



YOUR TRANSFORMATIONAL JOURNEY

Begin your Journey

“He heals the brokenhearted
and binds up their wounds.”

PSALM 147:3 (NLT)

Healing and Restoration—

Allow God to bring healing
to wounded places.



Written by--

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Note: If this is your first paper in the **Your Transformation Journey** series, please begin by reading the **Series Introduction**. It explains how to use these studies, includes important ministry information and disclaimers, and provides an overview of the complete transformation journey.

If you are reading this paper as a stand-alone study, you may continue here and refer to the **Series Introduction** whenever you have questions about the ministry, copyright, Scripture quotations, or how these studies are designed to work together.

Throughout these studies, you will also find memory Scriptures, reflection questions, journal prompts, weekly challenges, and occasional worship song recommendations. For a more complete collection of worship music organized by spiritual themes and stages of the Transformation Journey, please visit the **Ministry Library** on my website. My prayer is that these resources will encourage you to spend time in God's Word, draw you into worship, and strengthen your daily walk with Jesus Christ.



Main Theme

Healing and Restoration

Allowing God to heal the wounds of your past and restore what has been broken.

Theme Scripture

"He heals the brokenhearted and bandages their wounds."

—Psalm 147:3 (NLT)

Welcome and Encouragement

If you have surrendered your life to Jesus Christ, you have taken the most important step you will ever take. Yet many believers soon discover that salvation is not the end of God's work—it is the beginning of a lifelong journey of transformation. As we walk with Christ, He lovingly begins to heal the places where sin, pain, loss, rejection, abuse, disappointment, and brokenness have left deep wounds. Healing is not about pretending the past never happened. It is about allowing the Great Physician to restore our hearts through His grace, truth, and unfailing love. God's desire is not simply to heal your past, but to transform the way you think so that you can walk in the freedom He has already secured for you through Jesus Christ. That transformation is one of the greatest demonstrations of God's grace and faithfulness in the life of every believer.

I know this journey personally. Although I surrendered my life to Jesus Christ in 2006, healing has been one of the longest and most difficult parts of my walk with Him. God did not change the way I thought overnight, nor did every lie I had believed for so

many years suddenly disappear. Instead, through His Word, the work of the Holy Spirit, faithful prayer, and the love of His people, He has patiently been transforming my heart one step at a time. Even today, there are moments when old thoughts and old lies try to resurface, but they no longer define who I am because my identity is found in Jesus Christ. When those moments come, God faithfully reminds me of His truth through His Word, and I continue learning to trust Him one step at a time. The God who began this work in me continues to faithfully complete it (Philippians 1:6).

If you would like to read more about how God has worked throughout my own journey of healing and restoration, I invite you to visit the My Ministry Library, where I share my testimony in greater detail. My prayer is that you will not simply see my story, but that through it you will see the faithfulness of Jesus Christ and find hope for your own journey.

Maybe you have prayed for healing and wondered why it seems to take so long.

You may feel discouraged because the pain still lingers or because you continue to struggle with thoughts, emotions, or memories you believed would already be gone. If that describes you, I want to encourage you with this truth: God has not abandoned you. Healing is often a process, not a single moment. Just as physical wounds require time to heal, our hearts often heal as we continue walking faithfully with Jesus. During these seasons, God invites us to trust Him, remain in His Word, depend upon the Holy Spirit, and patiently allow Him to accomplish His work in His perfect timing.

The wonderful promise of Scripture is that God is both our Savior and our Healer. He sees every hidden wound, every silent tear, every unanswered question, and every burden you carry. Nothing in your life is beyond His power to redeem for His glory and your good. As you continue through this lesson, my prayer is that you will discover the hope, healing, and restoration that are found in Jesus Christ alone. He delights in making broken lives whole and restoring what sin and suffering have tried to destroy.

Whether you have carried these wounds for a few months or for many decades, there is still hope. I lived with many of the same thoughts and struggles from the time I was about five years old until I surrendered my life to Jesus Christ at thirty-three. Even then, God continued leading me through a lifelong journey of healing and restoration.

I have learned that God is never in a hurry, but He is always faithful.

