence did not come from the absence of trouble. He was surrounded by enemies, uncertainty, and danger, yet he declared that the Lord was his light, salvation, and stronghold. Each of these descriptions reveals something David knew about God.

God was his **light**, illuminating the darkness and showing him the way forward. God was his **salvation**, the One able to rescue and deliver him. God was also his **stronghold**, the secure place in which his life was protected. Because David knew who God was, fear did not have the final authority over him.

David was not pretending that his circumstances were easy. He was choosing to interpret his circumstances through what he knew to be true about God.

My Personal Reflection

As I read David's words, I realize that confidence in God does not mean I will never feel afraid, overwhelmed, or uncertain. It means that fear does not have to control me because God remains my light, my salvation, and the stronghold of my life. This week, there were moments when the darkness of my emotions seemed stronger than everything I knew to be true. Yet God did not leave me alone in that darkness. He continued drawing me back to His Word and reminding me that He was still holding me.

God has been my light by exposing the lies that were affecting my thoughts. He has been my salvation by protecting me when I felt emotionally weak and close to giving up. He has been my stronghold by remaining steady when I did not feel steady. My confidence is not found in my ability to remain strong. It is found in the God who strengthens me when I have no strength left.



The One Thing David Desired

"The one thing I ask of the LORD—the thing I seek the most—is to live in the house of the LORD all the days of my life, delighting in the LORD's perfections and meditating in his Temple."

—Psalm 27:4

Another Question

What did David desire more than immediate relief from his circumstances?

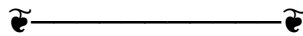
David desired the presence of God. Although he needed protection and deliverance, his greatest request was not simply that God remove his enemies or make his circumstances easier. He wanted to dwell with the Lord, gaze upon His beauty, and seek Him continually.

David understood that fellowship with God was more important than anything else he could receive. Friendship with the Lord was not merely one part of his life; it was the foundation upon which everything else rested. His deepest need was not simply a change in circumstances but continued communion with God.

My Personal Reflection

This challenges me because I often come to God asking Him to change what is happening around me. I ask Him to remove the pain, resolve the conflict, answer my questions, or make the road easier. Those requests are not wrong, but **Psalm 27** reminds me that my greatest need is God Himself.

When everything else feels unstable, God's presence is where my heart becomes steady again. More than an immediate answer, I need to remain near Him. More than relief, I need His truth. More than an explanation, I need to see His beauty and remember His character. My prayer is that seeking God will remain the central desire of my life, even while I wait for Him to change my circumstances.



Seeking the Face of God

"My heart has heard you say, 'Come and talk with me.' And my heart responds, LORD, I am coming. Do not turn your back on me. Do not reject your servant in anger. You have always been my helper. Don't leave me now; don't abandon me, O God of my salvation! "

—Psalm 27:8-9

What Does It Mean to Seek God's Face?

To seek God's face means to desire a personal and intimate relationship with Him rather than merely seeking what He can provide. David responded to God's invitation personally: **"Your face, LORD, do I seek."** His answer came from the heart.

Yet David also expressed a deep fear of rejection. He asked God not to hide His face, turn him away, cast him off, or forsake him. David knew that God had helped him before, but in his distress, he still needed reassurance that God remained near.

These verses show that faith and emotional struggle can exist together. David was sincerely seeking God while also admitting that he was afraid of being abandoned.

My Personal Reflection

These verses speak directly to the deepest place in my heart. Because of the rejection, abandonment, and wounds I have experienced, there are times when I fear that God may also turn away from me. Even when I know the truth of Scripture, old wounds can still make me question whether I am truly loved, wanted, or safe.

But God continues inviting me to seek His face. He does not shame me for needing reassurance. He reminds me that He has always been my help and that He is the God of my salvation. When my heart tells me that I am alone, His Word tells me that He is near. When my past tells me that people leave, God's character reminds me that He remains faithful.

