

THE NEW YOU

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INTRODUCTION

Over the years, I've noticed that sometimes, people get born again and then slide back to the world and satan from where and whom they got saved from. And some others have unhealthy spiritual growth. All these happen because they never had a good foundation for their spiritual growth and development after they became born again. It is God's will for us to understand what it means to be born again and to know more about the new life we received when we got born again. This material was put together to help you understand the new life you received from God and to also help to give you a healthy foundation for your spiritual growth as well as your walk with the Lord.

CHAPTER ONE: THE NEW BIRTH

The new birth is a spiritual experience made possible through the agency of the word of God and the Holy spirit. One day Jesus wanted a man called Nicodemus to know about this experience. Nicodemus thought it was a natural experience until Jesus made him know it was supernatural.

John 3:3. Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. (4)

Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born? (5) Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God. (6) That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. (7) Marvel not that I said unto thee, Ye must be born again.

From the above scriptures Jesus was talking to Nicodemus about the new birth which is the same as being born again. In the fourth verse He said "Except a man be born of **"WATER"** and of the **"SPIRIT"**, he cannot enter into the kingdom of God." **"WATER"** here refers to the word of God according to Ephesians 5:26.

Ephesians 5:26 "That he might sanctify and cleanse it with the washing of water by the word,"

Jesus also stated that the word of God is a cleanser.

John 15:3 "Now ye are clean through the word which I have spoken unto

you.”

While the “SPIRIT” mentioned in John 3:5, speaks of the Holy spirit. To be born again, one must be immersed or baptized into the body of Jesus Christ making you one with him. So, the moment you believed in Jesus and declared Him to be your Lord and saviour, that instant you were baptized into the body of Christ.

1 Corinthians 12:13. For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

So, the word of God and the Holy spirit makes the new birth a reality. Without God’s word and the Holy spirit no one can be born again. On the part of man, firstly, you must believe that Jesus is the son of God; believe that he paid the ultimate price for your salvation with his blood, believe he died, was buried and rose up from the grave for your justification.

John 20:31 But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name.

John 3:18 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

Secondly, you must confess his Lordship over your life after believing in your heart. The bible declares in;

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead,

thou shalt be saved. (10) For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

When you believe the sonship of Jesus with the father and accept all he did for you on the cross and confess His Lordship over your life, you are then born again, you are saved, you now have his life and nature in you. You are now a new creature. Your past is gone. You are now a new man in Christ. The scripture declares in;

2 Corinthians 5:17. "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

CHAPTER TWO: THE WORD OF GOD, YOUR SPIRITUAL FOOD

There is the inner and outer man of every human being. The inner man is the Spirit with his soul. While the outer man is the body with its senses. The real man is spirit with his soul(mind). The real man is not the physical body we see. The real man is spirit but he lives inside the physical body. He is the one that got born again.

The outer man which is the physical body with its five senses, is the house carrying the inner man. Without the physical body of a man, the inner man which is spirit, cannot function here on earth. So, the inner man needs the outer man to stay on earth.

When a man gets born again, it is his spirit man that got born again but his mind which is the same as his soul isn't born again. His body is also not born again, same with its senses. This is why you wouldn't feel any difference in your mind and your body the moment you're born again. But deep down in your spirit you'll know that you're no longer the same. You'll sense a change on the inside of you, deep down in your spirit. Because the Holy spirit will bear witness in your spirit that you are now God's child.

Romans 8:16, "The Spirit itself beareth witness with our spirit, that we are the children of God:"

When you get born again, you'll need the word of God to be able to continue

your Christian walk. The word is food for your spirit. It affects your mind and your body. God's word is food for your spirit, renews your mind, and is health and more for your body.

Food for your spirit

The word of God is food for your inner man (spirit). At this early stage of your Christian life, you need the milk of the word of God to grow because there is the milk of God's word and it is designed for spiritual babies. Every Christian starts out as a baby. Desire and feed on the word of God very often as this will help you grow from babyhood to the next level of your life as a believer. The scriptures says in: ***1 Peter 2:2. As newborn babes, desire the sincere milk of the word, that ye may grow thereby:***

From the above scriptures we see that as a baby Christian, you'll need the milk of the word to grow. The word you feed on, goes into your spirit and causes you to grow. The word builds you and delivers to you your inheritance in Christ. Paul the apostle tells a set of Christians just before finally leaving them. He said:

Acts 20:32. And now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.

