

The second question of this lesson is:

II. HOW CAN I KNOW WHETHER I AM TRULY REGENERATED?

Regeneration is a new birth resulting in a new life. I must ask myself the question: "Have I been born again? Am I God's spiritual child? Is God my heavenly Father?" *Regeneration is a spiritual coming to life, a spiritual resurrection from the dead.* I must ask myself: "Am I spiritually alive? Do I have this new life in me?"

I know that I am physically alive because life functions are going on in my body, because I am aware of my physical activity and movement, because I am aware of physical appetites and drives, and because I am experiencing the physical aspects of thought, feeling, and decision-making.

Similarly, I know that I am spiritually alive because life functions are going on in me, because I am aware of spiritual activity and movement, because I am aware of spiritual appetites and drives, and because I am experiencing spiritual thoughts, emotions, desires, intentions, and decisions.

Jesus said, "The wind blows where it pleases, and you hear its sound, but you do not know where it is coming from or where it is departing; so is everyone having been begotten of the Spirit." We can't see the wind, but we can hear its sound and experience its other effects as it gently blows across a field of grain, or rustles through the leaves of trees, or cools our faces, or carries fleecy clouds along, or lashes ocean waves into great foaming breakers.

So it is with spiritual life. We can't see the Holy Spirit, but we can experience His effects in our lives. New attitudes, new directions, new values, new goals, new interests, all directed toward God and the things pertaining to God – these are some of the effects of regeneration in an individual.

Regeneration is also a new creation, resulting in a new nature. It is a restoration of God's image and likeness in me. It means being restored to godlikeness, becoming more and more conformed to the perfect image of God in Christ. It means knowing God personally, and becoming a holy person, as He is holy. We must ask ourselves: "Am I a new person in Christ? Has the Holy Spirit begun to remake me in God's likeness? Do I have a different outlook on life, and do I see things in relation to the will and glory of God? Do I view my life in terms of spiritual realities, and in