LifeWORKS



staying in shape as a Christian

LIFEquestions

Your Story

 How would you describe your relationship with the Holy Spirit? Has it changed over time? How? What caused the change?

God's Story*:

Read the passage on the opposite page.

Take a slow look at the LIFEtext (opposite) and consider these questions:

- Nicodemus seems to have been a secret admirer of Jesus. At the very least he was curious to know more about him. How do you think Jesus' words (v3) connected with Nicodemus' curiosity?
- Why 'must' someone be born again to become a Christian? (v7).
- What does it mean to be 'born again' and how is that a description of becoming a Christian?
- How does Jesus' image of the wind (v8) challenge our desire to work things out in our heads before we can take a step forwards?
- What is the connection between Jesus and the Spirit in 7:37. What does that tell us about the work of the Spirit in our lives?
- What does it feel like to be spiritually thirsty?
- What does it mean to take up Jesus' offer and come to him and 'drink him in'?
- What experience have you had of a 'river of living water' flowing out of your heart?

Your Story

- How would you describe your spiritual thirst at the moment?
- Pray together about these things.

LIFEText

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."

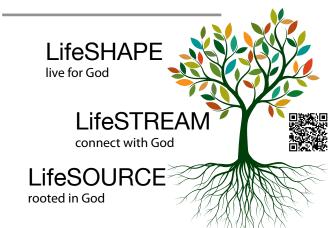
4 "What do you mean?" exclaimed Nicodemus. "How can an old man go back into his mother's womb and be born again?"

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."

John 3 NLT

37 On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! 38 Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart." 39 (When he said "living water," he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory.)

John 7 NLT



^{*} These questions are a guide only. Do not feel you have to cover them all. Do feel free to allow the conversation to develop in other directions, if it seems fruitful (and stays on the subject!). Do pray for one another.