

Just Breathe Again Study Journal

(Thank you for purchasing *Just Breathe Again!* book or e-book)

Ch 1: An Encounter

Romans 10:8-10 (NLT)

8 In fact, it says, “The message is very close at hand; it is on your lips and in your heart.” And that message is the very message about faith that we preach: **9** If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. **10** For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.

All of humanity needs a Savior. “When we come to the realization that we are in need of a Savior, we breathe in the revelation of Jesus Christ, sent from heaven, born of a virgin, crucified, and resurrected to forgive us of all sin and iniquity so we can be sons and daughters of God once again!”

“We breathe in the life of Christ, ...so we can represent Him on this earth now and for all eternity.” (Ch1)

Recall your first encounter with God. What do you remember?

Describe any other encounter you have experienced with God.

In what ways has each encounter changed you?

Rev. 12:11 **11** And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.” (NKJV)

They defeated him through the blood of the Lamb and the bold word of their witness. They weren't in love with themselves; they were willing to die for Christ. (The Message)

We defeat Satan, our enemy, the accuser, by the power of the blood of Jesus and by the boldness of our own testimony of a life in Christ! No fear can disrupt this while we continually breathe in [Christ] again.

We cannot limit our spirituality with the One who gives us life to just one encounter or experience. We must say, “Breath of God, fill me once again!”

Ch 2: Recognizing Who God Is

“Let the heavens rejoice, and let the earth be glad; Let the sea roar, and all its fullness; Let the field be joyful, and all that is in it. Then all the trees of the woods will rejoice before the Lord” (Psalms 96:11-12 New King James Version).

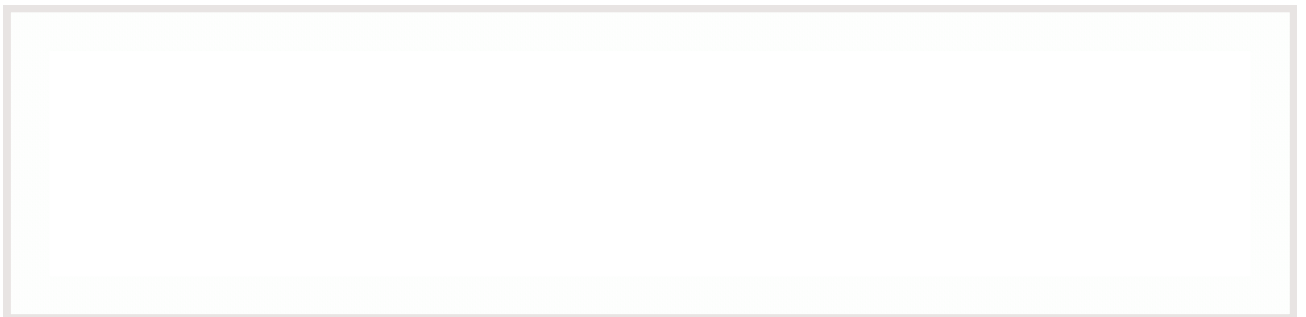
“This is the day the Lord has made; We will rejoice and be glad in it” (Psalms 118:24 NKJV).

Creation recognizes who God is and rejoices. We see this in nature in plants, animals, the seasons, and so on.

Who is God to you? How is He working in your life now?

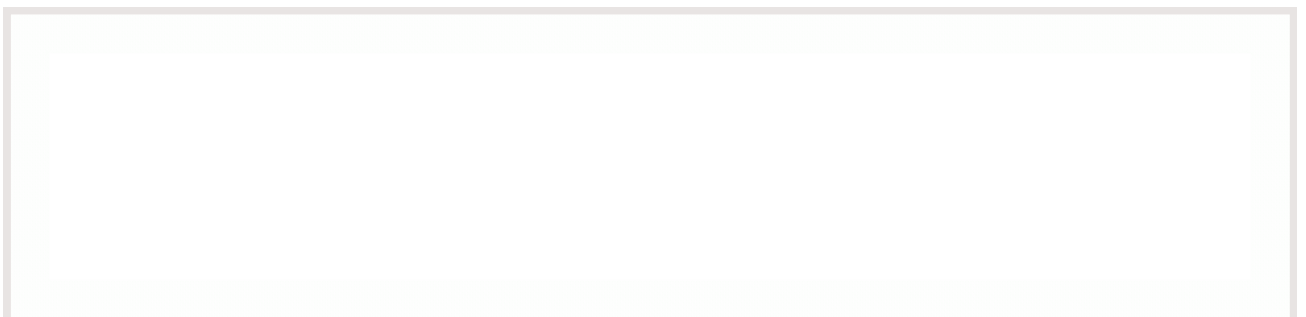


In what areas or situations do you expect God to move in?



