

## SESSION #3 WHAT DOES IT MEAN TO BE BORN AGAIN?

### What Happened to Me Since I Believed?

#### CONNECTION:

##### QUESTIONS TO CONSIDER:

1. What is the definition of “Being Born Again”?
2. Why does a person need to be “Born Again”?
3. How does a person become “Born Again”?

##### KEY SCRIPTURE:

###### **John 3:1-15 (NLT)**

3 There was a man named Nicodemus, a Jewish religious leader who was a Pharisee. 2 After dark one evening, he came to speak with Jesus. “Rabbi,” he said, “we all know that God has sent you to teach us. Your miraculous signs are evidence that God is with you.” 3 Jesus replied, “I tell you the truth, unless you are born again, you cannot see the Kingdom of God.” 4 “What do you mean?” exclaimed Nicodemus. “How can an old man go back into his mother’s womb and be born again?” 5 Jesus replied, “I assure you, no one can enter the Kingdom of God without being born of water and the Spirit. 6 Humans can reproduce only human life, but the Holy Spirit gives birth to spiritual life. 7 So don’t be surprised when I say, ‘You must be born again.’ 8 The wind blows wherever it wants. Just as you can hear the wind but can’t tell where it comes from or where it is going, so you can’t explain how people are born of the Spirit.” 9 “How are these things possible?” Nicodemus asked. 10 Jesus replied, “You are a respected Jewish teacher, and yet you don’t understand these things? 11 I assure you, we tell you what we know and have seen, and yet you won’t believe our testimony. 12 But if you don’t believe me when I tell you about earthly things, how can you possibly believe if I tell you about heavenly things? 13 No one has ever gone to heaven and returned. But the Son of Man has come down from heaven. 14 And as Moses lifted up the bronze snake on a pole in the wilderness, so the Son of Man must be lifted up, 15 so that everyone who believes in him will have eternal life.

#### UNDERSTANDING THE SINFUL NATURE:

1. **We are all \_\_\_\_\_ with \_\_\_\_\_.**

###### **5:12-14 (NLT)**

12 When Adam sinned, sin entered the world. Adam’s sin brought death, so death spread to everyone, for everyone sinned. 13 Yes, people sinned even before the law was given. But it was not counted as sin because there was not yet any law to break. 14 Still, everyone died—from the time of Adam to the time of Moses—even those who did not disobey an explicit commandment of God, as Adam did. Now Adam is a symbol, a representation of Christ, who was yet to come.

2. **We can not do the \_\_\_\_\_ thing for the \_\_\_\_\_ through our own \_\_\_\_\_.**

###### **Rom 7:21-25 (NLT)**

21 I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. 22 I love God’s law with all my heart. 23 But there is another power[a] within me that is at war with my mind. This power makes me a slave to the sin that is still within me. 24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25 Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.

3. The result of the \_\_\_\_\_ nature is \_\_\_\_\_ and \_\_\_\_\_ that we can not be \_\_\_\_\_ of without \_\_\_\_\_.

**Rom 8:5-9 (NLT)**

5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. 7 For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. 8 That's why those who are still under the control of their sinful nature can never please God. 9 But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.)

4. We need a \_\_\_\_\_ heart ( a new \_\_\_\_\_ and a new \_\_\_\_\_ to do God's will).

**Ezek 36:26-28 (NLT)**

26 And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. 27 And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations. 28 "And you will live in Israel, the land I gave your ancestors long ago. You will be my people, and I will be your God.

## **UNDERSTANDING THE NEW NATURE:**

1. The Holy Spirit \_\_\_\_\_.

**2 Corinthians 5:17 (NLT)**

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

**QUESTION TO CONSIDER:**

How does the Holy Spirit change us?

2. He comes to \_\_\_\_\_ within us the moment we \_\_\_\_\_ God into \_\_\_\_\_.

**Rom 8:9-11 (NLT)**

9 But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) 10 And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. 11 The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

**2 Tim 1:14 (NLT)**

14 Through the power of the Holy Spirit who lives within us, carefully guard the precious truth that has been entrusted to you.

3. He \_\_\_\_\_ and \_\_\_\_\_ you.

**Titus 3:3-6 (NLT)**

3 At one time we too were foolish, disobedient, deceived and enslaved by all kinds of 3 Once we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. 4 But—When God our Savior revealed his kindness and love, 5 he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. 6 He generously poured out the Spirit upon us through Jesus Christ our Savior.

