

NOW THAT *you*
are BORN AGAIN

Now That You Are Born Again (Workbook & Study Guide)

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NOW THAT *you* *are* BORN AGAIN

DISCOVER *the* JOY *of*
GROWING UP INTO SALVATION

PETER K. LOUIS

INTRODUCTION

GOD'S DESIGN *for* YOUR LIFE

Welcome to the beginning. You're not late. You're not behind. *You are right on time.*

God has chosen you, and you said yes to his beautiful invitation. It's an invitation to intimacy, freedom, eternity, joy, peace, provision, protection, and true, unbridled life. Your yes is good news for you, good news for those around you, and good news for the Kingdom of God. **You are BORN AGAIN!**

When we turn toward God, our old way of operating gets wholly disrupted and eventually dismantled. There's a new operating system in you, a Kingdom operating system. It's a system that not only changes your eternity, but it changes your here-and-now, it redeems your past, and it gives hope and purpose for your future. It changes everything.

How? The answer is simple: God's perfect design. Understanding God's design for us as born-again Christians is the goal of this study. When you begin to grasp His design for growth, you will do just that: grow. But there's an important asterisk on Christian growth: it's God-growth, not you-growth. This means you're not being asked to do more, work harder, or be better. The ask is simply this: Will you let God grow you?

Consider a wildflower. It makes no effort to be itself. It doesn't follow a strict to-do list; it doesn't strive to become a wildflower. In contrast, it simply allows God's design to take it from seedling to mature flower, bursting with color and beauty.

You're the wildflower. God has designed you to grow. He hasn't designed you to carry the burden of planting, watering, and growing. He does the planting. He does the watering. He does the growing. God's design is perfect, and it works the same way, over and over.

- A good seed
- Healthy environment
- Nourishment
- Time

Now That You Are Born Again was written to help believers understand God's design for their lives so that they thrive in their faith instead of wandering in it. Whether you're a brand new believer, a seasoned believer, a tired believer, or a confused believer, this book and study guide is for you.

We are starting at the beginning—the foundations of the Gospel and who you are in Jesus. We will end at the purpose of the Christian life and the joy and pleasure of submitting to God's perfect design for us.

Are you ready? It's time to grow!

A handwritten signature in black ink that reads "Peter Louis". The signature is written in a cursive, flowing style.

PREFACE

HOW *to* USE

This workbook is designed to be the companion for the book, *Now That You Are Born Again*. My hope is that you use this resource to help you dive deep into the beauty of God's design for your life now that you are born again.

As a companion workbook, you will first read a chapter in the book and then complete the corresponding workbook section. Please note that just as we all grow at different rates, we all digest things at different rates as well. Take time to fully digest the information, don't rush yourself.

In my own life, I have spent days reflecting on a single verse, only to find that single verse shifting my soul in huge ways. Our understanding of God's design is not a one-time read but a lifelong joy of growing up in the one who created us.

Take your time. Let your mind, body, and spirit sit with these truths. Once they take root, your day-to-day, week-to-week, and year-to-year will look wholly different than when you first started to uncover the truths of God. Truth changes us from the inside out. It grows us.

Both individuals and those in group settings can utilize this book. For groups, I recommend working through sections individually first and then coming together for lively discussion, prayer, and communion.

Each chapter has the following companion workbook exercises:

OVERVIEW

Each chapter will have a brief overview. I call this the 30,000-foot view. It will be the high points and big takeaways from each chapter at large. I do recommend taking your time reading carefully through each chapter. The tree-level view is equally as important as the 30,000-foot view.

GROWTH QUESTIONS

Growing us is God's nature. One of the ways growth happens is through questions and reflection. Don't skip the hard questions! Don't skip the seemingly easy questions! Every question is designed to probe your heart, mind, and spirit. The more we unearth about our thinking, the more aware we are of the Spirit in us.

SCRIPTURE WRITING

Writing is a bit of a lost art. Remember in elementary school when you would copy sentences to practice your penmanship? I love copying Scripture because it's God's penmanship. Each chapter has one or two Scriptures for you to copy in your own handwriting. This is another section I encourage you not to skip over quickly. There is something powerful about putting the word of God to pen and paper.

