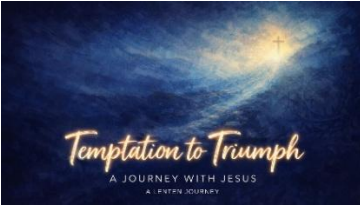


SERMON NOTES



Transformation: From Darkness to Light!

John 3:1-21
March 1, 2026

3 Now there was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. 2 He came to Jesus at night and said, **“Rabbi, we know you are a teacher who has come from God. For no one could perform the miraculous signs you are doing if God were not with him.”**

3 In reply Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.”

4 **“How can a man be born when he is old?” Nicodemus asked. “Surely he cannot enter a second time into his mother’s womb to be born!”**

5 Jesus answered, “I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. 6 Flesh gives birth to flesh, but the Spirit gives birth to spirit. 7 You should not be surprised at my saying, ‘You must be born again.’ 8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.”

9 **“How can this be?”** Nicodemus asked.

10 “You are Israel’s teacher,” said Jesus, “and do you not understand these things? 11 I tell you the truth, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. 12 I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? 13 No one has ever gone into heaven except the one who came from heaven—the Son of Man. 14 Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, 15 that everyone who believes in him may have eternal life.

16 “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. 18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because he has not believed in the name of God’s one and only Son. 19 This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. 21 But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God.”

1. Darkness Leaves you _____!

a. Blind to the _____.

- *2 Corinthians 4:4 The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.*

Reflect: What distractions keep me from fully seeing the saving work of Jesus?

b. Bound to the sinful _____.

- *1 Corinthians 2:14 The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned.*

Reflect: Where am I still relying on my own understanding or performance instead of living in the transforming work of the Spirit?

c. Burdened by _____.

- *John 3:19 This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed.*

Reflect: What part of my life am I keeping in the shadows? What would it look like to bring it into the light of God's grace?

2. Light leaves you _____!

- *2 Corinthians 4:5 For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. 6 For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.*

a. Live with New _____!

- *Titus 3:4-7 But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, 6 whom he poured out on us generously through Jesus Christ our Savior, 7 so that, having been justified by his grace, we might become heirs having the hope of eternal life.*

- *Romans 6:3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? 4 We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.*

b. Live with new _____!

- *Colossians 1:13 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, 14 in whom we have redemption, the forgiveness of sins.*
- *Hebrews 12:2 Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.*

c. Live with new _____!

- *John 17:17 Sanctify them by the truth; your word is truth.*
- *2 Timothy 3:14 But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, 15 and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. 16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the man of God may be thoroughly equipped for every good work.*

John 19:38 Later, Joseph of Arimathea asked Pilate for the body of Jesus. Now Joseph was a disciple of Jesus, but secretly because he feared the Jews. With Pilate's permission, he came and took the body away. 39 He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloes, about seventy-five pounds. 40 Taking Jesus' body, the two of them wrapped it, with the spices, in strips of linen. This was in accordance with Jewish burial customs. 41 At the place where Jesus was crucified, there was a garden, and in the garden a new tomb, in which no one had ever been laid. 42 Because it was the Jewish day of Preparation and since the tomb was nearby, they laid Jesus there.

Transformation:

_____ **overcome by _____!**

GOD'S HEART. MAKE IT YOUR MISSION!

Take It With You

This week, pay attention to the places where you are tempted to stay in the shadows — hiding struggles, relying on performance, or keeping Jesus at a safe distance as teacher rather than Savior. Each day, pray: “Lord Jesus, bring Your light into my heart. Expose what needs to change and make me new by Your Spirit.” Step toward the light by confessing sin quickly, opening Scripture expectantly, and trusting Christ’s finished work instead of your own effort.

Live It Out

Look for someone who may be quietly wrestling with doubt, shame, or spiritual confusion. Instead of offering quick advice, share how Christ is bringing light into your own life. Invite them into honest conversation and remind them that transformation begins not with trying harder, but with looking to the lifted Savior. Your willingness to walk in the light may help them step out of their own darkness.

MY NOTES:

CONNECT CARD



OFFERINGS & GIFTS



DAILY DEVOTIONS