Ch 3: Expression of Intimacy

What does it mean to be intimate?



David actively sought the heart of God and therefore he had the heart of God.

What steps can you take to have an intimate relationship with God?

What are you holding onto that you have difficulty with or refuse to put in the hands of God?

Worship brings you into the courts of the King where there is open communication, safety, peace, and joy.

While praise opens the gates of Heaven, worship takes you to the throne room.

The gates of Heaven afford us access to the King of Kings and His kingdom. We should be living in this realm every day because being born-again gives the sons and daughters of God an inheritance and access to a kingdom that the world cannot give or promise. In this kingdom, we can communicate with God and identify with the nature of God. And being born-again, become one with the One who created us. We can also speak on God's behalf. Understanding this, we also have the responsibility of acting on God's behalf according to the principles of His kingdom, not this world's kingdom. See John 17. Here Jesus prays for us asking the Father to protect us by the power of His name, the name of Jesus, and to make us one as he and the Father are one.

John 17:13 "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them" (NIV).

John 17:20-21 My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that You have sent me" (NIV).

Ch 4: Relationship Goals

Who do you trust and why?

Do you trust God? How much?

Are there areas in which you struggle to trust God?

How do we know that God can trust us?

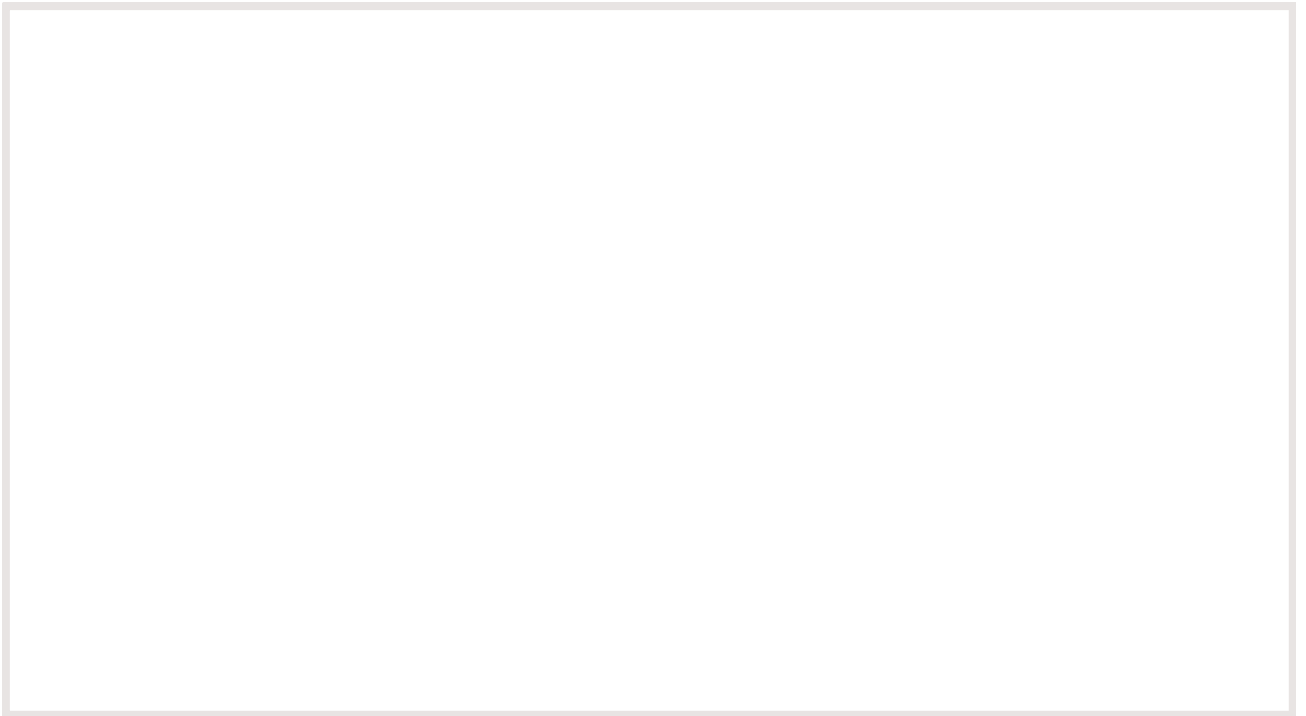
“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing... Blessed *is* the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him (James 1:2-4, 12 NKJV).