PRAYER FOCUS

Prayer moves the heart of God. In fact, he tells us to never stop praying! The Prayer Focus section is meant to be a guide, a starting point. Read it corporately or on your own.

NOTES

When I read, my books are marked-up, highlighted, and the margins are filled with notes. Whatever your reading style, I encourage you to write down your revelations. Write down your wrestlings, your old thinking, your new thinking, and everything in between.

RESOURCES

Growth inspires more growth. I find that as I'm learning one thing, I want to explore another, which leads me to yet more learning and so on. Each chapter will have additional resources for you to dive into. Please note that the podcasts referenced are from *The Braveheart Podcast*.

CHAPTER ONE

YOU'RE *a* GOOD SEED

BIG IDEA

When you said yes to God, everything changed. The old you is gone. You are a brand new creation, a good seed. Before, you were a slave to your flesh and your sin. You were captive and dying. But now you are born of God, free because of Jesus and a partaker of the divine nature of the very one who lives inside of you! It is the most seismic, cataclysmic shift in all the universe: the shift of the human body, mind, and spirit from dead to God to alive to him, from wayward, sinful seed to good seed born of God. And it describes you now that you are born again!

Part of being a good seed means that you have become righteous before God. Righteousness is the state of being right before God. It does not mean you *do* everything right. It means you have *become* right because of Jesus. When God looks at you, he sees righteousness. He sees the good seed.

Now that you're a good, righteous seed, there's a new road to walk—the road of the Spirit. Your old self walked in sin, selfishness, greed, jealousy, gossip, anger, lust, and unforgiveness. But your new self

gets to walk a new way. The new way has two simple realities to be mindful of when facing temptation:

1. **Your old man is dead and powerless.** The old way is a familiar path, but it leads to destruction. The old you was crucified and buried with Jesus.
2. **You are alive to God in Jesus Christ.** Being alive to God means we have access to God's nature and likeness: peace, compassion, forgiveness, joy, rest, power, and purity.

“So you also must consider yourselves dead to sin and alive to God in Christ Jesus.” (Romans 6:11)

DISCUSSION QUESTIONS

- What was it like when you said yes to God? What did you feel? What did you think?
- What are some of the tangible things that changed about you when you were replanted as a good seed? Think about the changes that occurred over time.
- You are a new creation, you are in Christ, the old you is gone. What else changes as this biblical truth is realized in your life?
- What excites you most about being reborn in Christlikeness?
- How will your life continue to look different as you truly believe you are a good seed?

PRAYER FOCUS

Speak life over yourself as a new creation this week. Allow the Holy Spirit to renew your mind.

Father, thank you that I am dead to my old ways. My old self is gone, buried with Jesus. When Jesus walked out of that grave, I walked out with him, a brand new creation born of Him.

Thank you that the work of Jesus is enough. I don't have to try to overcome my old sinful ways; you've already defeated them. Thank you

for placing me in Christ! Thank you that I am a good son (or daughter) who trusts in you with my future, my finances, my relationships, and my life. I trust you, Father, to care for me and all of my needs. I am alive to you! I am alive to your love and faithfulness! You have given me a spirit of power, love, and a sound mind.

SCRIPTURE WRITING

Copy the below verses in your own handwriting. They have been written in first person to make them more personal. Meditate on them throughout your week. Read them over yourself as personal statements and ask for revelation on what this looks like in your life.

“God made him who had no sin to be sin for me, so that in him I might become the righteousness of God.” (2 Corinthians 5:2)

“I have been crucified with Christ.” (Galatians 2:20)

“For I who have died have been set free from sin.” (Romans 6:7)

“So I also must consider myself dead to sin and alive to God in Christ Jesus.” (Romans 6:11)

NOTES

Dive Deeper! Visit the Braveheart Podcast: Now That You Are Born Again, God's Design for Spiritual Growth, Stop Wrestling with Your Old Man

CHAPTER TWO

a HEALTHY SPIRITUAL ENVIRONMENT

BIG IDEA

God's design works. It doesn't work sometimes. It doesn't work for a select few. It works all of the time for all of his children. In fact, his design is the only way we can grow up into salvation and experience all the peace and joy of being a true son or daughter. For anything to grow, it needs a healthy environment. As Christians, our healthy environment is the new covenant which was gifted to us the moment Jesus rose from the dead and ascended to his Father in Heaven.

