

FOCUS: This week, we close out our 40 Days of Decrease series by learning about decrease from two men named Nicodemus and Joseph.

1. Based on the fasting challenges from Days 29-34, which have been most challenging or enjoyable? How has it drawn you closer to God or felt like a project?
2. Ponder and discuss the first time you heard the words “born again” and your reaction to it. When the average Silicon Valley-type hears the term “born again Christian”, what does that person think? At this point in your life what does “born again” mean to you?
3. Read through Part 1 of the narrative about Nicodemus in [John 3:1-21](#). List all the truths that stand out to you from the conversation. Note the O.T. parallels in Ezekiel 36:26, Numbers 21:7-9. What questions do you have for Jesus? How do you feel Jesus would handle your questions?
4. Read through Part 2 of the narrative about Nicodemus in [John 7:45-52](#) and then Part 3 with Joseph of Arimathea in [John 19:38-42](#). How do these two scenes impact you emotionally? (*I felt...*) What had to change within these men to say and do what they did?
5. During this Holy Week, take some time to ponder the mystery of how God wants us to be “born again” through faith in Christ. Write down the evidence of how God has born new attitudes, words and actions in you. Write a prayer of thanks for what He has done in you and a prayer of request for more.

CALL TO ACTION

- a. Use this breath prayer: **[inhale] May You, Lord, increase [exhale] and I decrease.**
- b. Complete fast challenges from **40 Days of Decrease** (Days 35-40) to draw closer to God.