

**Bible  
Teachings  
Series**



*A self-study  
course about  
the work of the  
Holy Spirit*

**You Must Be Born  
Again**



# **You Must Be Born Again**

A self-study course about  
the work of the Holy Spirit

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Level 1, Book 11



# ***Table of Contents***

Getting Started.....	1
Chapter 1: Birth: The First Time Around.....	3
Chapter 2: Being Born Again.....	19
Chapter 3: Staying Alive .....	33
Chapter 4: Living the New Life of Faith .....	47
Glossary.....	62
Answers to Chapter Tests.....	67
Final Test .....	69





## **Getting Started**

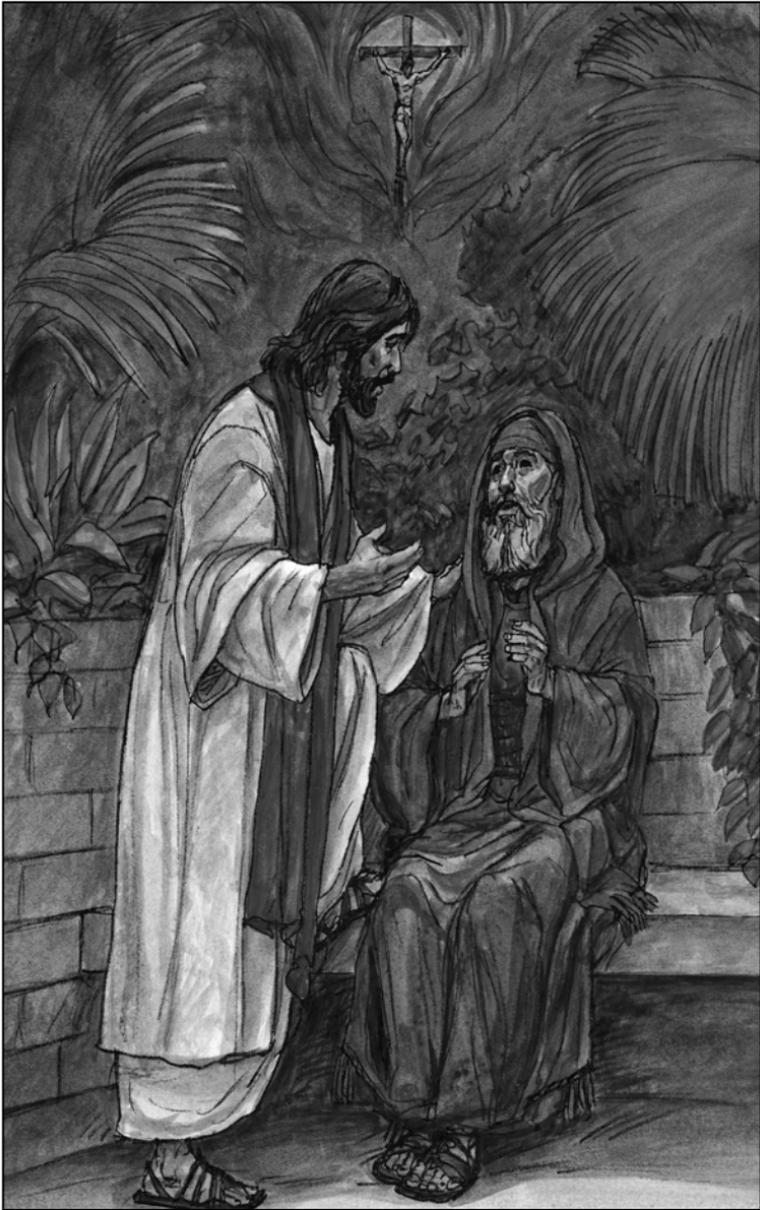
This book is about God the Holy Spirit, and how he makes us Christians and keeps us in the Christian faith.

Each of the four chapters begins with a list of goals marked with a small star (\*). These goals tell you what you learn in that chapter. Then you will read a few lines and answer some questions. At the end of the chapter there is a test. The test questions cover only what you read in the chapter and the questions you have completed.

When you finish answering a group of questions, you will be given a page number where you can turn to check your answers. If you turn to that page, you will find the answers at the very bottom of that page. Check your answers carefully, correcting any mistakes you made. Make sure you understand all the answers before reading any further.

At the end of the book there is a final test. Before you complete the test, go back and review the chapter tests. When you have completed the final test, you can either turn the test in to the person who gave you this book, or mail the test to the address on the back cover.

May God help you as you learn more about being born again.



*Jesus tells Nicodemus he needs to be born again.*



## *Chapter One*

# **BIRTH: THE FIRST TIME AROUND**

One night, when Jesus happened to be in the city of Jerusalem, a man came to see him. This man was named Nicodemus. He was one of the leaders in the Jewish religion. He wanted to talk to Jesus and learn more about what Jesus taught. But Jesus really surprised him. He told the man, "What I'm about to tell you is true. No one can see God's kingdom without being born again (John 3:3).

This book in your hands is an explanation of what Jesus meant. The Bible teaches us much about being born again. As Jesus said, to be born again is necessary. You cannot get into God's family or into heaven unless you have been born again.

Now, a person might wonder why that is. Born again? What was wrong with being born the first time? In this chapter, we will answer that question. By the end of the chapter, you will know:

- \* how we are dead at birth;
- \* how we are blind at birth;
- \* how we are God's enemies at birth; and
- \* why we cannot save ourselves.

When a little baby is born, he looks totally innocent. When he is sleeping in his bed, he seems like a little angel. (When he wakes his parents up for the 2:00 a.m. feeding, well, that

is another story!) It is hard to believe there could be anything wrong with a newborn child.

But the Bible tells us there is something very wrong. Jesus told Nicodemus something that makes perfect sense: "People give birth to people" (John 3:6). In other words, we cannot change who we are. Little human babies are born with human sinfulness.

You see, we inherit sinfulness from our parents as surely as we inherit our skin color, our hair color, and our eye color. One of the Bible writers, King David, said, "I know I've been a sinner ever since I was born. I've been a sinner ever since my mother became pregnant with me" (Psalm 51:5).

We call this terrible inheritance "original sin." It is the sinfulness we had from our origin or birth. We have it because our parents and grandparents and great-grandparents were sinful—all the way back to Adam and Eve, the first people and the first sinners.

1. Newborn babies look innocent and sinless, but actually they are born with \_\_\_\_\_.
2. Jesus said that sinful people give birth to \_\_\_\_\_ people.
3. King David said we are sinners from the moment our mothers became \_\_\_\_\_ with us.
4. We inherit this sinfulness from the first people on earth, \_\_\_\_\_ and \_\_\_\_\_.
5. We call this inherited sinfulness \_\_\_\_\_ . (Two words)

(Check your answers on the bottom of page 16)

The Bible has many ways to describe this original sin. It uses many word pictures. One of them is found in the letter written to the Ephesians, chapter 2, verse 1: "You were living in your sins and lawless ways. But in fact you were dead." According to God, being sinful is being dead.

