

**Aim:** A look at how God's righteousness protects and saves

**Refer:** Ephesians 6:14b

Turn to John 3

Read verse 1 – who is it talking about and what was he?

In verse 2 he acknowledges that Jesus is from God because of the miracles that He has seen.

What surprising thing does Jesus say to him in verse 3?

What does Nicodemus say?

And Jesus answer in verse 5-6

Nicodemus is thinking about physical birth, but Jesus is talking about spiritual birth.

Discuss what happens when you are born physically

Discuss what happens when you are born spiritually

Here are some suggestions for spiritual birth:

- Jesus comes into your life / the Holy Spirit comes into you
- You have a new understanding or awareness of spiritual things
- Before this you didn't care and were not aware of spiritual things
- When it first happens, you are a spiritual baby at first – You need people to feed you spiritually, to study with you and guide your Bible study.
- As you grow spiritually, you can understand more things, you will be interested in more difficult Bible studies; you will study more difficult subjects and you will study more on your own initiative.
- Our spiritual bodies need food just like our physical bodies – can you guess what they use for food? (time with God)
- Our spiritual bodies will die if they don't get fed – if we don't spend time with God regularly.

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Last week we talked about how a breastplate or body armour protects the heart of a soldier or police officer. The heart is one of the most important parts of your body.

We also talked about what our spiritual heart is – how we say "he has a good or bad heart" if he likes doing good or bad things or "My heart feels happy/sad/angry" or that "love comes from the heart."

Satan isn't shooting bullets at us, he is attacking us spiritually. Last week we talked about some problems that our spiritual hearts can have. Do you remember what they were and why they were a problem?

- Bad heart
- Sad heart
- Mad heart
- Scared heart

Read Ephesians 6:14b again. Paul say's that it is God's righteousness that protects us so lets look at these spiritual heart attack's and some more and work out how God's righteousness can protect us in that situation.

- Proud heart – Read Romans 3:23-24, 27 (All fall short; no one can boast)
- Bad heart – Read Ezekiel 36:26-27 (All fall short - We' can't do it by but we can through God's Spirit)
- Sad heart – It's normal to be sad for a time when something bad has happened – but Satan want's us to be discouraged ALL the time. Many people feel like they are not good enough to come to God. Even the Apostle Paul wrote about this. Read Romans 7:18 and 8:10. Also Ephesians 2:9 (no one can boast) What does Jesus say? Read Matthew 11:28 (come to me)
- Mad heart – What should you do if you find you are angry a lot? Matthew 5:44 (love your enemies) This is not an easy thing to do and we can only do it with God's help. The Great Stories for Kids has several good stories on this topic.
- Scared heart – Read and discuss Philippians 4:6-7

When Satan says to you, "You're not good enough; you'll never be good enough; you've stuffed up again." You can say, Romans 3:22, "The righteousness is given through faith in Jesus Christ to all who believe." NIV

P.T.O

Here is a method that can help with all types of spiritual heart problems

- Firstly, pray about it. Tell God you are giving your emotion to Him and ask Him to help.
- Find a Bible verse about it
- Remember that you don't have to overcome in your own power, in fact you probably can't. - It is God who does it.
- Whenever you find yourself thinking or feeling that way again, pray and ask God's forgiveness; then claim the Bible verse. If it is a Bible verse that says to do something, do it. For example, with Philippians 4:6-7, make a list of all the things you can be thankful for.