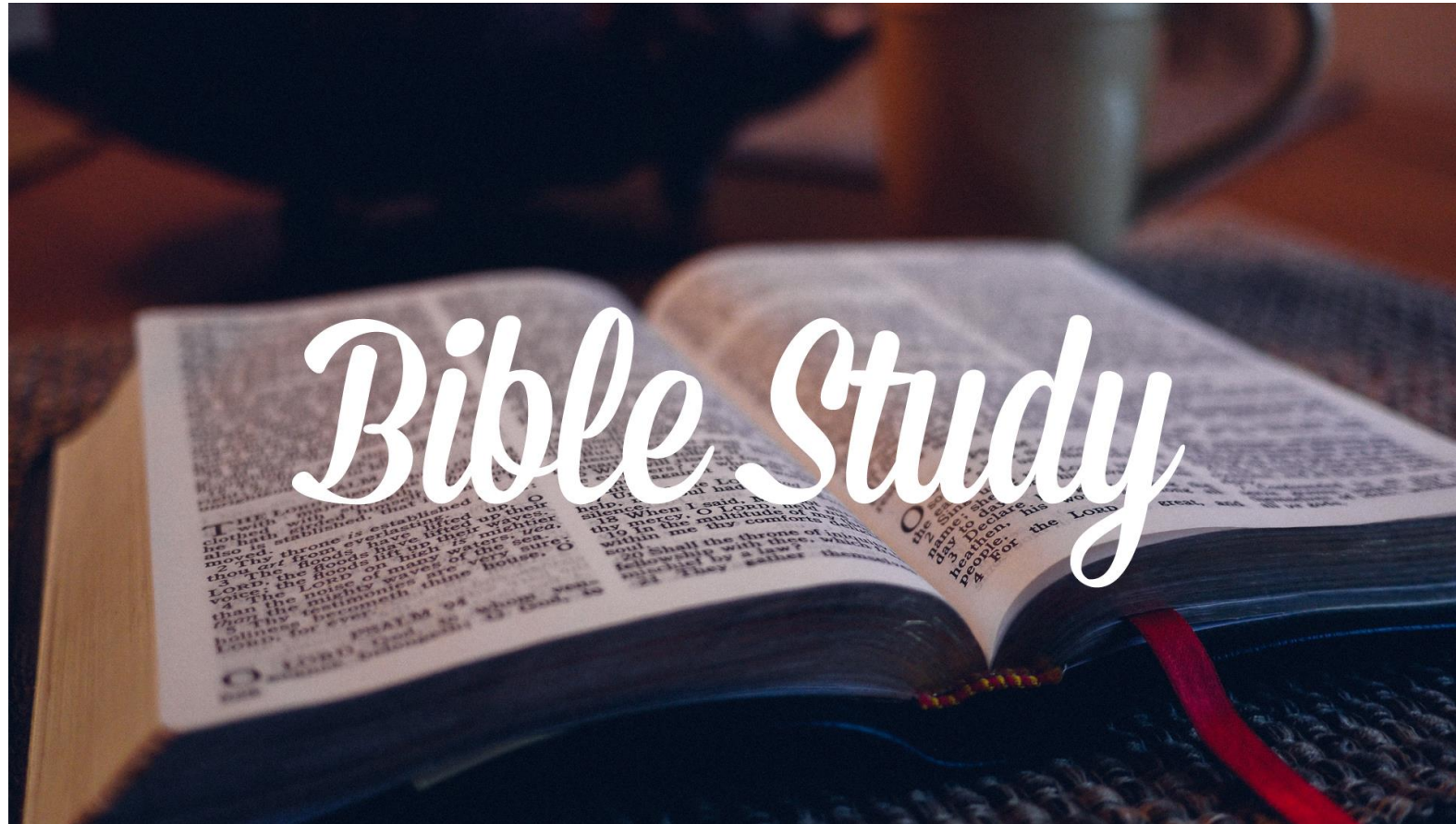


# The Doctrine of Regeneration



# What is Regeneration?

- Another word for *regeneration* is *rebirth*, related to the biblical phrase “born again or born from above .” Our rebirth is distinguished from our first birth, when we were conceived physically and inherited our [sin nature](#). The [new birth](#) is a spiritual, holy, and heavenly birth that results in our being made alive spiritually in Christ. Man in his natural state is “dead in trespasses and sins” until he is “made alive” (regenerated) by Christ. This happens when he places his faith in Christ ([Ephesians 2:1](#)). This evidenced by a change in a person’s conviction, confession, conscience, and conduct. 2 Corinthians 5:17