If you have believed the same lies for years, please do not lose heart. No wound is too deep, no past is too painful, and no life is beyond God's redeeming grace.

No lie you have believed for years is stronger than the truth of God's Word.

It is never too late for Him to begin restoring what has been broken.

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

—Psalm 34:18 (NLT)

"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 (NLT)

"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 (NLT)

Prayer Before You Continue

Heavenly Father, as I continue through this lesson, open my heart to receive Your truth and remind me that You are near to the brokenhearted. No matter how long I have carried these wounds or believed these lies, help me trust that it is still possible for my heart and mind to be transformed by Your grace. Give me the patience to trust Your timing, the courage to surrender every wounded place to You, and the faith to believe that You are faithfully working to heal and restore my life through Jesus Christ. Help me believe that what You say about me is true and continue making me more like Jesus each day.

Amen.



What God's Word Teaches

God never intended His children to remain imprisoned by the wounds of their past. Throughout Scripture, we see His heart for those who are broken, weary, discouraged, and burdened. He is not distant from our pain; He draws near to us in it. The psalmist reminds us,

"He heals the brokenhearted and bandages their wounds" (Psalm 147:3, NLT), and again, "The LORD is close to the brokenhearted; He rescues those whose spirits are crushed" (Psalm 34:18, NLT).

These promises reveal a compassionate Father who sees every hidden struggle and lovingly works to restore His children.

Healing begins when we bring our brokenness honestly before God.

We do not have to hide our pain or pretend everything is fine. God already knows every thought we have believed, every burden we have carried, and every place where our hearts have been wounded. His invitation is to come to Him with complete honesty,

trusting that His grace is greater than our deepest hurts. Jesus Himself extends this invitation:

*“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”
—Matthew 11:28 (NLT)*

One of the greatest truths God has taught me is that healing is not simply about changing our circumstances—it is about transforming our hearts and renewing our minds with His truth.

For many years, I lived believing things about myself that were never true according to God’s Word. Those thoughts shaped the way I saw myself, the way I viewed other people, and even how I viewed God. Although I trusted Christ as my Savior in 2006, I soon realized that salvation was the beginning of a journey, not the end. God patiently began showing me that many of the thoughts I had accepted for years were lies that needed to be replaced with His truth.

He did not overwhelm me by trying to change everything at once. Instead, through daily time in His Word, prayer, the quiet work of the Holy Spirit, and the encouragement of faithful believers, He began renewing my mind one truth at a time. As I learned more about His character, I also began learning who I truly was because of Jesus Christ. Slowly, fear gave way to faith, shame gave way to grace, hopelessness gave way to hope, and my identity became rooted in Christ instead of the lies I had believed for so many years.

This is the beautiful work of the Holy Spirit. Jesus not only saves us from the penalty of sin; He also transforms us into His likeness. **Scripture tells 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. Then you will learn to know God’s will for you, which is good, pleasing, and perfect.”
Romans 12:2*

God never asks us to heal ourselves. Healing is His work, accomplished through His grace and the power of the Holy Spirit. Yet He does invite us to participate in the process by trusting Him each day. As we spend time in His Word, pray honestly, surrender our hearts, and choose to believe His truth instead of the lies we have carried, He gradually transforms us from the inside out.

Spiritual growth is not about striving harder; it is about abiding in Christ and allowing Him to accomplish His work within us.

There were times when I wanted God to remove years of painful thinking in a single moment. Instead, He taught me to trust Him one day at a time. Looking back, I can see His faithfulness in every season. He gently exposed the lies I had believed, replaced them with the truth of His Word, and patiently taught me to see myself through His

eyes instead of my own. Although there are still moments when old thoughts try to return, I have learned that I do not have to believe them. I can choose to take those thoughts to God, measure them against Scripture, and rest in what He says is true.

One of the greatest lessons God has taught me is that healing does not mean we forget our past.

Rather, He changes the influence our past has over our present. The memories may remain, but they no longer have to control our identity, our choices, or our future. As Christ continues His work within us, the wounds that once produced fear, shame, anger, or hopelessness can become testimonies of His grace, mercy, and redeeming power. God delights in taking what was once broken and using it for His glory and for the encouragement of others.