This does not mean that we are physically dead. It means we are dead spiritually. We are dead to God, separated from him and on the road to hell.

Being spiritually dead destroys anyone's hopes of saving himself. People would like to think that being saved is as easy as simply deciding to become a Christian. "If we decide one day that we want to be believers, why, then we can save ourselves by becoming believers!"

But the Bible will not let us think that way. If we are spiritually dead, then we have no more choice in the matter of becoming Christians than a dead body has a choice of whether it will get up out of its coffin or not. Dead people do not decide to get up and do anything; they cannot! They are dead!

Yes, some people do try to obey the Ten Commandments, while others do not. Some people live better lives than others. But that is not the same as becoming a Christian. Deep

inside, God can see that all people are sinful. Because they are dead in sins, they cannot "come to life" on their own by deciding to become Christians.

6. The Bible says that we are born spiritually \_\_\_\_\_ in our sins and lawless ways.
7. People who are spiritually dead, cannot decide to become \_\_\_\_\_.
8. God can see that all people, whether they live better lives than others or not, are \_\_\_\_\_.

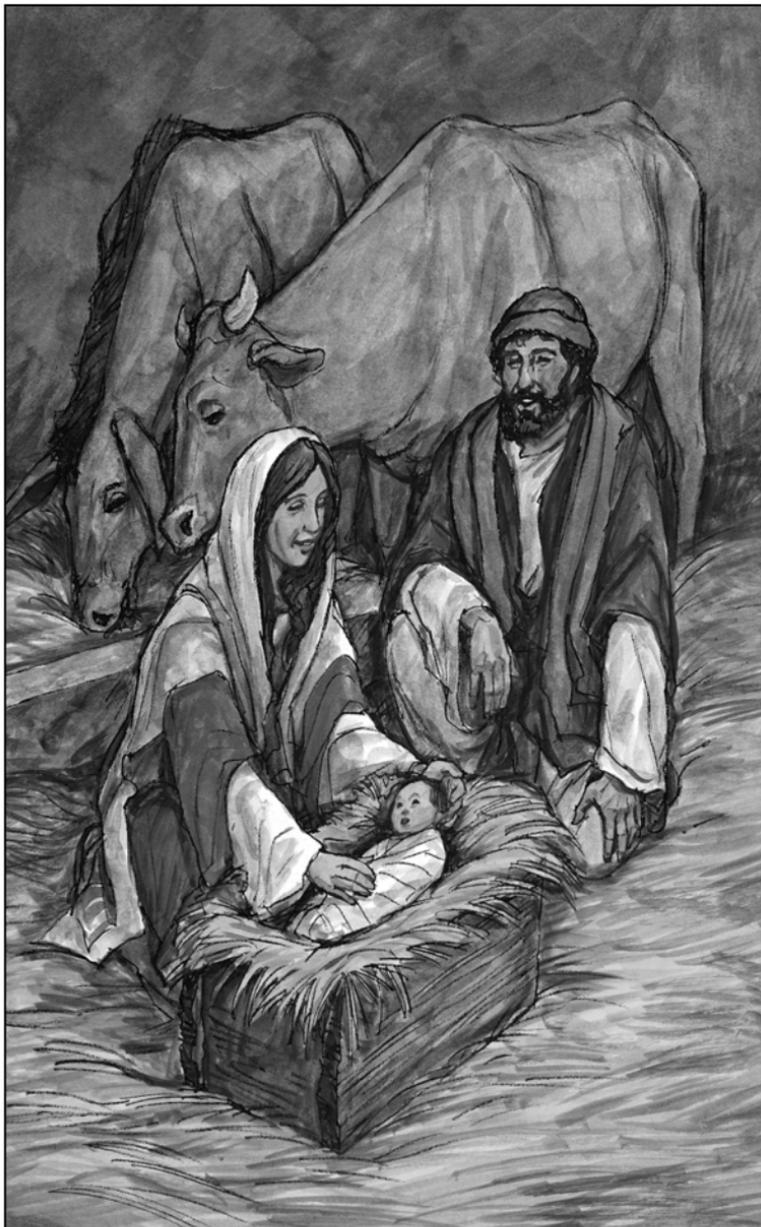
(Check your answers on the bottom of page 16)

The Bible has another way of speaking about our sinful condition at birth. It says we are spiritually blind. St. Paul, one of the writers of the Bible, puts it this way: "The god of this world [that is, the devil] has blinded the minds of those who don't believe. They can't see the light of the good news of Christ's glory" (2 Corinthians 4:4).

In another place, God complains about people that "have eyes that can see. But they do not really see. They have ears that can hear. But they do not really hear. They refuse to obey me" (Ezekiel 12:2). We can see physical things with the eyes of our bodies. But we cannot see the most important thing, namely, that Jesus Christ is our Savior.

The picture is this: God has provided a great gift for all people, his Son, Jesus Christ. And God has used the bright light of the gospel to show that Jesus is our only hope, our only Savior from sin. But, born in sin, we are blind to him. We cannot see him, and we cannot find our own way to him.

And, Paul says that the devil works to make this blindness permanent in people who do not believe. The devil uses our own sinfulness against us. He uses it to keep our eyes blind to Jesus Christ.



*Mary wrapped baby Jesus in cloth and laid him in a manger.*

9. The Bible says we are also spiritually \_\_\_\_\_ at birth.
10. This blindness is caused by our \_\_\_\_\_.
11. The \_\_\_\_\_ uses this blindness to keep us from coming to Christ.

(Check your answers on the bottom of page 16)

There is one more word picture the Bible has for us as sinners. It is found in these words, again from Paul, "The sinful mind is at war with God. It does not obey God's law. It can't" (Romans 8:7). In other words, from birth onward, we are enemies of God because of our sinfulness.

"Wait a minute!" someone might say. "I thought most people wanted to be on God's side! All through history, people have been searching for God. Maybe they often searched in the wrong place and ended up worshiping false gods. But that does not sound as if they want to be his enemies!"

But think about all those false gods for a moment. Why did people go to them? Because they did not want to have anything to do with the true God. He gives them commandments they do not want to keep. But they could always find a false god who would let them do what they wanted.

For example, many religions that worshiped false gods, especially in ancient times, let people have sex with anyone they wanted. The true God says you may have sex only with the person you have married. If people did not like what the true God said, they went to find another god. That showed they were against the real God.

Remember this. Every sin we do is an act of rebellion against God. He says we are not to do something, and we decide to do it anyway. That does not sound much like being friends with him, does it? Every sin a person commits is what an enemy of God would do.

