

LIFE GROUP QUESTIONS

Nicodemus & new beginnings

1. In John 3:1–2, Nicodemus comes to Jesus at night. What stands out to you about a respected religious leader seeking Jesus quietly and privately? What might this show us about his spiritual hunger or uncertainty?
2. Read John 3:5–8 alongside Ezekiel 36:25–27. Jesus talks about being ‘born of water and the Spirit.’ What do you think Jesus is revealing about the kind of transformation God offers —not through effort, but through His Spirit?
3. Nicodemus had spent his whole life striving to be ‘good enough’ for God. Many people still feel that pressure today. Have you ever felt like you had to earn God’s approval? What helped shift your understanding of His grace?
4. 2 Corinthians 4:16 says, ‘Though outwardly we are wasting away, inwardly we are being renewed day by day.’ Where do you sense God inviting you to experience renewal on the inside —perhaps in your thinking, attitudes, or habits?

5. Jesus describes the Holy Spirit as wind whose effects can be seen (John 3:8). What are some practical daily rhythms or spiritual habits that help you stay open to the renewing work of the Holy Spirit in your life?

6. In John 3:14–16, Jesus says that looking to Him brings life, just as the Israelites looked to the bronze serpent for healing. What would it look like for you this week to intentionally ‘look to Jesus’ in a situation where you need hope, healing, or direction?