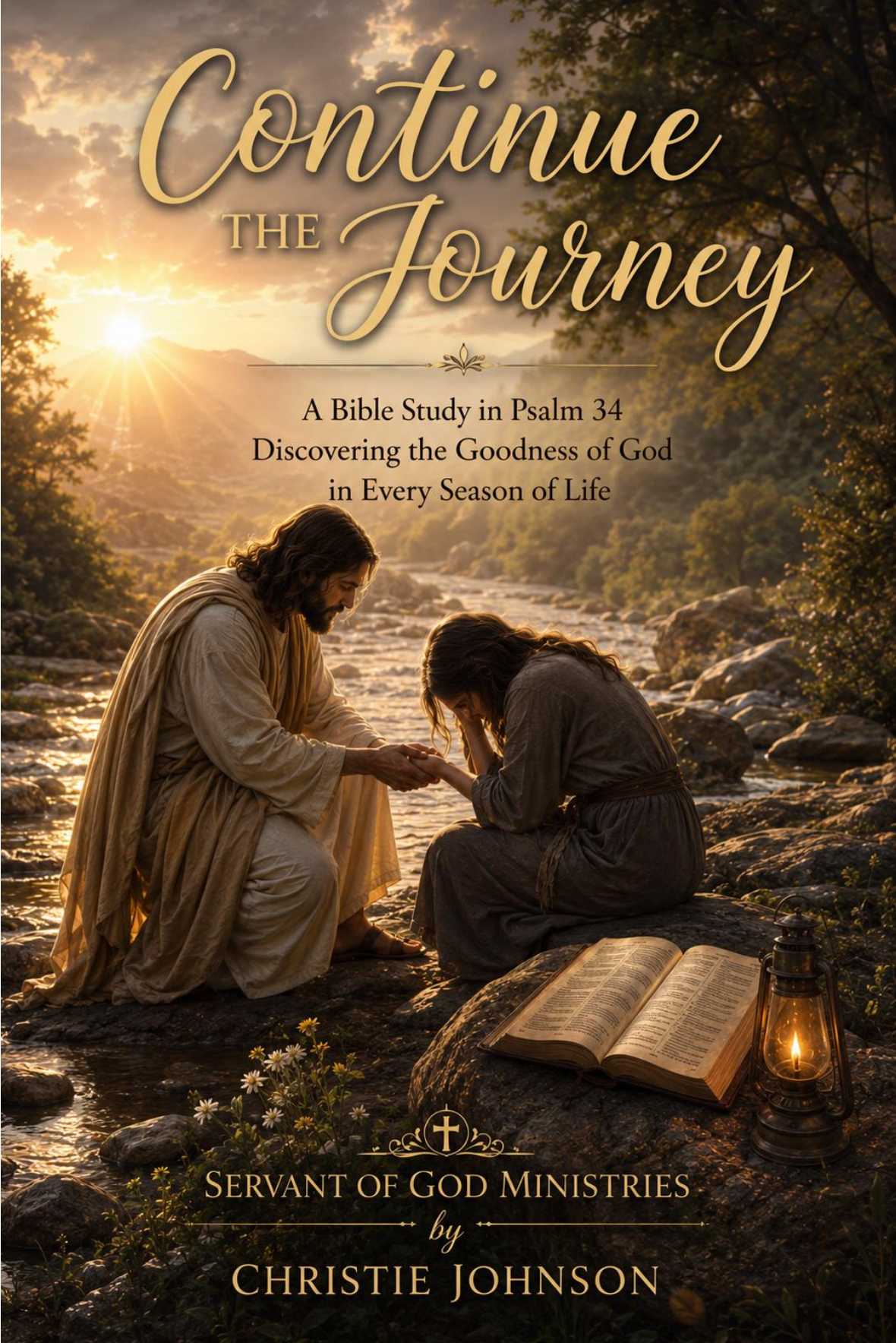




Continue THE Journey

A Bible Study in Psalm 34
Discovering the Goodness of God
in Every Season of Life


SERVANT OF GOD MINISTRIES

by
CHRISTIE JOHNSON

Copyright

Continue the Journey

A Bible Study Journal

A Five-Paper Bible Study Series Based on

Choosing Christ in the Middle of the Battle

Five Bible Studies That Renewed My Mind During One Difficult Week

Copyright © 2026 by Christie Johnson

All rights reserved.

No part of this publication may be reproduced, distributed, stored in a retrieval system, or transmitted in any form or by any means—including electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author, except for brief quotations used in reviews, academic works, ministry discussions, or other uses permitted under applicable copyright law.

This **Bible** study journal contains personal reflections, biblical teaching, and testimony drawn from the author's study of Scripture and personal walk with **Jesus Christ**. It is intended for personal spiritual growth, biblical encouragement, discipleship, and ministry use. It is not intended to replace professional medical, psychological, legal, or pastoral care.

Scripture quotations are from the Holy Bible, New Living Translation (NLT), unless otherwise noted. Scripture references and quotations were accessed through the YouVersion **Bible App (app.bible.com)**.

Brief quotations or summarized material from study **Bible** notes and other published resources are identified through citations within the journal. Such material remains the property of its respective copyright holders.

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

Website: www.servantofgodchristie.com

First Edition, 2026

Printed in the United States of America



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

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

Psalm 119:105

Supporting Scripture

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

Hebrews 12:2

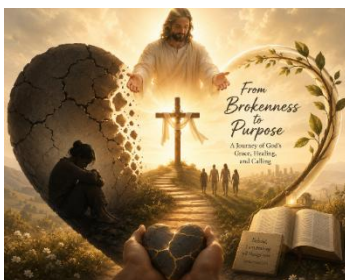
Prayerfully prepared by

Christie Johnson

Christie Johnson

Servant of God

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





This Volume Includes

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

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



Preparing My Heart Before the Study

July 24, 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 continuing to love me and for never leaving me. Thank You for waking me up each day—even on the difficult days when the physical pain is overwhelming. I am grateful that You continue to hold me in Your hands and give me the strength to keep moving forward.