We see in the above scripture that the word builds and delivers to you your inheritance in Christ. No Christian can live a healthy Christian life without feeding consistently on the word of God to grow by it. Jesus told Peter to

feed God's people with the word to prove his love for Jesus. This tells us how important God's word is to the believer:

John 21:15. So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs. (16) He saith to him again the second time, Simon, son of Jonas, lovest thou me? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my sheep. (17) He saith unto him the third time, Simon, son of Jonas, lovest thou me? Peter was grieved because he said unto him the third time, Lovest thou me? And he said unto him, Lord, thou knowest all things; thou knowest that I love thee. Jesus saith unto him, Feed my sheep.

God's word renews your mind

The human mind is not born again. It doesn't get born again like the human spirit did. This is why some wonder why they still process ungodly thought in their minds after getting born again and this makes them think their salvation is lost. No, your salvation isn't lost because you thought wrongly as God's child. You can accept and process Godly thoughts and reject or discard ungodly thoughts. To stay healthy spiritually, you will have to renew your mind, change your old way of thinking.

Romans 12:2. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

This world has its system, its ways of doing things. The scripture tells us not to go that way but to change our way of thinking by renewing our minds. This we do by replacing our old ways of reasoning to start thinking in line with what God says in His word. For instance, if all you ever knew is that you must defraud others to become rich, now that you are born you are different you cannot continue that line of thought and life. As you replace ungodly thoughts and ideas with what the word of God says, your mind is being renewed. T

Ephesians 4:28. Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

2 Corinthians 5:17. Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

As continue the practice of replacing ungodly thoughts with God's thoughts as contained in the scriptures you will begin to notice a spiritual transformation in your life from one level to another. Understanding that thoughts and imaginations takes place in the mind and you own your mind. Refuse to allow the wrong thoughts to stay in your mind. Put up a fight against the wrong thought cast them down or bring them into captivity; arrest them in your mind with words. When Satan brings you the wrong thought of sin. Say " I rebuke you satan and I cast your thoughts out of me in Jesus name." You don't fight thoughts with thoughts; you fight them with

words, the right words.

2 Corinthians 10:4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) (5) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

God has given us a thought pattern in the scriptures. Engage your mind with thoughts that are in line with the scriptures below.

Philippians 4:8. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

God's word is medicine for your body

Your body is not you, it is your house. Without your body you cannot function in this earth realm. Your body can be under your control. God expects anyone who is born again to put his or her body control. Paul the apostle shows us this is possible. God never tells us to do what is not possible.

Your body (the flesh) wants to rule over your life by demanding anything for its pleasure especially ungodliness but you must tell your body what you want at all times because the body is an oppressor and if not put under subjection, can lead anyone to destruction.

We've all been purchased by the blood of Jesus Christ, He now lives in us from the day we welcome him to be our Lord and savior. We are now His and must glorify Him in our bodies. He's given us the ability to do so.

1 Corinthians 6:19. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? (20) For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

God's word is health or medicine to our bodies. Make it a custom to feed yourself with the word daily. It will not only affect your spirit and soul, it has healing power for your body.

Proverbs 4:20. My son, attend to my words; incline thine ear unto my sayings. (21) Let them not depart from thine eyes; keep them in the midst of thine heart. (22) For they are life unto those that find them, and health to all their flesh.

Psalms 107:20. He sent his word, and healed them, and delivered them from their destructions.

CHAPTER THREE: THE LOCAL CHURCH AND YOU

After being born again, you'll have to be part of a Church, a Christian assembly where you can be taught the word of God and raised in the things of God.

Hebrews 10:25. Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

We see from the above scripture that God is not in support of you forsaking Godly assembly. A church meeting or service is a typical example of the assembly you shouldn't forsake. Christians also have other special gatherings that may not be in the church building, participate in the meetings and fellowship you are meant to participate in. There are special blessings that come to you for being part of such gatherings

Psalms 133:1 Behold, how good and how pleasant it is for brethren to dwell together in unity! (2) It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments; (3) As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the BLESSING, even life for evermore.

It is a good and pleasant thing to be in fellowship with other Christians. In

Such gatherings the anointing of the Holy spirit comes upon you to do you good. Life comes to dead things that are connected to you.

A lot of local churches have cell groups and other small groups. When you find yourself in a church of that nature, do well to identify with such groups. It gives you the opportunity to be trained the more in the things of God. You learn new things from the group leaders and a lot of times get inspired by other believers like you to do good works.

Proverbs 27:17. Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

Hebrews 10:24. And let us consider one another to provoke unto love and to good works:

Being part of a local church automatically gives you a good platform to serve in God's house and kingdom. God expects everyone born again to render service in his kingdom. You don't have to wait. As soon as you get born again, start carrying out your Christian services which includes soul winning(the art of winning other to Jesus Christ) and more.