God's healing also reaches beyond our emotions. He desires to transform every part of who we are—our thoughts, attitudes, relationships, desires, and the way we live each day. As we grow in our relationship with Jesus Christ, we begin responding differently because our hearts are being changed. We learn to forgive because we have been forgiven. We learn to trust because God has proven Himself faithful. We learn to hope because His promises never fail. This is the ongoing work of spiritual formation as the Holy Spirit conforms us more and more to the image of Christ.

The wonderful truth is that God never grows weary of His children. He is patient when we struggle, compassionate when we hurt, and faithful when we feel weak. Even when progress seems slow, He is still working. Every step of obedience, every moment spent in His presence, every truth hidden in our hearts, and every prayer offered in faith becomes part of the beautiful work He is accomplishing within us.

Perhaps today you find yourself wondering if you will ever experience lasting healing. I want to encourage you not to measure God's work by your feelings alone. Instead, look at His promises. The God who saved you is the same God who is transforming you. He has not forgotten you, He has not abandoned you, and He has not stopped working in your life.

His desire is to restore what has been broken, renew your mind with His truth, strengthen your faith, and shape you into the person He created you to be. You can trust Him to finish the work He has begun.

Biblical healing is not simply about feeling better—it is about becoming more like Jesus Christ as He transforms our hearts, renews our minds, and teaches us to live in the freedom of His truth.



Why This Matters

Healing and restoration matter because God never intended His children to live imprisoned by the lies of their past. His desire is not simply to forgive our sins, but to restore our hearts, renew our minds, and teach us to walk in the freedom that Jesus Christ purchased through His death and resurrection. As God heals us, we are able to know Him more deeply, trust Him more fully, love others more faithfully, and live the life He has called us to live.

For many years, I believed thoughts about myself that were not true about me. Those thoughts affected the way I saw God, the way I saw myself, and even the way I related to other people. Looking back, I can see that so much of my life was shaped by believing lies instead of believing God's truth. Although Jesus saved me when I was thirty-three years old, He lovingly continued the work of healing and transforming my heart. Little by little,

He taught me that my identity is not found in my past, my failures, or the wounds I carried for so many years. My identity is found in Jesus Christ.

That is one of the reasons this message is so important to me. I know what it is like to live for years believing that things will never change. I also know the incredible hope that comes from discovering that God's truth is greater than every lie we have believed. He has patiently shown me His unconditional love, His kindness, His mercy, and His faithfulness. Even now, He continues transforming my life one day at a time.

Because of what Jesus has done in my own life, my heart is drawn to those who are broken, hurting, and spiritually weary. I do not want anyone to spend years believing the same lies or carrying the same burdens if they can discover the hope that is found in Christ today. I am deeply grateful that God would choose to use someone like me to point others to Him. There is nothing I want more than for people to experience His unconditional love, His compassion, His forgiveness, and the healing that only He can give. **If God can patiently transform my heart, I know He can do the same for you.**

My prayer is that through every page of this journey, you will come to know Jesus more personally and discover that no matter how broken you may feel, He has not given up on you.

This is why healing and restoration matter so deeply. When God heals our hearts, He not only changes the way we think—He changes the way we live. He replaces despair with hope, fear with faith, shame with grace, and brokenness with purpose. As He restores us, He also prepares us to encourage others with the same comfort, mercy, and love that we have received from Him.

That is my prayer for you. I pray that as you continue walking with Jesus Christ, you will discover for yourself that He truly is close to the brokenhearted, faithful to His promises, and able to restore what once seemed beyond repair.

"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father, and He is the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."

2 Corinthians 1:3-4



Signs You May Be Here

You may be in this season of healing and restoration if...