Since sinful people are God's enemies, they are not too happy with God's Son. Jesus once told a story to show that people hate him because sin controls them. In the story, Jesus pictures God as a man who owned a vineyard [farm] for growing grapes. He rented it out to some men, and then sent his son to collect the rent money. These men killed the son because they hated the man.

When Jesus came on earth, many people hated him. The leaders of the Jewish people hated him the most and finally got him killed. Why did they hate him? They hated him because they were sinners and did not want Jesus in their lives.

12. The Bible says that, at birth, we were \_\_\_\_\_ of God.

13. We prove that we are enemies of God every time we \_\_\_\_\_.

14. Many people who worshiped \_\_\_\_\_ gods did so because they did not like the true God.

(Check your answers on the bottom of page 16)

So, what are we? The Bible says that, at birth, we are entirely sinful. It describes that sinfulness as being dead in sin, blind in sin, and God's enemies.

If that is true, then there is no way we are going to become Christians on our own. And there is no way any other person will be able to convince us to become Christians. Such a person might as well yell at a dead body to get up and take a walk. Or he might try to show a map to a blind man. He might try to convince someone to be friends with his worst enemy.

Becoming a Christian is difficult. In fact, it is impossible for us to become a Christian by ourselves. But it is not impossible for God. That is what the next chapter is all about.

## ***Review of Chapter One***

A man named Nicodemus asked Jesus about his teachings, and Jesus told him people must be "born again" to enter heaven. He spoke of how, the first time you are born, you are sinful, like your parents. You inherit sin from them. That sin is called original sin. It goes all the way back to Adam and Eve, the first humans, and the first sinners.

As a result of original sin, we are born spiritually dead, separated from God. A dead body cannot do anything for itself, and we are unable to save ourselves from sin. We are unable to decide to become Christians.

We are also spiritually blind from birth. God has set before us his Son as our Savior. But because we are spiritually blind, we cannot find him on our own.

The Bible also says we are God's enemies from birth. Every sin we commit proves that we

are enemies of God. In ancient times people hated the true God so much they made up their own gods to replace him and his commandments. In fact, some people hated him so much that when his Son came into the world, they killed him.

Since we are separated from God—dead, blind, and fighting against God from birth, there is no way we can save ourselves. No other human can save us either. God is our only hope.

**Answers to questions within Chapter One:**

1. sinfulness; 2. sinful; 3. pregnant; 4. Adam, Eve; 5. original sin; 6. dead; 7. Christians; 8. sinful; 9. blind; 10. sinfulness; 11. devil; 12. enemies; 13. sin; 14. false.

### ***Test on Chapter One***

1. We are born in \_\_\_\_\_ that we inherit from our parents.
2. This inherited sinfulness is called \_\_\_\_\_ . (Two words)
3. We inherited this sinfulness from \_\_\_\_\_ and \_\_\_\_\_, the first humans.
4. Because we are spiritually dead at birth, we cannot \_\_\_\_\_ to become Christians.
5. Because we are spiritually blind at birth, we cannot see the greatest blessing God puts before us, namely, \_\_\_\_\_ . (Two words)
6. Because at birth we are spiritually \_\_\_\_\_ of God, we sin against him all our lives.

7. Every \_\_\_\_\_ is an act of rebellion against God.
8. There is no way we can become \_\_\_\_\_ on our own, because of our inherited sinfulness.

(Check your answers on page 67)



## *Chapter Two*

# **BEING BORN AGAIN**

In the previous chapter, we learned how hopeless our situation is when we are born. The Bible says we are born in sin. That is like being born dead, blind, and an enemy of God. That means there is nothing we can do to turn ourselves around and become Christians. After all, dead people cannot raise themselves, and blind people cannot give themselves sight.

But there is one special person who is able to change everything for sinful people. Jesus came across three dead bodies during his lifetime. He told them to get up and go home—and they did! He came upon a few blind people and told them to receive their sight—and they did! And he was very good at getting God's enemies to become God's children.

That person is the same Jesus Christ who said he would send the Holy Spirit. What does the Holy Spirit do for us? Jesus told Nicodemus, the man who came to him at night, "No one can enter God's kingdom without being born through water and the Holy Spirit" (John 3:5). In this chapter, we will learn how the Holy Spirit changes us into Christians. At the end of the chapter you will know:

- \* what it means to be born again;
- \* how the Holy Spirit changes us from unbelievers to believers; and
- \* the only way to become a Christian.

When Jesus told Nicodemus about being born again, Nicodemus was confused. He wondered what Jesus was talking about. He asked, "How can I be born when I am old? I can't go back inside my mother! I can't be born a second time!" (John 3:4).

Jesus replied that he was talking about being born "of water and the Holy Spirit." What he was talking about was the work of the Holy Spirit in baptism. The Holy Spirit uses God's word in baptism to give us new life.

Baptism is one of two special blessings that we call "sacrament." Sacraments are sacred acts God uses to give us new life, a life of faith in Jesus our Savior. Sometimes we say, "Actions speak louder than words!"

For example, if you really respect and like someone, you can say it with words. Or you can shake his hand. That handshake says the same thing as the words, but it makes the message stronger. Or perhaps you have been in love. You can say the words, "I love you," or

you can buy your loved one a gift. The action proves that you mean what you said.

With the sacrament of Baptism, the message God wants each of us to understand and receive with all of our heart is this. As our heavenly Father he declares that all of our sins and all of our sinfulness have been washed away. When Jesus died on the cross, he paid for all of our sins. In God's sight, we are now clean and sinless because of what Jesus did for us.

Baptism assures us that God means what he says in the Bible. For example, he says, "The blood of Jesus, his son, makes us pure from all sin" (1 John 1:7). And in another place, God says, "Even though your sins are bright red, they will be as white as snow. Even though they are deep red, they will be white like wool" (Isaiah 1:18).

1. Jesus told Nicodemus he needed to be born of \_\_\_\_\_ and the \_\_\_\_\_.

2. With these words he was talking about the sacrament of \_\_\_\_\_.
  
3. A \_\_\_\_\_ is an act by which God helps us understand and believe his saving message.
  
4. God's saving message is that our sins and our sinfulness have been \_\_\_\_\_ away.

(Check your answers on the bottom of page 30)

We are born again through baptism. The Holy Spirit uses this sacrament to make us sure that all our sins and sinfulness are washed away. What God says in many Bible passages is what he pictures and brings to us in our baptism.

That is why both water and God's word must be used in baptism. The water is a picture of how our sins are washed away. As water washes dirt from our bodies, so God has washed our guilt away from us with the blood



*Philip baptized the man from Ethiopia.*

of Jesus. And God's word is present so that our faith rests on Jesus and not on the water.

