



“No one can see God’s kingdom without being born from above.”
— John 3:3 (CEB)

New life is not something I achieve but by

Spiritual renewal is not self-made; it is

John 3:5–8

The Spirit’s work in my life is something I cannot

John 3:8

New Life Comes

John 3:16

Because of Christ, I live free from

John 3:17

Reflection Questions:

- † Where am I still trying to earn what God freely gives?
- † When do I live from fear instead of promise?
- † What would it look like to receive new life as a gift this week?

Challenge

This week, when you feel pressure to prove yourself, pause and pray: “God, I receive the gift of new life. By the Spirit renew me so I am born from above.”

Daily Prayer

Gracious God, I confess that I often try to earn what You have already given. Teach me to receive the gift of new birth with humility and trust. Holy Spirit, renew my heart and shape my life from the inside out. Help me live each day grounded in Your initiating love, free from fear and rooted in grace. Amen.

Discipleship Guide: Guided by the Promise

Focus: Jesus tells Nicodemus that we must be born from above. John reminds us that love starts with God's initiative, not ours. Paul declares that there is no condemnation for those in Christ. Together, these Scriptures teach us to live from promise instead of pressure.

Day 1: Born From Above

Scripture: John 3:1-8

Jesus answered, "I assure you, unless someone is born anew, it's not possible to see God's kingdom." Nicodemus asked, "How is it possible for an adult to be born? It's impossible to enter the mother's womb for a second time and be born, isn't it?" - John 3:3-4 (CEB)

Reflection:

Nicodemus comes with questions, but Jesus speaks about new birth. This new life is not something we manufacture. It is something God begins. Just as we did not cause our first birth, we do not cause our spiritual birth. The Spirit moves like the wind, unseen yet powerful. God's grace works within us before we fully understand it.

Questions:

Where am I trying to work for that only God can begin?
What does it mean for me to receive new life instead of achieve it?
How is the Spirit inviting me to new life today?

Prayer:

God, I confess that I try to manage my own growth. Teach me to receive the new life You give. Help me trust the quiet work of Your Spirit. Amen.

Day 2: Love Begins with God

Scripture: 1 John 4:9-10 (CEB)

This is how the love of God is revealed to us: God has sent his only Son into the world so that we can live through him. 10 This is love: it is not that we loved God but that he loved us and sent his Son as the sacrifice that deals with our sins.

Reflection:

Love begins with God's action. We respond because God first reached toward us. When we believe we must earn love, we live with anxiety. When we trust that love is given, we live with gratitude.

Questions:

Are there ways in which I live that show that I try to earn God's love?
In what ways will my choices and actions change if I act as if I am

already loved by God?

How am I being led to live out of God's love today?

Prayer:

Loving God, thank You for loving me first. Free me from the need to earn what You freely give. Teach me to live from gratitude instead of fear. Amen.

Day 3: No Condemnation

Scripture: Romans 8:1–4

So now there isn't any condemnation for those who are in Christ Jesus. The law of the Spirit of life in Christ Jesus has set you free from the law of sin and death. - Romans 8:1-2 (CEB)

Reflection:

Condemnation speaks the language of shame and fear. Grace speaks the language of freedom. Because of Christ, we are not defined by failure. We are defined by mercy. Living from promise means trusting that God's verdict over our lives is grace.

Questions:

What voices of condemnation do I still carry ?

How would I act differently if I truly believed there is no condemnation?

What is hindering me from living and acting as if there is no condemnation?

Prayer:

Merciful God, I confess that I often listen to voices of shame. Help me hear Your voice of grace more clearly. Anchor my identity in Christ, not in my failures Amen.

Day 4: Life in the Spirit

Scripture: Romans 8:5–11

People whose lives are based on selfishness think about selfish things, but people whose lives are based on the Spirit think about things that are related to the Spirit. The attitude that comes from selfishness leads to death, but the attitude that comes from the Spirit leads to life and peace. - Romans 8:5-6 (CEB)

Reflection:

Paul contrasts living according to the flesh with living according to the Spirit. The Spirit brings life and peace. This is not about perfection. It is about direction. When we set our minds on the Spirit, we move toward life. The same Spirit who raised Jesus now works within us.

Questions:

What habits draw me toward life and peace?
In what ways is my life based on selfish things?
Where is God inviting me to quiet, faithful trust?

Prayer:

Holy Spirit, guide my thoughts and choices. Lead me toward what brings life and peace. Renew my mind and strengthen my faith.
Amen.

Day 5: Living from Promise**Scripture:** John 3:16–17 (CEB)

God so loved the world that he gave his only Son, so that everyone who believes in him won't perish but will have eternal life. 17 God didn't send his Son into the world to judge the world, but that the world might be saved through him.

Reflection:

God's love is not reluctant. It is generous. God did not send the Son to condemn but to save. When we live from promise, we stop striving for approval. We begin to trust that grace and love are stronger than fear. New birth is not a one-time idea; it is a daily way of living in trust.

Questions:

Where do I still live from pressure instead of promise?
What is one way I can reflect God's initiating love to someone else?

Prayer:

Gracious God, help me live each day grounded in Your promise. When I feel pressure to perform, remind me that I am already loved. Shape my life by Your Spirit and guide me in Your grace. Amen.

Closing Prayer:

God of new beginnings, thank You for loving me first and freeing me from condemnation. Renew my heart through Your Spirit and teach me to live from promise instead of pressure. Help me trust Your grace more deeply and reflect Your love more faithfully. Amen.