Jesus and Nicodemus: Understanding Spiritual Rebirth



Explore Jesus' conversation with Nicodemus to uncover the heart of spiritual rebirth and the gospel's transformative power.





Table of contents

Introduction	3
<u>Day 1: Nicodemus Approaches Jesus at Night</u>	4
Day 2: Born Again: A Spiritual Rebirth	10
Day 3: 1 The Work of the Spirit	16
<u>Day 4: ♥ God's Love Revealed</u>	22
Day 5: Belief and Judgment	28
Day 6: 1 Light Versus Darkness	34
Day 7: 🐪 Eternal Life Through Jesus	40







Introduction

Welcome to this 7-day Bible study plan focused on one of the most profound encounters in the Gospels—the conversation between Jesus and Nicodemus recorded in John 3:1–21. This passage unveils the essential truth of being "born again," a spiritual rebirth that changes hearts, minds, and eternal destinies.

Nicodemus, a respected Pharisee, approached Jesus at night, seeking understanding beyond what he thought he knew. Jesus' response was revolutionary, teaching that entry into God's kingdom can't come from human effort or status but from a transformation by the Spirit. This conversation encapsulates the core of the gospel message—God's love, the necessity of faith, and the promise of eternal life.

Over the next seven days, we will journey through this encounter, exploring what it means to be born again, why Jesus came, and how this message continues to challenge and change lives today. Expect to reflect deeply on both the theological and personal implications of this dialogue, as well as the hope that flows from God's redemptive plan.

As you dive into these passages, prepare to confront your own understanding of faith, grace, and renewal. May this study inspire a fresh encounter with Jesus and a renewed passion for living out the gospel.







Day 1: Nicodemus Approaches Jesus at Night









Day 1: 🜙 Nicodemus Approaches Jesus at Night

Your Verse

John 3:1-2 - "Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. He came to Jesus at night and said, 'Rabbi, we know that you are a teacher who has come from God."

Supporting Scriptures

- John 7:50 'Nicodemus, who had gone to Jesus earlier, spoke up for him.'
- Mark 9:24 'I believe; help my unbelief!'







Day 1: 🜙 Nicodemus Approaches Jesus at Night

Devotional: Approaching Christ in Curiosity and Quiet

Nicodemus, a prominent Jewish leader, comes to Jesus under the cover of night—a time of reflection and perhaps caution. His approach reflects genuine curiosity but also hesitance, representing many who wrestle with doubts and seek truth discreetly. Jesus, however, meets him directly and immediately introduces a spiritual principle that challenges worldly understanding.

This encounter reminds us that coming to Jesus often begins with questions and often involves confronting our own fears or uncertainties. Nicodemus's courage to seek answers from Jesus despite potential backlash gives us a model for seeking spiritual truth.

As you reflect today, consider where and how you come to Jesus—are you open and bold, or hesitant like Nicodemus? How might Jesus be inviting you into a deeper knowledge of God's kingdom?







Day 1: Nicodemus Approaches Jesus at Night

Reflect and Apply

1.	What motivates you to seek understanding about faith?
2.	Why do you think Nicodemus chose to come at night?
	How does Jesus respond to Nicodemus' approach, and what does that reveal about God's openness?







Day 1: 🜙 Nicodemus Approaches Jesus at Night

Journaling Prompts

	Write about a time you hesitated to seek God and what changed your approach.
2.	Describe what 'coming to Jesus' means to you personally.
3.	Reflect on any questions or doubts you currently have about faith.







Day 1: Nicodemus Approaches Jesus at Night

Prayer for Today

Lord, thank you for welcoming us with open arms, even when we come with questions or doubts. Help me to approach You courageously and with an open heart, just like Nicodemus did. Teach me the truths of Your kingdom and give me the grace to receive Your Word. May I never fear seeking You, even in the quiet or dark moments. In Jesus' name, Amen. \bigwedge

















Day 2: O Born Again: A Spiritual Rebirth

Your Verse

John 3:3 - Jesus answered, 'Very truly I tell you, no one can see the kingdom of God unless they are born again.'

Supporting Scriptures

- 2 Corinthians 5:17 'Therefore, if anyone is in Christ, the new creation has come.'
- Ezekiel 36:26 'I will give you a new heart and put a new spirit in you.'