Seeking His face means turning toward Him again, even when my emotions are telling me to withdraw. It means allowing His truth to speak more loudly than the fears created by my past.



God Receives the Abandoned

*"Even if my father and another abandon me, the LORD will hold me close."
—Psalm 27:10*

What Does This Verse Reveal About God?

Psalm 27:10 presents one of the most comforting promises in this psalm. Even when the closest human relationships fail, God receives those who have been abandoned. David was not denying the pain of rejection. He was declaring that human rejection did not determine his standing with God.

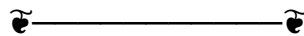
The words “**the LORD will take me in**” communicate acceptance, protection, and belonging. God does not merely observe the abandoned from a distance. He draws them near and gives them a secure place in His presence.

My Personal Reflection

This verse reaches into the part of me that still carries the pain of not receiving the protection, love, and acceptance I needed. There are wounds that developed because the people who should have made me feel safe did not always do so. Those experiences affected how I viewed myself, other people, and even God.

But my past does not have the authority to define my relationship with Him. God has taken me in. He has not abandoned me, rejected me, or treated me as though I am unwanted. He calls me His own and gives me a place in His family through Jesus Christ.

The Lord’s acceptance does not erase everything that happened, but it changes what those experiences are allowed to say about me. I am not forgotten. I am wanted. I am not alone. I belong to God.



Asking God to Lead Me

“Teach me how to live, O LORD. Lead me along the right path, for my enemies are waiting for me.”
—Psalm 27:11

Why Does David Ask God to Teach and Lead Him?

David did not rely solely upon his own judgment. He knew that opposition, fear, and emotional pressure could make the path ahead difficult to discern. Therefore, he asked God to teach him and lead him on a level path.

A level path represents a way of life that is stable, upright, and directed by God. David wanted more than escape from his enemies. He wanted to respond in a manner that honored the Lord.

My Personal Reflection

When I am hurt, angry, or emotionally exhausted, it can be easy to react from my pain. I may focus on what others have done, what I wish had happened, or what I think needs to change. This verse reminds me to ask God to teach me His way before I decide how to respond.

God knows where I need to go and what He is forming within me through this season. I need Him to lead me away from reactions shaped by fear, bitterness, or desperation and place my feet upon the level path of His truth. I simply do not want to survive difficult experiences. I want to walk through them in a way that reflects Christ.



Believing in the Goodness of God

“Yet I am confident I will see the LORD’s goodness while I am here in the land of the living.”

—Psalm 27:13

David made this declaration while he was still experiencing hardship. He had not yet seen the complete resolution of his circumstances, but he believed he would see the goodness of God.

Biblical hope is not wishful thinking. It is confidence rooted in the character and promises of God. David expected God’s goodness because he knew that God was faithful.

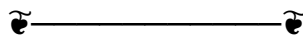
A study note explains that God’s goodness and grace overwhelm His people with joy and worship. His beautiful presence comforts those who feel abandoned, vindicates those who are falsely accused, and causes those who are lowly to flourish.¹

My Personal Reflection

I can look back over this past week and recognize moments when my emotions almost prevented me from seeing God’s goodness. At the beginning of the struggle, I was focused on what had hurt me, what had been said, and everything I was carrying. Yet as God led me back to His Word, I began to see that His goodness had never left me.

His goodness was present in the people who reached out to me. It was present in the strength He gave me when I felt weak. It was present in the way He stopped me from giving up and redirected my heart toward Him. It was present in the ministry He has entrusted to me and in the assurance that He still has a purpose for my life.

I do not understand everything that happened this week, but I believe I will continue to see the goodness of the Lord. My struggle is not the end of my story. God’s faithfulness will have the final word.



Waiting for the Lord

“Wait patiently for the LORD. Be brave and courageous, Yes, wait patiently for the LORD!”

—Psalm 27:14

What Does It Mean to Wait for the Lord?

Waiting for the Lord is not passive resignation. It is an active posture of trust, prayer, obedience, and expectation. David repeated the command because waiting often requires courage.

