

# LESSON 20



# Reborn

FROM WITHIN

## INTRODUCTION

**E**veryone Everyone wants a fresh start but no one knows how to make it last. We change habits, change routines, change scenery, change the people around us... but somehow, the same old battles follow us wherever we go. The Bible doesn't offer a reset button.

It offers a rebirth. Not external decoration internal transformation. A work that begins where your deepest wounds hide and where your biggest fears live. A rebirth that clears the guilt, breaks the cycles, softens the heart, and rebuilds what life tried to erase. This isn't about becoming religious. It's about becoming new.

Being born again does not make you perfect overnight; it puts you on a path of growth where the Spirit renews your mind, heals your wounds, and forms in you the character of Jesus. It is not theory, it is real life: new priorities, new peace, new strength to overcome what once defeated you.

# EXPLORING THE BIBLE

## A. What is the new birth

Jesus explained it with simple but radical words: “Unless one is born of water and the Spirit, he cannot enter the kingdom of God” (John 3:5-6, NKJV). The new birth is not a superficial touch-up or a change of environment; it is a supernatural work of the Holy Spirit that transforms from within. Paul stated it clearly: “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17, NKJV).

The new birth is, therefore, a miracle of identity: we stop being slaves of the old and start living as children of God.



## B. It is not external reform

Jesus was direct and strong with the Pharisees, who looked very religious outwardly but were empty inside: “You are like whitewashed tombs, which indeed appear beautiful outwardly, but inside are full of dead men’s bones and all uncleanness” (Matthew 23:27, NKJV). External change without inner transformation is fragile and temporary; sooner or later, the mask falls.



## C. How it happens

This process has clear steps, though not mechanical:

- **The Holy Spirit convicts of sin.** It is not just psychological guilt; it is that inner voice that shows the reality of our condition and moves us to recognize that we need help (John 16:8, NKJV).
- **We respond with repentance and faith.** On the day of Pentecost, Peter said to them: “Repent, and let each of you be baptized in the name of Jesus Christ for the forgiveness of your sins” (Acts 2:38, NKJV).
- **God cleanses us and gives a new heart.** Ezekiel described it powerfully: “I will give you a new heart and put a new spirit within you” (Ezekiel 36:26-27, NKJV).



## D) The result

When the new birth occurs, it is not theory: it shows. Not because we become perfect, but because new fruits appear:

- **Genuine love for God and people:** “Beloved, let us love one another, for love is from God” (1 John 4:7, NKJV).
- **Sincere desire to obey:** “By this we know that we know Him, if we keep His commandments” (1 John 2:3-4, NKJV).
- **The fruit of the Spirit in daily life:** “Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Galatians 5:22-23, NKJV).





## POINTS TO REFLECT ON

**1. Have you experienced a deep change that only God can do?**

---

---

**2. Are there areas in your life where you still live with the “old nature”?**

---

---

**3. What visible evidence can people see that you have been born again?**

---

---

## PERSONAL DECISION

The new birth is not theory nor an abstract concept: it is an invitation to experience a completely new life in Christ. Perhaps until today you have lived with burdens, habits that bind you, or a superficial faith that has not transformed your inner being. Jesus says to you: “Do not marvel that I said to you, ‘You must be born again’” (John 3:7, NKJV). Today you can make that decision. No matter how marked your life is by past mistakes, nor how many times you tried to change and could not. The Holy Spirit wants to do in you what no one else can: give you a new heart, a new mind, and a new way of living.

The decision is clear: continue with the old life, trying to disguise what does not change, or surrender to Christ so that He makes all things new. Give Jesus permission to enter and transform your being from within. Do not settle for an external reform: allow the Lord to write a new story in your life. Today you can say with faith: “Lord, I give you my heart. Make me be born again, make me completely Yours.” That will be the best decision of your life.

## PRACTICAL TIPS FOR THIS LESSON

### ■ Do not wait to be “ready” to go to Christ.

Many say: “First I will stop this or change that, and then I will seek God.” The new birth is not for those already transformed, but for those who need to be. Jesus Himself said: “Come to Me, all you who labor and are heavy laden, and I will give you rest” (Matthew 11:28, NKJV). If you wait to be perfect before coming to Him, you will never take the step.

### ■ Do not confuse religion with transformation.

Nicodemus was a religious man, yet Jesus said to him: “You must be born again” (John 3:7, NKJV). External religion, appearances, or even belonging to a church do not replace the work of the Holy Spirit in the heart.