There are four key components to our new covenant environment:

SOIL

Soil represents two distinct things. The first is our death, burial, and resurrection with Christ. Counter to the ways of the world, God's way requires that we must first die to our old selves in order to be raised to life and freedom with Jesus. This burial of the old self is critical to the growth of the new, good seed.

The second aspect of the soil is a healthy spiritual community. Loneliness is not God's design. We are created to be in an orchard with other believers, not growing alone in a field of isolation.

SUNLIGHT

Jesus says in John 8:12, “I am the light of the world.” He is the purest sunlight and the only thing that will grow a little seedling into a mature tree. Without light, there is no growth. Allowing God to love us becomes imperative to the Christian life. It is simple and nearly effortless on our part: enjoy the light of Jesus upon your day, your week, your year, your life. Let God love you.

WATER

The Holy Spirit is the refreshing water that sustains us. Without the Spirit, we dry out and become brittle. When Jesus ascended into Heaven, he gave us the Spirit who now dwells in us. We have access to a constant stream of living water!

OXYGEN

God’s grace is the oxygen that is all around us. It is what we breathe in, moment by moment. It sustains us and revives us. Our connection to God and our growth in him rests completely upon the work of Jesus on the cross. It rests not on our shoulders but instead on our surrender. Grace is a free gift that can’t be earned. Breathe it in!

***“If anyone is thirsty, let him come to me and drink.”
(John 7:37)***

DISCUSSION QUESTIONS

- How were you saved? How are you designed to grow up in salvation?
- What happens when you keep your eyes and ears fixed on Jesus?
- As you continue to live in a healthy spiritual environment, what in your life will begin to wither up and die?
- What is your role in salvation?
- One of the primary ways God grows his children is by bestowing love on them. Take time to ask God what He loves about you. Write down what you hear.

PRAYER FOCUS

Take a few minutes to write down tangible signs of God's new covenant environment in your life. Do you have memories of times, places, and people that you identify as being His soil, sunlight, water, and oxygen in your life? Thank Him for those specific instances. Thank Him for the goodness and faithfulness of His design. Ask for more of any of these that you want to receive from Him. God is a God of abundance, not shortages. Ask. Seek. See the goodness of God.

SCRIPTURE WRITING

Copy the below verses in your own handwriting. Meditate on them throughout your week. Read them over yourself as personal statements and ask for revelation on what this looks like in your life.

"For I will pour out water on the thirsty land and streams on the dry ground; I will pour out My Spirit on your offspring and my blessing on your descendants." (Isaiah 44:3)

"The city does not need the sun or the moon to shine on it, for the glory of God gives it light, and the Lamb is its lamp." (Revelation 21:23)

NOTES

Dive Deeper! Visit the Braveheart Podcast: Old Covenant vs. New Covenant, Old Covenant vs. New Covenant 2, God's Design for Spiritual Growth, When You Don't Feel The Love of God.

CHAPTER THREE

SPIRITUAL NOURISHMENT

BIG IDEA

God nourishes us. That's the big idea of not just this chapter but of the entire Christian life. God is the gardener, the supplier, the waterer, the redeemer, the grower. We are the seed—planted by him, grown by him, and nourished by him. You can take off the heavy burden of doing all the right things for God. He's done all the right things so that you can simply **be with Him**.

When you're with God, not striving *for* God, growth happens. There are four unique ways we are nourished in the New Covenant.

1. **The nourishing root of Israel.** For the ultimate redemption of humanity, God started by creating a family. This family started with Abraham, then Isaac, then Jacob, who was renamed Israel. When we become born again, we get grafted into Israel's story. This grafting means that we are nourished, blessed, and strengthened by inheriting the spiritual promises of relational proximity to God that were originally only given to the nation of Israel.
2. **Christ, our husband.** The church is called the Bride of Christ continually throughout Scripture. And there's a perfect husband coming back for his beautiful, spotless bride. Not only is Jesus coming

back for us, but his sacrifice on the cross wherein his body was broken, and his blood was spilled for you and me is our daily nourishment. Remembering his sacrifice nourishes our minds, bodies, and spirits.

