



### **Part 3: Spirit**

Breath is essential to our physical lives. It is so crucial to our lives that we often take it for granted and don't even think about it. It's only when we get short of breath that it becomes something we give urgent attention to. Just as our bodies need to breathe, so do our souls.

**Scripture:** John 3:1-8

**Bottom Line:** The most natural thing we can experience is God's supernatural presence.

### **Discussion Questions**

1. How often do you think about your breathing? Do you think that you tend to breathe deeply or shallowly? Do you have any practices that help you to slow and/or deepen your breathing? What affect does that kind of breathing have on the way you feel?
2. Both the Hebrew and Greek words for breath can also mean spirit. Why is breath a good metaphor for talking about our spirits? How often do you think about the depth or health of your spirit?
3. Read the interaction between Jesus and Nicodemus in John 3:1-8. What does Jesus mean by being 'born again' and born of water and spirit?
4. Read Ezekiel 36:25-27. What are some of the things that God promises to do for his people in this passage? How does that connect to what Jesus is saying about being born of the spirit?
5. What are some of the implications of the invitation for us to be born of the Spirit of God or to live with the presence of God inside of us? What are some of the ways that the Bible tells us the Holy Spirit will work in his people? (See passages like Galatians 5:15-26, John 16:5-14, John 14:15-21 and others that you can think of)
6. When you think about being born again in the spirit, does it change how you think about yourself? God? Other people? How might this concept change the way we think of how we relate to God and the people around us?

### **Moving Forward**

Jesus compares what happens to people who are reborn in the spirit to the way the wind blows. What do you think he wants us to learn from that metaphor? What does it tell us about how we should expect God to work in our lives?