Jesus told us which words from the Bible to use, "Baptize them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19). When a you are baptized, and we say these words, "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit," what is happening? God is blessing you by placing his name on you. He is adopting you as his child. God is giving you a new start in life. You are born again.

A different form of that blessing was given to people long ago at the time of Moses. At the time of Moses God told the ancient Israelites that when they worshiped, the minister was to bless them in the name of the Lord. And the Lord promised, "They will put the blessing of my name on the people of Israel. And I will bless them" (Numbers 6:27). So, when God puts his name on us in baptism, he is blessing us. He is saying we belong to him, and he is

blessing us with his protection, forgiveness, and peace by putting his name on us when we are baptized.

5. The water in baptism shows us how our sins are \_\_\_\_\_ away.
6. \_\_\_\_\_ must be present with the water, so we will know what baptism is about and believe that God has saved us.
7. We are to baptize people in the name of the \_\_\_\_\_ and of the \_\_\_\_\_ and of the \_\_\_\_\_.
8. When God puts his name on us like that, he \_\_\_\_\_ us with new life as his children.

(Check your answers on the bottom of page 30)

In a letter to a friend named Titus, Paul tells us what God does for us through baptism "He saved us by washing away our sins. We were

born again. The Holy Spirit gave us new life" (Titus 3:5). God gives us Christian faith, and we are born again. We are born into God's family this time. In another place, Paul writes, "Because you are his children, God sent the Spirit of his Son into our hearts. He is the Holy Spirit" (Galatians 4:6).

In chapter one, we said that at birth people are dead in sin, blind in sin, and God's enemies because of their sinfulness. But now, see the big change baptism and faith bring about! We were dead in sin. We are given a second birth in baptism. We were blind in sin. We are given sight in baptism so that we look to Jesus as our Savior. We were God's enemies. In baptism, we become his children.

Baptism is not the only way the Holy Spirit makes people into Christians. Remember, this sacrament is only one of the ways that God gets us to understand and believe his saving message. Some people become Christians by reading God's clear words in the Bible, or by



*Noah thanked God for keeping him safe during the flood.*

having someone preach God's word to them. Do they need to be baptized too? Yes. Jesus said it is necessary. And they will want the assurance baptism gives.

In one of his letters, Peter talks about this in a unique way. He is remembering Noah's ark and the Great Flood. He makes the point that the same floodwaters, which drowned everyone else, saved Noah. The floodwaters did this by lifting up the ark so it would float above all the death and ruin. Then Peter writes, "The water of the flood is a picture of the baptism that now saves you also" (1 Peter 3:21).

9. Though we were dead in sin, baptism gives us a new \_\_\_\_\_ into God's family.

10. Though we were blind in sin, baptism gives us sight so we look to \_\_\_\_\_ as our Savior.

11. Though we were God's enemies, baptism makes us his \_\_\_\_\_.

12. Some people become Christians before they are baptized, when they hear or read the \_\_\_\_\_ of \_\_\_\_\_.

13. Peter says that baptism \_\_\_\_\_ us.

(Check your answers on the bottom of page 30)

### ***Review of Chapter Two***

Jesus told Nicodemus that he must be born again. He was talking about baptism. He called it, being born of water and the Holy Spirit.

Baptism is a sacrament. A sacrament is an act in which God forgives sin. God impresses on us the fact that our sins are forgiven.

Sacraments use earthly things, like water, together with God's word. Jesus washed away our sins when he died to remove them from our record with his blood. The water in baptism reminds us of that washing.

#### **Answers to questions within Chapter Two:**

1. water, Spirit; 2. Baptism; 3. sacrament; 4. washed; 5. washed;  
6. God's word; 7. Father, Son, Holy Spirit; 8. blesses; 9. birth;  
10. Jesus; 11. children; 12. word, God; 13. saves.

The word of God used in baptism places the name of God—the Father, Son and Holy Spirit on us. By placing his name on us in baptism, God blesses us with forgiveness of our sins. He gives us spiritual life and spiritual sight. He makes us into his dear children.

Many people come to faith in Christ before they are baptized by listening to God's word. They, too, will want to be baptized because Jesus said it was necessary. Baptism, the Bible says, saves us.

### ***Test on Chapter Two***

1. Jesus told Nicodemus that we need to be born of \_\_\_\_\_ and the \_\_\_\_\_.
2. He was talking about \_\_\_\_\_.
3. A \_\_\_\_\_ is an act by which God gives and assures us of the forgiveness of our sins.

4. We are to baptize people in the name of the \_\_\_\_\_ and of the \_\_\_\_\_ and of the \_\_\_\_\_.
5. When we are baptized, we are reborn into God's \_\_\_\_\_.
6. Some people are brought to faith before they are baptized, by reading the \_\_\_\_\_ of \_\_\_\_\_.
7. These people also will want to be \_\_\_\_\_, because Jesus said it was necessary.
8. Peter writes that baptism \_\_\_\_\_ us.

(Check your answers on page 67)



### *Chapter Three*

## **STAYING ALIVE**

When Jesus told Nicodemus about being born again in baptism, Nicodemus still had a hard time understanding it. Jesus was rather surprised by this and said, "You are Israel's teacher. Don't you understand these things?" (John 3:10).

Jesus was speaking in a simple way to help us understand what it means to be born again. We should think of our Christian faith as a new

life in us. It will help us to understand how that life is kept alive in us.

You see, when you were born, nobody said, "Well, now that is the end!" and left you alone. The new life in you had to be taken care of, or it would die. You had to be fed and sheltered and cared for or you would be dead!

It is the same way with the new life of Christian faith. You do not simply get baptized and say, "Well, there we are! I am a Christian now!" and forget about it. Faith needs to be cared for, too. In this chapter, we will learn how the Holy Spirit keeps our faith alive. By the end of this chapter, you will know:

- \* what is meant by the Means of Grace;
- \* how important God's word is each day;  
and
- \* what the Lord's Supper is.

As our bodily life needs food, so does our new life of faith. The Bible tells us this in many places. In one place, we read, "So be careful. When you think you are standing firm, you might fall" (1 Corinthians 10:12).

Peter, one of the disciples of Jesus, tells us how to avoid letting our faith die. "Be on your guard. Then you won't be led down the wrong path by the mistakes of people who don't obey the law. You won't fall from your safe position. Grow in the grace of our Lord and Savior Jesus Christ. Get to know him better" (2 Peter 3:17-18).

To grow, as Peter says, we need the right kind of food. We need food for our faith. God provides that food for us. Our faith lives on forgiveness. Whenever God makes us sure of his forgiveness, he is providing food to keep our faith alive.