3. **Together we are nourished.** God's nourishment not only connects us to him but also to one another. We are called to walk together as Christians, in unity.
4. **Truths of the Faith.** Truth nourishes us. We are what we think, therefore, we must think rightly about God, his love for us, his sacrifice for us, and his power in us. The word of truth is the Gospel which is the revelation of Jesus Christ. Truth nourishes us into Christlikeness and peaceful living.

***“For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.”
(Ephesians 5:29)***

DISCUSSION QUESTIONS

- From where are you currently receiving your nourishment?
- Jesus says that his body and blood are true food. What has shifted in your life since you put your faith in the cross and his resurrection? If he is true food, are you partaking of his death, burial, and resurrection?
- When you allow Jesus to meet your needs, what happens?
- If you have difficulty receiving, where does that stem from? Is that origin point a part of your old nature or is it a part of the new covenant?
- Say this over yourself: “I am a partaker of the divine nature, having been born of God and Jesus will nourish me out of the old life and into his image by revealing his nature to me through his word. As I spend time in God's word the Spirit will reveal Jesus to me! As Jesus is revealed to me, his likeness and character will come out of me!”

PRAYER FOCUS

Receiving from God can feel foreign if you haven't been given permission to receive it in the past. It's a childlike faith that allows us to put our arms up and say, "Yes, I want what you have for me."

Make a list of areas in life where you want Jesus to meet your needs, where you want to receive from Him, and where you want to grow in relationship with Him. Invite Him into these places in your life. Say, "Yes, I want what you have for me." Ask Him to remove any blocks to receiving, and thank Him for being a giver of good gifts.

SCRIPTURE WRITING

Copy the below verses in your own handwriting. Meditate on them throughout your week. Read them over yourself as personal statements and ask for revelation on what this looks like in your life.

"For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them." (John 6:55-56)

"Then you will know the truth, and the truth will set you free." (John 8:32)

"Sanctify them in the truth, your word is truth." (John 17:17)

NOTES

Dive Deeper! Visit our Other Resources: Keep the Blood Warm Video Course, Keep the Blood Warm Book, Stop Wrestling With Your Old Man

CHAPTER FOUR

TIME: *The* GROWTH PROCESS

BIG IDEA

Now that you are born again, time is your friend. What a shift in thinking, right? Before God, time is often the enemy. There is never enough of it, we are always fighting against its passing and we often lay in fear for what it holds for us. But once God enters the picture, everything shifts.

When it comes to time our job is overwhelmingly simple: partner with God's design. We are God's workmanship. We must allow him to grow us up through his grace, his truth, and his love. We can't hustle our way into growing up. We can't force growth or make it happen on our own merit.

Growth requires time. We must trust God's process to work. As we become firmly planted in the new covenant and set our eyes on the complete works of Jesus, we WILL grow. It's not a maybe or a let's-hope-it-happens. It's a guarantee. If you're getting nourished by God through grace, his promises, and the church, growth is coming for you.

Remember that true growth is often not without hard seasons. The Scriptures frequently warn of this reality. There are storms and droughts in life. But when you are planted firmly in God, he will grow you through the hard seasons. The fruit of faith and endurance will be a full harvest in your life.

Don't be afraid of time. It isn't against you anymore. God owns it, and he owns you. Go to him for nourishment. After all, he loves you enough to graft you into his family through the blood of Jesus. He loves you enough to call you his beloved. That kind of love doesn't leave; it remains, it tends, it grows.

“For you died, and your life is now hidden with Christ in God.” (Colossians 3:3)

DISCUSSION QUESTIONS

- Welcome to eternity. Take a deep breath. Time now works in your favor. What freedom does this reality bring to your life?
- Where in life have you been attempting to force growth?
- Where in life have you been refusing to grow?
- Think about some of your favorite Bible stories. What role did time play in them?
- How patient is God?
- What will sustain you during challenging days?

