

# WORKOUT

# JOHN 3:22-36

*Believe*  
and  
**LIVE**  
THE GOSPEL OF JOHN



**Read all of John chapter 3, focusing on verses 22-36.**

Ponder new birth, belief, and eternal life in Christ.

- What similarities do you notice between the truth revealed in Jesus' interaction with Nicodemus and in John the Baptist's testimony?

What does John's response to his disciples reflect about his belief in Jesus?

- Consider John's recognition of who he is, given in the metaphor of the bride and bridegroom in verse 29. What is the relationship between belief and humility?
- Meditate on John's admission of where his worth and his joy is found. It is not in that he baptizes or that his disciples follow him, but in Christ. Everything he has comes from God, therefore, "He must increase."
- Consider the necessity of humble submission for belief. How should we think about, and follow, John's declaration that "I must decrease" in line with the reality that we have nothing apart from God?
- What do verses 31-36 reveal that John believes about who God is?



## Pray Holistically

Read John 3:30 and consider John's proclamation as a confession of his hope: "He must increase, I must decrease."

- Pray in adoration of and submission to God who is above all.
- Father, you are above all and have no equal. I have life because of you and I exist to bring you glory. In my life, may you increase and I decrease. In my goals and my ambitions, may you increase and I decrease.

## Pray Personally

Read John 3:27 and consider John's declaration, "A person cannot receive even one thing unless it is given him from heaven."

- Pray in thanksgiving to God— the Giver of every perfect gift (James 1:17).
- Father, I do not have anything that I have not received from you. Help me to recognize that I am merely a steward of everything I have. Give me wisdom to use all that you have given to point others to you.
- Consider making a list in your journal or to leave in your Bible of ways the Lord has grown you and things He has given or taught you. Be intentional each day to pray and give God glory for the specific gifts of grace He has given you.



Whoever believes in Jesus has eternal life; whoever does not believe is under God's wrath.

Ask another Jesus follower about their conversion story. In particular, look to engage someone whose story you do not already know.

- Ask them questions about what their life was like before Jesus. Where were they looking for hope, joy, or fulfillment? What did they think about God? When did they first learn who Jesus was?
- Ask them questions about when they became aware of their own sin and need for a Savior.
- Ask them questions about faith. When did they begin to see Jesus as worth everything?
- Ask them questions about how they have seen the Lord work in their life since their conversion.

Share your own story of God working in you with this person, and together, praise the Lord for the hope of life in the gospel.