

Am I Really Saved?

A Biblical Assurance Reflection Guide for Believers

Focus Truth

God does not call believers to build assurance on feelings or perfect performance. He points us to Christ and teaches us to recognize the evidence of His work in our lives.

Before You Begin

This guide is not a test you have to pass. Move slowly. Do not try to give the “right Christian answer.” Be honest about what makes you afraid, what you currently depend on for assurance, and what Scripture actually says. The goal is not to talk yourself into feeling saved. The goal is to let God’s Word guide your examination and point you back to Christ.

① Name the Fear Beneath the Question

Assurance often becomes shaky at predictable moments. The article pictures an adopted child who belongs to the family but still keeps a bag packed under the bed because every mistake makes him fear rejection. Begin by identifying what makes you reach for your own “packed bag.”

When do I most often question whether I am truly saved?

What usually triggers those doubts?

If my fear were a packed bag, what would be inside it?

Name the failure, memory, feeling, repeated struggle, or uncertainty that keeps returning.

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② Examine What You Are Trusting

When doubts rise, we usually reach for something to reassure ourselves. Some things may be meaningful, but they do not all carry the same weight. Mark every statement that has influenced the way you think about your salvation.

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| ☐ I remember praying a prayer. | ☐ I was baptized. |
| ☐ I joined a church. | ☐ I grew up in a Christian home. |
| ☐ Someone told me I was saved. | ☐ I feel close to God right now. |
| ☐ I have been behaving better lately. | ☐ I know a lot about the Bible. |
| ☐ I am trusting Jesus Christ. | ☐ I can see evidence Christ is changing me. |

Other:

Which of these carries the most weight in my mind when I wonder whether I am saved?

FOUNDATION OF SALVATION	EVIDENCE OF SALVATION
What Jesus Christ has done for us	What His saving work begins producing in us
This is what saves.	This does not save us, but it matters because new life produces fruit.

What happens if I confuse the evidence of salvation with the foundation of salvation?

Finish the sentence: When I doubt, I usually look first to...

Name the memory, feeling, accomplishment, failure, or promise you instinctively reach for.

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③ Read What John Actually Says

Read 1 John 5:11–13 slowly. Read it once for the main idea, then read it again and answer from the words of the passage. Do not begin with how you feel. Begin with what John says.

According to verse 11, what has God given, and where is eternal life found?

According to verse 12, who has life?

Why does John say he wrote these things in verse 13?

What word or phrase in verse 13 speaks most directly to uncertainty?

Finish the sentence: According to this passage, assurance should begin with...

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④ Avoid the Two Extremes

Scripture gives assurance, but it also calls us to examine ourselves. We can become unbalanced in either direction. Read both statements carefully.

EXTREME A	EXTREME B
“I still struggle, so I must not be saved.” This person may treat every failure as proof that the entire relationship with God is false.	“I made a profession once, so nothing about my life today matters.” This person may depend on a past event while refusing to examine whether spiritual life followed.

Which extreme sounds more like me right now, and why?

What danger does that extreme create in my walk with God?

How does the distinction between foundation and evidence correct that extreme?

Finish the sentence: A balanced, biblical view of assurance would...

Try to hold together confidence in Christ and honest examination of spiritual life.

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⑤ Bring What You Found to Christ

Biblical self-examination is meant to move us toward truth and toward Christ. Do not end this guide by staring only at yourself. Bring what you have discovered to Him honestly.

One fear about my salvation that I need to bring honestly to God:

One false source of assurance I may need to release:

One truth from 1 John 5:11–13 I need to remember:

My next step in seeking biblical assurance is:

One-Sentence Takeaway

Assurance begins with Christ, not with perfect performance, and genuine faith produces evidence that He is at work.

Closing Prayer

Father, You know how quickly fear can make me question whether I belong to You. Show me where I have trusted a memory, a religious act, my feelings, or my own performance more than I have trusted Christ. Give me courage to examine my life honestly without turning examination into another attempt to earn Your love. Quiet fear that is not speaking truth, expose confidence built on the wrong foundation and keep leading me back to Jesus. Teach me to listen to Your Word more carefully than I listen to my fear. Amen.

Next in the Series: Am I Really Saved? Start With Christ, Not Your Performance

Continue the Journey

Keep examining honestly, keep seeking God, and keep following the truth.

You do not have to stop here.

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The goal is not to manufacture certainty. The goal is to look to Christ, examine honestly, and let Scripture guide your assurance.

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