Day 2: O Born Again: A Spiritual Rebirth

Devotional: Understanding What It Means to Be Born Again

Jesus' statement to Nicodemus introduces a profound spiritual truth: to experience God's kingdom, one must be "born again" or "born from above." This new birth isn't physical but spiritual, a radical transformation that changes the very nature of a person. It's not about religious rituals or human effort, but the work of the Holy Spirit.

The concept overturns Nicodemus' assumptions and challenges us today: we cannot enter God's kingdom simply through heritage, good deeds, or knowledge; we must be renewed entirely. This rebirth is the fresh start, the new creation that brings life where there was death, hope where there was despair.

Reflect on the spiritual rebirth Jesus speaks of. Have you experienced this transformation, or are you still seeking? What does it mean to be 'born again' in your daily life?







Day 2: 🖸 Born Again: A Spiritual Rebirth

Reflect and Apply

1.	What do you think changes when someone is 'born again'?
2.	Are there areas in your life that need this kind of transformation?
	How does knowing that spiritual rebirth is a gift affect your view of God's grace?







Day 2: 🖸 Born Again: A Spiritual Rebirth

Journaling Prompts

	Write about your experience of spiritual rebirth or what you understand it to be.
2.	List any barriers you feel prevent you from being 'born again.'
3.	Describe how a new spiritual birth could impact your relationships and choices.







Day 2: O Born Again: A Spiritual Rebirth

Prayer for Today

Jesus, I thank You for the gift of new birth through Your Spirit. Help me to experience the fullness of this transformation and live as a new creation. Renew my heart, mind, and soul. Let Your kingdom life burst forth in me daily, bringing hope and love to those around me. Amen. �� 👸 🖤

















Your Verse

John 3:8 - 'The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.'

Supporting Scriptures

- Acts 1:8 'You will receive power when the Holy Spirit comes on you.'
- Galatians 5:22–23 'The fruit of the Spirit is love, joy, peace...'







Devotional: The Mysterious and Powerful Spirit

Jesus compares the Spirit's work to the wind—unseen yet powerful and unmistakable in its effects. Just like the wind, the Holy Spirit moves beyond human control or comprehension, bringing new life and transforming believers in mysterious ways.

The Spirit's presence in our lives produces visible fruit—love, joy, peace, patience, and more. Rebirth through the Spirit is not a one-time event alone but an ongoing work that continually shapes and renews us.

Today, consider the work of the Spirit in your life. Are you attuned to His movement? How might you open yourself more fully to His transforming presence?







Reflect and Apply

1.	How does the wind analogy help you understand the Spirit's work?
2.	What fruit of the Spirit have you noticed growing in you recently?
3.	In what areas do you sense the Spirit leading you to change?







Journaling Prompts

1.	Describe experiences where you sensed God's Spirit working in your life.
2.	Write about what it means to live 'wind-blown' by the Spirit.
3.	List ways you can be more receptive to the Holy Spirit each day.







Prayer for Today

Holy Spirit, come and fill me anew. Move powerfully in my heart and life. Teach me to recognize Your voice and fruit. Help me surrender control and trust Your timing and direction. May Your presence be evident in all I do. Amen.

















Your Verse

John 3:16 - 'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.'

Supporting Scriptures

- Romans 5:8 'But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.'
- 1 John 4:9 'This is how God showed his love among us: He sent his one and only Son into the world.'







Devotional: The Heart of the Gospel: Unfailing Love

In this iconic verse, Jesus reveals God's profound love—a love so deep He gave His Son for our salvation. This isn't just an abstract or distant affection; it's a sacrificial, personal love designed to rescue and restore us.

God's love underpins the entire message of spiritual rebirth and eternal life. It's the motivation behind sending Jesus and the foundation upon which we can trust and believe.

Reflect on the depth of God's love for you. How does this truth influence your view of yourself, others, and your relationship with Jesus?







Reflect and Apply

1.	What does God's love in sending Jesus mean to you personally?
2.	How can you share this love with others around you?
3.	Has understanding God's love changed your faith journey?







Journaling Prompts

1.	Write about a moment when you truly felt God's love.
2.	Reflect on how you can live out God's love daily.
3.	List ways God's love encourages you in difficult times.







Prayer for Today

Father, thank You for loving me unfailingly and sending Jesus to bring me life. Help me grasp the breadth and depth of Your love. Empower me to live rooted in this love and to share it with those around me. Let Your love be the guiding force in my life. Amen. \heartsuit \bigtriangleup









Day 5: Pelief and Judgment









Day 5: Delief and Judgment

Your Verse

John 3:18 – 'Whoever believes in him is not condemned, but whoever does not believe stands condemned already.'