In what ways have you been tested or had to persevere? (See Hebrews 12:5-11)

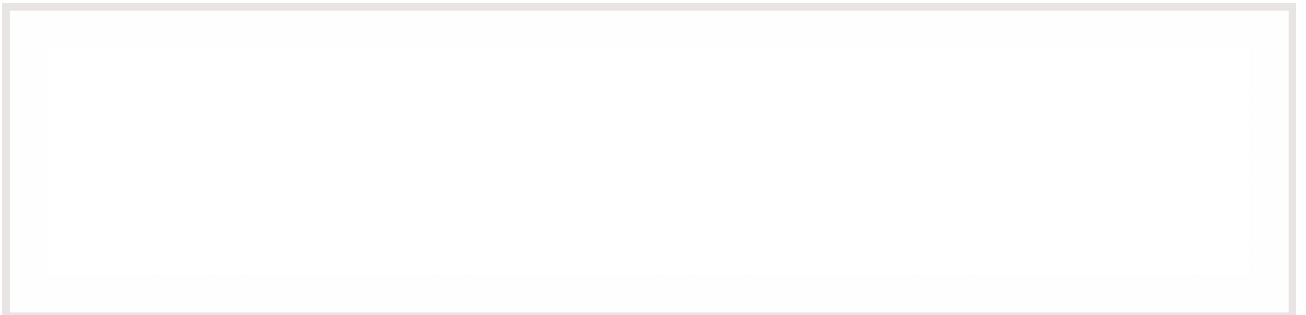
“My Beloved is mine and I am His” (Song of Solomon 2:16).

Are you confident that God loves you? How do you know? Share a thought, experience, or scripture that gives you confidence in this truth.

Describe your relationship with God.

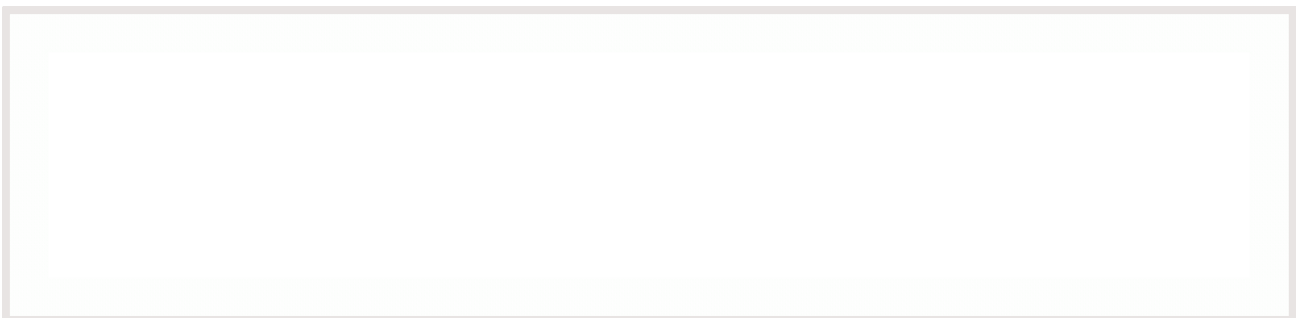


What goals do you have to improve your relationship with God?



The Beloved speaks to the Shulamite woman in this way. “Arise, come, my darling; my beautiful one, come with me...show me your face, let me hear your voice; for your voice is sweet, and your face is lovely “(Song of Songs 2: 10,14).

How does He speak to you at this point in your life?



Ch 5: The Challenge

Being satisfied is a challenge because we tend to want immediate rewards and immediate gratification.

How would describe impatience?

What is the fruit of impatience? What has impatience looked like in your life?

James 1:2-7 talks about how patience works in our lives.

My brethren, count it all joy when you fall into various trials, **3** knowing that the testing of your faith produces ^[a]patience. **4** But let patience have *its* perfect work, that you may be ^[b]perfect and complete, lacking nothing. **5** If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. **6** But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. **7** For let not that man suppose that he will receive anything from the Lord; **8** *he is* a double-minded man, unstable in all his ways. (NKJV)

Have you or someone close to you experienced a time when patience produced the fruit it was designed to produce?

Ch 6 Learning to Breathe

As we breathe Him in, we grow, mature, and fall completely in love with God so much so that we are one with Him.

I Corin. 10:13 (NIRV) **13** You are tempted in the same way all other human beings are. God is faithful. He will not let you be tempted any more than you can take. But when you are tempted, God will give you a way out. Then you will be able to deal with it.