### ■ Do not base your decision on what you see in others.

Many get discouraged because they see the failures of other Christians and say: “If they live like that, I don’t want that.” But your faith should not depend on what others do, but on what Christ did for you on the cross. He is the only perfect model, the only one who can make you new.

### ■ The new birth is a beginning, not the end.

Do not think that being born again means you will no longer face struggles. It means that now you face them with a new nature and with the power of the Holy Spirit in you.

### ■ Stop covering the outside and allow God to transform the inside.

Changing superficial habits without giving your heart is like painting a wall full of cracks: sooner or later, they reappear.



## DID YOU KNOW...?

Modern psychologists speak of the need for a “second chance” or a “new beginning” to heal traumas and destructive patterns. However, the Bible had already declared it: the new birth is not only a change of mindset, but a complete transformation of the heart by the Holy Spirit. What many seek in therapies or human philosophies, God offers fully through Christ (John 3:5-7, NKJV).

Jesus’ message to Nicodemus is still relevant: no matter the age, background, or past failures; there is always a possibility to start again when the Holy Spirit takes control of your life.

## IMPORTANT TIP

Do not try to reform yourself as if it were a personal project. The new birth is not your work, but a miracle of God. Each morning say: “Lord, give me a new heart, fill me with Your Spirit, and make me live as Your child.”

## KEY TEXT

“TRULY, TRULY, I SAY TO YOU,  
UNLESS  
ONE IS  
BORN AGAIN,  
HE CANNOT SEE THE  
KINGDOM OF GOD”

(John 3:3, NKJV)



## FINAL TIP

A farmer once shared that he had an almost dead orange tree. He pruned branches, changed the soil, watered more... and nothing. Until a technician told him: “This cannot be fixed from the outside; new life must be grafted in.” They brought a small shoot from a healthy tree, joined it to the old trunk, and cared for it. Months later, the tree that produced nothing began to sprout... and, against all logic, it bore fruit of a different quality. It was not green makeup: it was new life flowing from within.

The Bible calls this the new birth. It is not “behaving better” nor adding rules, it is what Jesus told Nicodemus—a good and religious man: “Ye must be born again” (John 3:7, NKJV). He did not lack rules; he lacked life from above. The new birth is not a moral “reset,” it is the work of the Spirit that changes the heart (the root), and then the fruits (habits) change.

Perhaps you come tired of trying everything: broken promises, lists of resolutions, every Monday saying “this time I will.” Or maybe things are going well, but inside you feel an emptiness that nothing fills. This topic is not to blame you, it is to invite you: God does not ask you to fix yourself to accept you; He accepts you in Christ to transform you from the inside out.

---

**God does not ask you to fix yourself to accept you; He accepts you in Christ to transform you from the inside out.**



## CONCLUSION

God doesn't ask you to reinvent yourself He asks you to surrender. He doesn't remodel the old you He creates a new you. He enters the places you avoid, heals what you've ignored, and restores what you thought was beyond repair. Rebirth isn't a feeling.

It's a miracle. And once God begins that work, the past loses authority, the present gains direction, and the future opens wide. Being reborn from the inside out is the revolution of the soul God wants to start in you today.

## EVALUATE YOUR LEARNING

**1. According to Jesus in John 3, what does it really mean to be “born again”?**

- a) To change one’s behavior and try harder to obey
- b) To make an external reform and adopt religious habits
- c) To receive an inner transformation carried out by the Holy Spirit
- d) To achieve moral perfection through personal discipline

**2. What is a clear evidence of the new birth according to the lesson?**

- a) Never making mistakes again
- b) Displaying visible external religiosity
- c) Giving more money or holding religious positions
- d) Manifesting the fruit of the Spirit in daily life

**3. Why is the new birth not simply an external reform?**

---

---

---

**4. Mention one practical difference between the “old life” and life after the new birth.**

---

---

---

## WHAT MOST CAUGHT YOUR ATTENTION IN THIS LESSON

---

---

---

---

---

---

---

---

---

---

### Do you want to know more about this lesson?

We want to accompany you every step of the way on your spiritual journey, not just through knowledge. By scanning the QR code below, you will access the video lesson for Lesson 20 and discover a comprehensive space designed to address your questions, strengthen your learning, and connect us in prayer.