# Regeneration by Faith

- The only means of regeneration is by faith in the finished work of Christ on the cross. No amount of good works or keeping of the Law can regenerate the heart. “By works of the law no human being will be justified in [God’s] sight” ([Romans 3:20](#)). Only Christ offers a cure for the [total depravity](#) of the human heart. We don’t need renovation or reformation or reorganization; we need rebirth.
- Regeneration is the supernatural act of God by which a person’s heart is transformed, and they are made a new creation in Christ. It is the beginning of the Christian life, where a person experiences new spiritual birth.

# Regeneration -Scriptures

- **Scripture:**

- **Titus 3:5 (ESV)**

“He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.”

- **2 Corinthians 5:17 (NKJV)**

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”

# How Does Regeneration Happen?

- Regeneration happens through the Holy Spirit. It is a work of God's grace and is not something we can achieve on our own. The Holy Spirit convicts and renews the heart, enabling a person to turn from sin and embrace faith in Jesus Christ.
- **Scripture:**
- **John 3:5-6 (NKJV)**  
“Jesus answered, ‘Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.’”
- **Ezekiel 36:26-27 (ESV)**  
“And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you and cause you to walk in my statutes and be careful to obey my rules.”

# The Results of Regeneration

- Regeneration results in a transformed life. A regenerated person is no longer spiritually dead but alive to God, and their desires, actions, and attitudes begin to reflect Christ's nature.
- **Scripture:**
  - **Romans 6:4 (ESV)**

“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.”
  - **1 Peter 1:3 (NIV)**

“Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.”

# The Necessity of Regeneration

- Regeneration is necessary. Sinful human flesh cannot stand in God's presence. In His conversation with Nicodemus, Jesus said twice that a man must be [born again](#) in order to see the kingdom of God ([John 3:3, 7](#)). Regeneration is not optional, for "flesh gives birth to flesh, but the Spirit gives birth to spirit" ([John 3:6](#)). Physical birth fits us for earth; spiritual rebirth fits us for heaven. See [Ephesians 2:1](#); [1 Peter 1:23](#); [John 1:13](#); [1 John 3:9](#); [4:7](#); [5:1, 4, 18](#). Regeneration is part of what God does for us at the moment of salvation, along with sealing ([Ephesians 1:14](#)), adoption ([Galatians 4:5](#)), reconciliation ([2 Corinthians 5:18–20](#)), etc. Regeneration is God's making a person spiritually alive, as a result of faith in Jesus Christ. Prior to salvation we were not God's children ([John 1:12–13](#)); rather, we were children of wrath ([Ephesians 2:3](#); [Romans 5:18–20](#)). Before salvation, we were degenerate; after salvation we are regenerated. The result of regeneration is peace with God ([Romans 5:1](#)), new life ([Titus 3:5](#); [2 Corinthians 5:17](#)), and eternal sonship ([John 1:12–13](#); [Galatians 3:26](#)). Regeneration begins the process of sanctification wherein we become the people God intends us to be ([Romans 8:28–30](#)).

# The Necessity of Regeneration

- Jesus teaches that regeneration is necessary for salvation. Without being born again, no one can enter or even see the kingdom of God. It is the work of God that opens the heart to the truth of the Gospel.
- **Scripture:**
  - **John 3:3 (NKJV)**

"Jesus answered and said to him, 'Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.'"
  - **John 1:12-13 (ESV)**

"But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God."



