

Coming up @ TWIN CITIES

VALENTINE'S DATE NIGHT
THURSDAY, February 12

STUDENT ALL-NIGHTER
SUN-MON, February 15-16

GRIEFSHARE
BEGINS THURSDAY, February 19

BAPTISMS
SUNDAY, February 22

GROWTH PATH
BEGINS MONDAY, February 23

GROW UNIVERSITY
BEGINS MONDAY, March 2



twincities.church/events

how we
change

BORN AGAIN

Eric Wayman • February 8, 2026



JOHN 3:1-8

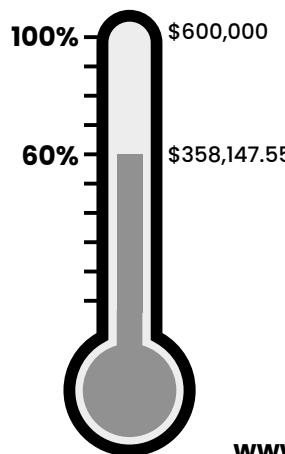
Connect with a **LIFE GROUP**

BROWSE THE GROUPS!
Let's be the Church together!



twincities.church/life-groups

Invest in the Future PROGRESS



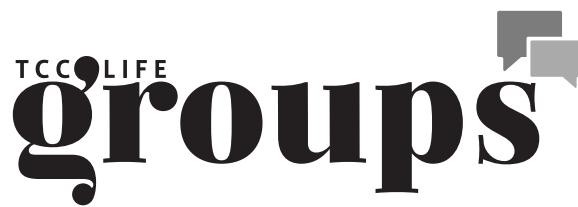
We're excited to do life with you! For these & any other opportunities, scan the QR codes above or visit us in the lobby at church on Sunday mornings!

www.twincities.church

"Born again" has a double meaning in the original language. It can be translated both as "born again" and "born from above."

Open to continue taking notes! 

**The Spirit is the abiding presence of the living
God who brings us life from above.**



For group discussion the week of February 8

This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!

1. Can you think of a time when you really wanted to change something about yourself, but no matter how hard you tried, it just didn't last? What was that like for you?
2. This week's message was called *Born Again*. Let's read John 3:1-8. As you listened to the message or heard this passage again, was there a phrase or idea that stood out to you or that you sensed God drawing your attention to?
3. Jesus said, "*Flesh gives birth to flesh, but the Spirit gives birth to spirit.*" (John 3:6) What do you notice about the contrast Jesus is making here? What feels surprising, challenging, or clarifying about what He says?
4. In Ezekiel 36:26-27, God promises to give His people a new heart and put His Spirit within them. What does this passage show us about God's heart for change and transformation? What does it tell us about His role versus our role?
5. Let's read Romans 8:1-11. What does this passage say about relying on willpower, self-control, or even religion to try to change ourselves? Where do you personally feel the tension between trying harder and relying on the Spirit to do a deeper work in you?
6. The message reminds us that real change comes from the Spirit, not just effort. What is one simple practice you could try this week that creates space for the Spirit to work — rather than trying harder on your own?
7. As we wrap up, how can we pray for you this week?

The Invitation: Come and Die.

NEXT WEEK:
The Spirit of Change

Watch this message & more at twincities.church

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