How do you know when you are being tempted or tested?

What tests or challenges have you successfully conquered?

War or fight with these successes or testimonies. They are weapons in your hand against Satan and your flesh. (See Rev. 12:11)

Rom 8:31-39 (NIV) **31** What, then, shall we say in response to these things? If God is for us, who can be against us? **32** He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? **33** Who will bring any charge against those whom God has chosen? It is God who justifies. **34** Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. **35** Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? **36** As it is written:

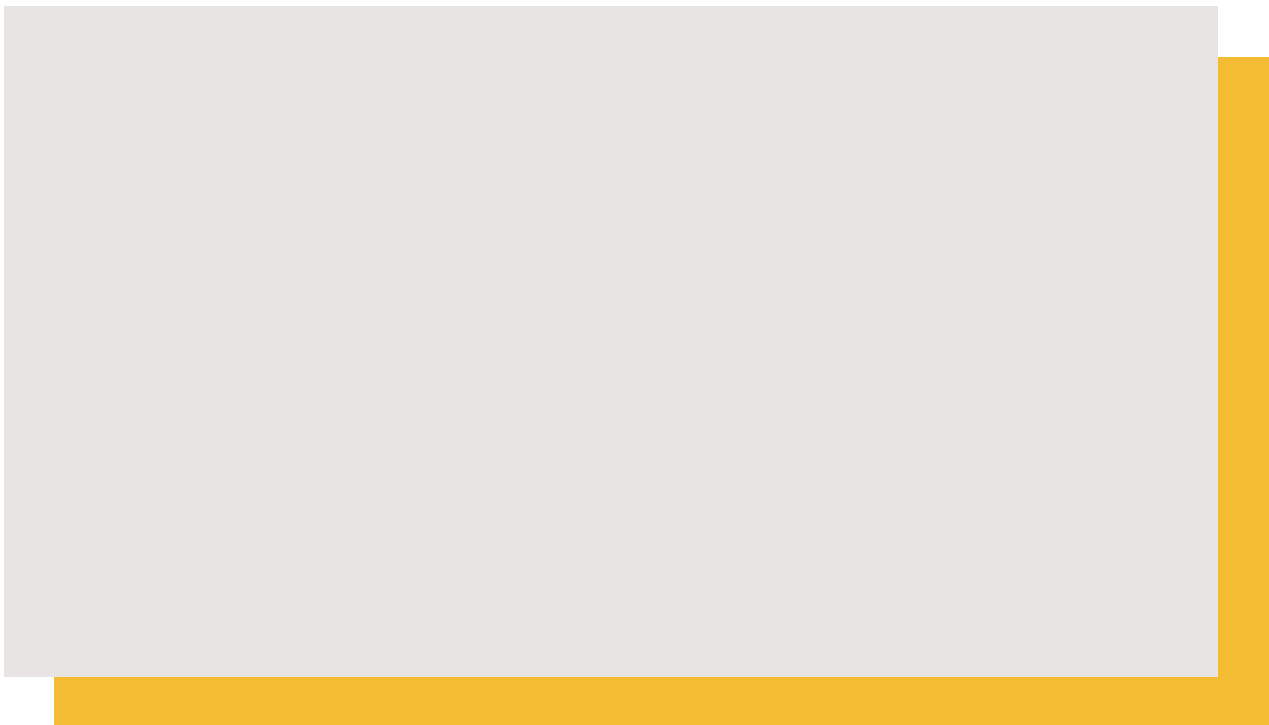
“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”^[a]

37 No, in all these things we are more than conquerors through him who loved us. **38** For I am convinced that neither death nor life, neither angels nor demons,^[b] neither the present nor the future, nor any powers, **39** neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

(See Rev 21:6-8)

John 15:11 (NKJV) **11** “These things I have spoken to you, that My joy may remain in you, and *that* your joy may be full.

What does it mean for you to be full of God’s joy?





Prayer

Father, in the name of Jesus, I am so thankful for your living presence in my life. By your grace, I am saved. Forgive me for any area in which I have not surrendered completely to you and for every wall or temptation that has clouded my way. I thank you for Your breath, your sustaining breath that I get to receive again and again until I am full of your joy, peace, and power. Destroy every chain that binds me to anything that separates me from You. Today, I take another breath of your Spirit, another breath of your peace, another breath of your strength, and another breath of your power. With this new breath, I walk into today boldly, trusting in Your word to be alive in me. Thank you for your everlasting Presence in my life and the grace to continue every day with you!