We have a special name for this spiritual food and the way God brings it to us. We call this

food the gospel, and the way God brings it to us is called the Means of Grace. "Grace" is God's forgiving love—the love that moved him to send Jesus to be our Savior. "Means" is another word for a tool. The Means of Grace is the tool God uses to assure us of his forgiving love. The Means of Grace bring us the gospel, the food that keeps our faith alive.

1. The Bible warns us not to let our faith \_\_\_\_\_.
2. To keep faith alive, God gives us \_\_\_\_\_ for it.
3. The "food" for our faith is the \_\_\_\_\_  
\_\_\_\_\_. (Three words)
4. Grace is God's forgiving \_\_\_\_\_.
5. The Means of Grace is God's \_\_\_\_\_  
for assuring us of his forgiving love.

(Check your answers on the bottom of page 44)

The first example of the Means of Grace is the gospel in the Bible itself. God keeps our faith alive every time we read or hear the gospel. the good news about Jesus our Savior, in the Bible. Jesus once said that his word was life itself for us. To keep your faith alive, read God's word (the Bible) every day.

Back in the time of Moses, God urged his people to make his word a big part of their lives. "Keep my words in your hearts and minds. Write them down and tie them on your hands as a reminder. Also tie them on your foreheads. Teach them to your children. Talk about them when you are at home. Talk about them when you walk along the road. Speak about them when you go to bed. And speak about them when you get up. Write them on the door frames of your houses. Also write them on your gates" (Deuteronomy 11:18-20).

There are many ways to do what Moses wrote about God's word. Some people read the Bible from cover to cover. They start at the beginning

or with one of the Gospels (the stories of Jesus' life) and read for a few minutes each day. Some will make use of devotions that are short sermons about a Bible passage.

Attending Bible classes and worship services is another way to do this.

6. The first example of the Means of Grace is the \_\_\_\_\_ in the Bible.
7. We ought to read God's word every \_\_\_\_\_.
8. Devotions are short \_\_\_\_\_ based on some Bible passage.
9. We should attend Bible \_\_\_\_\_ and \_\_\_\_\_.  
(Two words)

(Check your answers on the bottom of page 44)

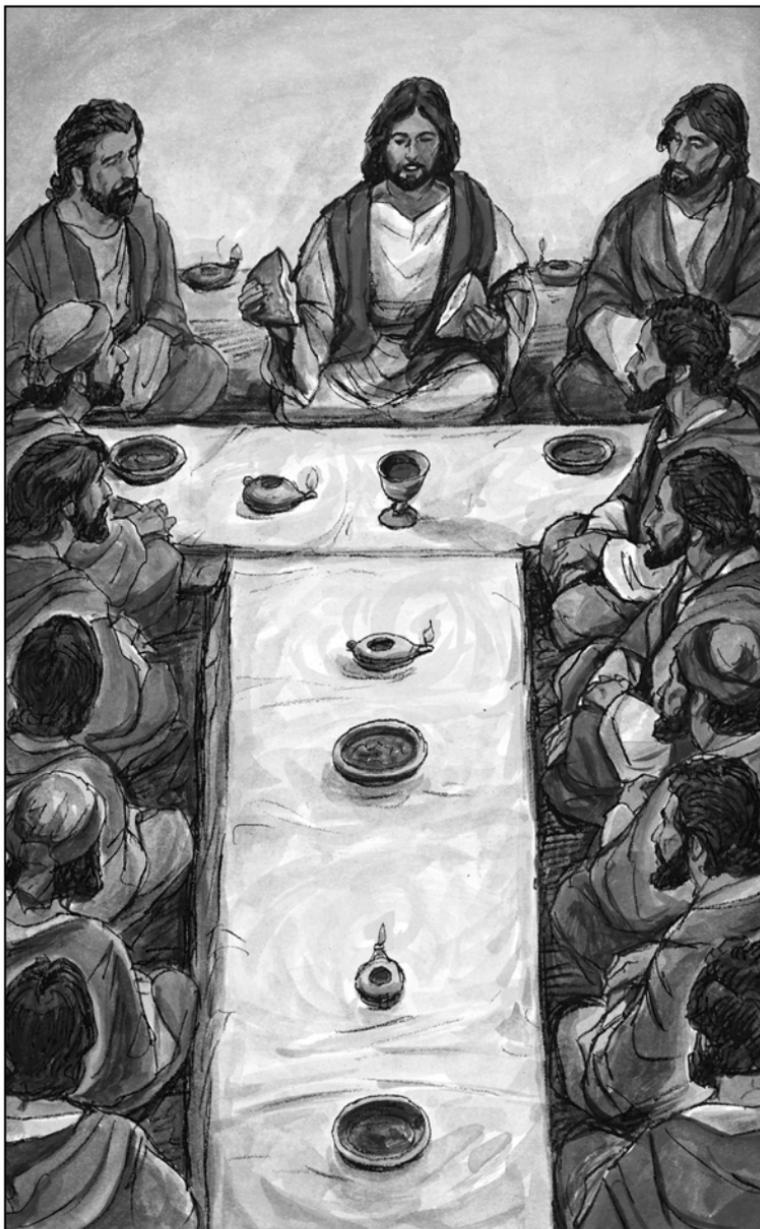
We have already mentioned the sacraments in the last chapter. A sacrament is an act by which God gets us to understand and believe his saving message. Jesus gave us two

sacraments. We have already learned about Holy Baptism. The other one is called the Lord's Supper, or Holy Communion.

On the night before his death, Jesus was eating supper with his disciples. It was a special supper, called Passover. At the Passover supper, Jews recalled how God had saved them from slavery in the days of Moses.

During the meal, Jesus took some of the bread from the table, gave it to his disciples to eat, and said, "Take this and eat it. This is my body." Then he took the wine from the table and gave it to them, and said, "All of you drink from it. This is my blood of the new covenant. It is poured out to forgive the sins of many" (Matthew 26:26-28).

The Passover recalled how the Jews had been saved from slavery. God used the blood of a lamb to protect his people from death in Egypt. The Lord's Supper recalls for us how God used the blood of Jesus, the lamb of God, to save



*Jesus said, "Take and eat. This is my body."*

us from eternal death because of our sins. Jesus died because of our sins. His body was nailed to the cross and the bread reminds us of that. His blood was shed, or poured out and the wine tells us that.

But there is more than just bread and wine in this sacrament. Jesus said, "This is my body. This is my blood." In a miraculous way, we actually receive Jesus' body and blood together with the bread and the wine. He gives them to us to make us absolutely certain that our sins are forgiven.

This is a miracle that we cannot explain. It is impossible to explain how Jesus' body could be in the bread, or his blood in the wine. But he said it was so, and we can trust him. He is God's Son. Not only would he not lie, but also he has the power to perform this miracle whenever we receive the Lord's Supper.

This is the same Lord's Supper that is served at church worship services. Jesus told us, "Do

it in memory of me" (1 Corinthians 11:24).

