



*Jesus said, "Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls." Matthew 11:28,29*

## How Can Jesus Help Me?

Author: Kurian Abraham

**Introduction:** The Bible says in Romans 6:23, "The wages (payment) of sin is death, but the gift of God is eternal life through Jesus Christ our Lord." Jesus Christ gives eternal life to everyone who believes in Him through regeneration or re-birth(John 3:16). The Bible clearly teaches that regeneration is necessity if we are to enter the kingdom of God (John 3:3). All human beings are born from the flesh. To become a part of God's spiritual kingdom, one must experience a spiritual birth.

### What is not Regeneration or Rebirth?

1. Re-birth is not possible by man's own effort(John 1:13).
2. Re-birth is not possible by any other human efforts.
3. Re-birth cannot be comprehended by human wisdom.
4. Re-birth is not just an outward change. It is an inward change (John 3:4,6).
5. Re-birth is not a geographical or a social change.
6. Re-birth is not a gradual process.
7. Re-birth is not our faith in religious things.

**What is regeneration?** Regeneration is a spiritual change. It is the supernatural work of the Holy Spirit by which those who are dead in sins are made spiritually alive. By nature we are dead in our sins and our life is governed by our sinful nature and desires. We can be very religious but still remain unsaved (John 3:1-21). Humans can reproduce only human life but the Holy Spirit gives new life from heaven (John 3:6). Regeneration deals with our sinful condition and we are made spiritually alive by the Holy Spirit.

**Is there a need of Regeneration?** Human nature is sinful and we are dead in our sins. Man was created in the image of God but because of sin we became spiritually death. Spiritual death shows the separation of man from God. Adam was the first man to disobey God and through him sin entered the human race (Romans 5:12). The new birth is beyond our human understanding because it is supernatural in character. Mystery cannot be understood apart from divine revelation. Spiritual things are beyond our power to deal with (Titus3:5).

**How can we be born again?** Regeneration is the supernatural work of the Holy Spirit (Gal 1:15,16). It is the sovereign and mysterious work of God as that of the wind (John 3:8). It is likened to a birth, adoption, new creation, renewal and passing from death to life (James 1:18; 2 Cor 5:17). Jesus told Nicodemus "Unless you are born again, you cannot see the kingdom of God" (John3:3). Through physical birth we enter in to this world and through spiritual rebirth we enter into the kingdom of God (John 3:3,4).

**What Means the Holy Spirit uses to bring about Regeneration?** The Holy spirit uses mainly the preaching of the Word of God to lead people to regeneration (James1:18). God uses the preaching of the gospel because it is the power of God unto salvation to everyone who believes in Christ (Rom 1:16). The work of regeneration takes place in us when we have the saving faith in Christ(John 1:12,13). The most important blessing of new birth is that we have a new life implanted by the Holy Spirit within us (Rom 8:9). We are no longer slaves to sin but rather start hating sin because we have a new nature that cannot continue to sin (1John 3:9). Those who are regenerated, believe that Jesus is the Christ and they delight in the Law of the Lord (1 John 5:1).They love fellow believers and practice righteousness (1 John 4:7,; 2:29).

Dear friend, have you been born again to become a child of God? If not, now is the time for you to trust in Christ and accept Him as your personal Savior. May God bless you!