

WORKOUT

JOHN 3:1-15

Believe
and
LIVE
THE GOSPEL OF JOHN



Read all of John chapter 3, focusing on verses 1-15.

Ponder the importance of being “born again.”

- What is the result of being born again? (vs 3)
 - Consider the relationship between the kingdom of God and eternal life (vs 5, 15, 36).
- How does being born again differ from physical birth? What is the origin of this birth? (see John 1:12)
- What does it mean to be born “of water and the Spirit” (vs 5)?
 - Read Ezekiel 36:22–37:10, with particular focus on 36:25-28.
 - Why do we need to be cleansed? What does God say He will do in these verses?

Read verses 14-15 alongside Numbers 21:4-9. What parallels do you notice? Consider the connection between “beholding the Lamb of God,” believing, and having eternal life.



Pray Holistically

Read John 3:6-7 and pray in adoration of the Spirit who brings us spiritual life.

- Father, apart from you, we can do nothing. We are dead in our trespasses and sins and are hopeless to change our own spiritual condition. We stand in awe of your grace that you would give us new life.

Pray Personally

Read John 1:12 and John 3:36. Pray in thanksgiving for the new life you have received.

- Father, you alone are my Savior. You are Creator and Sustainer of all life, and the author and perfecter of my faith. I have life because you have given me the right to be adopted into your family. Thank you for this grace I have been shown. Help me to walk in obedient trust as your child.
- Consider your own sin and what God has rescued from, and include these specifically in your prayers. Think about how you have seen God grow you to be more like Jesus, and give Him praise for specific measures of growth and grace you have experienced.



Unless you are born again, you cannot see the kingdom of heaven (vs 3). Whoever believes in Jesus has life in Him (vs 15). This week, write out your conversion story in a way that makes much of God’s work in you to give you new life in Christ and that points people to the hope of the gospel.

Read Acts 26:4-23 to see a model of the apostle Paul sharing his story.

- Before you knew Jesus, what was your life like? Where were you seeking satisfaction or fulfillment?
 - If you came to faith as an adult, consider how you might generally describe your life before Christ without shying away from your sin, but without going into unnecessary detail.
- When did you see your sin and need for a Savior? Describe your response of repentance and faith.
 - If you came to faith as a child or grew up in a Christian family, talk about the difference between verbally affirming belief in Jesus simply because your family does and personally trusting that Jesus is worth everything.
- How has God been working in your life to make you more like Jesus since your conversion?

After you write out your testimony, read it aloud to yourself and think about how you would share it with someone else who may not know the Lord.

- Are there any words or phrases that someone without a Christian background might not understand?
- Does your story sound like it is more about Christ or yourself?
- What Scriptures can you use to help explain parts of your story?
 - For verses about sin, look at Ephesians 2:1-3, Romans 3:23, Romans 6:23, Galatians 5:17-21, or Titus 3:3. For verses about redemption, check out Ephesians 2:4-10, Titus 3:4-7, or Romans 8.