When we remember his death, we remember that his death was the way he won forgiveness for our sins. The Lord's Supper keeps our faith in that forgiveness alive.

10. Another name for the Lord's Supper is Holy

\_\_\_\_\_.

11. Jesus gave his disciples this sacrament on the night before he \_\_\_\_\_.

12. He said that the bread was his \_\_\_\_\_ given for us.

13. He said that the wine was his \_\_\_\_\_ poured out for our forgiveness.

14. The Lord's Supper keeps our faith in God's \_\_\_\_\_ alive.

(Check your answers on the bottom of page 44)

### ***Review of Chapter Three***

When we are born again, we receive a new life of faith. But that life needs to be fed and nourished or it will die. God has given us the Means of Grace to keep our faith from dying.

The Means of Grace, the gospel in word and sacrament, is the tool or spiritual food God uses to assure us that he has forgiven us all our sins. One example of this good, the gospel in Holy Baptism, was already discussed in chapter two. Another example is the gospel in the Bible, God's word. When we read it or hear someone preach it to us, or attend Bible classes or worship services, God uses his word to strengthen our faith.

The gospel in the Lord's Supper is a third example of the Means of Grace that God uses to keep our faith alive. Jesus began the Lord's Supper, or Holy Communion, on the night before he died. He took bread and gave it to his followers and said, "This is my body. It is

given for you” (Luke 22:19). Then he gave them wine, and told them, “This is my blood.... It is poured out to forgive the sins of many” (Matthew 26:28). He told them to continue having this supper in the future to remember him.

In the Lord's Supper, Jesus gives us his true body and blood with the bread and the wine. As we eat and drink, we are reminded of how his body was nailed to the cross and his blood was shed or poured out for us. We are reminded how he died so that our sins would be forgiven. And we receive God's forgiveness through this good news. That is how the Lord's Supper also keeps our faith alive.

### ***Test on Chapter Three***

1. The "food" that keeps our faith alive is called the \_\_\_\_\_  
\_\_\_\_\_. (Three words)

#### **Answers to questions within Chapter Three:**

1. die; 2. food; 3. Means of Grace; 4. love; 5. tool; 6. gospel; 7. day;  
8. sermons; 9. classes, worship services; 10. Communion; 11. died;  
12. body; 13. blood; 14. forgiveness.

2. Grace is God's forgiving \_\_\_\_\_.
3. The Means of Grace is God's \_\_\_\_\_  
for providing and assuring us of his forgiving  
love.
4. The Means of Grace is : the gospel in the  
\_\_\_\_\_, \_\_\_\_\_, and  
the \_\_\_\_\_  
(Two words)
5. To keep our faith alive, we should read or  
hear God's word \_\_\_\_\_  
(Two words)
6. Jesus started the Lord's Supper on the night  
before he \_\_\_\_\_.
7. With the bread, Jesus gives us his true  
\_\_\_\_\_, and with the wine  
he gives us his \_\_\_\_\_.
8. The Lord's Supper also helps to keep our  
\_\_\_\_\_ in God's forgiveness alive.

(Check your answers on page 67)



*The father hugged his son, forgave him,  
and welcomed him home.*



## *Chapter Four*

# **LIVING THE NEW LIFE OF FAITH**

Very often, people get the idea that being a Christian only does you good when you die. They might say, "Christians get to go to heaven? That is all fine. But in the meantime, we live on this earth. What good does this Christian faith do us now?"

The Holy Spirit has more blessings for us. Not only does he bless us in the life to come, but he wants to bless us in this life, too. He wants to help us to live the kind of life that will bring us more happiness and joy.

In this chapter, you will learn:

- \* what the life of faith is like; and
- \* how the Holy Spirit helps us live it.

Again and again, the Bible tells sinners to repent. That word, repent, has a meaning we can picture in our minds. It means turning. We can imagine our life as a walk down different roads. Sinners are going down the road that leads to death in hell. God wants everyone to repent, that is, to turn from the road of sin and walk on the road that leads to eternal life.

When the Holy Spirit brings us to faith in Jesus, he puts us on the road to eternal life. Then, as we go on, he helps us to walk straight on that

road. If we start to stray back to the other path, he brings us back to the right road.

1. The word repent means \_\_\_\_\_ on to the right road.
2. Our life is like a walk on a path; the sinner's path leads to death in \_\_\_\_\_.
3. When we become Christians, the Holy Spirit puts us on the path that leads to \_\_\_\_\_.

(Check your answers on the bottom of page 58)

There are parts of the Bible that tell us very clearly what the life of faith, the path to heaven, is like. You can read about the Christian life of faith in the last chapters of most of the apostle Paul's letters in the New Testament. Paul wrote to people who usually had not been Christians very long. They needed lots of help staying on the right road.

For example, at the end of the letter to the Ephesians, Paul had this to say: "Do not make

God's Holy Spirit said. He marked you with a seal for the day when God will set you completely free" (Ephesians 4:30). The "seal" of the Holy Spirit is the sign of ownership that God placed on you when you were baptized. God placed his name on you to show that you belong to him.

The Holy Spirit wants us to live good lives. And he not only tells us how to do it, he uses the forgiving love of Jesus to make us want to live good lives. In the same chapter of Ephesians, he tells us:

- "So each of you must get rid of your lying. Speak the truth to your neighbor" (Ephesians 4:25).

- "Those who have been stealing must never steal again. Instead, they must work. They must do something useful with their own hands. Then they will have something to give to people in need" (Ephesians 4:28).

- "Get rid of all hard feelings, anger and rage. Stop all fighting and lying. Put away every form of hatred. Be kind and tender to one another. Forgive each other, just as God forgave you because of what Christ has done" (Ephesians 4:31-32).

At the end of the letter to the Colossians, he says more to encourage Christian living:

- "So put to death anything that belongs to your earthly nature. Get rid of your sexual sins and unclean acts. Don't let your feelings get out of control. Remove from your life all evil longings. Stop always wanting more and more. You might as well be worshiping statues of gods" (Colossians 3:5).

- "Put up with each other. Forgive the things you are holding against one another. Forgive, just as the Lord forgave you" (Colossians 3:13).

4. One Bible writer who tells us clearly what the path to heaven is like is \_\_\_\_\_.
5. You can find his advice near the \_\_\_\_\_ of his letters in the New Testament.
6. Paul says we should not give the Holy Spirit reason after reason to be \_\_\_\_\_ with us.

(Check your answers on the bottom of page 58)

As you know, it is one thing to tell people how to live. It is something else to get them to do it. The Holy Spirit does not only give us laws and instructions. He also gives us the strength to obey.

