



KNOW FEED GUARD SHARE

FEED YOUR HEART (John 3:1-8) *Community Group Discussion Guide*

When Jesus told Nicodemus that he must be “born again” to “see the kingdom of God,” he replied, “How can a man be born when he is old? Can he enter a second time into his mother’s womb and be born?”. Professor and author Merrill Tenney suggests that Nicodemus was saying, in effect, “I acknowledge that a new birth is necessary, but I am too old to change. My pattern of life is set. Physical birth is out of the question and psychological rebirth seems even less probable Is not my case hopeless?”

Jesus’ reply included these words, “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life” (v.16). That is the offer of new life and a new beginning for anyone, young or old. **Whatever our age or situation in life, with God’s power, it’s not too late to change.**

CONVERSATION STARTER

Jesus was challenging Nicodemus way of thinking and living, he had to embrace something completely new and foreign. When was the last time you tried something new? Where were you and what was it?

GETTING INTO THE SCRIPTURES

Read aloud John 3:1-8.

Pastor Jason said “**Spiritual things feed your heart. Your HEART is hungry, so feed it! When you do, you will grow.**” In what ways do you hope to grow over the course of this summer?

THE PROBLEM – The drain on your HEART. What do you find particularly draining in life? Be specific.

SOLUTION 1 – Make eternal investments. What kind of “eternal investments” speak to or truly feed your heart? Is there a spiritual discipline that you sense you should be giving more time to?

SOLUTION 2 – Walk with others. How has participating in a community group encouraged your walk with Christ?

SOLUTION 3 – Serve according to your calling; inside and outside the church. What do you feel God is calling you do to serve the church and our community? Is there something new you sense Him calling you to do?

MAKING IT REAL

Spiritually feeding our heart requires us to be intentional about our time. Is there “wasted time” in your day that could be repurposed to invest in eternal things that feed your heart? What would you do differently?