

# The Life

Part 6: Knowing the Wind

John 3:1-12

## Launch

What's been the worst thing about the pandemic that you've experienced?  
What's been the best thing?

## Explore

### Read the passage

*Nicodemus was a Pharisee, one of Israel's spiritual leaders. What did he want to learn from or about Jesus? Why do you think he came to Jesus at night?*

Summarize Jesus' response to Nicodemus in verses 3, 5, and 6. Why was it so cryptic and confusing? What was his point?

## Apply

*In this passage, Jesus contrasts spiritual things with earthly things. For example, "flesh" refers to sin, to habits and desires we have that aren't from God (**see Romans 8:13-15**). How have you seen the flesh at work in your life?*

What has been your understanding of the role and ministry of the Holy Spirit? How has that understanding changed over the years?

*Living the Spirit-filled life is to be directed and empowered by the Holy Spirit, essentially submitting every area of your life to God, allowing him to tell you what to do and give you the power to do it. How have you experienced the Spirit-filled life? What difference has the Spirit made in your walk with Christ?*

## Pray

Take a few minutes to practice spiritual breathing, confessing sin and being directed and empowered by the Spirit.

\* Want to know more about the Spirit-filled life? Click here: [cru.org](http://cru.org)