Paul wrote about God's help with these words: "God is working in you. He wants your plans and your acts to be in keeping with his good purpose" (Philippians 2:13). In other words, the power behind our faith in Jesus is the Holy Spirit, not ourselves. We rely on him to keep us in the saving faith. In fact, we rely on him to

make us want to stay in the saving faith! And he makes us want to live the godly life of faith, too.

And how does he do that? With the same tool he used to bring us to faith and to strengthen our faith: the Means of Grace.

We might think of baptism only as the way we become Christians. But Paul tells us that the baptism we received also keeps us in the faith and living the new life of faith. Here is how he says it in his letter to the Romans:

"All of us were baptized into Christ Jesus. Don't you know that we were baptized into his death? By being baptized we were buried with Christ into his death. Christ has been raised from the dead by the Father's glory. And like Christ we also can live a new life. By being baptized, we have been joined with him in his death. We will certainly also be joined with him in his resurrection. We know that what we used to be was nailed to the cross with him. That

happened so our sinful bodies would lose their power. We are no longer slaves of sin. Those who have died have been set free from sin....So don't let sin rule your body which is going to die. Don't obey its evil longings. Don't give the parts of your body to serve sin. Don't let them be used to do evil. Instead, give yourselves to God. You have been brought from death to life. Give the parts of your body to him to do what is right" (Romans 6: 3-7 and 12-13).

Baptism connected us with Jesus who died because of our sin. God says that when we were baptized, we died with Jesus. If we died, then sin cannot control us any longer. We are no longer slaves of sin. And we don't want to go back to that kind of slavery. It leads to hell.

And let's not forget that baptism also connected us with Jesus who rose from death after our sins were paid for. When we were baptized, God brought us from death to life and made us new, forgiven people. We were raised

to a new life of faith. We belong to him. We can live with him now and in heaven. This makes us happy to live in a way that pleases God our Savior.

When we remember that our baptism means our death to sin, we will not want to sin any more. And when we remember it means we were raised to a new life of faith, we will desire to do what pleases God and makes him happy.

7. The Holy Spirit gives us the \_\_\_\_\_ to obey God's rules.
8. The Holy Spirit even makes us \_\_\_\_\_ to stay in the saving faith.
9. To make us able to live a life of faith, the Holy Spirit uses the \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ . (Three words)
10. Baptism means we have died to \_\_\_\_\_ as Christ died.

11. As Christ was raised to life, so we are raised to a new life of \_\_\_\_\_.

(Check your answers on the bottom of page 58)

In a similar way, coming to the Lord's Supper helps us to live the life of faith. Jesus said we should eat this holy meal often to remember him. But receive it prayerfully. God will judge anyone who receives the Lord's Supper while planning to commit some sin. Remember Jesus by coming to the Lord's Supper with a repentant heart. When we remember how he suffered to save us and bring us into God's family, we will want to live a life that pleases him.

It is the word of God that guides us on the path of God and shows us how to live the new life of faith. The Ten Commandments are a great guide for the way God wants us to live. So is the Sermon on the Mount found in Matthew chapters five, six and seven.

Of course, while you try to live this life of faith, the devil will be trying to get you to leave it and go back on the path of sin. That is why you need to have the Holy Spirit with you. In one place the Bible speaks to you as a soldier in God's army. And the Holy Spirit tells you to inspect your armor to make sure you are ready for the battle:

"Put on all of God's armor. Then you can stand firm against the devil's evil plans. ... So stand firm. Put the belt of truth around your waist. Put the armor of godliness on your chest. Wear on your feet what will prepare you to tell the good news of peace. Also, pick up the shield of faith. With it you can put out all the flaming arrows of the evil one. Put on the helmet of salvation. And take the sword of the Holy Spirit. The sword is God's word" (Ephesians 6:11, 14-17). All the help we need is found in God's word. His truth will wrap around you like a belt. His approval and forgiveness will keep you from feeling sin in your heart. Faith is the shield against the devil's temptations. Remember that

Christ saved you, and your mind will not be tempted with sin. Keep using the word of God, the weapon of the Holy Spirit, to fight against any temptation the devil has in store for you.

12. When we take the Lord's Supper, we do it to \_\_\_\_\_ Jesus.

13. The \_\_\_\_\_  
(Two words) are an excellent guide to living the life of faith, as is Jesus' Sermon on the \_\_\_\_\_.

14. In one place the Holy Spirit speaks as if we were \_\_\_\_\_ going into battle against the devil.

(Check your answers on the bottom of page 58)

**Answers to questions within Chapter Four:**

1. turn; 2. hell; 3. heaven; 4. Paul; 5. end; 6. upset (or angry);  
7. strength; 8. want; 9. Means of Grace; 10. sin; 11. faith;  
12. remember; 13. Ten Commandments, Mount; 14. soldiers.

## ***Review of Chapter Four***

The Bible keeps telling sinners to repent, that is, to turn away from the road of sin and death and walk on the road of faith and life. Only the Holy Spirit can put us on that road, and only he can keep us on it.

Like many Bible writers, the apostle Paul often told his readers how the Holy Spirit wanted them to live. He reminded them that only the Holy Spirit could give them the strength to live, as God wants them to live. In fact, only the Holy Spirit could give them the desire to live as God wants them to live.

The Means of Grace is God's tool that helps us to live a life of faith that thanks and praises God. Our baptism reminds us that, as Christ died for our sins, we are united with his death and no longer want to sin. In baptism, we also were raised to a new and godly life. The Lord's Supper reminds us of how Jesus suffered for us. It makes us want to live for him who died

for us. The Bible, on many of its pages, guides us in living a life of faith. The Ten Commandments and the Sermon on the Mount are two examples of this.

God wants his word to keep us from the devil's temptations. We are to use God's word like a soldier's armor. It will protect us from Satan's temptations and attacks, and it will keep our faith alive.

### ***Test on Chapter Four***

1. The word \_\_\_\_\_ means to turn onto the right road.
2. The Holy Spirit turns us from the road that leads to \_\_\_\_\_ onto the road that leads to \_\_\_\_\_.
3. One Bible writer who gives us lots of advice on living the life of faith is the apostle \_\_\_\_\_.

4. The Holy Spirit gives us the strength to \_\_\_\_\_ God's rules.
5. The Holy Spirit even makes us \_\_\_\_\_ to stay in the saving faith.
6. To make us live a life of faith, the Holy Spirit uses the \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ . (Three words)
7. Baptism means we have died to sin and risen with Christ to a new \_\_\_\_\_ of faith.
8. In the Lord's Supper we remember Jesus' \_\_\_\_\_ for us so that we will live our lives for Him.
9. The Bible has many excellent guides for living the life of faith, such as the Ten \_\_\_\_\_ and the Sermon on the \_\_\_\_\_.