I know I do not always get it right. Sometimes I become distracted, stubborn, lazy, or even disobedient. Yet You never turn away from me. Instead, You continue revealing more of Yourself through Your Word, through music, through everyday moments, and through the quiet ways You remind me that You are always with me.

When I become overwhelmed by my emotions, You seem to draw even closer. My flesh may want to pull away from You, but You faithfully remind me who I am in Christ and what You have called me to do for Your name's sake. Even when life feels unfair, You never stop pursuing me.

Lord, I know something that many broken people have not yet discovered—I know You personally. I am learning more each day who You are, who You say I am, and the purpose You have placed on my life. I am not perfect. I still struggle, I still fall, and sometimes I allow my emotions to become louder than Your truth. But when I fall, I choose to get back up and stand in You again because I know You will never leave me there.

Thank You. Thank You. Thank You.

I do not fear falling because You are my Father. I know You are holding on to me, and nothing can separate me from Your love through **Jesus Christ**.

"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch them from the Father's hand. The Father and I are one." John 10:27–30

*"And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ **Jesus** our Lord." Romans 8:38–39*

Although I sometimes feel unworthy, I know Your love is not based on my worthiness but on Your grace and the finished work of **Jesus** Christ.

"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him." John 3:16–17

Thank you. My greatest desire is to hear You say, "Well done, good and faithful servant."

"The master was full of praise. 'Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let's celebrate together!'" Matthew 25:21

Until that day, I will gladly follow wherever You lead.

As I begin this study, prepare my heart to hear what **Jesus** is teaching me. Open my eyes to see Him throughout Scripture. Help me trust Him more deeply, follow Him more faithfully, and recognize His presence even when I cannot understand my circumstances. Thank You for using Your Word, worship, and even the music I listen to each morning to reset my heart and remind me who You are and who I am in Christ. Through them, You continually call me back to Yourself. Lord **Jesus**, as I study Psalm 34, Luke 24, and Job 3, teach me to praise You in the middle of the battle, to trust You when I cannot see the way forward, and to bring You even my deepest struggles with complete honesty. Let every page of this study reveal more of Your heart and draw me into a deeper relationship with You.

Above all, help me continue choosing You in the middle of every battle.

In the name of Jesus Christ, Amen

The Music That Helps Reset My Heart

Before I begin studying God's Word, I often listen to a group of songs that helps redirect my thoughts, prepare my heart for prayer, and remind me of what is true. Music does not replace Scripture, prayer, or the work of the Holy Spirit, but God often uses it to quiet the noise around me and turn my attention back toward **Jesus**.

"God, Can You Hear Me?" by Dax reminds me that I can call upon God honestly and trust that He hears me. **Psalm 34:17**

"I Pray" by Xania Monet reminds me to pray for others as well as for myself. 1 **Timothy 2:1**

"More Precious Than Rubies" by Jake Olsen reminds me that I am precious in God's eyes and that my worth is not determined by this world. **Isaiah 43:4**

"Lift Me Up" by Blessing Offor gives words to my weariness and reminds me to depend upon God for renewed strength. **Isaiah 40:29–31**

"You Got This" by Unbound Music and *"Don't Give Up on Me"* by Andy Grammer remind me to resist discouragement and continue moving forward, even when the journey is difficult. **Galatians 6:9; Philippians 4:13**

"Spirit Lead Me" by Influence Music and Michael Ketterer prepares my heart to be led by the Holy Spirit. **Romans 8:14**

"Have Your Way" by Katy Nichole becomes my prayer of surrender, asking God to accomplish His will in my life. **Luke 22:42**

"What an Awesome God" by Phil Wickham turns my attention toward worship and reminds me to praise God simply because of who He is. **Psalm 34:1–3**

I listen to these songs every day, including the hard days. They help reset my heart, redirect my thoughts, and remind me who God is, who I am in Christ, and why I must continue choosing **Jesus** in the middle of the battle. **Ephesians 5:19–20; Colossians 3:16**

I also listen to several other gospel and faith-based playlists throughout the week. Readers who would like to explore the music that has encouraged me can visit the **Ministry Library** to download the gospel and faith-based song lists I use during prayer, worship, and personal **Bible** study.

Thank You, God, for using music to remind me of Your truth, renew my thoughts, and prepare my heart to hear from You.

These songs prepare my heart to hear God; His Word transforms it.



Bible Study Journal

Day 3 – July 26, 2026



Psalm 34

"Taste and See That the LORD Is Good"

Main Question

What is Jesus teaching me through praise, suffering, and His faithfulness during life's hardest battles?

As I studied **Psalm 34**, I was reminded that David's circumstances had not been easy. He had experienced fear, danger, uncertainty, and suffering, yet his response was to praise the Lord and encourage others to trust in His goodness. As I continued studying, God led me beyond **Psalm 34** into **Luke 24** and **Job 3**. Together, these passages revealed one beautiful truth:

Jesus faithfully draws near to the brokenhearted, welcomes honest prayer, reveals Himself throughout all of Scripture, and teaches us to trust Him even when we cannot understand what He is doing.

This study reminded me that God's Word tells one complete story.

- David teaches me to praise God in every season.
- Job teaches me that God welcomes honest lament.
- The disciples on the road to Emmaus remind me that **Jesus** patiently opens our eyes to understand the Scriptures.

