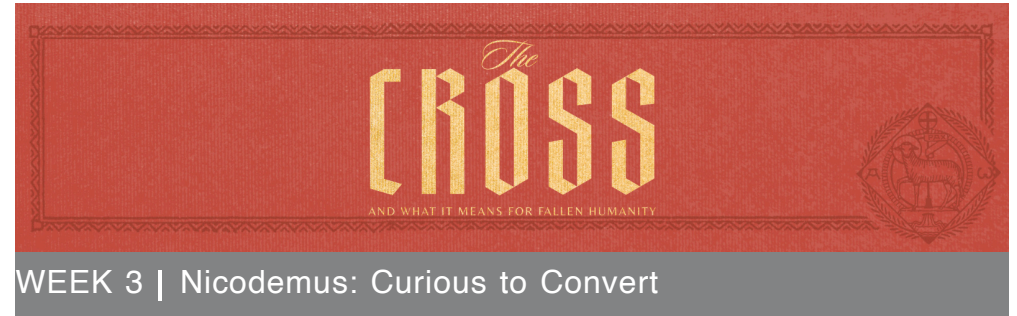


NOTES



PRAYER

Heavenly Father, Thank You for the cross that shows us Your love and the path to new life. Tonight, as we gather, we invite Your Spirit to open our hearts and minds. For those of us curious about who You are, help us take a step closer to trusting You. For those ready to fully surrender, give us the courage to say yes to You. Help us to live as transformed people who share Your light with the world. In Jesus' name, Amen.

OPENING QUESTION (OPTIONAL)

What's the weirdest 'life hack' you've ever tried because you were curious if it would work?



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WORD

Now there was a man of the Pharisees named Nicodemus, a ruler of the Jews. 2 This man came to Jesus by night and said to him, “Rabbi, we know that you are a teacher come from God, for no one can do these signs that you do unless God is with him.” 3 Jesus answered him, “Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God.” 4 Nicodemus said to him, “How can a man be born when he is old? Can he enter a second time into his mother’s womb and be born?” 5 Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. 6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. 7 Do not marvel that I said to you, ‘You must be born again.’ 8 The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” 9 Nicodemus said to him, “How can these things be?” 10 Jesus answered him, “Are you the teacher of Israel and yet you do not understand these things? 11 Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen, but you do not receive our testimony. 12 If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? 13 No one has ascended into heaven except he who descended from heaven, the Son of Man. 14 And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, 15 that whoever believes in him may have eternal life.

John 3:1-15

Nicodemus also, who earlier had come to Jesus by night, came bringing a mixture of myrrh and aloes, about seventy-five pounds in weight. So they took the body of Jesus and bound it in linen cloths with the spices, as is the burial custom of the Jews. Now in the place where he was crucified there was a garden, and in the garden a new tomb in which no one had yet been laid.

John 19:39-42

DISCUSSION QUESTIONS

Nicodemus first approaches Jesus at night, a Pharisee curious about the miracles he has seen. While he recognises something divine and special in Jesus, his questions reveal a struggle to understand spiritual truths. Jesus responds with an invitation to be “born again,” a radical concept that challenges Nicodemus to go beyond religious knowledge and seek transformation through God’s Spirit.

By the end of Jesus’ life, Nicodemus has changed. In John 19, we see him stepping out of the shadows to publicly honour Jesus by helping to prepare His body for burial - fully visible to his priestly brethren. This act of love and courage reflects a heart transformed by his encounter with Christ. What began as curiosity led to commitment and ultimately, public demonstration of faith.

From these passages, we learn that Jesus welcomes our questions and invites us into deeper understanding. Transformation comes when we move from intellectual curiosity to spiritual surrender. Like Nicodemus, we can take steps of faith that lead to a life committed to Jesus, both internally through the work of the Spirit and externally in how we live.

Discussion Questions

1. What’s one thing you’ve always been curious about when it comes to faith or spirituality?
2. Why do you think Nicodemus came to Jesus at night instead of during the day? How might that reflect his faith in Jesus and what his concerns might have been? Can you identify with Nicodemus?
3. How does the idea of being “born again” challenge the way you view faith or life?
4. What do you think motivated Nicodemus to publicly honour Jesus after His death?
5. How can you move from curiosity to deeper faith and bold action in your own life?

Closing Prayer

Lord Jesus,

Thank You for showing us through Nicodemus that it’s okay to bring our questions to You. We ask You to help us trust in Your power to change us from the inside out. For anyone here who is ready to say yes to You, we ask that they feel Your love and peace as they surrender their lives. For all of us, send us into the world as people who live boldly for You, sharing Your truth and love. We commit ourselves to follow wherever You lead. In Your name, Amen.