

**Christianity 101: According to Jesus...**  
**Jesus' Work Within Us**

**Our Journey**

**Goal 1: We established multiple reasons to trust Jesus to teach us truths about a reality we do not see or easily understand.**

*We pursue deeper understanding because we have a sense that there is more to life than we see and experience.*

**Goal 2: We are examining life through the Eyes of Jesus**

*Jesus taught human imperfection, our need for God's forgiveness, and our need for transformation from within our "innermost being."*

**The Promise of Jesus**

*"Jesus replied to her, "If you knew the gift of God, and who it is who is saying to you, 'Give Me a drink,' you would have asked Him, and He would have given you living water." **John 4:10-11** "The one who believes in Me, as the Scripture said, 'From his innermost being will flow rivers of living water.'" **John 7:38***

**Our Struggle to Understand Self**

Why do we do the stupid, self-destructive and hurtful things we do?

*A frequent child's response "I don't know!"*

Why do we get lost in our innermost thoughts and feelings?

*We struggle to articulate why we are hurting.*

How deep into past experiences do we need to go to understand?

*Understanding self and how to manage is a life pursuit.*

**There are Seven Teachings of Jesus about how He can "transform us" from within.**

**Nicodemus and Spirit Birth**

**1. Nicodemus was a "seeker" just like we are.**

***John 3:1-2** We know you have some degree of favor with God.*

*Nicodemus' Assessment: You are a "teacher"*

**2. Jesus assessed Nicodemus as lacking the ability to discern what was true about Jesus.**

***John 3:3** You don't understand because you lack life from God.*

*Nicodemus' assessment: Nicodemus needed spirit given help.*

***John 3:4-8** Spiritual Birth explained by Jesus*

***3:4** Nicodemus: Is it really possible to be born physically 2x?*

***3:5-6** Jesus: A person needs birth from both woman and Spirit  
Physical birth is body: Spirit birth produces spirit vitality.*

***3:7-8** Spirit birth is evident in a way similar to the wind, you can see its effects. Nicodemus had not yet believed in Jesus!*

**3. According to Jesus: All understanding is impaired without God's help in discerning what is true.**

***Matthew 16:13-17** My Father in heaven revealed this to you.*

***Matthew 11:25-30** God hides things from the wise and intelligent, but reveals himself to infants.*

***Luke 24:45** He opened their mind to understand scripture.*

**Understanding Life Requires God's Help**

- **Jesus gives us the Holy Spirit to help us learn and understand truth.**

***John 14:16-17, 26** "along side of us" ... the "Spirit of Truth"*

*"He will teach you all things, and bring to your remembrance all that I said to you."*

- **We need a Kingdom and righteousness focus.**

*"But seek first His kingdom and His righteousness, and all these things will be provided to you." **Matthew 6:33***

**Assignment: Write your understanding!  
What does it mean to be a spiritual person?**