Together, these passages helped answer the question that remained on my heart throughout this week:

What is Jesus teaching me?

My Personal Reflection

This week tested me more than I expected. There were moments when I felt emotionally overwhelmed, distracted, weary, and discouraged. Old wounds resurfaced, painful memories were stirred, and I recognized how easily Satan can use those moments to whisper lies and draw my attention away from Christ. Yet as I looked back over the

week through the lens of Scripture, I realized something that completely changed my perspective.

Jesus never stopped pursuing me.

Even when I struggled, He remained faithful. Even when I became distracted, He continued drawing me back to Himself. Through His Word, worship, prayer, and the quiet work of the Holy Spirit, He continually reminded me who He is and who I am because of Him.

Psalm 34 reminded me that I do not have to pretend everything is okay. I can honestly acknowledge my struggles while still choosing to praise God because my confidence is not found in my circumstances but in the character of my Savior. **Luke 24** reminded me that **Jesus** patiently teaches His children, opening our eyes to understand His Word and helping us see that every page of Scripture ultimately points to Him. **Job 3** reminded me that God is not offended by my honest prayers.

**He already knows every fear, every tear, and every question before I speak them, yet
He still invites me to come near.**

As I reflected on this week's study, I realized that **Jesus** was teaching me something I never want to forget.

**My relationship with Him is not measured by whether I struggle but by
where I run when I do.**

I still have moments when I wrestle with fear, discouragement, and the lies of the enemy, but I no longer face those battles alone. **Jesus** has faithfully shown me that He never abandons His children. He gently draws me back, reminds me of His truth, and teaches me to trust Him more deeply with each step of this journey.



Psalm 34

Taste and See That the LORD Is Good

Historical Background

Author: David

Occasion: David wrote Psalm 34 after God delivered him from danger when he fled from King Saul and sought refuge among the Philistines. To escape death, David pretended to be insane before Abimelech (also called Achish), and God graciously preserved his life. After this miraculous deliverance, David responded with praise,

inviting others to trust in the Lord's goodness rather than their own strength. **Psalm 34** is both a personal testimony of God's faithfulness and an invitation for all believers to seek refuge in Him.

Study Bible Insight

Reflecting on his miraculous escape from a near-death experience, David calls God's people to bless the Lord continually because He is the One who redeems, delivers, and preserves those who trust in Him. The Lord draws near to the brokenhearted, hears their cries, and rescues them according to His perfect will. **Christ** ultimately fulfills this promise through His earthly ministry, where He entered into human suffering to rescue sinners and bring eternal hope.

What Is Jesus Teaching Me?

Before I began studying the individual verses, one truth immediately stood out to me. David's praise did not come after an easy life. It came after God delivered him through one of the most frightening moments of his life. That changed the way I read this psalm.

Jesus is teaching me that praise is not based upon my circumstances. Praise is based upon His unchanging character.

As I reflected on this week, I realized that my circumstances had not changed overnight. I was still dealing with emotional struggles, physical pain, and spiritual battles. Yet, like David, I was being reminded that **Jesus** had never stopped being faithful. Even while I was struggling, He continued pursuing me, teaching me, correcting me, comforting me, and reminding me that He was still in control.

That realization prepared my heart for the rest of this study. Instead of asking, "*Why am I struggling?*" **Jesus** gently redirected my heart to ask a different question:

"What am I teaching you through this?"

That question changed the way I approached every passage that follows.



Psalm 34:1–2

“I will praise the LORD at all times. I will constantly speak his praises. I will boast only in the LORD; let all who are helpless take heart.” Psalm 34:1–2

Study Bible Insight

David begins this psalm by declaring that he will praise the Lord at all times. Looking back on God's deliverance from a life-threatening situation, he invites others to magnify the Lord with him. His praise is not rooted in an easy life but in the faithfulness of God, who rescues His people and proves Himself worthy of continual worship.

What Is Jesus Teaching Me?

Before Jesus changes our circumstances, He often changes our perspective.

David teaches me that praise is not reserved for the moments when life is easy. **Praise is a choice that flows from remembering who God is, even while life is difficult.** Jesus reminds me that worship is not based on how I feel but on His unchanging character. He is still faithful, still sovereign, still good, and still worthy of my praise regardless of what I am experiencing.

As I reflected on this passage, I realized Jesus was asking me a simple question:

Will you praise Me because life is going well, or because I am worthy?

That question reached deeply into my heart.

My Personal Reflection

Right here, I am reminded that Jesus is worthy of my praise even when I am under spiritual attack. Looking back over this week, I can clearly see that Satan was working to distract me. He often uses my emotional struggles, old wounds, and physical exhaustion as opportunities to shift my focus away from Christ. Scripture reminds us that Satan seeks to steal, kill, and destroy.

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. John 10:10

He looks for opportunities to discourage believers and keep us from fully trusting God.

“Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.” 1 Peter 5:8

“Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. Ephesians 6:11

This week reminded me that even mature believers experience spiritual battles. I allowed some distractions to pull my attention away from where it needed to be. My emotions became louder than God's truth, and I recognized how easily Satan can use even a small opening to whisper lies.

“Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.” James 1:14–15

“for anger gives a foothold to the devil.” Ephesians 4:27

But that is not where the story ends.

What I love most is not what Satan was trying to do—it is what Jesus was doing the entire time.

Jesus never stopped pursuing me. He never stopped reminding me who I am in Him. Even when I stumbled, He did not abandon me. Like the Good Shepherd, He continued drawing me back to Himself.

