

## **Week 3: John 3:1-21**

### **Key Theme: New Birth**

#### **SEE my Life: Life Map & Fasting Reflection Icebreaker (15 mins)**

Share briefly how your fasting and reflection time with Psalm 40 and the Life Map went. Pick one of the following words to describe the experience: rewarding, painful, meaningful, difficult, disappointing, \_\_\_\_\_. No need for everyone to share in depth here at the beginning. The goal would be for everyone to share briefly—either as a whole group or with a partner or two.

#### **SEE Jesus: John 3:1-21 (30 mins)**

Read the text aloud and respond to the following questions. During the scripture processing part of your time, vary your structure. Sometimes—especially, if you have a large group, an introverted group, or a dominating voice—share responses in pairs or trios.

1. What stands out to you from the text? What word or phrase seems significant to you? What questions do you have about the text?
2. Nicodemus comes to Jesus at night, as a Pharisee and member of the Jewish ruling council. How would you describe his attitude toward Jesus? To what extent can you personally identify with Nicodemus—his questions, responses, assumptions, fears?
3. What does Jesus mean when he says, “No one can see the kingdom of God unless they are born again”?
4. What role does the Holy Spirit play in this process? (See Romans 8:1-17 if you’d like to discuss this topic in more depth)
5. What does it really mean to be “saved”? What are you saved “from”? What are you saved “for”?

#### **SEE my Life: Sharing Your “Blue” (30 mins)**

As you reflect on the concept of “new birth” from the John passage and your own story of new birth, share one or more of the following. Again depending on the dynamics of your group, feel free to share in pairs, smaller groups, or same gender groups.

- Give the 3-5 minute version of the “blue” from your Life Map. Describe how you came to believe in Jesus and be “born again.” It’s ok to keep it simple here.
- What is one event—“yellow” or “red”—that was influential in drawing you nearer to God, prior to your belief in Christ?
- What is one event that you initially experienced as “red” that you now see differently?
- What is one event from your map that has caused you or still causes you questions that you would like to ask Jesus?

**SEE the practices of Jesus: Fasting (15 mins to explain and close in prayer)**

Continue with your practice of fasting this week. Skip at least one meal and purposefully spend 30-60 minutes reading and reflecting on Psalm 107, which describes vividly how God has redeemed our painful and rebellious experiences. With your life map in front of you (in picture form), ask yourself the following questions:

- How have you “wandered in desert wastelands” (v.4)
- How have you “sat in darkness and deepest gloom” (v.10)
- How have you “been a fool” through your “rebellious ways and suffered affliction” (v.17)?
- How have you “gone out to sea in ships” to achieve your dreams? (v.23)

Now that you’ve reflected on your experiences, spend some time “considering the great love of the Lord” (v.43). Thank God for the specific and concrete ways he has demonstrated his love to you by redeeming your past!

To close the meeting today, pray for each other in smaller groups, asking God to work in each of us through the fasting and reflection activity. Also, take some time to pray for those names who don’t know Jesus—the one’s you’ve been praying for daily. Also, start asking the Lord to help you SEE areas of your own testimony as a connection to help that person SEE Jesus.