

## **Week 3**

### **7-Day Expository Bible Study through John 3**

#### **Born Again: New Life, True Faith, and the Love of God**

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##### **Memory Verse:**

“He must increase, but I must decrease.”

— John 3:30

##### **Day 1 – Coming to Jesus in the Darkness**

###### **John 3:1–2**

**Theme:** Religious knowledge cannot replace the need to come honestly to Jesus.

##### **Exegetical Reflection**

###### **Who was Nicodemus?**

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###### **Why is it significant that Nicodemus came to Jesus by night?**

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###### **What does Nicodemus recognize about Jesus?**

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## **Personal Reflection**

**What does this passage reveal about religion apart from new birth?**

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**Why is it dangerous to confuse spiritual interest with saving faith?**

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## **Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Day 2 – You Must Be Born Again**

### **John 3:3–8**

**Theme:** Entrance into the kingdom of God requires new birth from above by the Spirit of God.

### **Exegetical Reflection**

**What does Jesus say is necessary to see the kingdom of God?**

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**What does Nicodemus misunderstand?**

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**What does Jesus mean by being born of water and the Spirit?**

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**Why does Jesus compare the Spirit's work to the wind?**

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### **Personal Reflection**

**What does this passage teach about human inability?**

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**How does this protect us from pride and despair?**

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**Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Day 3 – Earthly Confusion and Heavenly Truth**

### **John 3:9–13**

**Theme:** We need Jesus to reveal heavenly truth because human understanding cannot reach God on its own.

#### **Exegetical Reflection**

**How does Nicodemus respond to Jesus’ teaching?**

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**Why does Jesus challenge Nicodemus as “the teacher of Israel”?**

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**What does Jesus claim about Himself in verse 13?**

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#### **Personal Reflection**

**What does this passage teach about revelation?**

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**Why must Scripture correct even religious assumptions?**

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## **Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Day 4 – The Son of Man Lifted Up**

### **John 3:14–15**

**Theme:** Eternal life comes through looking in faith to the crucified Christ.

#### **Exegetical Reflection**

**What Old Testament event does Jesus refer to?**

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**How does Jesus connect that event to Himself?**

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**What is the promised result of believing in Him?**

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#### **Personal Reflection**

**What does this reveal about sin and salvation?**

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**Why is faith compared to looking?**

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## **Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Day 5 – The Love of God in the Gift of the Son**

### **John 3:16–18**

**Theme:** God’s love is revealed in the giving of His Son so that believers may not perish but have eternal life.

### **Exegetical Reflection**

**How does John describe the love of God?**

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**What is the purpose of the Son being given?**

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**What does John say about condemnation?**

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### **Personal Reflection**

**What does this passage teach about the seriousness of unbelief?**

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**How does this passage reveal both love and judgment?**

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## **Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Day 6 – Light, Darkness, and the Exposed Heart**

### **John 3:19–21**

**Theme:** People reject the light because they love darkness, but those transformed by grace come into the light.

#### **Exegetical Reflection**

**What is the judgment described in this passage?**

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**Why do people avoid the light?**

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**What marks the one who comes to the light?**

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#### **Personal Reflection**

**What does this passage reveal about the human heart?**

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**How does grace change our relationship to exposure?**

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## **Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Day 7 – He Must Increase**

### **John 3:22–36**

**Theme:** True joy is found when Christ increases and self decreases.

#### **Exegetical Reflection**

**What concern do John’s disciples bring to him?**

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**How does John respond?**

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**What does John mean when he says, “He must increase, but I must decrease”?**

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**How does the chapter end?**

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#### **Personal Reflection**

**What does this passage teach about humility?**

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**Why is Christ's increase the believer's joy?**

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**Application**

**Head – What should we know?**

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**Heart – What should we love or repent of?**

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**Hands – What should we do?**

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**Prayer:**

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## **Closing Encouragement**

John 3 confronts us with one of the most important truths in all of Scripture:

You must be born again.

Religious knowledge is not enough.

Moral seriousness is not enough.

Spiritual curiosity is not enough.

Human effort is not enough.

The kingdom of God is entered only through new birth by the Spirit and faith in the Son.

But John 3 does not only expose our need. It announces God's provision.

The Son of Man was lifted up.

The Father gave His only Son.

The light has come into the world.

The Spirit gives life.

The Son offers eternal life.

And true joy is found when Christ increases and we decrease.

John 3 reminds you that:

- New birth is necessary.
- The Spirit gives life.
- Jesus reveals heavenly truth.
- The cross is God's appointed remedy for sinners.
- God's love is displayed in the giving of His Son.
- Light exposes darkness so grace can bring freedom.
- Christ must increase, and we must decrease.

Do not hide in darkness.

Do not trust in religious appearance.

Do not settle for knowing about Jesus.

Come to the light.

Look to the Son.

Believe in Christ.

Receive eternal life.

And find your joy in His glory.