# . Living Out Regeneration everyday

- Regeneration is not only a one-time event but a continuing process in the life of the believer. As the Holy Spirit works in us, we are continually renewed and transformed, becoming more like Christ every day.
- **Scripture:**
  - **Philippians 2:13 (NIV)**  
"For it is God who works in you to will and to act in order to fulfill his good purpose."
  - **Romans 12:2 (ESV)**  
"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."

# The Role of Faith in Regeneration

- Faith in Jesus Christ is the means by which regeneration occurs. When we place our trust in Christ, the Holy Spirit regenerates us. Faith is the response to God's grace that opens the door for spiritual rebirth.
- **Scripture:**
  - **Ephesians 2:8-9 (NIV)**

“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast.”
  - **John 1:12 (ESV)**

“But to all who did receive him, who believed in his name, he gave the right to become children of God.”

# The Four Ways Regeneration is expressed

## 1 New Birth

- *No one can see the kingdom of God unless he is **born again**. (John 3:3)*
- *You must be **born again**. (John 3:7)*
- To be born again is to receive an infusion of new life that comes from God.
- This new birth is a work of the Holy Spirit:
- *The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So, it is with everyone who is **born of the Spirit**. (John 3:8)*
- And the Holy Spirit brings new life through the Word.
- *You have been **born again**, not of perishable seed but of imperishable, **through the living and abiding word of God**. (1 Peter 1:23)*
- The Holy Spirit brings us to new birth through the living seed of the Word of God. That's regeneration.

# The Four Ways Regeneration is expressed

## 2 New Creation

- *If anyone is in Christ, he is **a new creation**; the old has gone, the new has come! (2 Corinthians 5:17)*
- God made you. He knit you together in your mother's womb. But sin has affected all of us in every area of our lives.
- When God saved you, He did a new creative work in you, in which He opened your mind, softened your heart, and redirected your will. You are no longer the person you used to be; you are a new creation in Christ. That's regeneration.

# The Four Ways Regeneration is expressed

## 3 New Life

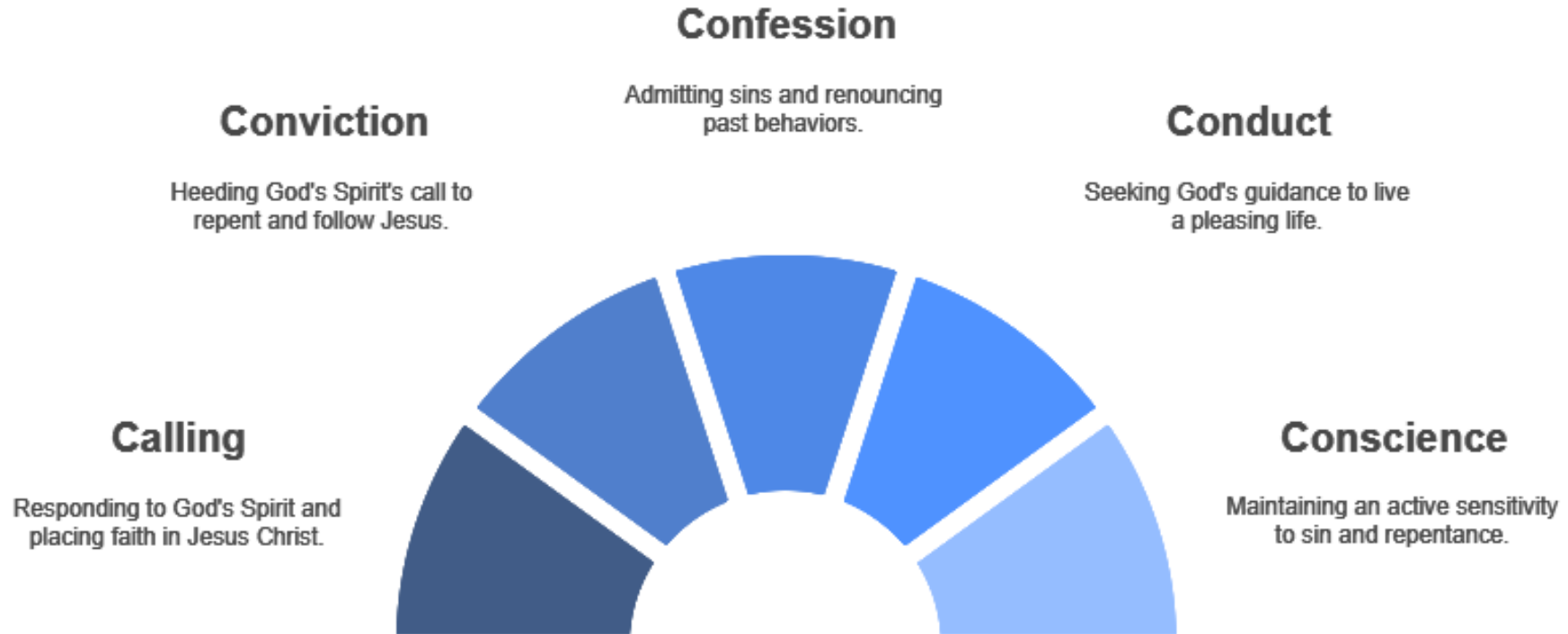
- *God, who is rich in mercy, **made us alive** with Christ even when we were dead in transgressions—it is by grace you have been saved. (Ephesians 2:5)*
- Being dead in our sins and transgressions, we were unresponsive to God, to His commands, and even to His love. So how did you come to repent and believe in the Lord Jesus Christ?
- The answer is that God made you alive with Christ. He regenerated you, by breathing new life into your soul.
- Jesus tells us that He came so that we may *have life* (John 10:10). He did not say, ‘I have come to show you how to *do* life!’ He said, ‘I came so that you may *have* life,’ and He gives this life to us by His Spirit, through His Word. That’s regeneration.