Supporting Scriptures

- Romans 8:1 'Therefore, there is now no condemnation for those who are in Christ Jesus.'
- Hebrews 11:6 'Without faith it is impossible to please God.'







Day 5: Delief and Judgment

Devotional: Faith as the Path to Freedom from Judgment

Jesus plainly states that belief in Him offers freedom from condemnation—while unbelief results in judgment. This stark truth emphasizes the significance of faith in Him as the gateway to eternal life and acceptance before God.

The concept of judgment can evoke fear or confusion, but here it is coupled with hope—faith in Jesus secures us from condemnation. This calls each of us to examine and embrace faith personally.

Today, contemplate your own belief: Is your faith resting in Jesus alone? How does this assurance reshape your perspectives on life, choices, and eternity?







Day 5: 👰 Belief and Judgment

Reflect and Apply

1.	What does freedom from condemnation mean to you?
2.	Are there doubts or fears that keep you from fully trusting Jesus?
3.	How does this promise affect your relationship with God daily?







Day 5: 👰 Belief and Judgment

Journaling Prompts

1.	Write about how faith has protected you from guilt or shame.
2.	Reflect on any obstacles hindering your full belief in Jesus.
3.	Describe how you can encourage others to find faith and hope.







Day 5: Delief and Judgment

Prayer for Today

Lord Jesus, thank You for the gift of faith that frees me from condemnation. Increase my trust in You and help me walk confidently in Your grace and truth. Remove all doubts that hold me back, and fill my heart with peace and assurance in Your promises. Amen. 🔀 😂 🙏

















Your Verse

John 3:19–20 – 'Light has come into the world, but people loved darkness instead of light because their deeds were evil.'

Supporting Scriptures

- 1 John 1:5 'God is light; in him there is no darkness at all.'
- Ephesians 5:8 'For you were once darkness, but now you are light in the Lord.'







Devotional: Choosing to Walk in the Light

Jesus contrasts the light He brings with the darkness people often prefer, representing sin and separation from God. The choice to reject or accept the light is central to our spiritual journey—our deeds reveal what we truly love and follow.

Walking in the light means living openly and honestly before God, embracing His truth and allowing it to transform every part of life. It's a call to leave concealment, denial, or harmful patterns, and to live transparently in God's love and grace.

Reflect on your own life: Are you drawn to the light or hiding in darkness? What steps might you take toward living more fully in God's light?







Reflect and Apply

1.	What are some areas in your life where you struggle to walk in the light?
2.	How does God's light bring freedom and healing?
3.	In what ways can you help others move from darkness to light?







Journaling Prompts

1.	Write about a time God's light exposed something hard for you to face.
2.	Describe how living in God's light changes your daily decisions.
3.	List practical ways to choose light over darkness in your community.







Prayer for Today

Lord, You are the true light that shines in my heart. Help me to love the light and walk boldly in it each day. Expose and heal the places I still hide in darkness. Guide me to live transparently and share Your light with others. Amen. \bigcirc \bigcirc

















Your Verse

John 3:36 - 'Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life.'

Supporting Scriptures

- John 5:24 'Whoever hears my word and believes...has eternal life and will not be judged.'
- 1 John 5:13 'I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life.'







Devotional: The Promise and Assurance of Eternal Life

The conversation with Nicodemus concludes with the promise that eternal life is granted through belief in Jesus, the Son of God. This promise is at the heart of the gospel message—faith in Jesus not only restores us here and now but assures us an eternal future with God.

Through this assurance, we find hope that transcends circumstances, peace amid trials, and purpose beyond the temporary. Accepting Jesus as Savior is the door to this new life and everlasting relationship.

As you close this study, consider your own response: Have you embraced this truth? How does the hope of eternal life affect your present walk with God?







Reflect and Apply

1.	What does eternal life mean to you beyond just living forever?
2.	How does this promise change your priorities and choices?
3.	In what ways can you live today in light of this eternal hope?







Journaling Prompts

1.	Write about your understanding or experience of eternal life.
2.	Reflect on how the assurance of eternity changes your outlook.
3.	Describe how you can share the hope of eternal life with others.







Prayer for Today

Jesus, thank You for the gift of eternal life through faith in You. Help me live every day in the light of this hope, trusting Your promises and sharing Your love. Strengthen my faith and keep my eyes fixed on You, now and forever. Amen. *







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