



**Educate  
+ Engage**



THE  
NEW BIRTH



True  
Repentance

## ~~THE~~ OVERVIEW

Being “born again” isn’t just about a moment—it’s about a transformation. Real change begins when we die to sin and turn to God with our whole hearts. Repentance is not about shame—it’s the first step toward freedom and real relationship with God, and that it is the foundation for our decision to be baptized in Jesus’ name.

Teacher Note: This lesson should be presented with sensitivity and clarity. It emphasizes the power of repentance as the foundation for true transformation. Keep the tone hopeful, not condemning. You may want to have baptism-related resources ready in case students express interest or questions.

### Scripture Passages

Acts 3:19 (ESV)

Repent therefore, and turn back, that your sins may be blotted out.

II Corinthians 7:10 (ESV)

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

Romans 6:6 (ESV)

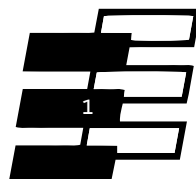
We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.

Exodus 12:13 (ESV)

“The blood shall be a sign for you, on the houses where you are. And when I see the blood, I will pass over you, and no plague will befall you to destroy you, when I strike the land of Egypt.”

## ~~THE~~ EDUCATE

Our human life begins when we are born. Our spiritual lives begin when we are born again. The language of being “born again” is sometimes misunderstood by our world or even laughed at. However, when you experience the hope and love and joy that comes from starting a new life with Jesus, you realize it is the ultimate and greatest transformation anyone can ever receive.



# Lesson 1

## **Point 1: We can experience the new birth because of Jesus' sacrifice for us.**

What is the greatest story you've ever heard? We could probably think of funny things that have happened on a youth trip or maybe even a story we heard as kids that holds a special place in our hearts. But on the deepest level, the most important story is the gospel message.

It's a story that begins with God creating humans with the goal of sharing a perfect loving relationship. You probably know the bad news in this story—the humans were selfish and rejected God's plan to try living their own way. That first sin unleashed a downward spiral we still deal with today.

But in His mercy, God still made a way for us to know Him. To pay the price of the sins of all people for all time, Jesus went to the cross and died for us. All these generations later, we can find freedom from the deadly consequences of our sin by turning to Jesus and receiving His sacrifice.

## **Point 2: Repentance is more than regret—it's a turning around that produces real change.**

Some people want the benefits of being saved—Heaven, peace, purpose—but without the change that comes from truly turning toward Jesus. Repentance isn't just about saying, "I'm sorry." It's about choosing to go a different way—God's way. (See Acts 3:19.)

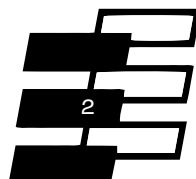
*Illustration (Optional for Teacher):*

*Ask students if they've ever had to use GPS navigation. Talk about how repentance is like making a U-turn after heading the wrong direction.*

Some people say they're sorry, but nothing changes. That's not godly repentance—that's just guilt. True repentance starts with godly sorrow and leads to transformation. When we turn to God, He begins a deep work in us. (See II Corinthians 7:10.)

Repentance is about the restoration of our relationship with God. It's how we come home.

An example comes to us from a writer long ago. Despite crafting beautiful poems and hymns about the power of God, famous writer Frances Ridley Havergal struggled with anger for years—constantly repenting, constantly failing. But one day, she truly believed that God could change her. She leaned into His power and received deliverance. She recounted the passage that changed her from Exodus 14:13 when God promised that the enemy God's people saw that day, they would never see again. The enemy that had enslaved the Israelites for years was destroyed in a moment. That can be your story too.



## Lesson 1

Repentance brings forgiveness. Forgiveness is more than an idea; it brings freedom.

### **Point 3: Baptism without repentance is like a burial without death.**

Imagine burying someone who's still alive. That sounds intense, but baptism without repentance is like a burial without death. Baptism is a burial of our old self. But if we haven't died to sin, what are we really burying? Next lesson we will talk about baptism, but in this lesson we lay the foundation. Just as Christ died on a cross before being buried in a tomb or resurrected, we repent before being baptized and before receiving the gift of the Holy Spirit. (See Romans 6:6, Colossians 2:12.)

*Illustration (Optional for Teacher):*

*Use a clear cup and pour in dirty water to represent sin. Then pour clean water over it to "cover" it—only the dirty water remains. Now pour out the dirty water and explain that this represents repentance. Then pour in clean water again to illustrate transformation.*

Repentance makes room for God to do a deep work in our hearts before baptism.

### **Closing**

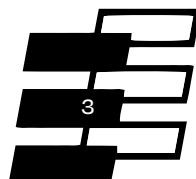
Repentance isn't something to fear; it's something to celebrate. It's how we get right with God. It's how we start over. Jesus doesn't want just our Sunday attendance or emotional moments—He wants our hearts. Baptism is powerful, but repentance is what prepares us for baptism and our new life. Repenting does not require us to become perfect; it's about being willing to change.

Let's not settle for a temporary emotional experience. Let's go all in and let God actually change us.

## ENGAGE

*Teacher Instruction: Lead this moment with reverence and hope. Invite students to reflect. Give time for journaling or quiet prayer if possible. Consider having leaders available to pray individually with students.*

This week, don't just say you're sorry—ask God what needs to change. Start by writing down one thing you feel convicted about. Then talk to a trusted leader or mentor. If you've never been baptized, talk to someone about what that means for you.



## Lesson 1

And remember: The enemy you see today, you don't have to see again.

### Icebreaker or Activity Option

1. Put tape on the floor in the shape of a road or path.
2. Have one student walk down the path with a blindfold while others shout directions (some helpful, some not).
3. When the student realizes they are off-course, allow them to take off the blindfold and turn around (representing repentance).
4. Talk about how repentance helps us see clearly and turn around before we crash.