- You believe God has forgiven you, but you still struggle to forgive yourself.
- You find yourself believing lies about your worth, value, or identity even though you know what God's Word says.
- You often feel trapped by thoughts from your past that continue to influence how you see yourself today.
- You wonder if you will ever experience true freedom from the hurts you have carried for so long.
- You have trusted Jesus as your Savior, yet you still feel as though your heart has places that need His healing touch.
- You struggle to believe that God truly loves you unconditionally because of what you have experienced or believed about yourself.
- You find it difficult to trust others or allow people to get close because you fear being hurt again.
- You carry guilt, shame, regret, or fear that continues to affect your relationship with God and with others.
- You often feel discouraged because healing seems to be taking longer than you expected.
- You compare your spiritual journey with others and wonder why your transformation feels slower.
- You find yourself returning to the same negative thoughts even though you sincerely desire to believe God's truth.
- You long to experience the peace, freedom, and joy that God promises but feel unsure how to move forward.

If you recognized yourself in several of these statements, do not be discouraged. It does not mean that God has forgotten you or that your faith is failing. More often, it simply means that the Holy Spirit is continuing His work of healing and transformation within you. God is patient, faithful, and compassionate. As you continue walking with Jesus

Christ, He will faithfully renew your mind, strengthen your faith, and restore what has been broken according to His perfect wisdom and timing.

Remember: Recognizing where you are is not a sign of failure—it is often the first step toward the healing God desires to bring.



Biblical Truths to Remember

- God is close to the brokenhearted and never abandons those who belong to Him.
- Jesus Christ came not only to save you from sin but also to restore what has been broken in your life.
- Your past may explain some of your wounds, but it does not define your identity. Your identity is found in Jesus Christ.
- No lie you have believed is stronger than the truth of God's Word.
- Healing is often a journey of faithful surrender, not a single moment of instant change.
- God is patient with you and faithfully continues the work He has begun in your life.
- The Holy Spirit is continually transforming your heart and renewing your mind as you walk with Christ.
- God's grace is greater than your shame, His love is deeper than your hurt, and His mercy is greater than your failures.
- Every step of obedience, no matter how small, is part of God's transforming work in your life.
- God can redeem every season of your life and use even your deepest wounds for His glory and for the encouragement of others.
- You are never beyond God's love, His forgiveness, or His restoring power.
- God's timing is always perfect. He is never in a hurry, but He is always faithful.
- The same God who saved you is the same God who is healing, restoring, and transforming you each day.

Remember: Healing does not come from striving harder—it comes from walking daily with Jesus Christ, trusting His Word, depending on the Holy Spirit, and allowing God to faithfully transform you into the person He created you to be.



Walking with Jesus Today

Healing and restoration are not something I simply experienced years ago—they are part of the way I continue walking with Jesus every day. Although God has brought tremendous healing into my life, I still choose each day to surrender my thoughts, my heart, and my circumstances to Him. I have learned that walking with Jesus is not about pretending I never struggle; it is about knowing where to turn when those struggles come.

When old thoughts try to return, I no longer allow them to become my identity. Instead, I bring them before the Lord in prayer and compare them with the truth of His Word. I ask the Holy Spirit to help me recognize the lies, replace them with God's truth, and remind me of who I am because of Jesus Christ. Little by little, God continues renewing my mind and strengthening my faith.

One of the greatest changes God has made in my life is teaching me to slow down and listen to Him. Instead of depending on my own understanding or reacting to my emotions, I have learned to seek His wisdom through Scripture, prayer, and the leading of the Holy Spirit. I have discovered that His peace grows as I remain close to Him and trust His timing rather than my own.

I have also learned the importance of filling my mind with God's truth every day. Reading Scripture is no longer something I simply do because I know I should—it has become the place where God reminds me of His promises, corrects my thinking, strengthens my faith, and draws me closer to Himself. His Word continues to shape my heart and teach me to see myself and others through His eyes.

Healing has also taught me to thank God even while He is still working. There was a time when I believed I would only have peace once everything was fixed. Today, I thank Him for every step He has already completed and trust Him with the work He is still doing. I have learned that His faithfulness is not measured by how quickly I change but by the fact that He never stops working in my life.

If there is one thing I hope you remember, it is this: do not walk through your healing journey alone. Spend time with Jesus every day. Open His Word. Pray honestly. Listen for the Holy Spirit's guidance. Trust Him even when progress feels slow. Continue taking one faithful step after another, knowing that the God who began His good work in you will faithfully complete it. As you remain close to Him, He will continue healing your heart, renewing your mind, and transforming you into the likeness of Jesus Christ.

