

“The Spirit Who Regenerates and Adopts | John 1:12–13”

Have you ever paused to ask:

“Why am I still here?”

In a broken, wicked, weary world... why are we still standing?

It's not by strength.

It's not by good deeds.

It's not even by luck.

It's by the powerful presence of the Holy Spirit — the One who *regenerates* and *adopts* us as sons and daughters of the Most High.

Thank God Almighty for Jesus Christ!

Because of His mercy, His sacrifice, and His Spirit — I am alive today.

Who am I, that He still calls me His own?

Who are we, that the Holy Spirit lives inside us?

We are not just survivors in this world...

We are *sons and daughters of God*.

John 1:12–13 says:

“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:

Which were born, not of blood, nor of the will of the flesh, nor of the will of man, **but of God.**”

This is **regeneration**.

A spiritual rebirth.

A new identity.

Not from human effort, but from *God Himself*.

We hear the word “regeneration” in church... but do we truly understand what it means?

Paul helps us in Titus 3:5:

“Not by works of righteousness which we have done, but according to His mercy He saved us, by the **washing of regeneration and renewing of the Holy Ghost.**”

Regeneration isn't a self-help program.

It's a divine washing — a holy reset.

And the **Holy Spirit** is the one who makes it happen.

Where does this renewing take place?

Ephesians 4:23 says:

“Be renewed in the spirit of your mind.”

That’s where the Spirit works — in the **mind** — reshaping our thoughts, our identity, our desires... day by day.

Now let’s go deeper.

Not only are we **born again**, but we are also **adopted** — given full rights as heirs.

Galatians 4:5 says:

“To redeem them that were under the law, that we might receive the **adoption of sons**.”

There’s a difference between being a child and being a **son**.

In regeneration, you’re made a **child of God**.

In adoption, that child is given **authority** — treated as an adult heir.

You go from being a spiritual infant...

To walking in **sonship**.

To standing boldly before God as His **own**.

WHY THIS MATTERS TODAY

Here’s the truth:

Many believers walk around unaware of what’s been done for them.

They know they’re saved...

But they don’t know they’ve been **regenerated**.

They don’t know they’ve been **adopted** into royalty.

They still live like orphans.

Still think like sinners.

Still feel unworthy.

But the Spirit says:

“You are washed.”

“You are renewed.”

“You are mine.”