4. He \_\_\_\_\_ you for \_\_\_\_\_.

**Acts 1:8 (NLT)**

8 But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.”

5. He gives you the \_\_\_\_\_ to \_\_\_\_\_.

**Gal 5:16-26 (NLT)**

16 So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. 17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. 18 But when you are directed by the Spirit, you are not under obligation to the law of Moses. 19 When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, 20 idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, 21 envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. 22 But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control. There is no law against these things! 24 Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. 25 Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. 26 Let us not become conceited, or provoke one another, or be jealous of one another.

## **WHAT ARE SOME INDICATIONS THAT WE ARE BORN AGAIN?**

1. A \_\_\_\_\_ to the \_\_\_\_\_.

**John 16:13-14 (NLT)**

<sup>13</sup> When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future. <sup>14</sup> He will bring me glory by telling you whatever he receives from me.

2. A \_\_\_\_\_ for \_\_\_\_\_.

**Matt 5:6-7 (NLT)**

<sup>6</sup> God blesses those who hunger and thirst for justice, for they will be satisfied. 7 God blesses those who are merciful, for they will be shown mercy.

**3. Evidence of \_\_\_\_\_.**

**Rom 6:1-7 (NLT)**

6 Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? 2 Of course not! Since we have died to sin, how can we continue to live in it? 3 Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? 4 For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives. 5 Since we have been united with him in his death, we will also be raised to life as he was. 6 We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. 7 For when we died with Christ we were set free from the power of sin.

**4. A \_\_\_\_\_ to \_\_\_\_\_ to the Holy Spirit.**

**ZOOM TALK:**

Share several ways that you have seen change in your life.

**QUESTION TO CONSIDER:**

Do you see any evidence of the Holy Spirit at work in your life? If so, how?

**THIS WEEKS ASSIGNMENT**

Read and Complete the following pages

# WHAT HAPPENED TO ME SINCE I BELIEVED?

## I. OBJECTIVE

To explain to new believers the new nature that was given to them in Christ Jesus.

## NOTES

### MEMORY VERSES:

#### JOHN 3:3 (NLT)

3 Jesus replied, "I tell you the truth, unless you are born again, you cannot see the Kingdom of God."

#### 2 CORINTHIANS 5:17 (NLT)

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

## II. INTRODUCTION

Jesus did not die on the cross simply to offer us a new religion. Jesus died to take upon himself the sins of the world so we might have access to God. This access gives us the right to become God's children through Jesus Christ. As a result, Jesus sends the Holy Spirit into our lives to give us a new nature. This new nature is commonly referred to as being "born again".

**KEY PRINCIPLE: WHAT HAPPENED TO YOU** When you received Jesus Christ as your savior, many wonderful things happened to you immediately, regardless of whether or not you felt any different.

### 1. You were born again (or "born from above")

Read John 3:1-15 and answer the following questions:

- What did Jesus say concerning entering into the kingdom of God?

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- If we are born once in the flesh, how can we be born a second time?

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## 2. You received a new nature

Read and answer:

## NOTES

- 2 Corinthians 5:17

What did Paul the Apostle mean when he declared, “If anyone is in Christ, he is a new creation”?

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- Romans 3:23

How many of us sin? \_\_\_\_\_

- Romans 6:1-11

Why did Paul the Apostle tell us that we do not have to sin any longer?

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If we were united with Christ in his death and resurrection, what can we now enjoy? \_\_\_\_\_

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What are we now dead to? \_\_\_\_\_

What are we now alive to? \_\_\_\_\_

- Ephesians 1:3-4

God chose us in Him to be \_\_\_\_\_

- Psalm 99:9; 1 Peter 1:15

Who is holy? \_\_\_\_\_

- 2 Timothy 1:9

Who does God require to be holy? \_\_\_\_\_

- Romans 8:1-15

Who help us to be holy? \_\_\_\_\_

Definition of holiness: \_\_\_\_\_

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**3. You were adopted into God's family**

Read and answer:

- Ephesians 1:5-6; John 1:12

Who is adopted into God's family? \_\_\_\_\_

\_\_\_\_\_

- Romans 8:14-17

If we are now His children, how should we live? What does it mean to be a child of God? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As a result of being a child of God, we have a loving Father who protects us and provides for our needs. We are also part of a family that consists of all the saints of God. These are a couple of the many benefits of being adopted into God's family. Read the following scriptures to learn more:

- Ephesians 1:18

What do we inherit? \_\_\_\_\_

\_\_\_\_\_

- 1 John 3:1-2

What will happen to us when God appears? \_\_\_\_\_

\_\_\_\_\_

While we reap the benefits of being God's children, there are also responsibilities that go along with this amazing privilege. Try to name as many of these responsibilities as you can: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4. You were forgiven of all your sins**

Many people who have been Christians for years continue to struggle with the sins of their past. They live in guilt and condemnation even though God has forgiven them. Read Psalm 103:12. Think about what God has done with your sins. Take a moment and thank Him for His forgiveness.