“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? And when he has found it, he will joyfully carry it home on his shoulders. When he arrives, he will call together his friends and neighbors, saying, ‘Rejoice with me because I have found my lost sheep. In the same way, there is more joy in heaven over one lost sinner who repents and returns.’” Luke 15:4–7

“I am the good shepherd. The good shepherd sacrifices his life for the sheep. A hired hand will run when he sees a wolf coming. He will abandon the sheep because they don’t belong to him and he isn’t their shepherd. And so, the wolf attacks them and scatters the flock. The hired hand runs away because he’s working only for the money and doesn’t really care about the sheep. I am a good shepherd; I know my own sheep, and they know me, just as my Father knows me and I know the Father. So, I sacrifice my life for the sheep.” John 10:11–15

As I reflected on everything that happened this week, I was reminded of Job. God allowed Satan to test Job, but only within the limits God established.

Job 1–2: *The Backdrop of Job's Suffering*

Job 1–2 introduces Job as a faithful man who honored God, cared for his family, and had been greatly blessed. Satan accused Job of serving God only because God had protected and prospered him. God permitted Satan to test Job, but He placed clear limits on what Satan could do. Job then lost his children, possessions, servants, health, and the support he needed from those closest to him. Even in overwhelming grief and physical suffering, Job continued to acknowledge God and refused to abandon his faith.

These chapters establish the backdrop for Job's lament in chapter 3. Job's anguish did not come from a lack of faith; it came from profound suffering that he could not understand. His story reminds me that faithful believers can experience grief, confusion, exhaustion, and spiritual anguish without being rejected by God. Satan may attack, accuse, and attempt to destroy, but he remains under God's sovereign authority. Most importantly, Job's suffering points me toward **Jesus Christ**—the truly righteous Sufferer—who entered human pain, defeated Satan's power, and made it possible for suffering believers to draw near to God with honesty, confidence, and hope.

"This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious GOD. There we will receive his mercy, and we will find grace to help us when we need it most." Hebrews 4:15–16

"He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross." Colossians 2:14–15

That does not mean every trial is the same, nor am I comparing myself to Job. Rather, it reminds me that Satan never acts outside God's sovereign authority. Even in my struggles, **Jesus** remained completely in control. He was using this difficult week to reveal areas where I still needed to depend on Him more fully.

The study note beautifully captures this truth by reminding us that the Lord draws near to the brokenhearted and ultimately fulfilled this promise through **Christ**, who entered into our suffering to rescue us. That changed everything for me. My greatest comfort was not simply knowing that God saw my pain but knowing that **Jesus** willingly entered into human suffering so that I would never face it alone.

When I finished reflecting on this passage, I realized **Jesus** was teaching me something I hope I never forget:

The enemy may try to distract me, discourage me, and fill my mind with lies, but **Jesus** is always pursuing me with truth, grace, and unconditional love. His voice is greater than every lie Satan whispers, and His faithfulness is stronger than every battle I will ever face.

"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 heart, because I have overcome the world." John 16:33

Nothing Can Separate Us From God's Love

"What shall we say about such wonderful things as these? If God is for us, who can ever be against us? Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us. Can anything ever separate us from Christ's love? Does it mean he no longer loves us I we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? (As the Scriptures says, "For you sake we are killed every day; we are being slaughtered like sheep"? No, despite all these things, overwhelming victory is ours through Christ, who loved us. "'Romans 8:31–39

"But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in the world." 1 John 4:4

This truth prepares my heart to understand the invitation found in Psalm 34. Because Jesus has overcome the enemy, remains near in suffering, and holds me securely in His love, I can turn from fear and discouragement to worship, trust, and confidence in His goodness.



Psalm 34:3–10

"Come, let us tell of the LORD's greatness; let us exalt his name together. I prayed to the LORD, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. In my desperation I prayed, and the LORD listened; he saved me from all my troubles. For the angel of the LORD is a guard; he surrounds and defends all who fear him. Taste and see that the LORD is good. Oh, the joys of those who take refuge in him! Fear the LORD, you his goldy people, for those who fear him will

have all they need. Even strong young lions sometimes go hungry, but those who trust in the LORD will lack no good thing.” Psalm 34:3–10

Study Bible Insight

David invites others to join him in magnifying the Lord because he has personally experienced God's faithfulness. The Lord heard his cries, delivered him from fear, surrounded him with His protection, and proved Himself to be good. The study notes remind us that suffering often brings believers into deeper fellowship with **Christ**. Through His presence, comfort, and sustaining grace, **Jesus** meets His people in ways that are often understood most clearly during life's greatest trials.

Digging Deeper into Scripture

As I studied the supporting passages referenced in my study Bible, I realized they all pointed me back to the same truth: Jesus never wastes our suffering.

“For the more we suffer for Christ, the more God will shower us with his comfort through Christ. Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you will patiently endure the same things we suffer.” 2 Corinthians 1:5–6

Jesus reminds me that as I share in suffering, I also experience His comfort. The comfort He gives is never meant to stop with me. He uses it to help me encourage others who are walking through similar struggles.

“Yes, and everyone who wants to live a godly life in Christ Jesus will suffer persecution.” 2 Timothy 3:12

Following **Jesus** does not guarantee an easy life. Scripture reminds me that those who desire to live a godly life will experience opposition. My struggles should not surprise me; instead, they remind me that my hope is found in **Christ** rather than in this world.

“Therefore, angels are only servants—spirits sent to care for people who will inherit salvation.” Hebrews 1:14

God continually cares for His children. Even when I cannot see how He is working, He is actively accomplishing His purposes and faithfully watching over those who belong to Him.

