

John 3:1–8

“Ye Must Be Born Again”

Nicodemus was a Pharisee and a “ruler of the Jews” (John 3:1). He came to the Savior at night to ask important questions about salvation. This lesson can help you understand and feel the importance of being born again “of water and of the Spirit” (John 3:5) to enter the kingdom of God.

A desire to change

Think of a scenario about a teenager who wants to change, come closer to the Savior, and experience more peace but who is not sure how. Think of specific things that this person *may* want to change and of some difficulties they *would probably* face in changing. You may also want to think about experiences you or others have had with making positive changes that could give this teenager hope that they can change.

- Why do you think Heavenly Father requires change in those who desire to enter His kingdom?

Write down some ways you feel prompted to change and become more like Jesus Christ.

Throughout this lesson, invite the inspiration of the Holy Ghost as you learn how to seek the Savior’s help in making the changes He desires of you.

Jesus taught Nicodemus about being born again

A man named Nicodemus came to Jesus in the night. Nicodemus was a Pharisee and a ruler of the Jews. He later defended Christ in front of the Pharisees (see [John 7:50–53](#)) and joined the believers at Jesus’s burial (see [John 19:39–40](#)). Nicodemus had come to the Savior on this night acknowledging that Jesus was “a teacher come from God” ([John 3:2](#)).

John 3:5 is a doctrinal mastery passage. Consider marking doctrinal mastery passages in a distinctive way so you can locate them easily. You will learn more about this doctrinal mastery passage in the next lesson.

Read [John 3:1–5](#), looking for what the Savior taught Nicodemus that he needed to do to enter the kingdom of God.

- What do you think it means to be “born again”? ([John 3:3](#)).

- Why do you think we need to be born again to see the kingdom of God?

- When Nicodemus didn’t understand how to be born again, what did the Savior teach (as recorded in [verse 5](#))?

One of the principles we learn from the Savior’s teachings to Nicodemus is that **we must be born of water and of the Spirit to enter the kingdom of God.**

- What do you think it means to be born of water and of the Spirit?

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- In what ways do you think being baptized and confirmed can help us be born again and enter the kingdom of God?

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- What did the Savior teach Nicodemus that you would want the person in the scenario you created to understand?

Baptism and confirmation are two of the necessary ordinances of salvation and exaltation that each person must receive to inherit the celestial kingdom. These ordinances are the gate that we enter to get on the covenant path that leads to eternal life (see [2 Nephi 31:17–20](#)). As we walk this path and keep our covenants, we experience change and a spiritual rebirth. The prophet Alma in the Book of Mormon explained the Savior’s role in enabling us to be born again. Read [Alma 7:14](#), looking for how the Savior can help us be born again.

- What is the Savior’s role in helping us be born again?

From [2 Nephi 31:17](#) we also learn the role of the Holy Ghost in helping us be born again: “And then cometh a remission of your sins by fire and by the Holy Ghost.”

- What is the role of the Holy Ghost in helping us be born again?

Watch the video “A Change of Heart” to see the experience of a young man named Ever. Look for specific things that he did that allowed the Savior to help him change. (This video is available at [ChurchofJesusChrist.org](#).)

- What impressed you about the changes the young man made?

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- What are some changes you or someone you know has made to become more like Jesus Christ?

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- What role have the ordinances of baptism and confirmation had in these changes?

Sometimes we wonder how we are doing in our own spiritual rebirth. The Savior taught in [John 3:8](#) that we can see the effects of the wind but not where it comes from or where it goes. Similarly, we cannot always understand when being born again starts, nor how the changes within us are being made. However, we can see its effects as our desires and actions change (see [Mosiah 5:1–2](#)). Write in your study journal about evidence you see of the Savior helping you change. Pay attention to any promptings, thoughts, and impressions you may receive from the Spirit.

Helping others

1. Complete the following activity:

Think about the scenario you created at the beginning of the lesson. Reflect on what you have learned and felt today. Write a brief letter to the teenager from your scenario, explaining how the Savior can help them change. The following questions may help you as you do this:

- What do you think this person could do to seek the Savior's help in changing? Why do you think those actions will help?
- How can the ordinances of baptism, confirmation, and partaking of the emblems of the sacrament help this person change and be born again?
- What have you learned about Jesus Christ as you have experienced the process of being born again or have seen this process in others?