PRAYER FOCUS

There's a list of questions on pages 51 and 52 of the book which help us determine whether or not we're resting in the timing of God's design. Review these questions. Spend time engaging with any of the spiritual truths that stand out as you review them. Acknowledge where you've been distracted or lost sight of God's design. Ask God for grace and strength to keep your eyes on Jesus and the truth about who He is. Ask him to nourish you with his smile and to wash you with his Spirit.

SCRIPTURE WRITING

Copy the below verses in your own handwriting. Meditate on them throughout your week. Read them over yourself as personal statements and ask for revelation on what this looks like in your life.

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” (Ephesians 2:10)

“He has made everything beautiful in its time.” (Ecclesiastes 3:11)

NOTES

Dive Deeper! Visit the Braveheart Podcast: [Receiving Unto Reigning](#), [Count It All Joy](#), [Running with Horses](#)

CHAPTER FIVE

YOUR PURPOSE *in* LIFE

BIG IDEA

Purpose. People long for it. People endlessly search for it. Whole books have been written on finding it. I have refreshing news: you have found your purpose. YOU!

The moment we are born again, God gives us purpose and meaning. That purpose and meaning hinge on one thing: abiding in Christ. We have Christ in us, and simultaneously we are also in Christ. We must stay where we belong if we want to grow up into the mature Christian God has planned for us to be.

When you abide with Christ, you will bear fruit. He lives inside you after all. The more you look at Jesus, the more you allow God's love to shine on you, the more you will bear fruit that looks like him: peace, joy, patience, compassion, kindness, forgiveness, gentleness, and graciousness. When you are filled to the brim with Jesus and his love for you, your life will be filled to the brim with beautiful fruit that only comes from God.

What does abiding look like in your daily life? God made us all uniquely, so our avenues of connection to God can look different from per-

son to person. A few things that are consistent for all Christians are: spending time reading/listening to the Bible, enjoying consistent communion and prayer, spending time corporately worshiping Him with others.

There are also person-specific ways of abiding in Christ. Here are a few of my unique expressions of abiding: going on a long run while talking to God, spending time in my garden, soaking up time with my wife and children, looking in awe at the world he created, dreaming big dreams, opening my home to others, enjoying an early morning cup of coffee while reading the Bible, eating a perfectly cooked steak, coaching my sons' soccer teams—and it's all done *with God*. It's all done through abiding.

You see, abiding isn't stagnant or boring. Abiding is the beautiful adventure of enjoying God because he enjoys us and because our very lives are a response to God's extravagant love for us. And when you abide, you will bear much fruit!

***“Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”
(John 15:4-5)***

DISCUSSION QUESTIONS

- How do you know that you belong to Jesus?
- Jesus loves you. What are some of the ways that he shows you this love throughout the day?
- There's no one else that has a relationship like yours and his. What does that relationship look like? How do you spend your time together? What do you talk about? What else would you like to invite him into?
- There is no end to the adventures he has planned for you and him. What attributes of and works of Jesus do you long to join him in? How would these change your inner and outer life?
- What are you most looking forward to as you continue to live in Christ?

PRAYER FOCUS

Identify some of the fruit of the Spirit in your life. What fruit do you want him to grow through you? Ask Jesus to make the exchange—to take whatever old nature needs to wither away and replace it with the fruit of the Holy Spirit. Trust that he will be with you during this shift in your inner life.

SCRIPTURE WRITING

Copy the below verses in your own handwriting. Meditate on them throughout your week. Read them over yourself as personal statements and ask for revelation on what this looks like in your life.

“By this we know that we are in him: whoever says he abides in him ought to walk in the same way in which he walked.” (1 John 2:5-6)

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10)

NOTES

Dive Deeper! Visit the Braveheart Podcast: God's Greenhouse, Christ In You, Into The Promised Land

ABOUT *the* AUTHOR

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For more information on *Peter Louis* and
Braveheart, visit:

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BACK TO THE GOSPEL

Reviving the Church through the Message that Birthed It

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