Avoid being isolated from fellow Christians and God's house. As much as possible attend your church services at the conventional church venues as well as small groups (home cells, etc) that meet at designated places. This is the way the early church had it after Jesus ascended to heaven.

CHAPTER FOUR: THE ISSUE OF SIN

1 Corinthians 6:11. And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.

When you are born again, your sins are forgiven, it doesn't matter the magnitude of the evil you did before you got born again. The precious blood of Jesus has washed you clean. You are now sanctified and justified.

1 Peter 1:15. But as he which hath called you is holy, so be ye holy in all manner of conversation;

Now that you are born again God wants you to live your life for Him. He wants you to live a holy and sanctified life. One may ask, "How possible can this be" God will never tell you to do what He knows you cannot do. He's given the believer the power to live the life He wants him to live. **John 1:12 tell us, "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:"**

Romans 6:14. For sin shall not have dominion over you: for ye are not under the law, but under grace.

Sin doesn't have dominion over you now that you are born again. If it

controls your life, know that that dominion was given out by you. You make yourself a servant to sin when you yield to it.

Romans 6:16. Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

Sometimes people put the responsibility for their wrong on something or someone else. But it is clear in scripture that when we sin it is because we allow it to happen.

James 1:13. Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: (14) But every man is tempted, when he is drawn away of his own lust, and enticed. (15) Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

As a child of you must understand that your mind is like a battle ground, make sure you reject thought of unrighteousness as soon as they come, refuse to process them in your mind because when you allow them to stay long enough, you might just act them out. So when they come, cast them out in Jesus name.

2 Corinthians 10:5. Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity

every thought to the obedience of Christ;

1 Thessalonians 5:22. Abstain from all appearance of evil.

It matters the kind of place you find yourself as a Christian as you live daily. There are environments and scenes you should avoid if you truly want to stay away from sin. For instance if a young man finds himself being sexually seduced by a woman that he or she is not married to, a wise and smart thing for him to do, would be to quick take his leave and avoid as much as possible the presence of such a lady.

IMPORTANT QUESTIONS ABOUT SIN

1. Now that I'm born again, have I lost my salvation because I sinned?

No. You've not lost your salvation. You're still a child of God who got involved in wrong doing. If a creature eats something toxic to its system, that creature will still retain its nature. Eternal life in you is a nature. You didn't lose that nature because you sinned but if you continue in that direction of sin, living contrary to the new nature you've received being born again, be rest assured that satan will take advantage of your way of life to gain access to you. Sin creates access route for the enemy (satan) to reach and even destroy you. Sin helps you to break God's edge of protection over your life.

Ecclesiastes 10:8 ... and whoso breaketh an hedge, a serpent shall

bite him.

Proverbs 10:2. Treasures of wickedness profit nothing: but righteousness delivereth from death.

Living life according to your new nature in Christ, keep you from death

2. What if I sin. Will God forgive me?

God doesn't want you to sin. But if it happens confess your sins and receive forgiveness from God.

1 John 2:1. My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous:

1 John 1:9. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

3. Can I continue to live in sin. Since God forgives me.

No. God doesn't want that for you. The above question was once asked in Romans 6:1 and verse 2 tells us that God forbid that things should be that way.

Romans 6:1. ...Shall we continue in sin, that grace may abound? 2. God forbid. How shall we, that are dead to sin, live any longer therein?

4. What are the consequences of sin?

Sin has its pleasures, called the pleasure of sin but sin and its pleasures will never give you positive reward. Sin creates room for all kinds of affliction and produces death in the end. Sin is destructive.

Romans 6:23. For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

CHAPTER FIVE: THE HOLY SPIRIT AND YOU

1 John 5:7. For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one.

According to the above scripture; God almighty is God the father, God the word (son) and God the Holy Spirit. These three are one.

God the word became flesh; meaning God the word became a human person and that person is Jesus. John 1:14 says, *“And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.* So, we see that the father, the son and the holy spirit are one.

The Holy Spirit

The Holy Spirit is not one strange entity somewhere that is without significance. He is real. He is the spirit of God the father. He is an amazing personality. He is just like Jesus and loves like Jesus. He is the one sent to take the place of Jesus here on earth after he rose from the dead and went to be with the God the father in heaven.

Before Jesus left this earth realm, He made a remarkable statement in **John 16:7** that reveals the Importance of the coming of the Holy Spirit.

He said,

“Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the comforter will not come unto you; but if I depart, I will send him unto you.”

