



JOURNAL PAGE MIDDLE SCHOOL SESSION 3

DIGGING DEEPER

Belief Benefits

BENEFITS TO THOSE WHO BELIEVE

CROSS-CHECKING



Do Over

The Bible has much more to say about spiritual birth. Read the passages below from your Bible, and write beneath the verse headings everything you learn about spiritual birth.

John 1:10-13	1 Peter 1:22-25
We are children born of _____ _____ _____ _____	We're born again of _____ _____ _____ _____

Do you get the feeling that God is looking for a total transformation—something more than making a decision for Christ after hearing the facts? More than getting involved in church or youth activities? Being spiritually reborn is a transformation that has nothing to do with anything on earth. It can only come from above! It's so new and different that it's best described as starting completely over again—being *born* again.

Prayerfully answer these next questions. Ask God to tell you more about the transformation of being reborn by listening to his voice as you answer these questions.

1. Look over the info you wrote above about spiritual birth. Circle what *has to* happen in order for you to see the kingdom of God. What is God telling you about your spiritual birth? Write below what *has to* happen for you personally.

2. Going by these verses, what differences do you see between these two births—spiritual and physical?

3. If you're truly born again by believing in Jesus, your behavior will be transformed, too. As we've already seen, belief and behavior go hand in hand! Jesus gave a great definition for "believe" in John 3:21 (NAS): "But he who *practices the truth* comes to the Light...."

Are you *practicing the truth*? Describe below what someone would see you doing if he or she hung out with you for 24 hours. It may help for you to think about what you do in smaller blocks of time, and start with things you do every day, like breakfast, lunch, dinner, wake-up, and bedtime:

6–8 a.m.

8–10 a.m.

10 a.m.–Noon

Noon–2 p.m.

2–4 p.m.

4–6 p.m.

6–8 p.m.

8–10 p.m.

10 p.m.–Midnight

Final question: If you're "practicing the truth," what would people learn by watching you live out your life?