“So, get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech. Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord’s kindness. You are coming to Christ, who is the living cornerstone of God’s temple. He was

rejected by people, but he was chosen by God for great honor. And you are living stones that God is building into his spiritual temple. What's more, you are his holy priests. Through the mediation of Jesus Christ, you offered spiritual sacrifices that please God. As the Scriptures say, 'I am placing a cornerstone in Jerusalem, chosen for great honor, and anyone who trusts in him will never be disgraced. Yes, you who trust him recognize the honor God has given him.' 1 Peter 2:1–7

Peter reminds believers to put away sinful attitudes and continues growing spiritually by feeding on God's Word. As we come to **Christ**, the Living Cornerstone, He continues building our lives into something that brings Him glory. The more beautiful **Christ** becomes to us, the less attractive sin begins to appear.

The study note beautifully summarizes this truth:

When we truly "taste and see" the goodness of the Lord, our desire for Christ grows while the appeal of sin begins to fade.

What Is Jesus Teaching Me?

As I reflected on these passages together, **Jesus** helped me understand something I had never fully considered before. Sometimes I ask Him to remove my suffering, but instead, He first chooses to walk through it with me. That does not mean He enjoys seeing His children suffer. Rather, He often uses suffering to deepen our dependence on Him, strengthen our faith, and reveal His presence in ways we may never have experienced otherwise.

Jesus did not remain distant from human suffering; He stepped into it. He experienced rejection, grief, betrayal, physical pain, loneliness, and the weight of carrying humanity's sin. Because **Jesus** willingly entered into suffering, He understands every tear I cry and every burden I carry.

My Personal Reflection

As I studied these passages, I found myself thinking about this past week. I know that following **Jesus** does not mean life will become easy. Scripture has never promised that. In fact, **Jesus** said there would be trials.

"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 heart, because I have overcome the world."
John 16:33

This week reminded me of that truth.

There were moments when I felt emotionally exhausted, discouraged, and distracted. Satan tried to use those moments to shift my attention away from **Christ** and toward

my circumstances. He wanted me to focus on my pain instead of God's faithfulness. But **Jesus** kept bringing me back. He reminded me of His promises, His presence, and the many times I had already experienced His goodness. I have seen His faithfulness too many times to doubt Him now.

That is what David means when he says, **"Taste and see that the Lord is good."** David is not asking us to believe something we have never experienced. He is inviting us to remember what God has already done. When I look back over my life, I can clearly see **Jesus** carrying me through grief, trauma, chronic pain, disappointment, and seasons when I thought I could not take another step.

- Every time, He has been faithful.
- Every time, He has strengthened me.
- Every time, He has reminded me that I am never walking alone.

That is why I continue choosing Him—not because life is easy, but because Jesus has repeatedly proven Himself faithful.

- When I remember His goodness, Satan's lies begin to lose their power.
- When I remember His faithfulness, fear begins to surrender to trust.
- When I remember who Jesus is, my heart finds the strength to praise Him again.

That is what **Jesus** is teaching me: His goodness is not measured by the absence of suffering but by His faithful presence in the middle of it.



Psalm 34:11–16

"Come, my children, and listen to me, and I will teach you to fear the LORD. Does anyone want to live a life that is long and prosperous? Then keep your tongue from speaking evil and your lips from telling lies! Turn away from evil and do good. Search for peace and work to maintain it. The eyes of the LORD watch over those who do right; his ears are open to their cries for help. But the LORD turns his face against those who do evil; he will erase their memory from the earth"

Psalm 34:11–16

Study Bible Insight

After inviting others to experience God's goodness, David shifts his focus to instruction. Like a loving father teaching his children, he explains that those who truly know the Lord will desire to live lives that honor Him. **Reverencing God is demonstrated not**

merely through words but through transformed speech, righteous living, and the pursuit of peace. The study notes explain that God's grace motivates this holy living, and Christ Himself enables believers to live in a way that pleases the Father.

What Is Jesus Teaching Me?

One of the first things **Jesus** showed me in this passage is that spiritual maturity is not measured by how much I know about God but by how much my life is being transformed because I know Him. David is not describing a list of rules that people must follow to earn God's approval. He is describing the fruit of a heart that has already experienced God's goodness. The more I understand who **Jesus** is and what He has done for me, the more I desire to become like Him. I do not pursue holiness because I am afraid God will reject me. **I pursue holiness because Jesus has already accepted me through His grace.**

Grace changes my heart before it changes my behavior.

As my relationship with **Christ** deepens, my words, attitudes, and actions begin to reflect Him more and more. This is the work of the Holy Spirit, who continually transforms believers into the image of **Christ**.

"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 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. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:1–2

"So, all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image." 2 Corinthians 3:18

*"For God is working in you, giving you the desire and the power to do what pleased him."
Philippians 2:13*

My Personal Reflection

This part of the study caused me to stop and examine my own heart. Throughout this past week, I saw moments when my emotions wanted to control my words, thoughts, and attitude. There were times when I became frustrated, discouraged, and emotionally overwhelmed. Those feelings were real, but **Jesus** gently reminded me that I still have a

choice about what I do with them. I can allow my emotions to lead me, or I can allow the Holy Spirit to lead me.

That does not mean I ignore my emotions or pretend they do not exist. David certainly did not do that, and neither did Job. Instead, **Jesus** is teaching me to bring those emotions honestly before Him and allow His truth to shape my response. One phrase from the study notes stayed with me:

Grace has always been the motivation for holy living, and Christ has always been the One who enables it.

That truth encouraged me because it reminded me that spiritual growth is not something I accomplish through my own strength.

Jesus is changing me. Every time I choose forgiveness instead of bitterness, truth instead of believing Satan's lies, worship instead of worry, or the courage to get back up after I fall, **Jesu** is continuing the work He began in me.

"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

I am far from perfect. I still struggle, and I still fail, but I also know that I am not the same person I used to be. That is not because of anything I have done. It is because **Jesus** has faithfully continued transforming my heart one step at a time. That gives me hope.