Jesus was the most important personality that ever lived here on earth. His presence was everything to His followers. But for Him to have said it was expedient to leave for the Holy Spirit to come, it means that the Holy Spirit is a very important personality, important enough to take His place and to be with us as our comforter.

John 14:16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;

I like the way the amplified version of the bible puts it. It says:

John 14:16. And I will ask the Father, and He will give you another Helper (Comforter, Advocate, Intercessor—Counselor, Strengtheners, Standby), to be with you forever— (Amplified)

The Holy Spirit is the one sent to be with us here on earth permanently. Not to be with us temporarily. This is a blessing to have this wonderful personality as our companion.

Luke 24:49. And, behold, I send the promise of my Father upon you: but tarry ye in the city of Jerusalem, until ye be endued with power from on high.

The promise of Jesus to have the Holy Spirit sent to us was fulfilled on the day of Pentecost according to Acts 2:1-4. Since that day, the Holy Spirit has been on the earth realm. He wants to live in and with you, so He can help you live a fruitful and successful Christian life. He has so much to do in your life. He wants to fellowship with you and become your best companion in life. When He comes into your life, He becomes your teacher, counselor, guide, strengthener, and more

HOW TO RECEIVE THE HOLY SPIRIT

1. Look up to God with thirst and hunger to be filled with the Holy Spirit. As you desire to be filled with the Holy spirit, God will fill you. In Isaiah 44:3, the Lord said,

“For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring: ”

2. Ask God to fill you with the Holy Spirit. Luke 11:10-13. Tells us:

For every one that asketh receiveth; and he that seeketh

findeth; and to him that knocketh it shall be opened. 11. If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a fish, will he for a fish give him a serpent? 12. Or if he shall ask an egg, will he offer him a scorpion? 13. If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?

3. One major way to receive the Holy Spirit is through Laying on of hands. When someone who has received the Holy Spirit prays for you by laying his or her hands on you in faith, the Holy Spirit comes into your life.

Act 19:6 And when Paul had laid his hands upon them, the Holy Ghost came on them; and they spake with tongues, and prophesied.

4. Believe to speak in tongues because it is the only biblical evidence for being filled with the Holy Spirit. When you are prayed for, you have to believe that the Holy Spirit is now in you and you have to also understand that the utterance to speak in tongues is now in you. Just go ahead and start praying in tongues and you'll discover that you have truly received the Holy Spirit and the utterance to speak in tongues. Acts 2:4 tells us:

And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.

Acts 10:44-46 also tells us: *44. While Peter yet spake these words, the Holy Ghost fell on all them which heard the word. 45 And they of the circumcision which believed were astonished, as many as came with Peter, because that on the Gentiles also was poured out the gift of the Holy Ghost. 46 For they heard them speak with tongues, and magnify God. ..*

CHAPTER SIX: THE MINISTRY OF RECONCILIATION

The moment you became born again, you became a new man in Christ and from that moment, God sees you as one who has been reconciled to Him and has been given the ministry of reconciliation and the word or message of reconciliation.

The bible declares in 2 Corinthians 5:17-20.

17. Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. 18. And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; 19. To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation. 20. Now then we are ambassadors for Christ...

God wants you to lead people to Christ now that you are born again. This is now your primary ministry or service to God. Share your personal testimony of salvation with others. You are now heaven's ambassador here on earth and as you go about doing this, God will back you and confirm his word that you are preaching to others.

After Jesus rose from the dead, just before His ascension to heaven

He commissioned His disciples to go into all the world and preach the gospel to everyone. Now that you are born again, you are now His disciple and you are expected to obey this instruction

Mark 16:15. And he said unto them, Go ye into all the world, and preach the gospel to every creature.

When Jesus was through giving His disciples this instruction, he ascended up to heaven. Mark 16:20 shows that the disciples of Jesus treated the above instruction with urgency and they went everywhere preaching and the Lord was with them faithfully confirming the gospel they preached with sign.

Mark 16:20. And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following. Amen.

Now without delays start telling people about the Lord; lead them to Jesus. Tell them to say the following prayer as soon as they indicate their willingness to be born again and to follow Jesus:

"O God, I believe with all my heart that Jesus is the son of God. I believe he died for me and was raised from the dead for my justification. I confess with my mouth that Jesus is the Lord of my life from this day. Through Him and in His name, I have eternal life

now, I'm born again. Thank you Lord for saving me."

As you tell people about Jesus, let it be customary for you to invite them to church. Do this as your life's assignment from the Lord. Do it tirelessly because soul winning gladdens God's heart. It is God's number one business.

Do have a glorious walk with the Lord. God bless you.