

“REBIR-TH”: Abiding in Christ in a Broken World

My Reality: _____

Read & Reflect on the Passage¹



Experiencing the Fall² How my realities Impact me in the FLESH	Experiencing Jesus³ How God's realities Impact me in Christ
(R)eflections (What have I been thinking about or dwelling on? What lies am I believing?)	(R)eflections (How is God shepherding me through this passage? What are God's promises in this passage?)
(E)xperience in Heart & Soul (Given my reality, what am I experiencing in my heart & soul?)	(E)xperience in Heart & Soul (Given the truths and realities in this passage, what am I experiencing in my heart & soul? Example—God's presence, peace, comfort, love, etc.)
(B)odily Experience (Given my reality, what am I experiencing in my body? Examples—shallow breathing, not sleeping, stomachache, eating, tension, headaches)	(B)odily Experience (How is my body responding to how God is speaking to me from his word and stirring my heart?)
(I)nvitation (What do I want or desire in my flesh?)	(I)nvitation (How is God inviting me to live differently?)
(R)elationship with God (Given my reality, how do I see God and relate to him in my flesh?)	(R)elationship with Me (What does all the above say about God and his relationship with me)



¹ REBIR-TH (Down)—work from the top of the worksheet to the bottom

² Read and Reflect on the passage after REBIR-TH (Down) and before REBIR-TH (Up).

³ REBIR-TH (Up)—work from the top of the worksheet to the bottom. Redemption realities counteract Fall realities.