What This Means for Me

As I reflected on these verses, **Jesus** reminded me that following Him is not about simply becoming a "better person." It is about becoming more like Him. He is patiently teaching me that spiritual formation is a lifelong journey of surrender. Every difficult circumstance, spiritual battle, moment of conviction, opportunity to forgive, and act of obedience becomes another invitation to become more like **Christ**.

That is what **Jesus** is teaching me through **Psalm 34**. He is not only rescuing me from my circumstances; He is transforming me through them.



Psalm 34:17–22

"The LORD hears his people when they call on him for help. He rescues them from all their troubles. The LORD is close to the brokenhearted; he rescues those whose spirits are crushed."

The righteous person faces many troubles, but the LORD comes to the rescue each time. For the LORD protects the bones of the righteous; not one of them is broken! Calamity will surely destroy the wicked, and those who hate the righteous will be punished. But the LORD will redeem those who serve him. No one who takes refuge in him will be condemned."

Psalms 34:17–22

Study Bible Insight

David concludes the **psalm** with a message of hope for those who belong to the Lord. God hears the cries of the righteous, draws near to the brokenhearted, and saves those who are crushed in spirit. Although believers experience many afflictions, the Lord faithfully delivers them according to His perfect will. These verses ultimately point forward to **Jesus Christ**, who entered into human suffering, fulfilled God's plan of redemption, and secured eternal salvation for all who trust in Him. The promise is not that believers will live without hardship, but that God will remain present with them and bring final victory over sin and death.

What Is Jesus Teaching Me?

These verses became the heart of my study. As I read them repeatedly, one phrase continually captured my attention: **"The Lord is near to the brokenhearted."** The passage does not say that the Lord will come someday, that He only helps those who have everything together, or that He is disappointed with those who struggle. It says that He is near. That simple word changed the way I viewed this entire week. There were moments when I felt emotionally exhausted, discouraged, and uncertain. I wondered why certain memories had resurfaced and why the weight of everything felt so heavy. Yet **Jesus** reminded me that His presence has never depended on how I feel. Even when I could not sense Him, He was near. Even when I questioned, cried, or struggled to understand, He remained near. This is one of the greatest promises in Scripture.

My Personal Reflection

As I looked back over this week, I realized something beautiful. I had been asking **Jesus** to remove the struggle, but instead, He chose to walk through it with me. Looking back now, I can see His fingerprints throughout the entire week. He spoke to me through His Word, reminded me of truth when Satan whispered lies, used worship to quiet my heart, surrounded me with reminders of His faithfulness, and continued drawing me back whenever my focus drifted. He never left me, and that realization filled my heart with gratitude.

Sometimes we expect God's faithfulness to look like immediate answers or instant relief. At times, He does work that way, but often His greatest gift is His presence. This week reminded me that Jesus did not promise that I would never experience suffering. He promised that He would never leave me or forsake 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

As I reflected on David's words, I also thought about Job and the disciples on the road to Emmaus. Job experienced devastating loss. David experienced fear and persecution. The disciples experienced confusion and grief. Their stories were different, but each one pointed to the same truth: God remained faithful. That same faithful God has also remained faithful to me.



Connecting This Week's Study

As I finished studying **Psalm 34**, **Luke 24**, and **Job 3** together, I realized that God had been teaching me one lesson through every passage. David taught me that I can praise God in every season because His goodness never changes. Job taught me that God welcomes honest prayers, even when my heart is overwhelmed with sorrow and unanswered questions. The disciples on the road to Emmaus reminded me that **Jesus** patiently walks beside His people, opens the Scriptures, and reveals Himself even when they fail to recognize His presence.

Together, these passages tell one beautiful story. God has always been pursuing His people. From **Genesis to Revelation**, Scripture reveals a faithful God who draws near to the brokenhearted, calls sinners to Himself, and accomplishes His perfect plan of redemption through **Jesus Christ**. The **Bible** is not a collection of disconnected stories. It is one unified story centered on **Jesus**. Every promise, sacrifice, and act of deliverance ultimately points to Him. Every page reveals Him. This truth changed the way I experienced the week because, instead of allowing me to focus only on my struggles, **Jesus** continually redirected my eyes toward Himself.



Final Reflection

This study reminded me that spiritual growth is not about having all the answers. It is about learning to trust **the One** who does. I still do not understand every difficulty I face, and I still experience seasons of pain, disappointment, and spiritual battle. However, I leave this study with greater confidence than when I began, not because all my questions have been answered, but because I know **the One** who walks beside me.

This week **Jesus** reminded me that He welcomes my honest prayers, patiently teaches me through His Word, faithfully pursues me when I wander, comforts me in suffering, speaks truth louder than every lie, and never lets go of His children. As I close this week's journal, my prayer is simple: **Jesus**, thank You for teaching me that Your presence is greater than my pain, Your truth is stronger than every lie, and Your faithfulness is more certain than my circumstances. No matter what lies ahead, I choose to trust You because You have never failed me, and You never will.

Amen.



My Prayer After This Study

Heavenly Father,

Thank You for meeting me once again through Your Word. Thank You for reminding me that You are near to the brokenhearted, faithful in every season, and worthy of my trust even when I do not understand what You are doing. Thank You for teaching me through David, Job, and the disciples on the road to Emmaus that Your presence is my greatest source of hope. Lord, continue to transform my heart into the likeness of **Jesus Christ**. Help me to remember Your goodness when life becomes difficult, Your promises when fear tries to overwhelm me, and Your truth when Satan whispers lie.

Teach me to praise You in every season, to trust You with every unanswered question, and to walk faithfully wherever You lead.

