

Lent Week 2

This week, Lent invites us into a quiet conversation with Jesus. In **John 3:1–17**, Nicodemus comes to Him at night, full of questions and uncertainty. He’s curious, maybe a little nervous, and seeking answers. And Jesus meets him gently—not with judgment, but with invitation.

Jesus says you must be born from above or born anew. This confuses Nicodemus because he is thinking only in human terms, he has his mind on earthly things not heavenly or spiritual ways. Aren’t we guilty of that too? Jesus reminds us that it’s not about trying harder, it’s not about checking off the right boxes, the only way to new life is by opening ourselves to the Spirit. New life, fresh vision, deeper trust; It’s a gift, not something we can earn or achieve.

Paul echoes this in **Ephesians 2:1–10**. He reminds us that we were once spiritually dead, following the ways of the world. And yet God, rich in mercy, made us alive with Christ. Not because of anything we did, but simply because of what God has done. Grace. Life. Love. All given freely.

Lent invites us into that same truth. It’s so tempting to measure our worth by what we achieve or how “good” we are. But Jesus keeps saying: “You are mine. Trust me. Receive this new life.”

Being “born of the Spirit” isn’t a one-time thing. It’s a daily turning toward God. It’s waking up to His work in us, even in the hard, dark, or messy places. Where we feel weak, God shows His strength. Where we see failure, God offers mercy. Where we doubt ourselves, God whispers: “You are beloved.”

This Lent, let’s practice letting go of proving ourselves. Let’s step into the gift of life God already offers. One moment, one choice, one breath at a time.

Reflective Questions:

1. Are there ways this week that you’ve been trying to earn God’s love instead of receiving it?
2. How might it feel to trust God’s Spirit to do the work in you, instead of relying on your own effort?
3. Where could you allow God’s grace to change how you live or relate to others?

Prayer

Jesus,

Thank You for meeting us in the night, in the places where we struggle or feel unsure.

Help us rest in Your love instead of trying to earn it. Remind us that we are already Your

beloved. When we feel doubtful or unworthy, breathe Your Spirit into us. Help us trust You more and more each day, and let our lives reflect Your love, one step at a time.

Amen.

**Grace and peace,
Rev Aaron Moad**