



Unless a person is born again he cannot see the kingdom of God.

*John 3:3*

## SPIRITUAL GROWTH

*The path to grow spiritually is simple.*

### LOOK TO THE LORD

Learn what God teaches. Ask Him to show you what changes need to be made in your life. Pray for guidance every day.

### LOOK AT YOURSELF

What habits or behaviors are harming your relationship with God, your family members, your friends, and others?

### CONFESS TO THE LORD

Admit to the things you do which you see are wrong. Pray that God will remove any selfishness you may have and help you move forward.

### WORK ON IT

Choose one habit, thought pattern, or behavior that you wish to change, and ask God to remove it from your life. Take action yourself, but remember that it is the Lord who gives you the strength to overcome temptations and change. Pray for the power to change.

### BEGIN A NEW LIFE

Ask God to help you look forward in this new direction, and show you new opportunities to be of service to other people. Through this process you will become more compassionate, more peaceful, wiser, and less fearful. You will experience greater closeness to God. This is spiritual rebirth.

## THE NEW CHURCH



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# Rebirth and Spiritual Growth



NEW CHURCH PERSPECTIVE SERIES

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In the Gospel of John, Jesus told Nicodemus that “Unless a person is born again he cannot see the kingdom of God” (John 3:3).

This rebirth involves letting go of purely earthly, materialistic motivations, and cultivating spiritual motivations that are based in love directed toward God and other people. This change of heart does not happen in a moment but, with God’s help, develops progressively over a lifetime.

As we let go of materialistic motives in favor of spiritual ones, God gradually gives us increasing peace and happiness.

This change is so profound that Jesus refers to it as a new birth.



## Heaven Is For Everyone

The New Church teaches that it is God’s desire that everyone, of every faith, live happily with Him in heaven to eternity. Is there a sure path to heaven? In the Bible, God gave us some very simple yet profound rules for living, such as the Ten Commandments. See Exodus 20:1-17.

## Two Simple Rules for Living

1. “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself” (Matthew 22:37-39).
2. “Do to others whatever you would like them to do to you” (Matthew 7:12).

## Being Saved

The foundation for spiritual life is loving God and other people, being useful, and turning away from the evil, harmful tendencies we observe in ourselves.

Jesus said, “Not everyone who says to Me, ‘Lord, Lord’, shall enter the kingdom of heaven, but he who does the will of my Father who is in heaven,” and, “Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock” (Matthew 7:21, 24).

The New Church teaches that understanding and believing true ideas is important, but it is not what saves us. We are saved when we live our lives so that God’s truth directs our actions and His love flows through us to other people.

People who say they believe in God but still permit themselves to live a life driven by selfish and harmful desires are not allowing themselves to be spiritually reborn and saved. Spiritual growth and salvation happen one step at a time as we resist negative, harmful thoughts and behaviors and choose better ones.

Jesus said, “A new command I give unto you, that you love one another. As I have loved you, so you must love one another.”

*John 13:34-35*