

He Must Increase – John 3:22-30

Overview of Study

This message connects three things: **God’s perfect timing, the meaning of baptism, and John the Baptist’s heart attitude.** John’s disciples were worried because Jesus was becoming more popular. John responds with humility and clarity: **everything comes from God,** John is not the Messiah, and the right posture is this: **“He must increase, but I must decrease.”** Baptism is presented as an outward symbol of an inward change—obedience that points to what Jesus has done in us.

Key Points

- 1. God’s Timing Is Not Random**
 - The sermon highlights how God lined up the day (baptism + memory verse + preaching schedule).
 - Takeaway: God is working even when we don’t see it.
 - 2. Context: John the Baptist vs. Jesus’ Rising Popularity**
 - John’s disciples feel threatened: “Everyone is flocking to Him.”
 - John redirects them to God’s plan and Jesus’ identity.
 - 3. Baptism: A Symbol of What Has Changed**
 - Not a ritual to “make” salvation happen.
 - It’s an outward witness of inward regeneration—obedience after faith.
 - 4. Different Baptisms Mentioned**
 - Jewish purification rituals (repeated cleansing idea)
 - John’s baptism (repentance—turning from sin)
 - Christian baptism (public testimony of new life in Christ)
 - 5. A Key Life Principle: Everything Good Is Given From Heaven**
 - John reminds them: you can’t receive anything unless God gives it.
 - Popularity, influence, outcomes—God is in control.
 - 6. John’s Role Was Always to Point to Jesus**
 - John is the friend of the groom, not the groom.
 - Real joy comes from seeing Jesus lifted up.
 - 7. The Core: “He Must Increase, I Must Decrease”**
 - Salvation includes surrender of control.
 - Daily growth means less “self-rule” and more “Christ-rule.”
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Reflective Questions

1. Where have I been tempted to compare myself to others (like John’s disciples did)?
2. Do I measure “success” by popularity and attention—or by faithfulness to God’s call?
3. What is one area where I keep trying to stay in control instead of surrendering to Jesus?

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4. When God redirects the spotlight away from me, do I get bitter—or do I find joy like John did?
 5. If someone watched my life this week, would they see Jesus increasing in me? How?
 6. Have I treated baptism (or church involvement) like a checkbox instead of a testimony of transformation?
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Action Steps

- **Pray this daily:** “Jesus, increase in me. Help me decrease.”
 - **Pick one control area** (time, attitude, spending, relationships, habits) and surrender it in a specific way this week.
 - **If baptized:** Write a 3–5 sentence testimony of what Jesus changed in you—be ready to share it.
 - **If not baptized:** Decide your next step—talk to a pastor, ask questions, set a date.
 - **Replace comparison with encouragement:** bless someone else’s growth instead of competing with it.
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Conclusion

John the Baptist shows what a healthy believer looks like: confident in God’s plan, content with his calling, and happy to step back so Jesus can be seen. Baptism is a beautiful symbol of that same truth—**it points to the work Jesus has already done inside**. The big question isn’t “How much attention am I getting?” It’s: **Is Jesus increasing in my life—and am I willing to decrease?**