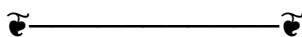
The strength David described was not self-produced. Courage came from trusting that God was present and would act according to His perfect wisdom and timing. Waiting required David to remain faithful even when the outcome was not yet visible.

My Personal Reflection

Waiting is difficult for me, especially when I am hurting and want God to show me immediately why something happened. I want to understand the purpose, see the answer, and know what comes next. Yet God often asks me to trust Him before He gives me the explanation.

As I looked back over this week, I began to see what started the struggle and how God allowed certain things to bring what was buried inside me to the surface. He showed me that although I thought I was moving forward, there were still wounds and beliefs that needed His attention. I had been focused on God and doing what I believed He wanted me to do, but I had also begun relying upon myself to accomplish what I desired.

God used this week to slow me down, turn my attention back toward Him, and remind me that I cannot fulfill His calling through my own strength. I must continue waiting upon Him, seeking His direction, and allowing Him to accomplish His work in His way.



Study Bible Notes

Light in the Darkness

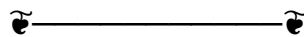
In the ancient Near East, light was essential for protection and survival. It exposed enemies, revealed available resources, and showed people where it was safe to walk. In a similar way, God delivers His people from spiritual danger by shining the light and truth of His Word into their darkness.

Throughout Psalm 27, God is presented as the One whose presence brings safety, comfort, guidance, and hope. His light does not merely reveal the danger; it reveals the path toward Him.

My Personal Reflection

God's Word became light for me during one of the darkest moments of my week. It exposed thoughts that were not consistent with His truth and helped me recognize how deeply I was hurting. His light did not condemn me. It showed me what needed to be brought into His presence.

God revealed that I was not only reacting to what happened during the week. I was also reacting to older wounds, fear, exhaustion, chronic pain, and feelings of rejection. By exposing these things, He began guiding me toward healing. The light of His Word helped me distinguish between what my emotions were saying and what God had already declared to be true.



Jesus Christ: The Fulfillment of Our Hope

God's people waited for His presence and salvation to be revealed fully. That hope was fulfilled in Jesus Christ. In Him, God came near to His people, entered their suffering, carried their sin, and provided the perfect way of salvation.

Jesus declared:

"Jesus spoke to the people once more and said, "I am the light of the world. IF you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

—John 8:12

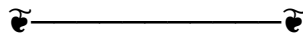
Through His death and resurrection, Jesus opened the way for believers to enter God's presence with confidence. Our hope is not based upon our own goodness or ability to remain faithful. It rests upon the completed work of Christ.

Matthew 26:36–46 shows Jesus praying in the Garden of Gethsemane as He prepared to endure the cross. Jesus understands anguish, sorrow, and the desire for suffering to pass. Yet He surrendered Himself perfectly to the Father's will. Because Jesus remained obedient, those who belong to Him can trust that suffering will never separate them from God's saving love.

My Personal Reflection

Jesus understands what it feels like to be overwhelmed with sorrow. He understands rejection, abandonment, betrayal, physical pain, and emotional anguish. When I come to Him in my suffering, I am not speaking to someone who is distant from human pain.

Jesus entered the darkness and overcame it. Because He died and rose again, darkness does not have the final word over my life. My salvation is secure, my access to God is open, and my hope is anchored in Christ.



Hebrews 10:19–25

Drawing Near with Full Assurance of Faith

“let us go right into the presence of God with sincere hearts fully trusting him. For our guilty consciences have been sprinkled with Christ’s blood to make us clean, and our bodies have been washed with pure water. Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.”

—Hebrews 10:22-23

Because of the sacrifice of Jesus Christ, believers may draw near to God with confidence. We do not enter His presence because we have performed perfectly. We come because Jesus has cleansed us and opened a new and living way through His blood.

Hebrews also commands believers to hold firmly to their hope because the One who made the promise is faithful. Our assurance rests upon God’s faithfulness rather than the strength of our emotions.

