

You must be born again

John 3:1-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

2. What does it show me about people — and about myself?

3. What will I obey this week? (a concrete step, with a day)

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

God, I want the new life Jesus spoke about. Give me new birth by your Spirit — I believe; help my unbelief.