

[God's Story: Nicodemus](#) stop at 2 minutes

Nicodemus was confused when Jesus told him he needed to be born again.

**#TargetPractice: What does it mean to be born again?**

We are born as babies with a physical body. We wouldn't be able to shrink and go back in time to where we would be born from our mother again.

Jesus was talking about being spiritually born again. Our spirit is the part of us that connects us with God. We are spiritually born into God's family. We are made into a new person. We choose to live our lives loving God and also loving others.

From that moment on, we commit to live our life with our trust in God. We will shape our lives to be more like His. LOVE GOD AND LOVE OTHERS

So...we know what it is...but HOW do we become born again?

- \*Accept Jesus is God's son

- \*Accept that He died for you

- \*Ask Him to forgive you of all the times you chose to do things your own way, thought only of yourself, or not shown love to God or others

- \*Begin to choose God's way of living (Jesus 1st, others, yourself)