May what I learned today not remain only in my mind but become evident in the way I live, love, and serve others. Continue using every joy, every trial, and every lesson to draw me closer to You.

In **Jesus** 'name, **Amen.**



Looking Ahead

Every time I open God's Word, **Jesus** teaches me something new about Himself and about the work He is doing in my life. This study reminded me that He is always faithful, even when life is difficult, and that His presence is greater than my circumstances.

As I continue this journey, my desire is not simply to gain more biblical knowledge but to know Jesus more deeply and become more like Him each day. I look forward to discovering what He will teach me in the next study as I continue growing in faith, trusting His Word, and following wherever He leads.

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

Looking Back: What Jesus Has Been Teaching Me

As I reflect on these first three studies, I can clearly see that **Jesus** has been teaching me one beautiful lesson through each passage. In **Psalm 13**, He taught me that I never have to hide my emotions from God. Like David, I can bring Him my questions, fears, frustrations, and tears because He already knows my heart and lovingly invites me to come to Him. Through Job, **Jesus** reminded me that suffering is never outside the Father's sovereign control. Even when life makes no sense, God has not abandoned His children. He remains present, purposeful, and faithful. Then, through **Psalm 34**, **Jesus** taught me that He is near to the brokenhearted. He does not simply rescue me from every hardship immediately; He faithfully walks beside me through it, revealing His presence, His goodness, and His unchanging love.

As I studied these passages, I realized that **Jesus** was not merely teaching me more information about the **Bible**. He was teaching me to know Him more deeply.

Every page of Scripture pointed me back to His character, His faithfulness, and His promise that He will never leave nor forsake His children.

What began as a week filled with questions slowly became a week filled with confidence—not because my circumstances suddenly changed, but because my eyes were continually redirected to **Jesus Christ**.

My Testimony: Choosing Truth Over the Lies

As I reflect on everything **Jesus** has been teaching me, I can honestly say that I believe His promises. That is why I study His Word so deeply. I do not study the **Bible** simply to gain knowledge; I study because I have experienced the truth of God's Word in my own life. Again and again, I have watched Him fulfill His promises, strengthen my faith, renew my mind, and shape my heart.

There have been seasons when I have been brutally honest with God. I have come to Him completely exhausted, emotionally overwhelmed, and convinced that I could not take another step. There have been moments when I wondered whether my life mattered, believed I was a mistake, or thought the world would somehow be better without me.

Those thoughts are lies. Every single one of them.

Jesus has been teaching me to recognize those lies for what they are. Satan is the father of lies and continually seeks to deceive God's children.

"For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies." John 8:44

He accuses believers and attempts to convince us that we are condemned, abandoned, or beyond hope.

"Then I heard a loud voice shouting across the heavens, 'It has come at last — salvation and power and the Kingdom of our God, and the authority of his Christ. For the accuser of our brothers and sisters has been thrown down to earth — the one who accuses them before our God day and night.'" Revelation 12:10

Jesus , however, speaks truth, and His truth sets us free.

"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.'" John 8:31–32

My identity is not determined by my emotions, past wounds, failures, or suffering. My identity is found in Christ alone.

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" 2 Corinthians 5:17

Spiritual Blessings

“All praise to God, the Father of our Lord Jesus Christ who has blessed us with every blessings in the heavenly realms because we are united with Christ. Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes. God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So, we praise God for the glorious grace he has poured out onto us who belong to his dear Son. He is so rich in his kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins. He has showered his kindness on us, along with all wisdom and understanding.”

“God has now revealed to us his mysterious will regarding Christ—which is to fulfill his own good plan. And this is the plan: At the right time he will bring everything together under the authority of Christ—everything in heaven and on earth. Furthermore, because we are united with Christ, we have received an inheritance from God, for he chose us in advance, and he makes everything work out according to his plan.”

“God’s purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God. And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believe in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. The Spirit is God’s guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.”

Ephesians 1:3–14

As I reflected on these verses, I realized that when my heart is broken, my emotions often try to convince me that I am forgotten, unwanted, or without purpose. Yet **Ephesians** remind me that none of those things are true. Before I was ever born, God loved me, chose me, adopted me into His family through **Jesus Christ**, forgave my sins, and sealed me with His Holy Spirit. **My identity is not determined by my pain, my past, or my present circumstances—it is determined by who I am in Christ.** When life feels overwhelming, I can return to these truths and remember that I belong to **Jesus**, I am deeply loved, and nothing can change what God has already declared about me. That is the hope I pray every brokenhearted believer will discover as they come to know **Jesus Christ** and rest in the spiritual blessings He has freely given to all who trust in Him.

“So now there is no condemnation for those who belong to Christ Jesus.” Romans 8:1

Understanding what **Jesus Christ** accomplished through His death and resurrection has completely changed the way I see my life. Because of Him, I have been reconciled to my Heavenly Father and can experience a genuine, personal, and spiritually transforming relationship with God.

“Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. Because of our faith, Christ has brought us into this place of undeserved privilege where we now stand, and we confidently and joyfully look forward to sharing God’s glory.” Romans 5:1–2

“And this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth.” John 17:3

The more deeply I know **Jesus**, the more clearly I can recognize Satan’s lies and replace them with the truth of God’s Word.

When my emotions become overwhelming, I know where to run. I run to **Jesus** and pour out my heart honestly before Him. I tell Him everything—even the thoughts I wish I did not have, along with my anger, fear, discouragement, and pain. David prayed with this kind of honesty. Job expressed the anguish within his heart. Jesus Himself cried out to the Father during His suffering. (**Psalm 13; Job 3; Matthew 26:36–46**)

God is never shocked by my honesty because He already knows every part of my heart. (Psalm 139:1–4)

Over the years, I have discovered something that has become one of the greatest truths of my walk with **Christ**. Whenever I feel as though I am barely holding on, I realize that **Jesus** is holding on even tighter to me. He is the Good Shepherd who never abandons His sheep.