(Check your answers on page 67)



# ***Glossary***

(A list of words you may not know)

<b>absolutely</b>	completely
<b>ancient</b>	very old
<b>approval</b>	the act of agreeing that something is good
<b>assure</b>	to be certain or sure of something
<b>ark</b>	a large boat or ship
<b>armor</b>	special clothing people wore to keep them safe in battle
<b>avoid</b>	to stay away from someone or something
<b>blind</b>	not able to see
<b>choice</b>	to pick to choose something
<b>commit</b>	to do something wrong or sinful
<b>complain</b>	to say you are not happy about something
<b>confuse</b>	to be mixed up, not understood
<b>convince</b>	to cause someone to know something is true

<b>covenant</b>	an agreement
<b>decide</b>	to reach an answer or to choose to make a judgment
<b>definitely</b>	very certain or sure
<b>describe</b>	to tell what something is like
<b>desire</b>	a strong wish for something
<b>destroy</b>	to ruin or lay waste
<b>devotions</b>	short sermons that someone writes concerning a Bible passage
<b>difficult</b>	hard
<b>disciple</b>	a follower, a student
<b>especially</b>	to a very high degree
<b>excellent</b>	very fine or very good
<b>explanation</b>	to make something clear and understood by speaking or writing
<b>future</b>	time that will come after the present time
<b>grace</b>	God's forgiving love that moved him to send Jesus as our Savior
<b>guilt</b>	the state or fact of having broken a commandment of God

**Holy Baptism** having water applied to you in the name of the Father, the Son and the Holy Spirit

**Holy Communion** Jesus giving us his body and blood with the bread and wine to remind us how he suffered for us

**impress** to show something is very important

**inherit** to receive something from someone who has died

**innocent** not guilty

**inspect** to look at carefully

**instruction** to give knowledge, to teach, to educate

**Means of Grace** the tools God uses to assure us of His forgiving love

**message** word spoken or written

**miracle** a wonderful act done by the power of God

**necessary** needed

**Nicodemus** a Jewish leader who came to have a talk with Jesus one night

**nourish** to feed (our bodies or our souls)

**origin** the beginning or source of something

<b>original sin</b>	the sinfulness we inherit from our parents
<b>physical</b>	something you can see or touch in this world
<b>pregnant</b>	carrying a baby inside a woman's body until the baby is born
<b>really</b>	actually
<b>rebellion</b>	an attack against authority
<b>refuse</b>	to show or say you will not accept or do something
<b>rely</b>	to trust; to depend on
<b>reply</b>	to answer
<b>respect</b>	to feel a high regard for; to honor
<b>totally</b>	completely
<b>sacred</b>	holy
<b>search</b>	to look hard to find something or someone
<b>sermon</b>	a talk on a biblical or religious subject
<b>shelter</b>	a building used to protect us
<b>similar</b>	almost the same as something else

<b>situation</b>	a set of circumstances or the way things were
<b>stray</b>	to lose one's way
<b>surprise</b>	a feeling caused by a sudden happening
<b>tempt</b>	to want someone to do something (wrong)
<b>tool</b>	anything used to bring about a definite wish
<b>unique</b>	being the only one of its kind
<b>urge</b>	to strongly want someone to do something
<b>wonder</b>	to want to know something
<b>worship</b>	praising God
<b>yell</b>	to shout or cheer loudly



## ***Answers to the Chapter Tests***

### **Chapter Test One: (Pages 17-18)**

1. sin; 2. original sin; 3. Adam, Eve; 4. decide;
5. Jesus Christ; 6. enemies; 7. sin; 8. Christians (or believers).

### **Chapter Test Two: (Pages 31-32)**

1. water, Spirit; 2. baptism; 3. sacrament; 4. Father, Son, Holy Spirit; 5. family; 6. word, God; 7. baptized; 8. saves.

### **Chapter Test Three: (Pages 44-45)**

1. Means of Grace; 2. love; 3. tool; 4. Bible, Baptism, Lord's Supper; 5. every day; 6. died; 7. body, blood; 8. faith.

### **Chapter Test Four: (Pages 60-61)**

1. repent; 2. hell, heaven (or sin, God); 3. Paul; 4. obey; 5. want;
6. Means of Grace; 7. life; 8. death; 9. Commandments, Mount.





## ***Final Test***

Congratulations! You have completed your study of *You Must be Born Again*. Go back through the book and review any mistakes you made in the chapter tests. Also review the goals from each chapter. When you are sure you know all the goals, you are ready to take the final test.

Complete the final test without looking at the book. When you are finished, give the test to the person who gave you this book or mail it to the address on the back cover of this book. You may also ask for more Bible study books in this series.

If you are ready, remove the test from the book and put the book away. Take the test without opening the book.





**You Must Be Born Again**  
***Final Test***

1. We all have inherited \_\_\_\_\_  
\_\_\_\_\_ from Adam and Eve. (Two words)
2. Because we are spiritually \_\_\_\_\_  
at birth, we cannot decide on our own to  
become Christians.
3. Because we are spiritually \_\_\_\_\_  
at birth, we cannot see the greatest blessing  
God has put before us, namely, Jesus  
Christ.
4. Because at birth we are spiritually enemies  
of God, we \_\_\_\_\_ against him all  
our lives.
5. Because we have inherited sinfulness from  
our parents, we can never become  
\_\_\_\_\_ on our own.
6. Jesus said we have to be born again of  
\_\_\_\_\_ and the \_\_\_\_\_.

7. Being born again happens in the sacrament of \_\_\_\_\_.
8. A sacrament is an act by which God provides and assures us of the \_\_\_\_\_ of our sins.
9. We are baptized in the name of the \_\_\_\_\_ and of the \_\_\_\_\_ and of the \_\_\_\_\_. (Two words)
10. When we are baptized, we become part of God's \_\_\_\_\_.
11. God keeps our faith alive with the \_\_\_\_\_ of \_\_\_\_\_.
12. The tool God uses for our faith is the gospel in the \_\_\_\_\_, \_\_\_\_\_, and the \_\_\_\_\_. (Two words)

13. We should read or hear \_\_\_\_\_  
\_\_\_\_\_ every day. (Two words)
14. In Holy Communion, Jesus gives his body  
with the \_\_\_\_\_, and his  
\_\_\_\_\_ with the wine.
15. The Bible tells us to \_\_\_\_\_, that  
is, to turn onto the right path, the path of  
God.
16. Only the \_\_\_\_\_ \_\_\_\_\_ can  
give us the strength to obey God's rules.  
(Two words)
17. In our \_\_\_\_\_ we die to  
sin and rise to a new life of faith.
18. In Holy Communion, we remember how  
Jesus \_\_\_\_\_ for us so that we  
will \_\_\_\_\_ for him.
19. The \_\_\_\_\_ has many  
excellent guides for living the life of faith.

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