Today, choose one way to draw closer to Jesus, trusting that He will faithfully take the next step with you.



Reflection Questions

Take a few moments to prayerfully reflect on what God has shown you through this lesson.

1. What thoughts or beliefs have I carried about myself that do not agree with God's Word?
2. Are there areas of my past that I have not fully surrendered to Jesus Christ?
3. How has God already been working in my life, even if I have not recognized it before?
4. What truth from Scripture do I need to begin believing instead of the lies I have carried?
5. Is there someone I need to forgive—or do I need to receive God's forgiveness for myself?
6. In what area is God asking me to trust His timing instead of becoming discouraged?
7. What is one step I can take this week to continue allowing God to heal and transform my heart?
8. After reading this lesson, what gives me the greatest hope as I continue my own journey of healing and restoration?

A Prayer of Thanksgiving

Heavenly Father,

Thank You for never giving up on me. Thank You for loving me when I could not see my own worth and for patiently leading me through this lifelong journey of healing and restoration. Thank You for replacing lies with Your truth, fear with faith, shame with grace, and hopelessness with the hope found in Jesus Christ.

Thank You for Your unfailing love, Your endless patience, and Your faithfulness through every season of my life. Even when I could not see You working, You never stopped transforming my heart. Thank You for using every part of my journey to draw me closer to You and to prepare me to encourage others who are hurting.

Lord, continue the work You have begun in me. Help me remain humble, teachable, and completely dependent upon You. May every step of my life bring honor and glory to Jesus Christ.

In His precious name,

Amen.



My Prayer for You

Heavenly Father,

I lift up every person reading these words today. You know their heart, their struggles, and the burdens they have carried—perhaps for many years. Thank You that nothing is hidden from Your loving eyes and that no wound is beyond Your healing touch.

Lord, surround them with Your peace and remind them that they are deeply loved by You. Replace every lie they have believed with the truth of Your Word. Renew their minds, strengthen their faith, and give them the courage to trust You one step at a time. Help them to know that healing is not measured by how quickly they change but by Your faithful work within them.

Draw them closer to Jesus each day. May they discover that You truly are close to the brokenhearted, faithful to every promise, and able to restore what once seemed beyond repair. Fill them with hope, perseverance, and confidence that You will faithfully complete the good work You have begun in their lives.

May they experience the freedom, peace, and joy that are found in walking daily with Jesus Christ.

In His precious name,
Amen.

Journal Prompt

What lie have I believed about myself for far too long, and what truth from God's Word is He asking me to believe instead? Write about how you will begin trusting His truth as you continue your journey of healing and restoration.

This Week's Challenge

This week, choose **one lie** you have believed about yourself and replace it with **one truth from God's Word**. Write that Scripture on a note card, place it somewhere you will see it each day, and pray over it daily, asking God to renew your mind and help you believe what He says is true.



Memory Verse

I think this is the perfect memory verse because it summarizes the entire paper without repeating the opening passage.

“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 12:2 (NLT)

Looking Ahead

As God continues healing the wounded places of your heart, He also begins revealing a beautiful truth—you are no longer defined by your past, your failures, or the lies you once believed. You are defined by who you are in Jesus Christ.

In the next paper, **Discover Your Identity in Christ**, we will explore what God says about you as His child. As you learn to see yourself through His eyes instead of your past, you will discover the freedom, confidence, and purpose that come from knowing your true identity in Christ.

Closing Blessing

Thank you for allowing me to walk alongside you through this part of your transformation journey. My prayer is that you will continue trusting the Lord with every wounded place in your heart, knowing that He is faithful to complete the work He has begun in you. May He fill you with His peace, strengthen your faith, renew your mind with His truth, and remind you each day that you are deeply loved by Him. As you continue walking with Jesus Christ, may you experience His healing, His restoring grace, and the lasting hope that only He can give.

Remember, God is never in a hurry, but He is always faithful.

Prayerfully prepared by

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Servant of God

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