



**“New Birth, New Life”**  
**John 3:1-17**

**Big Idea:** The Kingdom of God is entered through spiritual rebirth, not religious effort.

**I. The Limitation of Religious Effort [3:1-3]**

**Application Questions:** Do I trust my spiritual résumé [What I have done?] or Do I Trust in God's transforming grace?

**II. The Nature of Spiritual Rebirth [3:4-8]**

**Application Question:** Have I tried to manage my relationship with Jesus [spiritual life]... instead of surrendering to God's renewing work?

**III. The Source of New Life [3:9-15]**

**Application:** Don't merely admire the cross. Don't merely understand the cross. Look to Christ in trust – and live.

**IV. The Heart of God for New Birth [3:16-17]**

**Application:** God is not waiting for spiritual improvement before welcoming you. He invites rebirth because He loves you.

**Study Question [Challenge and Prayer]**

[1] Question: Am I relying on religious effort to define my relationship with God, or have I fully trusted and surrendered to the new life offered through faith in Christ?

[2] Challenge: This week, intentionally shift your focus from performance to trust: (1) Take time each day to reflect on the cross (John 3:14-16), (2) When you feel tempted to measure your faith by what you've done, pause and consciously place your confidence in Christ's finished work, (3) Ask God to reveal any areas where you are managing your spirituality rather than surrendering your heart.

[3] Prayer: Confess how easily you rely on your effort instead of God's grace. Thank God for loving you enough to offer new birth through Christ. Ask God to renew your heart by His Spirit and teach you to trust fully in the One lifted up for your salvation.

[John 3:1-3] Now there was a man of the Pharisees named Nicodemus, [7:50, 19:39] a ruler of the Jews.

[Luke 24:20] [member of the Jewish governing council called the Sanhedrin] <sup>2</sup> This man came to Jesus by night and said to him, [12:42] “Rabbi, [1:38] we know that you are a teacher come from God, for no one can do these signs that you do unless God is with him.” [Acts 2:22, 10:38, 5:36, 9:33]

<sup>3</sup> Jesus answered him, “Truly, truly, I say to you, unless one is born [1:13] again [2 Cor. 5:17, Gal. 6:15, 1 Peter 1:3,23] he cannot see [3:36] the kingdom of God.” [3:36]

[1 Peter 1:3] Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, . . .

[John 3:4-8] <sup>4</sup> Nicodemus said to him, “How can a man be born when he is old? Can he enter a second time into his

mother's womb and be born?” <sup>5</sup> Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. [Ezekiel 36:25-27,

Mark 16:16, Acts 2:38, Ephesians 5:26, Titus 3:5, Hebrews 10:22] <sup>6</sup> That which is born [1 Corinthians 15:50]

of the flesh is flesh, [6:63] and that which is born of the Spirit is spirit. <sup>7</sup> Do not marvel that I said to you, [5:28] ‘You

must be born again.’ [3:3] <sup>8</sup> The wind blows [Ecclesiastes 11:5, Ezekiel 37:9] where it wishes, and you hear its sound, but you do not know where it comes from or where it goes.

So it is with everyone who is born of the Spirit.” [1 Cor. 2:11]

[John 3:9-15] Nicodemus said to him, “How can these things be?” [6:52-60] <sup>10</sup> Jesus answered him, “Are you the

teacher of Israel and yet you do not understand these things? [9:30] <sup>11</sup> Truly, truly, I say to you, we speak of what we know,

and [we] bear witness to what we have seen, [3:32] but you do not receive our testimony. [3:32] <sup>12</sup> If I have told you

earthly things and you do not believe, how can you believe if I tell you heavenly things? <sup>13</sup> No one [Proverbs 30:4;

Acts 2:34; Ephesians 4:9] has ascended into heaven [7:34] except He who descended from heaven, the Son of Man.

[3:31, 6:38, 6:42, 6:62, 1 Corinthians 15:47, Romans 10:6] <sup>14</sup> And as Moses lifted up the serpent in the wilderness,

[Numbers 21:9] so must the Son of Man be lifted up, [8:28, 12:32, 34] <sup>15</sup> that whoever believes in him [15:4, 16:33,

1 John 5:12,20] may have eternal life. [John 3:36]

[John 3:16-17] “For God so loved [Romans 5:8, Ephesians 2:4, 2 Thessalonians 2:16, 1 John 3:1, 4:9-10] the world, [1:29] that he

gave his only Son, [Romans 8:32] that whoever believes in him should not perish but have eternal life. [10:28] For God did

not send his Son into the world to condemn the world, [Romans 8:3; 1 John 4:9, 10, 14] but in order that the world

might be saved through him. [5:45, 8:15, 12:47]