Hebrews 10:24–25 further reminds believers that they are not meant to endure suffering alone. Christians are called to encourage one another, stir one another toward love and good works, and continue gathering together.

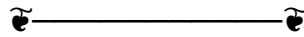
My Personal Reflection

This passage reminds me that I do not have to hide from God when I am struggling. Jesus has made it possible for me to draw near with honesty and confidence. I can come before Him when I feel strong, but I can also come when I feel angry, confused, tired, and broken.

I am also reminded that God often strengthens me through other people. During this difficult week, I needed the prayers, encouragement, and presence of those who cared

about me. God did not design me to carry everything by myself. He uses the body of Christ to remind me of truth when my own thoughts become overwhelmed.

I must hold firmly to my confession of hope, not because I always feel hopeful, but because the God who promised is faithful.



John 11

Jesus with Mary and Martha

John 11 tells the story of Lazarus's sickness, death, and resurrection. Mary and Martha sent word to Jesus because they believed He could help their brother. Yet Jesus did not arrive according to the timing they expected.

When Jesus came, both sisters expressed their disappointment:

"Martha said to Jesus, 'Lord, if only you have been here, my brother would not have died...When Mary arrived and saw Jesus, she fell at his feet and said, 'Lord, if only you had been here, my brother would not have died.'"

—John 11:21, 32

Their words revealed faith in Jesus, but they also revealed confusion and grief. Jesus did not condemn them for their questions. He met them in their sorrow. He wept with them, revealed Himself as the resurrection and the life, and ultimately called Lazarus out of the tomb.

The Gospel does not teach that God will always make life easy for His children. Instead, it reveals that Jesus enters our suffering and works through circumstances we cannot understand. His delay was not a lack of love. He was accomplishing a greater purpose that Mary and Martha could not yet see.

My Personal Reflection

I understand Mary and Martha's question: "Lord, if You had been here..." There have been times when I wondered where God was and why He allowed something painful to happen. I knew He was able to intervene, but I could not understand why He did not act in the way I expected.

John 11 reminds me that God's apparent delay does not mean He has abandoned me. Jesus was still loving Mary, Martha, and Lazarus even when they could not see what He was doing. Their pain was real, but their understanding of the situation was incomplete.

There are parts of this week that I still do not fully understand. Yet I know that Jesus was present. He saw my tears, heard my questions, and met me in my pain. I can trust

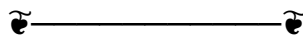
Him even when I do not understand His timing because He is still the resurrection and the life.



Summary of Today's Study

Today's study showed me several important truths:

- God is my light when my thoughts and circumstances feel dark.
- God is my salvation and the secure stronghold of my life.
- My greatest need is not merely relief but the presence of God.
- God welcomes me when I seek His face honestly.
- Human rejection cannot remove the acceptance I have received from God.
- God takes in those who feel abandoned and gives them a place of belonging.
- I need God to teach me His way and lead me upon a level path.
- I can expect to see God's goodness even before my circumstances change.
- Waiting for God requires faith, strength, and courage.
- Jesus Christ is the light of the world and the fulfillment of God's saving promises.
- Because of Christ, I may draw near to God with full assurance of faith.
- My hope rests upon the faithfulness of God rather than the stability of my emotions.
- Jesus meets me in my grief, even when I do not understand His timing.
- God can use painful circumstances to expose wounds that still require His healing.
- I cannot fulfill God's calling through my own strength; I must remain dependent upon Him.



Final Reflection

After a week in which I nearly allowed pain, rejection, and exhaustion to convince me that I could not continue, God brought me back into His light. He showed me that waiting does not mean He has forgotten me, weakness does not mean He has released me, and suffering does not mean His purpose for my life has ended. I am ending this week with a steadier heart, renewed confidence in His faithfulness, and the assurance that the God who carried me through the darkness will continue leading me forward in His light.

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