“My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they will never perish. No one can snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. No one can snatch you from the Father’s hand. ‘John 10:27–29

Nothing can separate me from His love.

Even when my faith feels weak, His grip on me never weakens.

I am not embarrassed to admit that I still struggle because spiritual growth is a lifelong journey. I know I will make mistakes, and there will be days when I stumble.

Nevertheless, my failures do not define me because God’s grace is greater than every failure. The righteous may fall, but God enables them to rise again. He forgives those who confess their sins and remains faithful to complete the work He has begun within them. (**Proverbs 24:16; 1 John 1:9; Philippians 1:6**)

My genuine love for God and my relationship with Him gives me confidence that I will make it through every battle I face. More importantly, my confidence rests in knowing that Jesus will use each struggle to conform me more closely to His likeness.

“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters.” Romans 8:28–29

“Dear brothers and sisters, when troubles of any kind come your way, considered it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.” James 1:2–4

Each trial can deepen my understanding of His character, increase my dependence on His grace, and strengthen my desire to serve the One who has loved me with everlasting, unconditional love. (**Jeremiah 31:3; John 13:1**)

“But God showed his great love for us by sending Christ to die for us while we were still sinners.” Romans 5:8

Today, I can honestly say that I am not standing because I am strong. I am standing because **Jesus** has been faithful. Every lesson in these first three studies has pointed me back to that unchanging truth. He welcomes my honest prayers, walks with me through suffering, exposes lie with His truth, and renews my heart and mind through His Word. My hope has never rested in my ability to hold on to Him. My hope rests in His promise that He will never let go of me. (**John 6:37–40; Jude 24**)



The Lesson of the Day

Over these first three studies, Jesus has not simply given me more information about Scripture. He has shown me that His Word is true through the faithfulness I have personally experienced. David's prayers became my prayers, Job's suffering helped me understand my own, and the disciples on the road to Emmaus reminded me that Jesus patiently opens our eyes to understand His Word. Through each passage, Jesus has been changing not only what I know but also what I believe. He has been replacing fear with trust, lies with truth, despair with hope, and self-reliance with deeper dependence on Him. That is what spiritual transformation looks like, and I am beginning to see it happening in my own life.

Jesus has been teaching me that spiritual transformation begins when I come to Him with an honest heart, believe His truth instead of Satan's lies, trust Him through suffering, and surrender to the ongoing work of the Holy Spirit. My circumstances may not change immediately, but as I remain in His Word, Jesus renews my thinking, strengthens my faith, and changes the way I see my circumstances, myself, and Him.

When we begin to understand what **Jesus Christ** has done for us and develop a genuine, personal, and transforming relationship with **Jesus Christ**, we are finally able to recognize those thoughts as lies and begin to know the truth—and **Jesus** promised that when we remain in His Word, we will know the truth, and the truth will set us free.

"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.'"

John 8:31–32



My Commitment to Continue Following Jesus

I am not embarrassed to admit that I still struggle because I know spiritual growth is a lifelong journey. I know there will be days when I stumble, but I also know that God's grace is greater than my failures. *"The godly may trip seven times, but they will get up again"* (Proverbs 24:16). When I confess my sins, *"He is faithful and just to forgive us our sins and to cleanse us from all wickedness"* (1 John 1:9). **Most importantly, I have confidence that** *"He who began a good work in [me] will carry it on to completion until the day of Christ Jesus"* (Philippians 1:6).

It is because of God's genuine, unconditional, sacrificial love for me—and the genuine, personal, and transforming relationship I have with Jesus Christ—that I know I will

continue through every struggle He allows in my life. My confidence is not found in my own strength but in His faithfulness. Jesus has promised, *"I am with you always, even to the end of the age"* (Matthew 28:20). Nothing I face can separate me from His love, *for "nothing...will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord"* (Romans 8:38–39). **His perfect, unconditional (agape) love has never failed me and never will** (Romans 5:8; 1 John 4:9–10, 18).

Every trial has become another opportunity for Jesus to deepen my understanding of His character, increase my dependence upon His grace, renew my mind through His Word, and conform me more into His likeness (**Romans 8:28–29; 2 Corinthians 3:18; Romans 12:2**). The wisdom He gives is changing not only how I think but also how I live (**James 1:2–5**). As I continue walking with Him, my love for Him grows stronger, and my desire to serve Him becomes greater each day.

Therefore, as long as God gives me breath, I will continue to proclaim His truth, teach His Word, and point broken and hurting people to the hope found only in Jesus Christ. I am committed to fulfilling the **Great Commandment** by loving the Lord my God with all my heart, soul, mind, and strength, and by loving others as He has loved me (**Matthew 22:37–40; John 13:34–35**). I am equally committed to fulfilling the **Great Commission** by making disciples, teaching God's Word faithfully, and encouraging others to follow Jesus Christ (**Matthew 28:18–20; Acts 1:8; 2 Timothy 4:2**).

My journey is not about proving that I am strong enough. It is about testifying that **Jesus Christ is faithful**. Until the day I stand before Him, I will continue to trust Him through every battle, speak His truth without compromise, love others with the love He has shown me, and give Him all the glory. *"I have fought the good fight, I have finished the race, I have kept the faith"* (2 Timothy 4:7). My prayer is that, when I finally see my Savior face to face, I will hear Him say, *"Well done, good and faithful servant"* (Matthew 25:21).

Prayerfully prepared by

Christie Johnson

Christie Johnson

Servant of God

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