# The Four Ways Regeneration is expressed

- **4. New Heart**
- *I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. (Ezekiel 36:26-27)*
- The heart you were born with loved the wrong things. By nature, we were lovers of self rather than lovers of God. But God has given us a new heart, and this is why we love Him, trust Him, and want to serve Him. That's regeneration.

# Evidence of being born again

## The Journey of Spiritual Regeneration and Transformation



# Questions for discussion

1. What does Jesus mean when he tells Nicodemus in John 3:3, "No one can see the kingdom of God unless they are born again"? How does the concept of regeneration in this passage compare to other teachings on salvation in the New Testament?
2. In Titus 3:5, Paul speaks of "the washing of rebirth and renewal by the Holy Spirit." How does this idea of regeneration relate to the Old Testament concept of spiritual transformation or heart circumcision in texts such as Ezekiel 36:25-27?
3. According to 2 Corinthians 5:17, "If anyone is in Christ, the new creation has come: The old has gone, the new is here!" What implications does this regeneration have on the believer's relationship to sin and their earthly existence, as well as the future hope of resurrection?
4. In John 1:12-13, it says, "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God." How does this concept of being "born of God" contribute to the doctrine of regeneration and the believer's new identity in Christ?
5. In Romans 6:4, Paul states, "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." How does baptism in this passage symbolize the believer's regeneration, and how does it tie into the broader theological framework of justification and sanctification?



# Conclusion

- Regeneration is a vital doctrine of the Christian faith, highlighting the necessity of being spiritually reborn to enter God's kingdom. It is through the Holy Spirit's work in our hearts that we are made new, and it is a transformation that continues throughout our lives as we grow more into the image of Christ. Regeneration is the starting point of our salvation and the beginning of our journey of faith, and it is a work of grace that we cannot achieve on our own but receive through faith in Christ.
- **Closing Prayer:** Heavenly Father, thank You for the gift of regeneration. We thank You for the Holy Spirit's work in our hearts, bringing us to life and making us new creations in Christ. Help us to live out this new life with joy and obedience, reflecting Your glory in all that we do. In Jesus' name, Amen.