What must we continue to do in order to live in freedom from guilt and condemnation?

- Accept Christ's love and forgiveness daily  
(1 John 1:8; 2:1-2)
- Refuse to listen to the accusations of the devil  
(Zechariah 3:1)
- Walk in God's Grace every day  
(Ephesians 2:8-9)
- Confess God's love and mercy over your life daily  
(Romans 10:9-10)

**5. You were given eternal life**

Read John 3:16

Who can receive eternal life? \_\_\_\_\_

What is eternal life? Eternal life is so much more than existing for eternity! Eternal life is:

- Being born again with Jesus Christ living within every born again believer  
(John 15:1-8)
- Enjoying diving fellowship with God forever  
(Romans 8:35-39)
- Enjoying a new home in heaven after we die or when Jesus comes to take us home  
(John 14:1-3; 1 Thessalonians 4:15-18; 2 Corinthians 5:1-4)
- Possessing an incorruptible body  
(1 Corinthians 15:50-57)

**6. You were given victory over your old temptations and sins**

Read Romans 6:12-18

**7. You were given the Holy Spirit to help you live for God and do His Will**

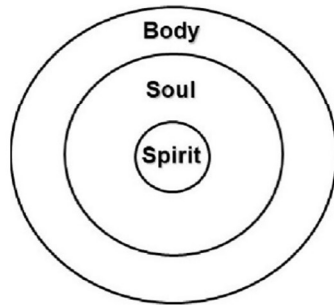
Read John 14:15-16; 16:5-11

What did Jesus promise He would give us when He went to Heaven and why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# The Structure of a Person



## Body - World Consciousness

Senses: See, touch, taste, smell and hear  
 - May yield to indulgences, sensuality

Well Being: Physical Systems, Strength, Disorders  
 - May become diseased or afflicted

Appearance/Action: May become self-serving or God pleasing

## Soul - Consciousness

Intellect: The mind, thoughts, reason  
 - May yield to unbelief and/or confusion, etc

Emotion: Feelings, temperament, concerns  
 - May yield to bitterness, lust, anger, etc.

Will: Choices/actions  
 - May yield to disobedience

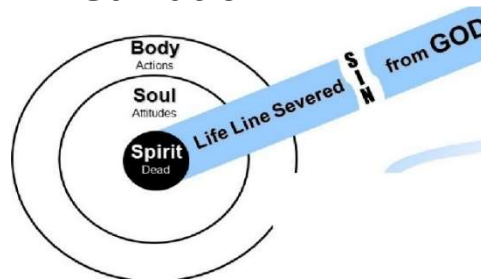
## Spirit- God Consciousness

Faith: Assurance, stability  
 - Fed by the Word

Hope: Confidence, expectancy  
 - Sustained by looking onto Jesus

Love: Communication, motivation  
 - Nured by the flow of the Holy Spirit

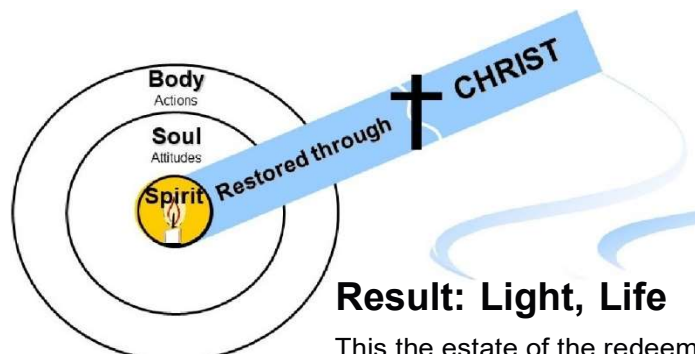
# The Condition of a Person Before Salvation



## Result: Darkness, Death

This the estate of the unsaved.  
 "Dead in trespasses and sin."

# The Condition of a Person After Salvation



## Result: Light, Life

This the estate of the redeemed.  
 "Reconciled to God in Christ."